



## Membership: Month 2 Period Health Specific Recipes

### HIGH PROTEIN PORRIDGE

Kick-starting the day with a balance of protein, low glycaemic index fruit and a boost of antioxidants is perfect for healthy hormones.

#### Ingredients:

- 1 cup of almond milk
- ½ cup of quinoa flakes
- ¼ cup frozen raspberries
- 1tbsp hemp seeds
- 1tbs pepitas
- 1tbsp coconut shavings
- 1tsp nut butter

#### Instructions:

Pour water into a saucepan, add quinoa flakes and frozen raspberries then simmer for 2 minutes. Add hemp seeds & pepitas and stir through. Top with coconut shavings and nut butter.



## **NOURISHING BOWL**

This is the perfect lunch for workdays as you can have it ready to go in less than 10 minutes. Healthy fats from the avocado, hemp seeds and egg are perfect for supporting hormone health.

### **Ingredients:**

- ¼ avocado
- 1 radish
- ½ cup quinoa - rinsed
- 1 tbsp hemp seeds
- 1 cup rocket
- 1 egg
- ¼ cup sprouts
- dukkah
- EVOO (extra virgin olive oil)

### **Instructions**

Thinly slice avocado, slice radish with a mandolin and cook quinoa in 1 cup water for 8 minutes. Boil egg and peel when cool. Roll in dukkah and cut in half. Place all ingredients in a large bowl then sprinkle with hemp seeds and EVOO



### **CHILLI & GARLIC BLUE EYE COD with QUINOA**

The Mediterranean diet has been very well researched and is my pick of eating styles. With a heavy emphasis on plant based foods, it ticks all the boxes for boosting hormones.

#### **Instructions:**

- 2 garlic cloves
- 1 chilli, finely sliced
- 1 tbsp coconut oil
- 150g blue eye cod
- ¼ cup mint, chopped
- ¼ cup parsley, chopped
- 1 spring onion, sliced
- 1 cucumber, seeds removed and diced
- ½ red capsicum, finely diced, 1x tbsp sunflower seeds, 1x tbsp pepitas
- 1 & ½ cups cooked quinoa
- ½ lemon, juiced
- 1 tbsp EVOO

#### **Instructions:**

To a medium sized frypan add garlic, chilli, coconut oil and sauté for a minute, add your dice cod and lightly cook for 4 minutes – make sure to coat the cod in the garlic and chilli for extra flavour. For the quinoa tabouli - mix mint, parsley, spring onion, cucumber, red capsicum, sunflower seeds, pepitas, cooked quinoa, lemon juice, EVOO, pepper to taste.