

21-Day Hormone Reset Program

Balance Your Hormones, Energy & Metabolism

Created by a
Registered
Dietitian



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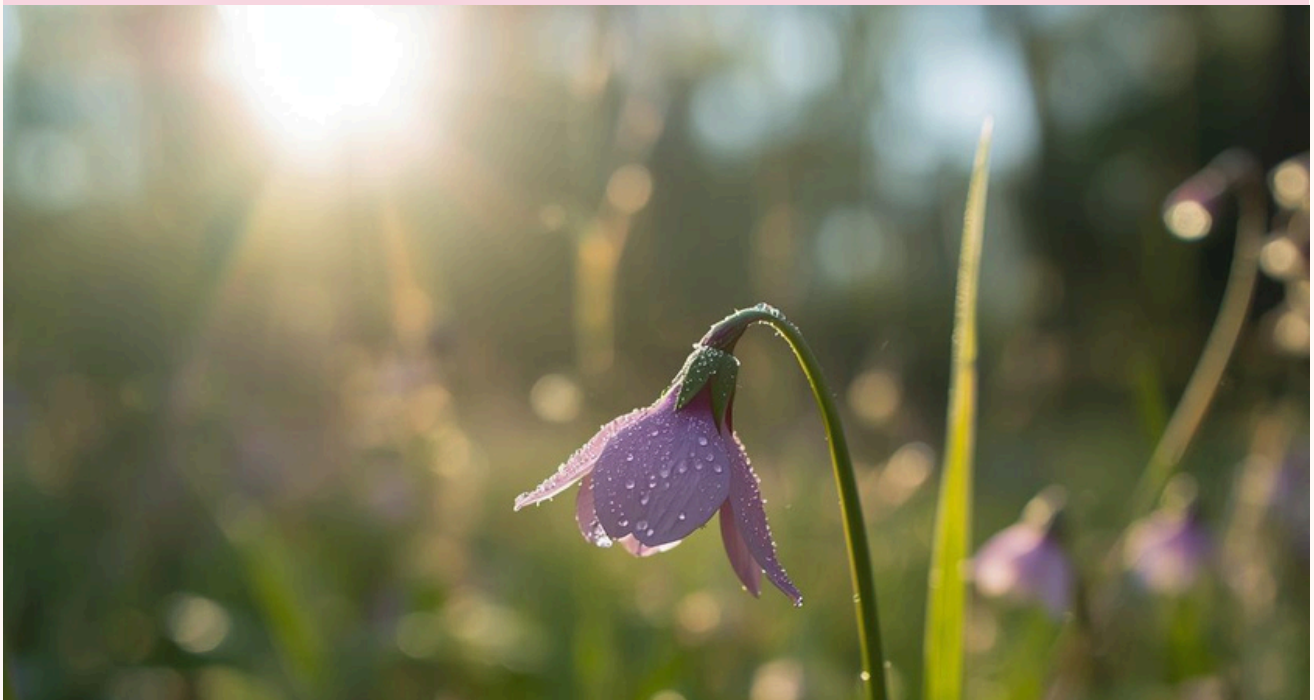


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How to Use This Guide

Start at the beginning or jump straight into the meal plan—this program is designed to support you wherever you are. Come back to the education pages anytime you need a refresher, and use the meal plan as a flexible guide—not a strict rulebook. To get the most out of this program, pair it with a simple daily journal or tracker. This helps you connect how you eat with how you feel—which is one of the most powerful tools for improving hormone health.

Reminder

This isn't just a plan—it's a tool you can return to again and again to support your hormones, energy, and overall health.

Welcome to Your 21-Day Hormone Reset Program

A simple, sustainable approach to feeling like yourself again

Hi there,

I'm so glad you're here. This program was created to help you rebalance your hormones, stabilize your energy, and feel more in control of your body—without restrictive diets, confusing rules, or cutting out entire food groups. As a Registered Dietitian, I've seen how overwhelming hormone health can feel. You're told to “eat clean,” avoid certain foods, or follow extreme plans... but no one explains how to actually support your hormones in a realistic, sustainable way. That's exactly what this program is designed to do.

What This Program Will Help You Do

Over the next 21 days, you'll learn how to:

- Balance blood sugar (the foundation of hormone health)
- Reduce energy crashes and cravings
- Support your metabolism without restriction
- Nourish your body with satisfying, hormone-friendly meals
- Build habits that actually last beyond these 3 weeks

What Makes This Different

This isn't a detox. This isn't a “cut everything out” plan. This isn't about perfection.

Instead, this program focuses on:

- Balanced meals with protein, carbs, and healthy fats
- Anti-inflammatory, nutrient-dense foods
- Supporting your body—not stressing it
- Simple structure you can actually stick to

Because when your body feels safe and nourished, your hormones respond.

What to Expect

Each day includes:

- Easy, balanced meal ideas
- A mix of quick options and simple meals
- Gentle guidance to support your hormones

You don't need to follow this perfectly to see results.

Consistency > perfection.

A Note From Me

If you've been struggling with:

- Low energy
- Hormonal imbalances
- Cravings or blood sugar swings
- Feeling “off” in your body

Please know—you're not broken. Your body is always communicating with you. This program helps you start listening and responding in a way that supports healing.

Let's Begin

Take this one day at a time. Focus on nourishing your body, not controlling it. You deserve to feel energized, balanced, and confident in your health—and this is your starting point. You've got this!

How This Program Works

A simple, science-backed approach to hormone balance

This 21-day program is designed to support your hormones by focusing on the foundations that matter most: blood sugar balance, nourishment, and consistency. Instead of extreme rules or restriction, you'll follow a structured but flexible plan that helps your body feel safe, supported, and energized.

The Core Method

Every meal in this program is built around one key principle: **Balance your blood sugar**

This means combining:

- Protein – supports metabolism, fullness, and stable energy
- Carbohydrates – your body's preferred energy source (yes, you need them!)
- Healthy fats – support hormone production and satiety
- Fiber – helps digestion, gut health, and blood sugar control

When these are balanced, your body is less likely to experience energy crashes, intense cravings, and hormonal fluctuations.

How to Follow the Plan

Each day includes:

- Breakfast
- Lunch
- Snack
- Dinner

Aim to eat every 3–4 hours

This helps regulate blood sugar, lower stress hormones (like cortisol), and prevent overeating later in the day.

Do You Have to Follow It Exactly?

No. This program is designed to guide you—not restrict you.

You can:

- Swap similar foods (chicken → turkey, rice → quinoa)
- Repeat meals you enjoy
- Adjust portion sizes based on your hunger

The goal is consistency, not perfection.

