



THE FACILITY
METABOLIC-MOVEMENT-MINDSET

HORMONE-HEALING DIET GUIDE + MEAL PLAN

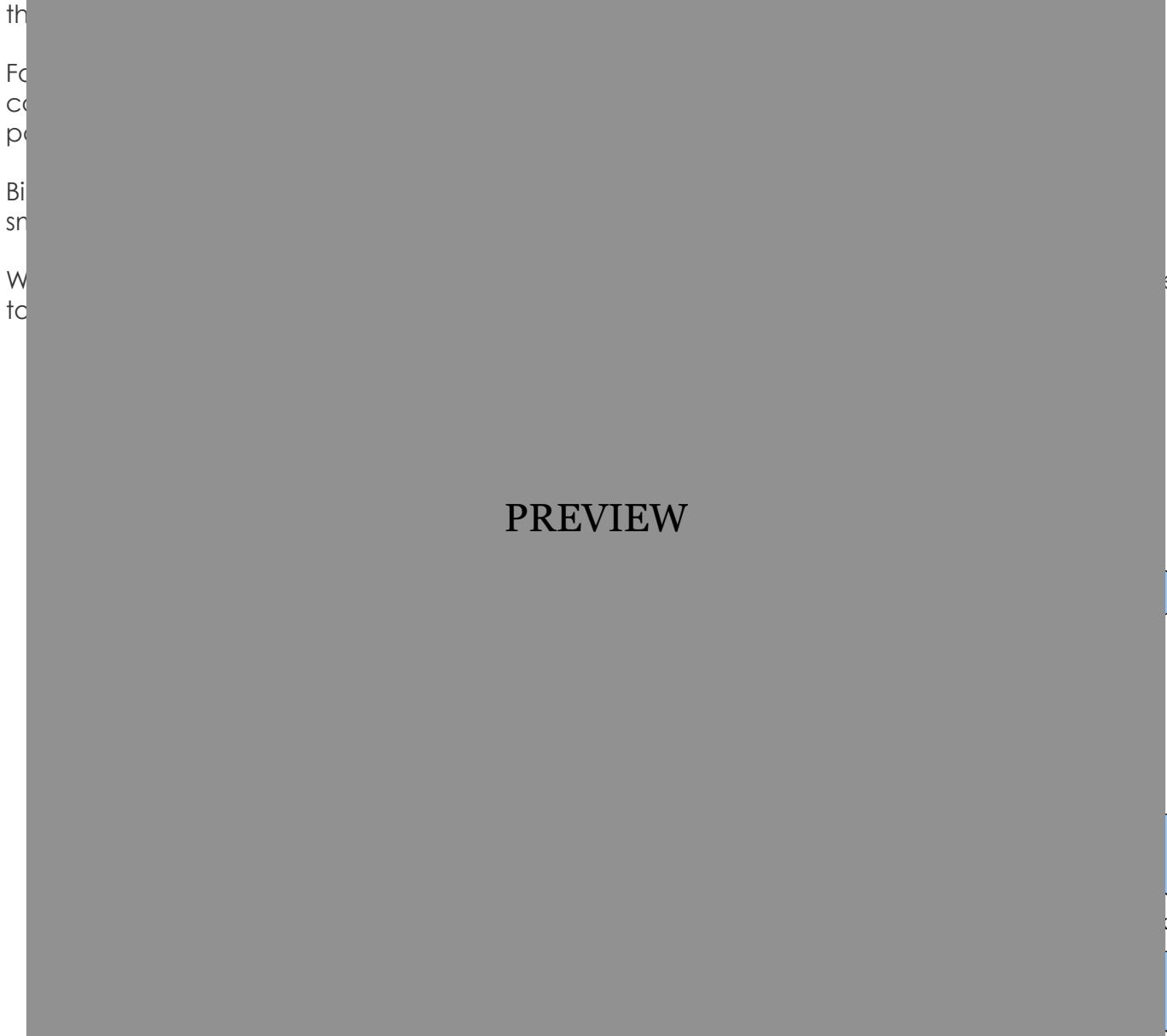
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Functional Medicine Practitioner, Dr. Mitchell Rasmussen, DC

All information and resources found in this document are based on the opinions of the author (unless otherwise noted). The information is intended to motivate clients to make their own health and nutrition decisions. Please schedule an in-person consultation to discuss personal history before making any health or diet changes related to a specific diagnosis or condition. The nutrition information and meal plans are not medically-prescribed diets. NO information in this document should be used to diagnose, treat, prevent, or cure any disease or condition.

