

Stocking Your Kitchen

Your Hormone Loving Shopping Guide



In this guide you will find three lists of food. The first group is the "yes" foods: hormone loving foods that are approved on your 14-Day Hormone Balancing Detox. Most of the "yes" foods are included in the recipes provided in the recipe guide. You are welcome to eat any of these foods during the detox and mix and match them at will.

The next group of foods is the "no" list-. This is just what it sounds like -- Please refrain from eating any of these foods during the detox, for best results.

The final group I have called the "gray area" foods. I recommend that you avoid these foods during the detox. However, in some situations, you may feel the need to customize your detox experience by including something from this list.

You have a lot of flexibility with your meal plan, as long as you stick to the guidelines in this manual and stick to the list of hormone loving foods below.

YOUR DETOX SHOPPING LIST

YES Food List



Legumes

- Lentils
 - Beans
 - Kidney Beans
 - Chickpeas
-

Fruits

- Apples
 - Avocados
 - Cherries
 - Berries
 - Lime Lemon
 - Pomegranates
 - Olives
-

Oils & Vinegars

- Extra Virgin Olive Oil
 - Virgin Coconut Oil
 - Coconut Oil
 - Avocado Oil
 - Cold Pressed Sesame Oil
 - Raw Apple Cider Vinegar
 - Red Wine Vinegar
-

Teas

- Chanonile
- Matcha
- Mint
- Rooibos
- Gree Tea
- Ginger
- Lemon

Meats, Poultry & Fish

- Organic Chicken
 - Organic Turkey
 - Wild Salmon
 - Black Cod
 - All white fish
 - Tuna
 - Anchovies
-

Vegetables

- All vegetables
EXCEPT CORN
-

Seeds & Nuts

- Chia Seeds
 - Pumpkin Seeds
 - Sunflower Seeds
 - Almonds
 - Cashews
 - Brazilian Nuts
 - Pistachios
 - Walnuts
-

Other Ingredients

- Bron Mustard
- Broth: Vegetable, Chicken & Beef
- Coconut Milk
- Tahini
- Unsweetened Almond Milk
- Sauerkraut

NO Food List



Meat

- Beef
- Pork
- Lard

Nuts & Seed

- Peanuts
- Sesame Seeds



Dairy

- Milk
- Cream
- Yoghurt
- Cheese
- Butter / Ghee
- Whey
- Ice Cream
- Sour Cream
- Cream Cheese
- Cottage Cheese
- Whipped Cream
- Condensed Milk

Fruits

- Bananas
- Dates
- Mangos
- Oranges
- Melons



NO Food List



Grains / Gluten

- Wheat
- Rye
- Spelt
- Kamut
- Oats
- Buckwheat
- Millet
- Sorghum

Sugar

- Cane Sugar
- Agave Nectar
- Maple Syrup
- Honey
- Sucralose
- Artificial sweeteners



Soy

- Miso
- Soy Milk
- Soy Oil
- Tempeh
- Tamari & Soy Sauce
- Soy Protein Powder
- Soy Lecithin

Corn

- Corn on the Cob
- Corn Tortillas
- Polenta
- Corn Meal
- Corn Flour
- Corn Starch
- Baking Powder
- Sorbitol
- Dextrose



Other Food

- Alcohol
- Caffeine
- Coffe (including Decaf)
- Chocolate
- Shrimp
- Red meat
- Refined Vegetable Oils
- Kombucha

GRAY AREA & EXEPTIONS



Dark Chocolate / Cacao Powder

- Possible exception: dairy-free dark Chocolate would be the exception to make if you are going crazy and absolutely need something sweet

Quinoa

- Keep in my that grains of all types are on the NO list. It is gluten we especially want to stay away from. Quinoa my be consumed if you absolutely need to add something filling like a psydograin.

Potatoes

- Only SWEET potatoes are allowed on the Detox

Eggs

- Please avoid eggs! As eggs are common allergens, I recommend that you stay way from eggs fro two weeks.
Possible exception: If you absolutely know that you are NOT sensitive to eggs (i.e. you have completed testing), you could maybe have some eggs. However I still recommend going without for two weeks.

Stevia

- Generally, these substitutes for sugar is nest avoided.
Possible exception: If you feel you absolutely need to add a slight amount of Stevia to a dish or beverage, you can. However I still recommend going without for two weeks.