Why This Works for Hormones

When you consistently fuel your body:

- Your blood sugar stabilizes → fewer cravings + better energy
- Your body feels safe → improved hormone signaling
- Your metabolism becomes more efficient
- Your stress response is reduced

This creates the environment your body needs to rebalance naturally.

A Simple Visual to Follow

Think of your plate like this:

- ½ plate: vegetables or fiber-rich carbs
- ¼ plate: protein
- ¼ plate: carbs (rice, potatoes, oats, fruit, etc.)
- Add healthy fats (olive oil, avocado, nuts)

What to Focus On Daily

Instead of overthinking, focus on these 3 things:

1. Don't skip meals
2. Build balanced plates
3. Eat enough to feel satisfied

That's it.

A Final Reminder

You don't need to be perfect to see results.

Small, consistent changes in how you nourish your body can have a powerful impact on your hormones, energy, and overall health.

Trust the process—and give your body time to respond

Hormone Basics

Understanding what's happening in your body (in a simple way)

Hormones are chemical messengers that help control how your body functions every day—from your energy levels and metabolism to your mood, sleep, and menstrual cycle. When your hormones are balanced, you feel, energized, focused, satisfied after meals, and emotionally stable. When they're out of balance, you may notice fatigue or energy crashes, cravings (especially sugar), mood swings, irritability, irregular cycles, or PMS symptoms. The good news? Your daily habits—especially how you eat—play a huge role in supporting your hormones.

The 3 Key Hormones We're Supporting

1. Blood Sugar (Insulin)	2. Stress Hormone (Cortisol)	3. Reproductive Hormones (Estrogen + Progesterone)
<p>Insulin helps move sugar from your bloodstream into your cells for energy.</p> <p>When blood sugar is unstable:</p> <ul style="list-style-type: none">You may feel tired, shaky, or anxiousCravings increase (especially for carbs/sugar)Energy crashes happen throughout the day <p>How we support it:</p> <ul style="list-style-type: none">Eating balanced meals (protein + carbs + fat)Not skipping mealsIncluding fiber-rich foods	<p>Cortisol helps your body respond to stress and manage energy.</p> <p>When cortisol is elevated or dysregulated:</p> <ul style="list-style-type: none">You may feel wired but tiredExperience poor sleepNotice increased belly fat or cravings <p>How we support it:</p> <ul style="list-style-type: none">Eating consistently throughout the dayAvoiding extreme dieting or under-eatingIncluding enough carbohydratesSupporting your body with regular meals	<p>These hormones regulate your menstrual cycle, mood, and overall hormonal balance.</p> <p>When they're out of sync:</p> <ul style="list-style-type: none">PMS symptoms may increaseCycles may feel irregularMood and energy can fluctuate more <p>How we support them:</p> <ul style="list-style-type: none">Eating enough overall caloriesIncluding healthy fats (important for hormone production)Supporting blood sugar and stress hormones first

Why Food Matters for Hormones

Your body needs consistent fuel to function properly. When you skip meals, under-eat, or cut out entire food groups, it can signal stress to your body and disrupt hormone balance.

When you eat regularly, build balanced meals, and nourish your body with enough food, you create the foundation for your hormones to work the way they're meant to.

The Big Picture

Hormones don't need perfection—they need consistency. This program is designed to:

- Stabilize blood sugar
- Support your stress response
- Nourish your body with balanced nutrition

Small daily habits can lead to big changes in how you feel.

Keep This in Mind

If you've been struggling with your hormones, it's not because you're doing everything wrong. Often, your body just needs more consistent nourishment, more balance, and less restriction.

And that's exactly what you're starting here!

Your Hormone-Friendly Food Framework

How to build balanced meals (without overthinking)

Instead of counting calories, tracking macros, or following strict rules, this program uses a simple plate framework to help you create meals that naturally support your hormones. This ensures your body gets what it needs for stable energy, fewer cravings, better metabolism, and hormone balance.

The Balanced Plate Method

At each meal, aim for:

½ Plate: Fiber-Rich Foods:

Leafy greens (spinach, arugula, kale), vegetables (broccoli, peppers, zucchini, carrots), fruits (berries, apples, etc.).

Why it matters: Supports gut health, digestion, and blood sugar control.

¼ Plate: Protein:

Chicken, turkey, fish, eggs, Greek yogurt, cottage cheese, beans, lentils, tofu.

Why it matters: Stabilizes blood sugar, supports metabolism, keeps you full.

¼ Plate: Carbohydrates:

Rice, quinoa, oats, potatoes, sweet potatoes, whole grain bread, fruit.

Why it matters: Provides energy, supports thyroid + reproductive hormones.

Add Healthy Fats:

Avocado, olive oil, nuts and seeds, nut butters

Why it matters: Essential for hormone production and satiety.

When to Eat

Aim to eat every 3–4 hours:

This helps: Keep blood sugar stable, reduce stress on your body, and prevent overeating and cravings.

What This Looks Like in Real Life

Instead of:

- Just a smoothie → add protein + fat
- Salad alone → add protein + carbs
- Skipping meals → eat consistently

Think: “How can I make this meal more balanced?”

Quick Meal Examples

- Greek yogurt + berries + granola + almond butter
- Chicken + rice + roasted vegetables + olive oil
- Eggs + avocado toast + fruit
- Salmon + potatoes + greens

Keep It Simple

You don't need perfect meals—just balanced ones.

Focus on:

1. Adding protein
2. Including carbs (don't fear them!)
3. Adding healthy fats
4. Eating regularly

Your Reminder

This isn't about restriction—it's about nourishment. When your meals are balanced, your body feels safe and that's when your hormones can truly thrive.



Journal Prompts

Track your progress + understand your body

To get the most out of this program, pair it with a simple daily journal or tracker. This helps you connect how you eat with how you feel—which is one of the most powerful tools for improving hormone health.

Why Tracking Matters

Your body gives you feedback every day. When you start paying attention, you can:

- Identify patterns in energy, mood, and cravings
- Understand what meals keep you full and satisfied
- Notice improvements in your hormones over time

This turns your nutrition into something personalized to you

What to Track Each Day

Keep it simple—this should take less than 2 minutes.

Energy

Morning: Low / Medium / High
Afternoon: Low / Medium / High
Evening: Low / Medium / High

Digestion

Bloating (none / mild / moderate)
Regular digestion

Mood

Calm / Balanced / Irritable / Anxious

Sleep (optional)

Hours slept
Restful or not

Hunger & Cravings

Did you feel satisfied after meals?
Any strong cravings? (what + when)

Weekly Reflection (Optional)

At the end of each week, ask yourself:
Do I have more stable energy?
Are my cravings decreasing?
Am I feeling more satisfied after meals?
What meals made me feel best?