What does the LIVER do?



The liver is our main detoxification organ. Alongside the pancreas and gallbladder, it filters out things absorbed from our gastrointestinal tract, detoxifies chemicals, and metabolizes drugs. All of



PREVIEW

Endotoxins: end products of metabolism, bacterial endotoxins

Exotoxins: drugs (prescription, OTC, recreational), agricultural chemicals, food additives, household, microbial, pollutants/contaminants

Selenium
Copper
Bioflavonoids
Zinc
Silymarin
Manganese
Pycnogenol

Feces/
Stool

Urine

Sweat

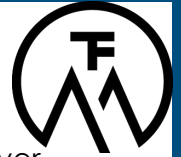


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Source: Institute for Functional Medicine, 2011
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So, The BEAN PROTOCOL?



The Bean Protocol is great because it really pushes the consumption of soluble fiber. However, it's more than just beans, it's about the full picture of detoxification support. Here are some other important tenets to adhere to on a hormone-healing, high-fiber diet:

- Dairy
- No Alcohol
- Limit
- Avoid
- Increase
- Increase
- Increase
- Drink

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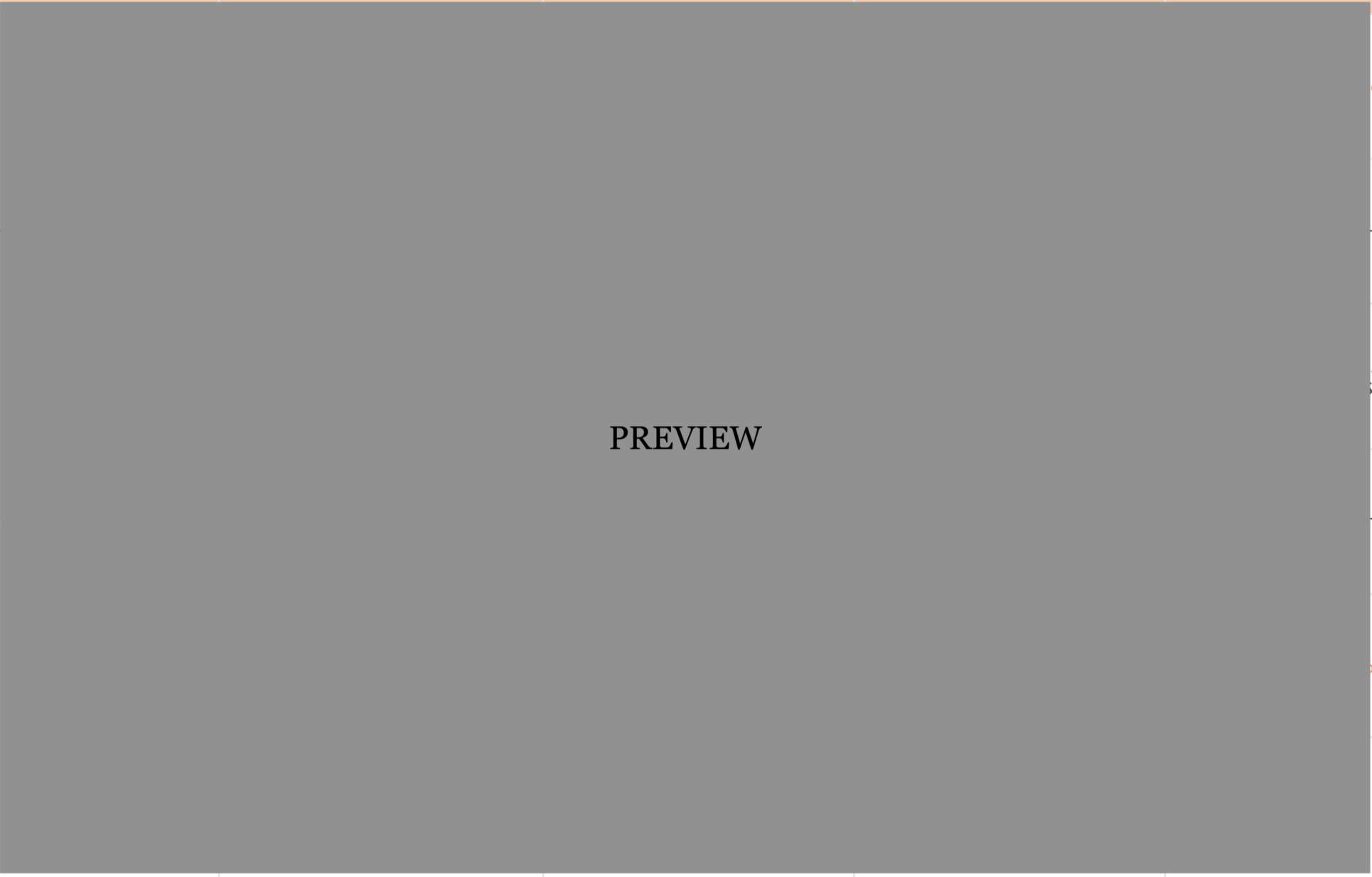
Insoluble fiber: whole grains (including wheat, rye, rice, barley and most other grains), cabbage, beets, carrots, Brussels sprouts, turnips, cauliflower and apple skin.

