

HORMONE-BALANCING MEAL PLAN

Done-for-you meals that support how you feel — every single day.

WHAT'S INCLUDED:

- ✓ 7 days of breakfast, lunch, dinner & snacks
- ✓ Shopping list (organized by category, budget-friendly)
- ✓ Quick prep versions for busy days
- ✓ Hormone-supporting foods guide



MON ☀️



TUE ☀️



WED ☀️



TH ☀️



How to Use This Meal Plan

Eating for your hormones isn't about restriction— it's about addition. You're adding the foods your body actually needs to produce hormones, clear excess estrogen, regulate cortisol, and keep your blood sugar steady enough that you feel like a human being all day long.

This plan targets three root drivers of how you feel: estrogen balance, cortisol regulation, and blood sugar stability. Every day has a focus — and every meal is built around foods that directly support that system. Each day includes a quick-prep version for busy days — because real life doesn't care about your wellness goals, and this plan has to work on Tuesday mornings too.

— Courtney | @courtney.mericle

THE GROUND RULES

→ Protein at every meal	Aim for 25–35g. This is the non-negotiable that underpins everything else.
→ Eat within 1 hour of waking	Sets your cortisol curve for the day. Coffee alone doesn't count.
→ Pair carbs with protein or fat	Every time. No carbs alone. This is how you stop the blood sugar rollercoaster.
→ Eat every 3–4 hours	Don't let yourself get to 'starving.' Skipping meals spikes cortisol.
→ Hydrate consistently	Half your body weight in ounces. Add electrolytes if you're training.
→ Don't aim for perfect	If you swap a meal, that's fine. Progress over perfection, always.

YOUR 7-DAY OVERVIEW

Day 1	Monday	Estrogen Reset Day
Day 2	Tuesday	Blood Sugar Stability Day
Day 3	Wednesday	Anti-Inflammatory Day
Day 4	Thursday	Cortisol Calm Day
Day 5	Friday	Gut & Liver Support Day
Day 6	Saturday	Replenish & Restore Day
Day 7	Sunday	Build & Balance Day

DAY 1 — MONDAY

Estrogen Reset Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Flaxseed Oats with Berries & Walnuts

1/2 cup rolled oats + 2 tbsp ground flaxseed + 1/2 cup blueberries + 1/4 cup walnuts + cinnamon + drizzle of honey

■ *Flaxseed contains lignans that support healthy estrogen metabolism. Berries provide antioxidants that protect estrogen receptors.*

■ **QUICK VERSION:** Overnight oats: prep the night before — 5 min hands-on

LUNCH

Cruciferous Crunch Bowl

2 cups shredded Brussels sprouts + 1 cup roasted broccoli + 1/2 cup quinoa + 4 oz grilled chicken + tahini lemon dressing

■ *Cruciferous veg contain DIM and sulforaphane — both support liver clearance of excess estrogen.*

■ **QUICK VERSION:** Use pre-shredded Brussels and rotisserie chicken — 10 min

DINNER

Baked Salmon with Roasted Asparagus & Brown Rice

6 oz salmon fillet (olive oil, lemon, dill) + 1 cup asparagus + 3/4 cup brown rice

■ *Salmon provides omega-3s that reduce estrogen-driven inflammation. Asparagus supports liver detox pathways.*

■ **QUICK VERSION:** Frozen salmon fillets work perfectly — thaw in cold water 20 min

SNACK

Apple + Almond Butter + Pumpkin Seeds

1 medium apple + 2 tbsp almond butter + 1 tbsp pumpkin seeds

■ *Fiber in apple binds excess estrogen for elimination. Pumpkin seeds are rich in zinc — supports hormone balance.*

DAY 2 —
TUESDAY

Blood Sugar Stability Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Protein-First Egg Scramble

3 eggs scrambled + 1/4 cup black beans + handful spinach + 1/4 avocado + 1 slice sprouted toast

- *Starting the day with 25–30g protein blunts morning cortisol spike and stabilizes blood sugar for 4+ hours.*
- **QUICK VERSION: Batch scramble 6 eggs Sunday night — reheat in 2 min**

LUNCH

Turkey & Veggie Lettuce Wraps with Quinoa

4 oz ground turkey (seasoned) + shredded carrots + cucumber + butter lettuce cups + 1/2 cup quinoa on the side