What to Look For

As you follow this plan, you may start to notice:

- More stable energy
- Fewer cravings
- Better mood
- Improved digestion

These are all signs your hormones are being supported.

Keep It Flexible

This isn't about tracking perfectly. Even noticing one or two patterns can help you better understand your body.

Final Reminder

Your body is unique. The more you pay attention to how you feel, the better you can support your hormones in a way that works for you.

Weekly Grocery Lists

Everything you need for your 21-Day Hormone Reset.

Use these grocery lists to simplify your week and stay consistent. You don't need to buy everything at once—shop weekly for freshness and ease.

WEEK 1: FOUNDATION (BLOOD SUGAR BALANCE)	WEEK 2: GUT + INFLAMMATION SUPPORT	WEEK 3: HORMONE OPTIMIZATION + SUSTAINABILITY
<p>Produce</p> <ul style="list-style-type: none"> Spinach or mixed greens Broccoli Bell peppers Zucchini Sweet potatoes Avocado (3–4) Berries (fresh or frozen) Apples Bananas Lemon <p>Protein</p> <ul style="list-style-type: none"> Chicken breast or thighs Ground turkey Salmon Eggs Greek yogurt Cottage cheese <p>Carbohydrates</p> <ul style="list-style-type: none"> Quinoa Brown rice Oats Whole grain or sourdough bread Black beans <p>Healthy Fats</p> <ul style="list-style-type: none"> Olive oil Almond butter or peanut butter Chia seeds Walnuts or almonds <p>Pantry + Extras</p> <ul style="list-style-type: none"> Salsa Hummus Dark chocolate (70%+) Protein powder (optional) Basic spices (salt, pepper, garlic, paprika) 	<p>Produce</p> <ul style="list-style-type: none"> Spinach or arugula Asparagus Carrots Cucumbers Tomatoes Broccoli Zucchini Berries Apples Bananas <p>Protein</p> <ul style="list-style-type: none"> Chicken Ground turkey Salmon Shrimp Tuna Eggs Greek yogurt Cottage cheese Lentils Chickpeas <p>Carbohydrates</p> <ul style="list-style-type: none"> Quinoa Rice Oats Whole grain wraps Sweet potatoes <p>Healthy Fats</p> <ul style="list-style-type: none"> Olive oil Avocado Almond butter Nuts/seeds (walnuts, flax, chia) <p>Pantry + Extras</p> <ul style="list-style-type: none"> Tahini Hummus Protein bars (low sugar) Dark chocolate Herbs + spices 	<p>Produce</p> <ul style="list-style-type: none"> Leafy greens Broccoli Green beans Zucchini Bell peppers Potatoes Sweet potatoes Avocado Berries Apples Bananas <p>Protein</p> <ul style="list-style-type: none"> Chicken Ground turkey Salmon Cod Shrimp Eggs Greek yogurt Cottage cheese Lentils or beans <p>Carbohydrates</p> <ul style="list-style-type: none"> Rice Quinoa Oats Whole grain bread or wraps Pasta <p>Healthy Fats</p> <ul style="list-style-type: none"> Olive oil Nuts + seeds Nut butter Avocado <p>Pantry + Extras</p> <ul style="list-style-type: none"> Marinara sauce Trail mix Protein powder (optional) Dark chocolate Spices + seasonings

Tips for Success

- Shop once per week to keep things simple
- Buy frozen fruits/veggies to save time + money
- Prep proteins and grains ahead for easy meals
- Don't stress about exact brands—focus on balance

Reminder

You don't need a perfect grocery list to see results.

Consistency with simple, balanced foods will support your hormones far more than perfection ever will

Meal Prep Guide

Simplify your week in 60 minutes

Meal prep doesn't have to be overwhelming. This simple system helps you prepare balanced, hormone-friendly meals quickly and realistically—so you can stay consistent without spending hours in the kitchen.

The 60-Minute Prep System

1

Start with the Oven (0–5 min)

Preheat oven to 400°F

Add to sheet pans:

- Protein: chicken, salmon, turkey meatballs
- Carbs: sweet potatoes, potatoes
- Veggies: broccoli, carrots, zucchini, peppers

Drizzle with olive oil + season

Bake for 20–30 minutes

2

Cook Your Grains (5–25 min)

While food is in the oven:

- Cook rice, quinoa, or pasta
- Make 2–4 servings

Store for easy lunches + dinners

3

Prepare Quick Proteins (optional)

- Boil eggs (easy snacks or breakfasts)
- Cook ground turkey or beef on stovetop

4

Chop + Prep Fresh Items (25–45 min)

- Wash + chop vegetables
- Portion fruit
- Prep salad bases

5

Assemble or Store (45–60 min)

Build 1–2 ready-to-go meals

Store everything in containers:

- Protein
- Carbs
- Veggies
- Extras (sauces, toppings)

How to Build Meals Quickly

Mix and match what you prepped:

Protein + Carb + Veggie + Fat = Balanced Meal

Examples:

- Chicken + rice + broccoli + olive oil
- Salmon + potatoes + greens + avocado
- Turkey + quinoa + roasted veggies

Batch Cooking Ideas

Focus on cooking components, not full meals:

Proteins (pick 2–3 per week)

- Grilled chicken
- Ground turkey or beef
- Salmon or cod
- Hard-boiled eggs

Carbohydrates (pick 2 per week)

- Rice
- Quinoa
- Potatoes or sweet potatoes
- Pasta

Vegetables (roast or prep ahead)

- Broccoli
- Zucchini
- Carrots
- Bell peppers
- Greens (spinach, arugula)

Add-ons (boost flavor + hormones)

- Avocado
- Olive oil
- Nuts/seeds
- Hummus or dressing

Pro Tips for Success

- Keep it simple—repeat meals you like
- Use frozen veggies to save time
- Prep just 2–3 days at a time if preferred
- Don't aim for perfection—aim for consistency

Reminder

Meal prep isn't about being perfect—it's about making your life easier.

When balanced meals are ready to go, staying consistent becomes effortless...

and that's what supports your hormones long-term.

Swap List

Dairy-Free + Gluten-Free Options

This program is designed to be flexible. If you have dietary preferences or sensitivities, use this simple swap guide to adjust meals while still keeping them balanced and hormone-friendly.