Prebiotic fiber: legumes, wheat, barley, potatoes, rice, bananas, artichokes, onions and garlic.

HORMONE HEALTH

ONE WEEK MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	Green Smoothie					Smoothie	Green Smoothie
SNACK	Plantain Chips + Guac	Celer				Guac	Snap Peas + Hummus
LUNCH	Collard Hummus Wrap	(LO)				Salad + salmon	Kale-Beet-Avocado Salad + Chicken
SNACK	Carrots + Jicama + Beet Hummus	Choc				n Bites	2 Dates + Nut/Seed Butter + Progesterone Granola
DINNER	Spiced Beef Bowl	Chic				owl	Salmon + Lemon-Garlic Asparagus + Kale
PM	Hormone Balancing Cacao	Hormo				Matcha	Herbal Tea
	LO= Leftover RECIPE INCLUDED						



SHOPPING LIST



PANTRY ITEMS	PROTEIN	VEGETABLES
Sea Salt		Asparagus- 1 bunch
Cocor		Cucumber- 3
Extra-v		
ACV V		
Bone B		
Himilay		
Ghee		
Dijon M		
Chickp		
Goji Be		
Dried E		
Vanilla		
Caca		
Raw H		
Maca		
Dark C		
Grass-		
GF Wh		
Medjo		
Planta		
Orega		
Thyme		
Cilant		
Turner		
Parsley		
Garlic		
Cinna		
Red pepper		
Ginger Root		Coconut Butter
Cumin		Tahini



HORMONE HEALTH: Plant Based

ONE WEEK MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	Green Smoothie	Beet Smoothie				Smoothie	Green Smoothie
SNACK	Plantain Chips + Guac	Celery				Guac	Snap Peas + Hummus
LUNCH	Collard Hummus Wrap	(LO) S				Salad +	Avocado Salad + Black Bean Burger
SNACK	Carrots + Jicama + Beet Hummus	Choco				Bites	2 Dates + Nut/Seed Butter + Progesterone Granola
DINNER	Spiced Lentil Bowl	Temp				Wl	Quinoa, Peas + Lemon-Garlic Asparagus + Kale
PM	Hormone Balancing Cacao	Hormone				Matcha	Herbal Tea
	LO= Leftover RECIPE INCLUDED						

HORMONE HEALTH

Plan-Your-Own Template

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
AM							
BREAKFAST							
LUNCH							
SNACK							
DINNER							
PM							

HORMONE HEALING GUIDE: RECIPES



These delicious recipes are chock-full of healthy fats, quality protein, and nutritious carbohydrates. The best choices you can make for your body is to consume foods with essential vitamins and minerals. You'll get variety by eating the rainbow!