- *Low glycemic, high protein. No blood sugar spike from refined carbs — sustained energy through afternoon.*
- **QUICK VERSION: Deli turkey + pre-prepped veggies = 5 min assembly**

DINNER

Sheet Pan Chicken Thighs with Root Vegetables

2 chicken thighs + 1 cup cubed sweet potato + 1 cup Brussels sprouts + olive oil + herbs + garlic

- *Sweet potato provides slow-burning carbs. Chicken thighs have more fat than breast — better blood sugar stability.*
- **QUICK VERSION: Sheet pan in oven — 35 min, hands-off**

SNACK

Greek Yogurt Parfait

3/4 cup plain full-fat Greek yogurt + 2 tbsp hemp seeds + 1/4 cup berries + 1 tsp cinnamon

- *Protein + fat combo prevents blood sugar dip. Cinnamon is clinically shown to improve insulin sensitivity.*

DAY 3 —
WEDNESDAY

Anti-Inflammatory Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Turmeric Golden Smoothie Bowl

1 cup frozen mango + 1 scoop vanilla protein + 1/2 cup coconut milk + 1 tsp turmeric + 1/4 tsp black pepper + toppings: granola, coconut flakes, kiwi

- *Turmeric + black pepper activates curcumin absorption — one of the most studied anti-inflammatory compounds.*
- **QUICK VERSION:** Blend frozen fruit + protein + milk — 3 min. Eat from the blender cup if needed.

LUNCH

Wild Salmon & Arugula Salad

5 oz wild salmon (canned or fresh) + 2 cups arugula + 1/2 cup sliced beets + 1/4 cup walnuts + olive oil & lemon dressing

- *Arugula isacruciferous vegthat supports liverdetox. Beets reduce inflammation andsupport nitric oxide production.*
- **QUICK VERSION:** Canned wild salmon + pre-washed arugula = 5 min

DINNER

Anti-Inflammatory Chicken & Veggie Soup

4 oz shredded chicken + bone broth base + turmeric, ginger, garlic + carrots, celery, zucchini + 1/2 cup white rice

- *Bonebroth provides collagen and gut-healinggelatin.Gingerand turmeric arepotentanti-inflammatory agents.*
- **QUICK VERSION:** Use rotisserie chicken + low-sodium bone broth — 20 min

SNACK

Tart Cherry Juice + Brazil Nuts

4 oz tart cherry juice + 3–4 Brazil nuts

- *Tart cherry juice lowers inflammatory markers and supports melatonin. Brazil nuts provide selenium — critical for thyroid.*

DAY 4 —
THURSDAY

Cortisol Calm Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Ashwagandha Protein Smoothie

1 scoop chocolate protein powder + 1 cup unsweetened almond milk + 1 banana + 1 tsp ashwagandha powder + 1 tbsp almond butter + handful of ice

- *Ashwagandha is the most studied adaptogen for cortisol reduction. Banana provides potassium — depleted by stress.*
- **QUICK VERSION: Everything in a blender — 2 min. Drink on the drive.**

LUNCH

Avocado Chicken Salad Lettuce Wraps

4 oz shredded chicken + 1/2 avocado (mashed) + lime juice + garlic + cilantro + butter lettuce

- *Healthy fat from avocado supports adrenal hormone production. The monounsaturated fats reduce cortisol response.*
- **QUICK VERSION: Rotisserie chicken + mashed avocado — 5 min**

DINNER

Slow Cooker Beef & Root Veggie Stew

4 oz grass-fed beef + bone broth + parsnips, carrots, sweet potato + rosemary + garlic + pinch of sea salt

- *Grass-fed beef provides zinc and B12 — both critical for adrenal function. Root vegetables ground and nourish.*
- **QUICK VERSION: Prep in slow cooker morning — ready at dinner**

SNACK

Dark Chocolate & Walnuts + Chamomile Tea

1 oz dark chocolate (85%+) + small handful walnuts + 1 cup chamomile tea

- *Dark chocolate reduces cortisol by up to 14% in studies. Chamomile lowers anxiety and prepares nervous system for rest.*

DAY 5 — FRIDAY

Gut & Liver Support Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Gut-Healing Kefir Bowl

3/4 cup plain kefir + 2 tbsp ground flaxseed + 1/2 cup blueberries + 1 tbsp honey + hemp seeds

- *Kefir contains 12+ probiotic strains. A healthy gut microbiome (estrobolome) is essential for proper estrogen clearance.*
- **QUICK VERSION:** Pour + top — 2 min, zero cooking

LUNCH

Detox Grain Bowl with Lemon Tahini

1/2 cup quinoa + 1/2 cup roasted beets + 1 cup steamed broccoli + 2 soft-boiled eggs + lemon tahini dressing + 1 tbsp nutritional yeast

- *Beets support phase 2 liver detox. Eggs provide choline—a critical nutrient for liver function often deficient in women.*
- **QUICK VERSION:** Batch roast beets Sunday. Soft-boil eggs in advance.