Dairy-Free Swaps

Milk & Yogurt

- Greek yogurt → Coconut yogurt, almond yogurt, soy yogurt
- Milk → Almond milk, oat milk, coconut milk

Tip: Choose options with added protein when possible

Cheese

- Feta, shredded cheese → Dairy-free cheese alternatives
- Parmesan → Nutritional yeast

Creamy Ingredients

- Cream-based dressings → Olive oil + lemon, tahini dressing
- Sour cream → Dairy-free yogurt or cashew cream

Protein Options (if removing dairy)

- Cottage cheese → Chia pudding or dairy-free yogurt + protein powder
- Whey protein → Plant-based protein powder

Gluten-Free Swaps

Grains

- Bread → Gluten-free bread or wraps
- Pasta → Gluten-free pasta (rice, lentil, chickpea)
- Couscous → Quinoa or rice

Carbohydrates

- Regular oats → Certified gluten-free oats
- Crackers → Rice cakes or gluten-free crackers

Wraps & Sandwiches

- Tortillas → Corn tortillas or gluten-free wraps
- Sandwiches → Lettuce wraps or grain bowls

Meal Swap Examples

- Chicken wrap → Chicken bowl with rice or quinoa
- Yogurt bowl → Dairy-free yogurt + granola + seeds
- Pasta dish → Gluten-free pasta or rice-based meal
- Creamy dressing → Olive oil + lemon or tahini

How to Keep Meals Balanced

Even when swapping, aim to include:

- Protein
- Carbohydrates
- Healthy fats
- Fiber

This keeps your meals hormone-supportive and satisfying

Pro Tips

- Read labels—many “gluten-free” or “dairy-free” products can be low in protein
- Focus on whole foods when possible
- Don't overcomplicate—simple swaps work best

Reminder

You don't need to follow a specific diet to support your hormones.

The goal is to find what works for your body while still keeping your meals balanced, nourishing, and sustainable.

Meal Plan

Day 1

Focus: Blood Sugar Balance + Steady Energy

Breakfast	Greek Yogurt Power Bowl <ul style="list-style-type: none">• Greek yogurt• Mixed berries• Chia seeds• Almond butter	<i>Why This Works...</i> Protein + fiber + healthy fats = stable energy and fewer cravings
Lunch	Grilled Chicken Quinoa Salad <ul style="list-style-type: none">• Grilled chicken• Quinoa• Spinach or mixed greens• Cucumber + feta• Olive oil + lemon dressing	<i>Why this works...</i> Balanced meal to support blood sugar and keep you full for hours
Snack	Apple + Walnuts	<i>Why this works...</i> Combines fiber + fat to prevent energy crashes
Dinner	Salmon + Sweet Potato + Broccoli <ul style="list-style-type: none">• Baked or pan-seared salmon• Roasted sweet potatoes• Steamed broccoli• Drizzle of olive oil	<i>Why this works...</i> Omega-3 fats + fiber-rich carbs support hormone health and reduce inflammation

Hormone Tip of the Day

Don't skip meals.

Even one skipped meal can lead to blood sugar dips, cravings, and increased stress hormones later in the day.

Reminder

You don't need to be perfect today—just focus on building balanced meals and eating consistently.

Small steps = big hormone shifts

Meal Plan

Day 2

Focus: Protein + Fiber for Stable Energy & Reduced Cravings

Breakfast	Eggs + Avocado Toast + Spinach <ul style="list-style-type: none">• 2 eggs (scrambled or fried)• Whole grain or sourdough toast• Avocado• Sautéed spinach	<i>Why This Works...</i> Protein + healthy fats + fiber help prevent mid-morning crashes
Lunch	Turkey Lettuce Wraps + Hummus + Veggies <ul style="list-style-type: none">• Ground turkey or sliced turkey• Lettuce wraps• Hummus• Carrots + cucumber on the side	<i>Why this works...</i> High-protein, fiber-rich meal that supports blood sugar balance
Snack	Cottage Cheese + Pineapple	<i>Why this works...</i> Protein + natural carbs = steady energy and reduced sugar cravings
Dinner	Ground Turkey Taco Bowl <ul style="list-style-type: none">• Ground turkey• Brown rice• Black beans• Salsa• Avocado	<i>Why this works...</i> Balanced carbs + protein + fats support hormone stability and fullness

Hormone Tip of the Day

Build your meals around protein.

Starting your day with protein helps regulate blood sugar, reduce cravings, and support hormone balance throughout the day.

Reminder

Balanced meals don't have to be complicated—simple combinations can make a powerful difference.

Meal Plan

Day 3

Focus: Gut Health + Fiber Diversity

Breakfast	Hormone Support Smoothie <ul style="list-style-type: none">• Protein powder• Frozen berries• Spinach• Flax seeds• Almond milk	<i>Why This Works...</i> Protein + fiber + omega-3s support gut health and stable energy
Lunch	Lentil + Veggie Bowl with Tahini Dressing <ul style="list-style-type: none">• Lentils• Roasted or raw veggies (carrots, cucumber, peppers)• Greens• Tahini dressing	<i>Why this works...</i> Plant-based fiber supports digestion and a healthy gut microbiome
Snack	Dark Chocolate + Almonds	<i>Why this works...</i> Healthy fats + antioxidants help reduce inflammation and support satisfaction
Dinner	Chicken Stir Fry + Rice <ul style="list-style-type: none">• Chicken• Mixed vegetables (broccoli, peppers, snap peas)• Rice• Sesame oil or olive oil	<i>Why this works...</i> Balanced meal with protein + carbs to support hormones and energy

Hormone Tip of the Day

Variety matters for your gut.

Eating a range of different plant foods helps support beneficial gut bacteria—which play a key role in hormone health.

Reminder

You're not just feeding your body—you're supporting your hormones with every balanced choice.

Meal Plan

Day 4

Focus: Nourishment + Satiety (Supporting Metabolism)

Breakfast	Protein Overnight Oats <ul style="list-style-type: none">• Oats• Chia seeds• Protein powder• Berries• Almond milk	<i>Why This Works...</i> Balanced carbs + protein + fiber keep you full and energized all morning
Lunch	Salmon Salad Bowl <ul style="list-style-type: none">• Salmon (grilled or canned)• Mixed greens• Cucumber + tomato• Olive oil + lemon	<i>Why this works...</i> Omega-3 fats + protein support hormone production and reduce inflammation
Snack	Rice Cakes + Peanut Butter	<i>Why this works...</i> Combines carbs + fat to prevent energy dips between meals
Dinner	Grass-Fed Beef + Quinoa + Roasted Veggies <ul style="list-style-type: none">• Grass-fed beef• Quinoa• Roasted vegetables (broccoli, carrots, zucchini)• Olive oil	<i>Why this works...</i> Iron + protein + fiber support metabolism, energy, and hormone health

Hormone Tip of the Day

Eat enough.