BREAKFAST

- Gre
- Ber
- Pec
- Ch

LUNCH

- Coll
- Cru
- Kale
- Cru

DINNER

- Spic
- Chic
- Shri
- Saln
- Pale
- Bea
- Build Your Own Bowl Meal

PREVIEW



SNACKS

- [Choc](#)
- [Chi](#)
- [Pro](#)
- [Roc](#)
- [Plar](#)
- [Bell](#)
- [Thre](#)

PREVIEW

DRINKS

- [Hor](#)
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- [Nor](#)



GREEN SMOOTHIE

Ingredients:

- 1 1/2 cups fresh Swiss chard and/or other dark, leafy green (Add Variety)
- 1/4 cup cilantro
- 1/2 cucumber, peeled
- 1 cup pineapple, frozen
- Juice from 1/2 lemon
- 1 cup coconut water, unsweetened
- 1/3 cup white beans, such as canellini or navy
- 2 tablespoons raw pumpkin seeds
- 2 tablespoons collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein

BERRY SMOOTHIE

Ingredients:

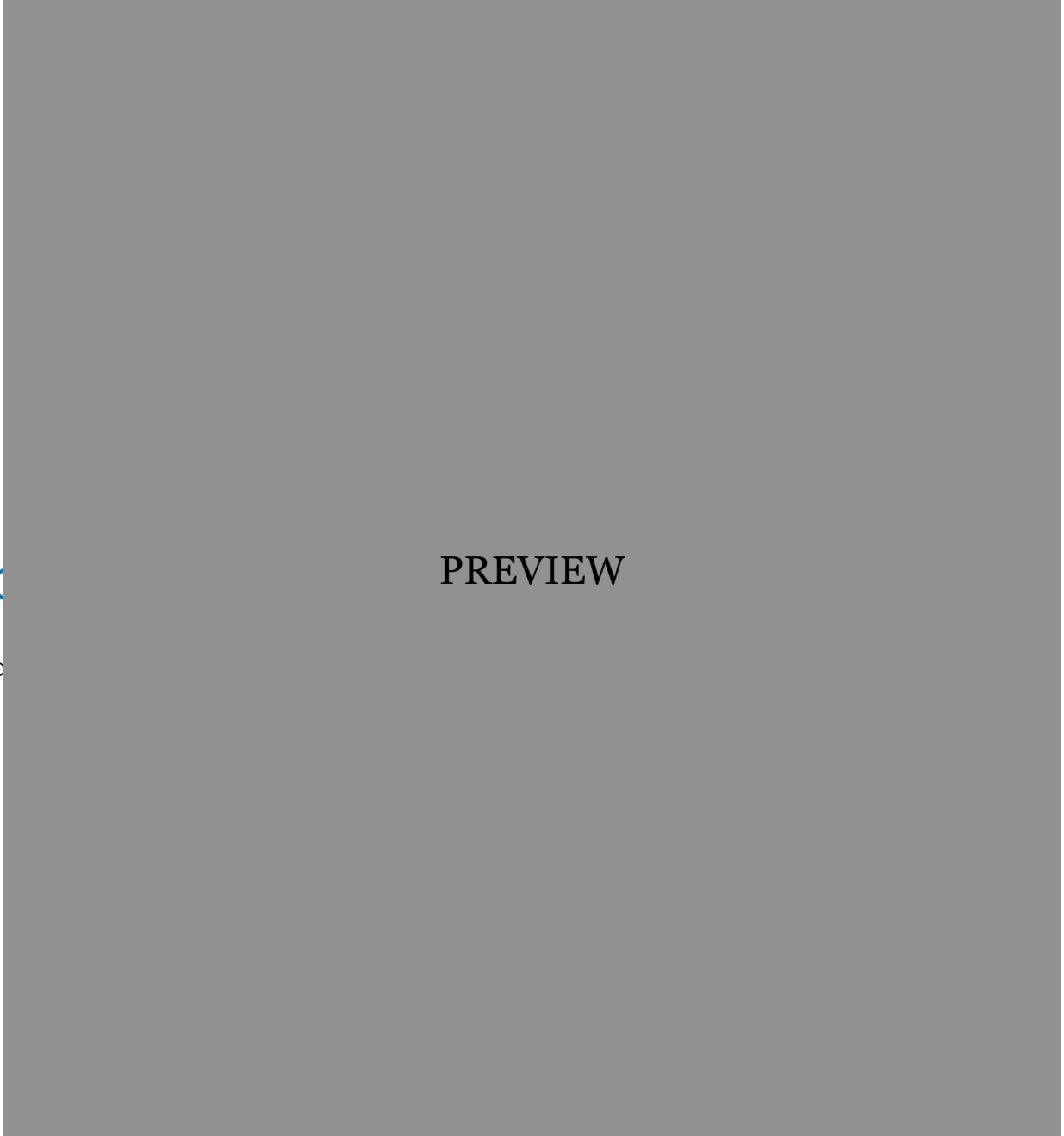
- 1-2 cups spinach
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1/3 cup white beans, such as canellini or navy
- 2 tablespoons fresh ground flax seed
- 1 cup unsweetened coconut milk
- 2 tablespoons of collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein
- Few ice cubes

