

# 6 HEALTHY RECIPES

to make your  
hormones happy  
and start  
balancing your  
metabolism.

*Monique*  
**SALAZAR**

FEMALE HORMONE AND  
WEIGHT LOSS EXPERT







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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



# Omelet Wraps

## Serves 4

7 oz. (200g) cottage cheese  
4 handfuls watercress  
1 lemon, peel only  
6 eggs  
¼ cup (60ml) soy milk  
1 tsp. mixed herbs  
4 tsp. coconut oil  
3.5 oz. (100g) smoked salmon,  
chopped

## What you need to do

1. Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.



GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

\*Nutrition per serving

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# High Protein Blueberry Pancakes

## Serves 1

¼ cup liquid egg whites (around 4 eggs)

1 scoop (25g) of vanilla whey powder

½ banana, mashed

almond milk, if needed

¼ cup (25g) fresh or frozen blueberries

½ tsp. coconut oil

## What you need to do

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.



GF	LC	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

\*Nutrition per serving

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# Waldorf Chicken Salad

## Serves 2

3.5 oz (100g) chicken, cooked, shredded or chopped

3 celery stalks, chopped

1 apple, peeled, deseeded, chopped

¼ cup (40g) raisins

¼ cup (30g) walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat yogurt

1 tbsp. lemon juice

3 oz. (90g) mixed salad leaves

## What you need to do

1. Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.
2. Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

**Vege Option:** Instead of chicken add tofu.



GF	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

\*Nutrition per serving

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# Egg & Turkey Stuffed Peppers

## Serves 4

4 eggs  
4 egg whites  
2 tbsp. almond milk  
1 tsp. coconut oil  
1 small onion, chopped  
1 lb. (450g) lean ground turkey  
2 tsp. oregano  
1 tsp. cumin  
2 cups (60g) spinach, chopped  
4 red medium bell peppers  
½ cup (50g) cheese (dairy or plant-based)  
parsley, chopped to serve

## What you need to do

1. Heat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
7. Place the peppers in a baking dish and sprinkle them with grated cheese.
8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
9. To serve, sprinkle with chopped parsley.



GF	LC	MP	HP	Q	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

\*Nutrition per serving

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# Slow Cooker Chicken Fajitas

## Serves 8

2 lbs. (900g) chicken breasts  
4 bell peppers, sliced  
1 red onion, sliced  
2 tbsp. honey  
1 tbsp. olive oil  
1 lime, juice  
1 tbsp. chili powder  
1 tbsp. cumin  
1 tbsp. paprika  
1 tsp. salt  
1 tsp. onion powder  
1 tsp. garlic powder  
1 cup chopped tomatoes

## What you need to do

1. Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
2. Lastly, add the remaining peppers and onions and cook for 4 hours on high.
3. Remove the chicken and shred it with a fork, then return it in in the slow-cooker. Mix well and cook for another 10 mins. on low.
4. Assemble fajitas and enjoy.

**Suggested serving (not included in nutrition info):** tortillas, cream, guacamole, cilantro



GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	183	3	12	28

\*Nutrition per serving

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# Antioxidant Blueberry Protein Smoothie

## Serves 1

½ cup (125ml) coconut water

½ cup (125ml) almond milk,  
unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

## What you need to do

1. Blend all the ingredients in a high-speed blender until smooth and serve.



GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

\*Nutrition per serving

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