Undereating can signal stress to your body and disrupt hormone balance. Nourishment supports your metabolism—not restriction.

Reminder

Feeling satisfied after meals is a good thing—it means your body is getting what it needs.

Meal Plan

Day 5

Focus: Blood Sugar Stability + Mineral Support

Breakfast	Veggie Egg Scramble + Toast <ul style="list-style-type: none">• Eggs• Spinach, peppers, onions• Feta cheese• Whole grain or sourdough toast	<i>Why This Works...</i> Protein + fiber + carbs help stabilize blood sugar and support sustained energy
Lunch	Chickpea Salad Bowl <ul style="list-style-type: none">• Chickpeas• Cucumber + tomato• Fresh herbs (parsley or basil)• Olive oil + lemon	<i>Why this works...</i> Fiber-rich + plant protein supports gut health and fullness
Snack	Protein Bar (low sugar)	<i>Why this works...</i> Convenient protein helps prevent energy crashes and cravings
Dinner	Shrimp + Rice + Sautéed Veggies <ul style="list-style-type: none">• Shrimp• Rice• Zucchini + bell peppers• Olive oil or avocado oil	<i>Why this works...</i> Balanced carbs + protein + healthy fats support hormone stability

Hormone Tip of the Day

Don't fear carbohydrates.

Carbs are essential for thyroid function, energy, and reproductive hormone health—especially when paired with protein and fats.

Reminder

Balanced meals = steady energy, fewer cravings, and better hormone support.

Meal Plan

Day 6

Focus: Energy Support + Healthy Fats for Hormone Production

Breakfast	Smoothie Bowl + Granola + Hemp Seeds <ul style="list-style-type: none">• Blended smoothie (frozen berries, banana, protein powder, almond milk)• Topped with granola• Hemp seeds	<i>Why This Works...</i> Protein + carbs + healthy fats support steady energy and hormone production
Lunch	Chicken Caesar Wrap <ul style="list-style-type: none">• Grilled chicken• Whole grain wrap• Romaine lettuce• Greek yogurt Caesar-style dressing• Parmesan	<i>Why this works...</i> Balanced protein + carbs + fats keep you satisfied and energized
Snack	Banana + Almond Butter	<i>Why this works...</i> Quick carbs + healthy fats = sustained energy without a crash
Dinner	Baked Cod + Potatoes + Green Beans <ul style="list-style-type: none">• Cod• Roasted or boiled potatoes• Green beans• Olive oil	<i>Why this works...</i> Nutrient-dense meal with protein + carbs + minerals to support hormone health

Hormone Tip of the Day

Healthy fats are essential.

They play a key role in hormone production and help keep you full and satisfied after meals.

Reminder

Simple, balanced meals are enough—you don't need complicated recipes to support your hormones.

Meal Plan

Day 7

Focus: Consistency + Sustainable Habits

Breakfast	Cottage Cheese Bowl + Berries + Flax <ul style="list-style-type: none">• Cottage cheese• Mixed berries• Ground flax seeds• Drizzle of honey (optional)	<i>Why This Works...</i> Protein + fiber + healthy fats support fullness and stable energy
Lunch	Balanced Protein Bowl <ul style="list-style-type: none">• Protein (chicken, turkey, or salmon)• Grain (rice, quinoa, or potatoes)• Vegetables• Olive oil or avocado	<i>Why this works...</i> Flexible, balanced meal that keeps you consistent without overthinking
Snack	Trail Mix (Nuts + Seeds + Dark Chocolate)	<i>Why this works...</i> Combines healthy fats + fiber + carbs to keep energy steady and prevent cravings
Dinner	Turkey Meatballs + Pasta + Spinach <ul style="list-style-type: none">• Turkey meatballs• Pasta• Marinara sauce• Sautéed spinach or side salad	<i>Why this works...</i> Balanced comfort meal with protein + carbs to support hormones and satisfaction

Hormone Tip of the Day

Consistency matters more than perfection.

It's what you do most of the time—not occasionally—that supports your hormones.

Reminder

You've completed Week 1

Focus on how you feel—more stable energy, fewer cravings, better balance. This is just the beginning.

Meal Plan

Day 8

Focus: Anti-Inflammatory Support + Gut Health

Breakfast	Greek Yogurt + Granola + Berries + Flax <ul style="list-style-type: none">• Greek yogurt• Granola• Mixed berries• Ground flax seeds	<i>Why This Works...</i> Protein + fiber + omega-3s support gut health and reduce inflammation
Lunch	Chicken Quinoa Bowl + Roasted Veggies <ul style="list-style-type: none">• Grilled chicken• Quinoa• Roasted vegetables (broccoli, zucchini, carrots)• Olive oil	<i>Why this works...</i> Balanced meal with fiber + protein to support digestion and steady energy
Snack	Apple + Almond Butter	<i>Why this works...</i> Fiber + healthy fats help prevent blood sugar crashes
Dinner	Salmon + Rice + Asparagus <ul style="list-style-type: none">• Salmon• Rice• Asparagus• Olive oil + lemon	<i>Why this works...</i> Omega-3 fats + fiber-rich carbs support hormone balance and reduce inflammation

Hormone Tip of the Day

Support your gut to support your hormones.

A healthy gut plays a key role in hormone regulation, digestion, and inflammation.

Reminder

You're building momentum—keep focusing on balanced meals and consistency.

Meal Plan

Day 9

Focus: Blood Sugar Stability + Sustained Energy

Breakfast	Eggs + Avocado Toast + Berries <ul style="list-style-type: none">• 2 eggs (scrambled or fried)• Whole grain or sourdough toast• Avocado• Side of berries	<i>Why This Works...</i> Protein + healthy fats + carbs support stable blood sugar and steady energy
Lunch	Lentil Salad + Feta + Olive Oil <ul style="list-style-type: none">• Lentils• Cucumber + tomatoes• Feta cheese• Olive oil + lemon	<i>Why this works...</i> Fiber + plant protein support gut health and help you stay full
Snack	Cottage Cheese + Walnuts	<i>Why this works...</i> Protein + healthy fats help reduce cravings and support stable energy
Dinner	Ground Turkey + Sweet Potato + Green Beans <ul style="list-style-type: none">• Ground turkey• Roasted sweet potatoes• Green beans• Olive oil	<i>Why this works...</i> Balanced meal with protein + fiber-rich carbs to support hormone health

Hormone Tip of the Day

Pair carbs with protein and fat.