CHOCOLATE-BANANA SMOOTHIE



Ingredients:

- 2 cups spinach



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- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein
- 1 cup unsweetened almond milk
- 1/4 to 1/2 cup ice

Build-A-Bowl Meal

Choose your GREENS-

- Spinach
- Kale
- Cabbage
- Watercress
- Radicchio
- Swiss chard
- Spring Mix
- Lettuce

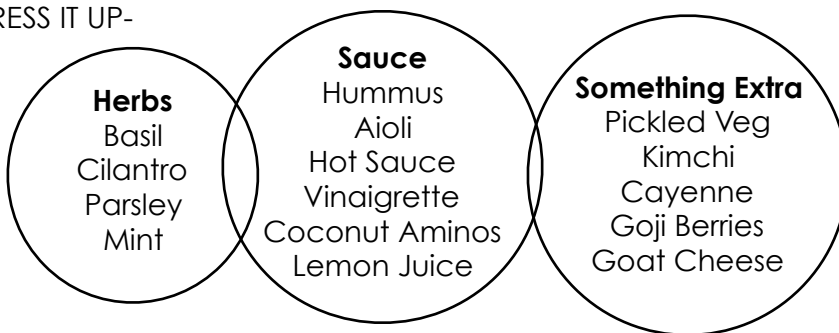
Pick a PROTEIN-

- Grass-Fed Beef
- Organic Chicken
- Organic Turkey
- Wild-Caught Salmon
- Wild-Caught Shrimp
- Lentils
- Eggs
- Tempeh
- Sardines

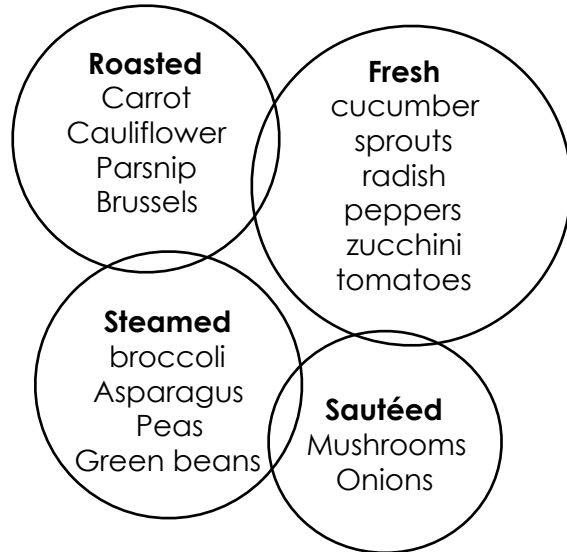
Add Complex Carbohydrates-

- Brown Rice
- Quinoa
- Sweet Potato
- Potato
- Lentil/Chickpea Pasta
- Edamame
- Beans
- Plantains

DRESS IT UP-



ADD More Veggies-



HEALTHY FATS:



STYLE IDEAS

Cuban Chicken
Mediterranean
Asian Teriyaki
Beef Bulgogi
Moroccan

Fish Taco
Greek
Shrimp Cobb
Harvest
Steak Fajita