DINNER

Lemon Herb Baked Cod with Sautéed Cabbage

6 oz cod fillet + 2 cups green cabbage (sautéed with garlic and olive oil) + 1/2 cup roasted sweet potato

- *Cabbage is a cruciferous powerhouse for liver support. Cod is lean protein that's easy on digestion.*
- **QUICK VERSION:** Frozen cod fillets + pre-shredded cabbage bag — 25 min

SNACK

Sauerkraut + Flaxseed Crackers + Hummus

2 tbsp sauerkraut + 5–6 flaxseed crackers + 3 tbsp hummus

- *Fermented sauerkraut replenishes gut bacteria. Fiber from crackers feeds beneficial bacteria. A small consistent gut habit.*

DAY 6 —
SATURDAY

Replenish & Restore Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST Weekend Egg & Veggie Bake (Batch)

6 eggs whisked + 1 cup spinach + 1/2 cup cherry tomatoes + 1/4 cup feta + bell pepper — bake at 375°F for 20 min in a greased pan

- Eggs provide choline, B vitamins, and complete protein—a powerhouse hormone-supporting food. Slice and store for 4 days
- QUICK VERSION: This IS the quick version — make once, eat 4 days

LUNCH Smoked Salmon & Avocado Toast

2 slices sourdough + 1/4 avocado (mashed) + 3 oz smoked salmon + capers + red onion + everything bagel seasoning

- Sourdough is easier to digest than regular bread (fermentation pre-digests gluten). Smoked salmon gives omega-3s without cooking.
- QUICK VERSION: Assembly only — 5 min

DINNER Grass-Fed Beef Taco Bowl with Fermented Salsa

4 oz ground beef (90% lean) + cauliflower rice + black beans + avocado + fermented salsa or kimchi + lime

- Cauliflower rice keeps carbs moderate. Fermented salsa or kimchi provides probiotics to support gut-hormone axis.
- QUICK VERSION: Ground beef + frozen cauli rice + canned beans — 20 min

SNACK Hormone Reset Snack Board

Sliced cucumber + olives + hard-boiled egg + walnuts + a few dark chocolate pieces

- A varied snack plate hits multiple hormone-supporting nutrients: fat, protein, fiber, and flavonoids.

DAY 7 — SUNDAY

Build & Balance Day

Estrogen

Cortisol

Blood Sugar

BREAKFAST

Hormone-Balancing Pancakes

1 ripe banana + 2 eggs + 2 tbsp ground flaxseed + 1 tsp cinnamon — mash and cook like silver-dollar pancakes. Top with almond butter + berries.

- *No flour, no blood sugar crash. Flaxseeds support estrogen clearance. A satisfying, balanced Sunday breakfast.*
- **QUICK VERSION: Mash + pour — faster than regular pancakes**

LUNCH

Big Batch Sunday Soup: Chicken, Lentil & Kale

Bone broth base + shredded chicken + 1 cup red lentils + 2 cups kale + carrots, celery, garlic + cumin + turmeric

- *Lentils provide plant protein and resistant starch for gut health. Kale delivers DIM for estrogen clearance. Make extra — this is your Monday meal prep.*
- **QUICK VERSION: Dump everything in a pot — 30 min, then you have meals for 3 days**

DINNER

Herb-Crusted Salmon with Lemon Quinoa & Steamed Greens

6 oz salmon (parsley + dill crust) + 3/4 cup quinoa with lemon zest + 1 cup steamed bok choy or broccoli

- *A full hormone-supportive plate: omega-3s, complete protein, phytoestrogen-supporting veg, and anti-inflammatory herbs.*
- **QUICK VERSION: Frozen salmon + pre-cooked quinoa + microwave-steam greens — 20 min**

SNACK

Prep-Day Snack: Chia Pudding (Make 5 Jars)

Per jar: 3 tbsp chia seeds + 1 cup unsweetened almond milk + 1 tsp vanilla + 1 tsp honey. Shake. Refrigerate overnight. Top with berries.