This helps slow digestion, stabilize blood sugar, and prevent energy crashes.

Reminder

You don't need perfect meals—just balanced ones done consistently.

Meal Plan

Day 10

Focus: Balanced Energy + Reducing Cravings

Breakfast	Hormone Support Smoothie <ul style="list-style-type: none">• Protein powder• Frozen berries• Spinach• Chia seeds• Almond milk	<i>Why This Works...</i> Protein + fiber + healthy fats help stabilize blood sugar and keep you full
Lunch	Tuna Salad Wrap + Veggies <ul style="list-style-type: none">• Tuna (mixed with Greek yogurt or olive oil)• Whole grain wrap• Lettuce + cucumber• Side of carrots or peppers	<i>Why this works...</i> Protein-rich meal with fiber + carbs to support steady energy
Snack	Dark Chocolate + Almonds	<i>Why this works...</i> Healthy fats + antioxidants help with satisfaction and reduce cravings
Dinner	Chicken Stir Fry + Rice <ul style="list-style-type: none">• Chicken• Mixed vegetables (broccoli, peppers, snap peas)• Rice• Sesame oil or olive oil	<i>Why this works...</i> Balanced meal with protein + carbs to support hormones and prevent evening cravings

Hormone Tip of the Day

Cravings aren't a lack of willpower—they're often a sign of imbalance. Focus on balanced meals throughout the day to naturally reduce them.

Reminder

Fueling your body consistently is one of the most powerful ways to support your hormones.

Meal Plan

Day 11

Focus: Fiber + Fullness for Hormone Support

Breakfast	Protein Overnight Oats <ul style="list-style-type: none">• Oats• Chia seeds• Protein powder• Berries• Almond milk	<i>Why This Works...</i> Fiber + protein + carbs provide long-lasting energy and support blood sugar balance
Lunch	Chickpea + Cucumber Salad <ul style="list-style-type: none">• Chickpeas• Cucumber + tomatoes• Fresh herbs• Olive oil + lemon	<i>Why this works...</i> Fiber-rich + plant-based protein supports digestion and gut health
Snack	Rice Cakes + Peanut Butter	<i>Why this works...</i> Carbs + healthy fats help maintain steady energy between meals
Dinner	Shrimp + Quinoa + Roasted Broccoli <ul style="list-style-type: none">• Shrimp• Quinoa• Roasted broccoli• Olive oil	<i>Why this works...</i> Balanced meal with protein + fiber to support metabolism and hormone balance

Hormone Tip of the Day

Fiber is key for hormone health.

It supports digestion, helps regulate blood sugar, and plays a role in hormone balance.

Reminder

Simple, consistent meals can have a powerful impact on how you feel.

Meal Plan

Day 12

Focus: Nutrient Density + Hormone Support

Breakfast	Egg Scramble + Sourdough Toast <ul style="list-style-type: none">• Eggs• Spinach + peppers• Feta cheese• Sourdough or whole grain toast	<i>Why This Works...</i> Protein + carbs + healthy fats support energy, metabolism, and hormone production
Lunch	Salmon Salad Bowl <ul style="list-style-type: none">• Salmon (grilled or canned)• Mixed greens• Cucumber + tomatoes• Olive oil + lemon	<i>Why this works...</i> Omega-3 fats + protein support hormone balance and reduce inflammation
Snack	Protein Bar (low sugar)	<i>Why this works...</i> Convenient protein helps prevent energy dips and cravings
Dinner	Grass-Fed Beef + Potatoes + Roasted Carrots <ul style="list-style-type: none">• Grass-fed beef• Potatoes• Roasted carrots• Olive oil	<i>Why this works...</i> Iron + protein + fiber-rich carbs support energy and hormone health

Hormone Tip of the Day

Nutrient density matters.

Including a variety of whole foods helps ensure your body gets the vitamins and minerals needed for optimal hormone function.

Reminder

You're building strong, supportive habits—keep going.

Meal Plan

Day 13

Focus: Variety + Balanced Nourishment

Breakfast	Smoothie Bowl + Hemp Seeds <ul style="list-style-type: none">• Blended smoothie (berries, banana, protein powder, almond milk)• Topped with granola• Hemp seeds	<i>Why This Works...</i> Balanced carbs + protein + healthy fats support energy and hormone production
Lunch	Turkey Wrap + Hummus <ul style="list-style-type: none">• Turkey• Whole grain wrap• Lettuce + cucumber• Hummus	<i>Why this works...</i> Protein + fiber + healthy fats help keep blood sugar stable and you feeling full
Snack	Banana + Almond Butter	<i>Why this works...</i> Carbs + healthy fats provide steady energy and prevent crashes
Dinner	Baked Cod + Rice + Zucchini <ul style="list-style-type: none">• Cod• Rice• Sautéed or roasted zucchini• Olive oil	<i>Why this works...</i> Light but balanced meal with protein + carbs to support hormone health

Hormone Tip of the Day

Variety supports your body.

Eating a wide range of foods helps provide the nutrients your hormones rely on.

Reminder

You're almost through Week 2—consistency is what creates real results.

Meal Plan

Day 14

Focus: Consistency + Hormone Support Through Balance

Breakfast	Cottage Cheese Bowl + Fruit + Flax <ul style="list-style-type: none">• Cottage cheese• Mixed fruit (berries or banana)• Ground flax seeds• Optional drizzle of honey	<i>Why This Works...</i> Protein + fiber + healthy fats support fullness and stable energy
Lunch	Balanced Protein Bowl <ul style="list-style-type: none">• Protein (chicken, turkey, salmon, or beans)• Grain (rice, quinoa, or potatoes)• Vegetables• Olive oil or avocado	<i>Why this works...</i> Flexible, balanced meals help you stay consistent without stress
Snack	Trail Mix (Nuts + Seeds + Dark Chocolate)	<i>Why this works...</i> Healthy fats + carbs support steady energy and reduce cravings
Dinner	Turkey Meatballs + Pasta + Greens <ul style="list-style-type: none">• Turkey meatballs• Pasta• Marinara sauce• Spinach or side salad	<i>Why this works...</i> Balanced comfort meal with protein + carbs to support hormones and satisfaction

Hormone Tip of the Day

Consistency builds results.

Balanced meals repeated over time are what support stable hormones—not quick fixes.

Reminder

You've completed Week 2

Take a moment to notice how your energy, cravings, and mood may be improving.

