

Micala Stevenson Functional Medicine Nutrition

Women's Hormone Balancing Diet

Created by Micala Stevenson Functional Medicine Nutrition



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Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

This plan is designed to help you reset and nourish your body with foods that naturally support hormonal balance, clearer skin, better moods, and steady energy. Each meal is built around **fiber-rich vegetables**, **high-quality proteins**, and **healthy fats** to keep blood sugar stable and reduce inflammation—two essentials for hormone harmony.

You'll also find **antioxidant-packed fruits**, **adaptogenic herbs**, and **nutrient-dense whole foods** that support your body's detox pathways, gut health, and stress response.

Over the next 7 days, enjoy simple, delicious recipes that make it easy to eat in alignment with your hormones—helping you feel more balanced, energized, and confident from the inside out.

If you enjoyed this meal plan and would like to learn more about root-cause healing for hormonal imbalances, PMS/PMDD, fertility issues, and postpartum recovery **[book a free consultation here.](#)**

In health,

Micala Stevenson, MS-HNFM

Functional Medicine Nutritionist

Micala Stevenson

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**Micala Stevenson Functional Medicine
Nutrition**

Women's Hormone Balancing Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Overnight Vanilla Protein Oats w/ Pumpkin Seeds	Overnight Vanilla Protein Oats w/ Pumpkin Seeds	2 Bacon & Gruyere Egg Muffins	2 Bacon & Gruyere Egg Muffins	2 Bacon & Gruyere Egg Muffins
					Toast with Butter	Toast with Butter	Toast with Butter
Snack 1	Protein Packed Deviled Eggs	Protein Packed Deviled Eggs	Everything Bagel Hummus & Veggies	Everything Bagel Hummus & Veggies	Super Seed Chocolate Bark	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie
Lunch	Greek Chicken Salad	Egg Roll in a Bowl	One Pan Steak, Potatoes & Broccoli	15 Minute Halibut with Dill Pesto	Lentil, Bean & Turkey Chili	Baked Salmon with Broccoli & Quinoa	Chicken Thighs with Sweet Potato & Cauliflower
Snack 2	Sesame Carrot Ribbon Salad	Sesame Carrot Ribbon Salad	Super Seed Chocolate Bark	Super Seed Chocolate Bark	Apple & Brazil Nuts	Almonds & Dark Chocolate	Almonds & Dark Chocolate
Dinner	Egg Roll in a Bowl	One Pan Steak, Potatoes & Broccoli	15 Minute Halibut with Dill Pesto	Lentil, Bean & Turkey Chili	Baked Salmon with Broccoli & Quinoa	Chicken Thighs with Sweet Potato & Cauliflower	Lentil, Bean & Turkey Chili
				Toast with Butter			

Women's Hormone Balancing Diet

87 items

Fruits

- ☐ 1 Apple
- ☐ 1/2 Avocado
- ☐ 2 Banana
- ☐ 1/2 cup Blueberries
- ☐ 1 3/4 Lemon
- ☐ 1 cup Papaya
- ☐ 1 cup Pineapple
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 1 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1 oz Brazil Nuts
- ☐ 1/4 cup Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 tsps Cumin
- ☐ 1 1/3 tsps Everything Bagel Seasoning
- ☐ 1/4 tsp Garlic Powder
- ☐ 2 tsps Greek Seasoning
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1/2 tsp Paprika
- ☐ 2/3 cup Pumpkin Seeds
- ☐ 1 1/16 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sesame Seeds
- ☐ 2 2/3 tsps Slivered Almonds
- ☐ 3/4 tsp Smoked Paprika
- ☐ 1/2 cup Sunflower Seeds

Frozen

- ☐ 2 cups Frozen Cauliflower

Vegetables

- ☐ 1 1/2 cups Baby Spinach
- ☐ 1 cup Bean Sprouts
- ☐ 8 cups Broccoli
- ☐ 6 Carrot
- ☐ 1 head Cauliflower
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 3 cups Coleslaw Mix
- ☐ 3 1/2 Cucumber
- ☐ 2 tsps Fresh Dill
- ☐ 4 1/2 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 3 1/2 stalks Green Onion
- ☐ 4 cups Mini Potatoes
- ☐ 1/2 cup Mint Leaves
- ☐ 4 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 1 1/2 Yellow Onion

Boxed & Canned

- ☐ 4 cups Diced Tomatoes
- ☐ 1 cup Lentils
- ☐ 1/2 cup Quinoa
- ☐ 15 ozs Red Kidney Beans
- ☐ 1 can Tuna
- ☐ 1 1/2 cups Vegetable Broth, Low Sodium