- *Chia seeds provide omega-3s and fiber for estrogen clearance. Make 5 jars on Sunday — grab-and-go all week.*
- **QUICK VERSION: This IS the prep — 5 min to make 5 snacks**

Shopping List

Everything you need for all 7 days — organized by category. Most items are available at any major grocery store. Quantities are for 1 person; double or triple for a household.

Budget tip: Frozen salmon, frozen broccoli, canned wild salmon, canned beans, and rotisserie chicken dramatically reduce cost without sacrificing nutrition. This list can come in under \$120 for the week for one person — under \$80 if you shop sales and use frozen proteins.

PROTEINS ■

- Salmon (fresh or frozen fillets) — 4 lbs
- Chicken thighs (bone-in or boneless) — 3 lbs
- Ground turkey (90% lean) — 1 lb
- Ground beef, grass-fed (90% lean) — 1 lb
- Smoked salmon — 1 pack (4 oz)
- Cod fillets (fresh or frozen) — 1.5 lbs
- Eggs — 2 dozen
- Greek yogurt, plain full-fat — 32 oz tub
- Plain kefir — 32 oz
- Canned wild salmon — 2 cans
- Rotisserie chicken — 1 (use across 3 days)

PRODUCE ■

- Broccoli — 2 large heads
- Brussels sprouts — 1 bag (12 oz)
- Kale — 1 large bunch
- Spinach — 1 large bag (10 oz)
- Asparagus — 1 bunch
- Cabbage (green) — 1 small head
- Arugula — 1 bag (5 oz)
- Bok choy — 1 bunch
- Sweet potatoes — 3 medium
- Beets — 1 bunch or 1 can
- Carrots — 1 bag
- Celery — 1 bunch
- Zucchini — 2 medium
- Bell peppers — 3 (mixed colors)
- Avocados — 4
- Blueberries — 2 cups (fresh or frozen)
- Banana — 1 bunch
- Apples — 3
- Kiwi — 2
- Frozen mango — 1 bag
- Cherry tomatoes — 1 pint
- Cucumber — 2
- Lemons — 4
- Limes — 2
- Fresh ginger — 1 knob
- Garlic — 1 head

GRAINS & PANTRY

- Rolled oats — 1 container
- Quinoa — 1 bag (16 oz)
- Brown rice — 1 bag
- White rice — 1 bag (short cook)
- Sprouted grain bread — 1 loaf
- Sourdough bread — 1 loaf
- Flaxseed crackers — 1 box
- Black beans — 2 cans
- Red lentils — 1 bag (16 oz)
- Chickpeas — 1 can
- Bone broth (low-sodium) — 4 cartons
- Tomato sauce — 1 jar
- Capers — 1 small jar
- Sauerkraut — 1 jar
- Fermented salsa or kimchi — 1 jar
- Nutritional yeast — 1 container
- Chia seeds — 1 bag (12 oz)
- Olives — 1 jar
- Hummus — 1 container

FATS, NUTS & SEEDS

- Almond butter (natural) — 1 jar
- Tahini — 1 jar
- Olive oil, extra-virgin — 1 bottle
- Coconut milk (canned) — 1 can
- Walnuts — 1 bag (8 oz)
- Pumpkin seeds — 1 bag
- Hemp seeds — 1 bag
- Brazil nuts — small bag
- Dark chocolate (85%+) — 2 bars
- Almond milk, unsweetened — 2 cartons
- Ground flaxseed — 1 bag (16 oz)
- Feta cheese — 1 block

HERBS, SPICES & EXTRAS

- Turmeric powder
- Ground cinnamon
- Cumin
- Garlic powder
- Dried dill
- Fresh parsley
- Fresh cilantro
- Rosemary (fresh or dried)
- Everything bagel seasoning
- Sea salt + black pepper
- Honey (raw preferred)
- Vanilla extract
- Ashwagandha powder
- Chamomile tea bags
- Tart cherry juice (4–6 oz carton)
- Electrolyte powder (no sugar)
- Collagen powder (optional bonus)

Hormone-Supporting Foods Guide

This is your at-a-glance reference for why the foods in this plan were chosen. Each food is here for a reason — not trend, not taste alone, but because the research supports its role in one of the three hormone systems we're targeting.