Meal Plan

Day 15

Focus: Hormone Optimization + Stable Energy

Breakfast	Greek Yogurt Bowl + Chia + Berries <ul style="list-style-type: none">• Greek yogurt• Mixed berries• Chia seeds• Drizzle of honey (optional)	<i>Why This Works...</i> Protein + fiber + healthy fats support blood sugar balance and fullness
Lunch	Chicken Salad + Avocado Bowl <ul style="list-style-type: none">• Grilled chicken• Mixed greens• Cucumber + tomatoes• Avocado• Olive oil + lemon	<i>Why this works...</i> Balanced fats + protein help support hormone production and sustained energy
Snack	Apple + Peanut Butter	<i>Why this works...</i> Fiber + healthy fats prevent energy dips and cravings
Dinner	Salmon + Quinoa + Broccoli <ul style="list-style-type: none">• Salmon• Quinoa• Steamed or roasted broccoli• Olive oil	<i>Why this works...</i> Omega-3 fats + fiber-rich carbs support hormone balance and reduce inflammation

Hormone Tip of the Day

Healthy fats support your hormones.

Including foods like salmon, avocado, nuts, and seeds helps support hormone production and overall balance.

Reminder

You're in the final stretch—stay consistent and trust the process.

Meal Plan

Day 16

Focus: Blood Sugar Balance + Metabolic Support

Breakfast	Eggs + Spinach + Toast <ul style="list-style-type: none">• 2 eggs (scrambled or fried)• Sautéed spinach• Whole grain or sourdough toast• Optional avocado	<i>Why This Works...</i> Protein + carbs + healthy fats support steady energy and metabolism
Lunch	Lentil + Veggie Bowl <ul style="list-style-type: none">• Lentils• Roasted or raw vegetables (carrots, cucumber, peppers)• Greens• Olive oil or tahini dressing	<i>Why this works...</i> Fiber + plant protein support digestion and help stabilize blood sugar
Snack	Cottage Cheese + Fruit	<i>Why this works...</i> Protein + natural carbs provide sustained energy and reduce cravings
Dinner	Ground Turkey Taco Bowl <ul style="list-style-type: none">• Ground turkey• Rice• Black beans• Salsa• Avocado	<i>Why this works...</i> Balanced carbs + protein + fats support hormone stability and satiety

Hormone Tip of the Day

Balanced meals support your metabolism.

Eating regularly with protein, carbs, and fats helps your body use energy efficiently and maintain hormone balance.

Reminder

Simple, consistent habits are what create lasting results—keep going.

Meal Plan

Day 17

Focus: Reducing Cravings + Supporting Energy

Breakfast	Hormone Support Smoothie <ul style="list-style-type: none">• Protein powder• Frozen berries• Spinach• Flax or chia seeds• Almond milk	<i>Why This Works...</i> Protein + fiber + healthy fats help stabilize blood sugar and reduce cravings
Lunch	Tuna Bowl + Rice + Veggies <ul style="list-style-type: none">• Tuna (with olive oil or Greek yogurt)• Rice• Cucumber + carrots + greens• Optional avocado	<i>Why this works...</i> Balanced carbs + protein + fats support steady energy and fullness
Snack	Dark Chocolate + Nuts	<i>Why this works...</i> Healthy fats + antioxidants help with satisfaction and curb cravings
Dinner	Chicken Stir Fry + Vegetables + Rice <ul style="list-style-type: none">• Chicken• Mixed vegetables (broccoli, peppers, snap peas)• Rice• Sesame oil or olive oil	<i>Why this works...</i> Balanced meal supports hormone stability and prevents evening energy dips

Hormone Tip of the Day

Cravings are often a sign of imbalance—not lack of willpower.

Focus on balanced meals earlier in the day to naturally reduce them.

Reminder

You're building a routine your body can rely on—and that's where real change happens.

Meal Plan

Day 18

Focus: Hormone Support Through Balanced Carbs + Protein

Breakfast	Protein Overnight Oats <ul style="list-style-type: none">• Oats• Chia seeds• Protein powder• Berries• Almond milk	<i>Why This Works...</i> Fiber + protein + carbs support steady energy and blood sugar balance
Lunch	Chickpea Salad Bowl <ul style="list-style-type: none">• Chickpeas• Cucumber + tomatoes• Greens• Olive oil + lemon	<i>Why this works...</i> Plant-based protein + fiber support digestion and hormone health
Snack	Rice Cakes + Almond Butter	<i>Why this works...</i> Carbs + healthy fats help prevent energy dips between meals
Dinner	Shrimp + Pasta + Spinach <ul style="list-style-type: none">• Shrimp• Pasta• Marinara sauce• Spinach	<i>Why this works...</i> Balanced meal with protein + carbs to support hormones and satisfaction

Hormone Tip of the Day

Carbohydrates are essential for hormone health.

They support energy, metabolism, and reproductive hormone balance—especially when paired with protein and fats.

Reminder

Balanced meals help your body feel safe—and that's when hormones can thrive.

Meal Plan

Day 19

Focus: Iron + Energy Support for Hormone Health

Breakfast	Egg + Avocado Toast + Fruit <ul style="list-style-type: none">• 2 eggs (scrambled or fried)• Whole grain or sourdough toast• Avocado• Side of berries or fruit	<i>Why This Works...</i> Protein + healthy fats + carbs support steady energy and hormone balance
Lunch	Salmon Bowl + Rice + Veggies <ul style="list-style-type: none">• Salmon• Rice• Cucumber + carrots + greens• Olive oil or avocado	<i>Why this works...</i> Omega-3 fats + balanced carbs help reduce inflammation and support hormones
Snack	Protein Bar (low sugar)	<i>Why this works...</i> Easy protein source to prevent energy dips and cravings
Dinner	Beef + Sweet Potato + Greens <ul style="list-style-type: none">• Grass-fed beef• Roasted sweet potatoes• Spinach or green vegetables• Olive oil	<i>Why this works...</i> Iron + protein + fiber-rich carbs support energy, metabolism, and hormone health

Hormone Tip of the Day

Iron is important for energy and hormone function.

Including foods like red meat, leafy greens, and legumes can help support healthy levels—especially for women.

Reminder

You're close to the finish—stay consistent and keep nourishing your body.