Baking

- ☐ 1/4 cup Cacao Powder
- ☐ 1 1/16 tsps Coconut Sugar
- ☐ 5 2/3 ozs Dark Chocolate
- ☐ 1/4 cup Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon, Cooked
- ☐ 1 1/4 lbs Chicken Breast
- ☐ 1 lb Chicken Thighs
- ☐ 12 ozs Extra Lean Ground Turkey
- ☐ 1/2 cup Gruyere Cheese
- ☐ 10 ozs Halibut Fillet
- ☐ 8 ozs Lean Ground Pork
- ☐ 10 ozs Salmon Fillet
- ☐ 8 ozs Top Sirloin Steak
- ☐ 4 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 2/3 tsps Avocado Oil
- ☐ 3 tsps Balsamic Vinegar
- ☐ 2 tsps Coconut Aminos
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1 cup Pitted Kalamata Olives
- ☐ 2 tsps Rice Vinegar
- ☐ 1 tsp Sesame Oil
- ☐ 1 tbsp Tamari

Cold

- ☐ 1/4 cup Butter
- ☐ 9 Egg
- ☐ 1 cup Hummus
- ☐ 4 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 1 tbsp Maca Powder
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 3/4 cups Water

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Micala Stevenson Functional Medicine
Nutrition

☐ 5 Ice Cubes

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

2 cups Frozen Cauliflower

2 Banana (frozen)

2 tbsps Almond Butter

1/4 cup Cacao Powder

1/2 cup Chocolate Protein Powder

2 cups Unsweetened Almond Milk

1 tbsp Maca Powder

Overnight Vanilla Protein Oats w/ Pumpkin Seeds

8 ingredients · 8 hours · 2 servings



Directions

1. In a bowl, combine the oats, milk, protein and chia seeds. Stir to combine. Divide evenly between 2 containers or mason jars. Place in the fridge for 8 hours, or overnight.
2. Once the oats have set, check consistency and add more milk if needed. Top with pumpkin seeds raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers

Keep well in the fridge for 3 to 4 days.

Steel Cut Oats

Steel cut oats offer a chewier texture - be sure to use quick-cooking. Old fashioned rolled oats can also be used, but steel cut oats are best for balancing blood sugar.

Serving Size

This recipe makes 2 servings.

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Ingredients

1/2 cup Steel Cut Oats (Quick Cooking)

1 tbsp Chia Seeds

1 1/4 cups Unsweetened Almond Milk (or milk of choice)

1/4 cup Vanilla Protein Powder

1/4 cup Raspberries (fresh or frozen)

1/4 cup Blueberries (fresh or frozen)

1 tbsp Pumpkin Seeds

1 tbsp Almond Butter

Bacon & Gruyere Egg Muffins

5 ingredients · 15 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C) and grease a muffin tray or use a silicone muffin tray.
2. In a large bowl, whisk the eggs. Add the remaining ingredients and stir to combine.
3. Portion the mixture into the muffin tray, filling each cup about 3/4 of the way full. Bake for 12 to 15 minutes, or until set. Cool for five minutes, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to one egg muffin.

Dairy-Free

Omit the cheese or use plant-based cheese.

Additional Toppings

Drizzle with hot sauce before serving.

Ingredients

5 Egg

4 slices Bacon, Cooked (chopped)

1/2 cup Gruyere Cheese (shredded)

1/2 cup Baby Spinach (chopped)

1/8 tsp Sea Salt

Toast with Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread butter onto toast and enjoy!

Ingredients

- 1 slice Whole Grain Bread (toasted)
- 1 tbsp Butter (Grassfed)

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Everything Bagel Hummus & Veggies

4 ingredients · 5 minutes · 2 servings



Directions

1. Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Veggies

Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

1/2 cup Hummus

2 tsps Everything Bagel Seasoning

2 Carrot (medium, peeled and cut into sticks)

1/2 Cucumber (medium, sliced)

Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size

One serving is equal to approximately 1/4 cup of bark.

More Flavor

Add sea salt or vanilla extract.

No Seeds

Use chopped nuts instead.

Ingredients

2 3/4 ozs Dark Chocolate

2 tsps Coconut Oil

1/4 cup Pumpkin Seeds

1/4 cup Sunflower Seeds

2 tbsps Hemp Seeds

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Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya

Use extra pineapple or other fruit like mango or oranges.

Ingredients

1/2 cup Papaya (chopped)

1/2 cup Pineapple (chopped)

1/2 Cucumber (chopped)

2 1/2 Ice Cubes

1/4 cup Mint Leaves

1/2 cup Baby Spinach

1 tbsp Chia Seeds

1/2 cup Water

Greek Chicken Salad

10 ingredients · 45 minutes · 4 servings



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

Serving Size

One serving is approximately 1 1/4 cup of veggies with chicken.

Leftovers

Refrigerate in an airtight container for up to three days.

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

Ingredients

2 tbsps Greek Seasoning
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
1 1/4 lbs Chicken Breast (boneless, skinless)
3 cups Cherry Tomatoes (halved)
1 Cucumber (diced)
1/4 cup Red Onion (finely diced)
1 cup Pitted Kalamata Olives (chopped)
3 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Sesame Carrot Ribbon Salad

6 ingredients · 10 minutes · 2 servings



Directions

1. Use a peeler to thinly slice the carrot into ribbons.
2. Combine the rice vinegar, tamari, sesame oil and coconut sugar in a mixing bowl. Add the carrot ribbons and toss until well coated. Let sit for 5 minutes.
3. Divide onto plates and top with sesame seeds. Enjoy!