ESTROGEN BALANCE

Flaxseeds

Lignans support healthy estrogen metabolism & clearance

Berries

Antioxidants protect estrogen receptors from damage

Beets

Support liver phase 2 detox — essential for estrogen clearance

Cruciferous veg

Broccoli, Brussels, kale, cabbage — DIM & sulforaphane

Omega-3 fish

Salmon, sardines — reduce estrogen-driven inflammation

Fiber

Binds excess estrogen in the gut for elimination — aim 25–35g/day

CORTISOL REGULATION

Avocado

Monounsaturated fat + potassium — both reduce cortisol response

Ashwagandha

Adaptogen clinically proven to lower cortisol levels

Chamomile tea

GABA receptor activity — calms nervous system naturally

Dark chocolate (85%+)

Reduces cortisol by ~14% — flavonoids calm HPA axis

Brazil nuts

Selenium supports thyroid & adrenal hormone production

Grass-fed beef

Zinc + B12 for adrenal function; B5 for cortisol synthesis

BLOOD SUGAR STABILITY

Eggs

25–30g protein stabilizes blood sugar for 4+ hours post-meal

Apple cider vinegar

Reduces post-meal glucose spike by up to 34%

Sweet potato

Slow-burning complex carb with fiber — doesn't spike glucose

Cinnamon

Improves insulin sensitivity — add to everything

Chia seeds

Fiber + fat slow glucose absorption significantly

Greek yogurt

Protein + fat combo; probiotics improve insulin response

GUT & LIVER SUPPORT

Kefir

12+ probiotic strains — supports the gut-hormone estrobolome

Bone broth

Collagen + gelatin heal gut lining — reduces intestinal permeability

Beets (betaine)

Supports liver methylation and detoxification pathways

Sauerkraut / kimchi

Live fermented cultures — restore gut microbiome diversity

Eggs (choline)

Choline is essential for liver fat metabolism — often deficient

Garlic

Prebiotic that feeds beneficial bacteria; also supports liver enzymes

DAILY HORMONE SUPPORT CHECKLIST

- | | |
|--|--|
| ■ 25–35g protein at breakfast | ■ 1 omega-3 source (salmon, walnuts, chia, hemp, flaxseed) |
| ■ At least 1 serving of cruciferous vegetables | ■ Ate within 1 hour of waking |
| ■ Healthy fat at every meal (avocado, olive oil, nuts, fish) | ■ No carbs eaten alone — always paired with protein or fat |
| ■ 25g+ fiber (from vegetables, fruit, legumes, seeds) | ■ Half your body weight in oz of water |
| ■ 1 fermented food (yogurt, kefir, sauerkraut, kimchi) | ■ Evening wind-down: no food within 2 hours of sleep |

Your Hormones Work for You — When You Fuel Them Right.

Seven days is enough to feel the difference. Not because anything is 'fixed' — but because your body responds quickly when you give it what it needs consistently. Most women notice better sleep by Day 3, more stable energy by Day 5, and a clearer head by the end of the week.

That's not magic. That's just biology working the way it was designed to — when it has the raw materials.

Ready to Go Deeper?

- 1 DM me PEPTIDE on Instagram**

To learn how peptide therapy through EllieMD might be the next layer of support for your hormones — especially if food alone isn't moving the needle.
- 2 Follow @courtney.mericle**

Daily content on hormones, cortisol, metabolic health, and real-life strategies for women 35+.
- 3 Share this guide**

If this helped you, forward it to a woman in your life who needs it. The more we know, the better we advocate for ourselves.
- 4 Work with me directly**

The Shift Project offers 1:1 coaching for women ready to go beyond meal plans — into mindset, nervous system regulation, and sustainable change. DM SHIFT to get started.

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About Courtney

Courtney Mericle is a certified life coach, breathwork facilitator, personal trainer, and EllieMD Brand Partner based in Colorado. She co-owns Surge Athletics gym and founded The Shift Project to help women 30–50 understand their hormones, reclaim their energy, and feel like themselves again.

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This guide is for educational purposes only and is not a substitute for medical or nutritional advice. Always consult a qualified healthcare provider before making significant changes to your diet.