Meal Plan

Day 20

Focus: Consistency + Balanced Energy

Breakfast	Smoothie Bowl + Granola + Seeds <ul style="list-style-type: none">• Blended smoothie (berries, banana, protein powder, almond milk)• Granola• Chia or hemp seeds	<i>Why This Works...</i> Balanced carbs + protein + healthy fats support steady energy and hormone function
Lunch	Turkey Wrap + Veggies + Hummus <ul style="list-style-type: none">• Turkey• Whole grain wrap• Lettuce + cucumber + peppers• Hummus	<i>Why this works...</i> Protein + fiber + healthy fats help maintain blood sugar stability
Snack	Banana + Peanut Butter	<i>Why this works...</i> Quick carbs + healthy fats provide sustained energy without a crash
Dinner	Baked Cod + Rice + Vegetables <ul style="list-style-type: none">• Cod• Rice• Mixed vegetables (broccoli, zucchini, carrots)• Olive oil	<i>Why this works...</i> Light but balanced meal with protein + carbs to support hormone balance

Hormone Tip of the Day

Keep your meals consistent—even on busy days.

Regular nourishment helps regulate blood sugar, reduce stress on your body, and support hormone balance.

Reminder

You're almost there—small daily habits are adding up in a big way.

Meal Plan

Day 21

Focus: Sustainability + Long-Term Hormone Balance

Breakfast	Cottage Cheese Bowl + Berries + Flax <ul style="list-style-type: none">• Cottage cheese• Mixed berries• Ground flax seeds• Optional drizzle of honey	<i>Why This Works...</i> Protein + fiber + healthy fats support fullness and stable energy
Lunch	Balanced Protein Bowl <ul style="list-style-type: none">• Protein (chicken, turkey, salmon, or beans)• Grain (rice, quinoa, or potatoes)• Vegetables• Olive oil or avocado	<i>Why this works...</i> Flexible, balanced meals help you stay consistent long-term
Snack	Trail Mix (Nuts + Seeds + Dark Chocolate)	<i>Why this works...</i> Healthy fats + carbs help maintain energy and reduce cravings
Dinner	Chicken + Roasted Veggies + Quinoa <ul style="list-style-type: none">• Chicken• Quinoa• Roasted vegetables (broccoli, carrots, zucchini)• Olive oil	<i>Why this works...</i> Balanced meal with protein + carbs + fats to support ongoing hormone health

Hormone Tip of the Day

Sustainability is everything.

The goal isn't to follow a perfect plan—it's to build habits you can continue long after these 21 days.

Final Reminder

You did it! Over the past 21 days, you've built balanced meals, supported your energy and metabolism, and created consistency with your nutrition. This is your foundation. Keep going, stay consistent, and trust your body—you now have the tools to support your hormones for the long term.

Bonus: Understanding Your Body

What your cravings mean + signs your hormones are improving

Your body is constantly communicating with you. Cravings, energy shifts, and mood changes aren't random—they're signals. Learning how to interpret these signs can help you better support your hormones.

What Your Cravings Might Mean	Signs Your Hormones Are Improving
<p>Sugar Cravings Possible reasons:</p> <ul style="list-style-type: none">• Blood sugar dips from skipping meals• Not enough protein or balanced meals• Poor sleep or high stress <p>What to do:</p> <ul style="list-style-type: none">• Add protein + fats to meals• Eat regularly every 3–4 hours• Prioritize balanced snacks <p>Salty Cravings Possible reasons:</p> <ul style="list-style-type: none">• Stress (cortisol imbalance)• Dehydration• Not eating enough overall <p>What to do:</p> <ul style="list-style-type: none">• Stay hydrated• Eat consistent, balanced meals• Include mineral-rich foods (nuts, seeds, leafy greens) <p>Carb Cravings Possible reasons:</p> <ul style="list-style-type: none">• Your body needs energy• Under-eating or over-restriction• Hormonal shifts (especially during your cycle) <p>What to do:</p> <ul style="list-style-type: none">• Don't restrict carbs• Pair carbs with protein + fat• Make sure you're eating enough overall <p>Chocolate Cravings Possible reasons:</p> <ul style="list-style-type: none">• Low magnesium• Hormonal changes (common before your period) <p>What to do:</p> <ul style="list-style-type: none">• Include magnesium-rich foods (dark chocolate, nuts, seeds, leafy greens)• Focus on balanced meals throughout the day	<p>As you stay consistent, you may start to notice:</p> <p>More Stable Energy</p> <ul style="list-style-type: none">• Fewer crashes throughout the day• More sustained, steady energy <p>Reduced Cravings</p> <ul style="list-style-type: none">• Less intense sugar cravings• Feeling satisfied after meals <p>Improved Mood</p> <ul style="list-style-type: none">• Fewer mood swings• Feeling more balanced and calm <p>Better Sleep</p> <ul style="list-style-type: none">• Falling asleep easier• Waking up feeling more rested <p>Improved Digestion</p> <ul style="list-style-type: none">• Less bloating• More regular digestion <p>More Balanced Cycle (over time)</p> <ul style="list-style-type: none">• Less severe PMS symptoms• More predictable cycles

What to Remember

Progress may be subtle at first—but it builds. You don't need to feel "perfect" to be improving. Small shifts in energy, cravings, and mood are all signs your body is responding.

Final Note

Your body is not working against you—it's working for you. The more you listen, nourish, and stay consistent, the more supported your hormones will become.

Final Thoughts

Your foundation for long-term hormone balance

You've just completed the 21-Day Hormone Reset Program—and that's something to be proud of. This isn't just about the past 3 weeks. It's about what you've built moving forward.

What You've Learned

Over these 21 days, you've:

- Learned how to build balanced, hormone-friendly meals
- Supported your energy and metabolism
- Reduced reliance on restriction or extremes
- Created consistency with your nutrition
- Started listening to your body's signals

These are the habits that truly support hormone health.

What Comes Next

You don't need to start over. You don't need a new plan. Instead, continue with what you've already been doing:

- Build balanced meals
- Eat consistently throughout the day
- Include protein, carbs, and healthy fats
- Focus on nourishment—not restriction

Make It Sustainable

You can:

- Repeat your favorite meals from this program
- Mix and match meals you enjoyed
- Continue using the grocery lists and prep system

The goal is not perfection—it's sustainability.

Your New Normal

Hormone balance doesn't come from short-term changes. It comes from daily habits that support your body over time. The more consistent you are, the more your body responds.

A Final Reminder

Your body is not something to fight—it's something to support. When you nourish it consistently, listen to its signals, and give it what it needs...balance follows.

You Did It

Take a moment to recognize the effort you've put in. You now have the tools to:

- Feel more energized
- Reduce cravings
- Support your metabolism
- Nourish your hormones long-term

And most importantly—you know how to take care of your body in a way that actually works.

Keep Going

This is just the beginning.

You've built the foundation—now continue to grow from it.