Notes

No Rice Vinegar

Use apple cider vinegar instead.

No Tamari

Use soy sauce or coconut aminos instead.

No Coconut Sugar

Omit, or use maple syrup or honey instead.

Leftovers

Refrigerate in an airtight container up to 3 to 4 days.

Ingredients

- 1 Carrot (large, peeled)
- 1 **tbsp** Rice Vinegar
- 1 **1/2 tsp** Tamari
- 1/2 **tsp** Sesame Oil
- 1/2 **tsp** Coconut Sugar (optional)
- 1 **tbsp** Sesame Seeds

Apple & Brazil Nuts

2 ingredients · 5 minutes · 1 serving



Directions

1. Add the apple slices and Brazil nuts to a plate. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one apple and 1/4 cup Brazil nuts.

Ingredients

1 Apple (cored, sliced)

1 oz Brazil Nuts (About 6 nuts)

Almonds & Dark Chocolate

2 ingredients · 3 minutes · 2 servings



Directions

1. Divide between bowls. Enjoy!

Ingredients

1/4 cup Dark Chocolate Chips (at least 70% cacao)

1/4 cup Almonds

Egg Roll in a Bowl

9 ingredients · 30 minutes · 2 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

Ingredients

- 1 **tbsp** Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 **stalks** Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 **tsps** Ginger (peeled and grated)
- 8 **ozs** Lean Ground Pork
- 3 **cups** Coleslaw Mix
- 1 **cup** Bean Sprouts
- 2 **tbsps** Coconut Aminos

One Pan Steak, Potatoes & Broccoli

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C).
2. Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
3. After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
4. Remove the pan from the oven, divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

4 cups Mini Potatoes
1 1/2 cups Cherry Tomatoes
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
8 ozs Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 2 servings



Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free

Use pumpkin seeds or sunflower seeds instead.

Save Time

Blend up the pesto in advance.

More Carbs

Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

1/2 cup Parsley (packed)
2 tbsps Fresh Dill (packed)
2 2/3 tbsps Slivered Almonds
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove)
Sea Salt & Black Pepper
10 ozs Halibut Fillet
3/4 tsp Coconut Oil
4 cups Mixed Greens (or Arugula)

Lentil, Bean & Turkey Chili

12 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oil in a large skillet or pot over medium-high heat. Add the garlic and onions. Stir and cook for approximately two minutes or until tender. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes or until browned.
2. Add the lentils, beans, diced tomatoes, broth, chili powder, and cumin. Stir well to combine.
3. Bring the chili to a simmer and let it cook for about 20 minutes or until the liquid has reduced to your preferred consistency. Stir occasionally. Add additional spices to taste.
4. Serve with garlic toast, a green salad, or steamed veggies. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

Serving Size

One serving is approximately two cups.

Additional Toppings

Shredded cheese, sour cream, chopped green onions, avocado slices, and/or cilantro.

Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 2** Garlic (clove, minced)
- 1** Yellow Onion (chopped)
- 12 ozs** Extra Lean Ground Turkey (or lean ground beef)
- 1 cup** Lentils (cooked)
- 15 ozs** Red Kidney Beans (15oz can or 1.5 cups cooked)
- 4 cups** Diced Tomatoes (from the can, with the juices (32oz can))
- 1 1/2 cups** Vegetable Broth, Low Sodium
- 1 tsp** Chili Powder
- 2 tsps** Cumin
- 1 tbsp** Sea Salt (or to taste)
- 1 tsp** Black Pepper (or to taste)

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

10 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

4 cups Broccoli (sliced into small florets)

1 tbsp Extra Virgin Olive Oil

1/2 cup Quinoa (uncooked)

3/4 cup Water

1/4 Lemon (sliced into wedges)

Chicken Thighs with Sweet Potato & Cauliflower

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Drizzle the cut sides of the sweet potatoes with half of the oil and season with salt and pepper. Place the potatoes cut side down on the baking sheet and bake for 25 minutes.
3. Remove the baking sheet from the oven and carefully flip the sweet potatoes over so they are cut side up. Place the chicken on the baking sheet and toss with the remaining oil. Add the smoked paprika and garlic powder and season generously with salt and pepper.
4. Continue to bake for 15 to 18 minutes or until the chicken thighs are cooked through and the sweet potatoes are soft when poked with a fork.
5. Meanwhile, add the cauliflower to a steamer basket over boiling water. Steam for about five minutes or until desired doneness is reached.
6. To serve, divide the chicken, sweet potato, and cauliflower evenly between plates or meal prep containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the chicken and/or sweet potato with other dried herbs and spices to taste, like cumin, coriander, chili powder, or cinnamon.

No Chicken Thighs

Use chicken breast instead.

Ingredients

2 Sweet Potato (medium, cut in half lengthwise)

2 tsps Avocado Oil (divided)

Sea Salt & Black Pepper (to taste)

1 lb Chicken Thighs (boneless, skinless & trimmed)

3/4 tsp Smoked Paprika

1/4 tsp Garlic Powder

1 head Cauliflower (small, cut into florets)