



THE
integrative
women's health
INSTITUTE

Hormone Balancing Guide SPRING



JESSICA DRUMMOND DCN, MPT, CCN, CHC
WITH RECIPES FROM HEATHER PIERCE GIANNONE



A NOTE FROM

Jessica

In the spring, the focus is on increased activity, renewal, deep cleansing, and the liver.

“If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.”

Nadine Stair

Spring brings the opportunity to focus on cleansing the body, mind, spirit, and environment in an active way. Spring brings warmer weather, more physical activity, more sunlight, and a chance to release anger.

When it comes to women’s health. Spring is the best season to detoxify excess environmental estrogen and strengthen the liver. Spring is associated with fertility (though there’s no science to support that you’re more fertile in the spring.) It’s an ideal time to birth an idea that was revealed to you in the winter. Winter and summer are the yin seasons of rest and rejuvenation while spring and fall are the more productive seasons.

Spring Nourishment

THE PRINCIPLES

- Foods are eaten either raw or lightly cooked.
- Quick sautéing or light steaming are ideal cooking methods in the spring.
- Eat plenty of leafy greens for liver cleansing.
- To build up antioxidant stores in the body, be sure to eat plenty of spring onions and garlic.
- Sweet flavors should be emphasized in the spring. Not the sticky sweetness of candy or processed baked goods, instead lean towards the natural sweetness of root vegetables, cooked grains, or small amounts of honey or maple syrup.
- Liberally use spring cooking herbs such as mint, basil, rosemary, and dill.

Spring Nourishment

HOW YOU MAY FEEL

- Awareness of anger and other negative emotions bubbling to the surface
- Tired or achy
- Light or energetic
- Relaxed
- Grouchy
- Irritated with your friends or family
- Irritated with me!
- It might feel challenging to stick with it when some of your habitual comfort foods are not available
- You might feel some withdrawal headaches if you generally drink a lot of caffeine

EMOTIONAL FOCUS FOR SPRING:

Anger

Women are discouraged from expressing their negative emotions. These emotions can be suppressed for a long time. Then, once a woman embarks on a spring cleanse some of these emotions can rise to the surface.

The best tool that I have found for a woman to deal with repressed negative emotions is to allow them to flow. It's essential to learn to sit with and feel negative emotions. Avoid distracting yourself to avoid feeling the emotional pain. Doing this can be really challenging because most of us were not given any tools for healthfully expressing our negative emotions.

Do you feel comfortable crying?

Do you feel comfortable expressing your anger?

Do you have safe people who support your emotional expression? What healthy forms of expression, such as yelling, journaling, dancing, singing, etc. do you use to express your emotions?

It is difficult to heal physical pain unless you learn to accept the flow of negative emotions. When negative emotions are avoided or repressed, they eventually present as physical symptoms. It's important to learn to accept these negative emotions, anger and all of her cousins, as absolutely normal. Allow your body, mind, and spirit to feel these emotions. Every human goes through the full spectrum of emotions. Allowing them to flow and accepting them as normal is essential to health.

Spring Nourishment

THE EXERCISES

1 | YOUR DAILY JUICE

Explore the world of fresh pressed juice.

If you're struggling with moderate to severe adrenal fatigue, blood sugar issues, or it's just really cold where you live, juicing alone is not the best option. But, you can certainly add 1 juice per day or a few times per week to a nutrient dense nutrition plan.

If you're generally healthy and live in a climate that's starting to warm up in the spring, getting familiar with fresh pressed vegetable juice can be a tasty and fun way to add a blast of detoxifying nutrients and hydration to your detox regimen. Wheatgrass shots, beet juices, and green juices are best for deep detoxification and a big blast of micronutrients.

2 | MORNING PAGES

Start the spring with a new journal.

Each morning write three pages of longhand, stream of consciousness writing. Morning Pages can be an ideal tool to clear your mind and create space for any suppressed emotions to flow.

[Click here for more information about Morning Pages.](#)

Spring Nourishment

THE EXERCISES

3 | PLAY WITH YOUR EXERCISE ROUTINE

Spring is a time for renewed focus on activity.

While winter is an important season of rest and recovery, spring is a season of activity and productivity. If you have not been exercising, check with your doctor before you begin. Once you're cleared... energetically, spring is great time to start an exercise program!

Exercise is simply movement and should feel like play.

Hate running?. Don't run. Love running? Run.

What kind of movement does your body crave? This is the perfect season for exploration. Try a new class at the gym. Go hiking with a friend. Take a Spring Break ski trip, and this year try snowboarding.

For many people it's a mindset shift to enjoy exercise. And yet, most people love to move. Our bodies are built for movement.

What is one new way you can play with movement this week?

4 | THE LUXURY OF FRESH FLOWERS

This exercise is simple. Buy yourself some flowers, or flirt a bit to encourage someone else in your life to buy them for you.

Place them in your home and enjoy them.

Another option: buy a flowering plant and plant it in your garden.

Enjoying the simple beauties of life is essential to health.

Flowers are natural art. Delight in the beauty of our world.

Spring Nourishment

THE EXERCISES

5 | THE ART OF THE LEISURELY HUSTLE (Feminine Productivity)

If I'm being honest, this is a concept that I continue to struggle with.

I have decades of "getting it all done on time and with excellence" of conditioning to overcome. I still have an inner straight A student in my mind. And yet, this perspective is essential to creating a balance between getting stuff done, maintaining inspired feminine energy, and avoiding burning out.

Tonya Leigh, one of my mentors, explains this idea well.

My take is that when there is a lot to be done, I get organized, I focus, and I enjoy! I adore my work. And, yet there are busy times when deadlines loom and my inner critic comes out to play, telling me, "It's not good enough." "It's not ready yet." "Or, you will never finish this on time."

My response is simply to slow down. Take a dance break. And then get focused.

Often the killer of productivity is simply being distracted.

If you enjoy your work, it's simply fear of how it will be received that tends to shadow it with perfectionism and stress. I recommend shifting your mindset this week.

Notice every part of your workday that you enjoy. Notice how much productivity stress you're actually creating by procrastinating.

Look for ways to take pleasure in the hustle and by stopping to smell the roses along the way.

Finally, create each piece of work as a gift to the world.

Think of your work as art, not as a test.

Now... get out there and leisurely hustle!

Spring Cleansing

THE EXERCISES

6 | YOUR NEGATIVE EMOTION GPS

This exercise is the silver lining to allowing your messy, negative emotions the space to come out to play.

Negative emotions (as well as positive ones) are key guides to answering the question, “Am I on the right track in my healing (life) journey.”

To put this simply, the language of your soul is in your body’s sensations. If you’re on the right track, your body feels open, comfortable, relaxed, excited, tingly, and such.

A choice that will likely take you on a detour (no judgment, maybe that’s exactly what you need to do for now, just be aware) will feel closed, painful, uncomfortable, tight, gripping, and so on in your body.

At least once a day this week, take your emotional GPS for a test drive.

Think to yourself, “What would I like to do right now/ have for dinner/ wear/ etc.?”

Mentally lay your choices out in front of you, and notice how your body feels as you consider each option.

Make note of the sensations, choose, and then see what happens. Fascinating!

Spring Nourishment

THE PRINCIPLES

Every detoxification organ is involved in every season, and yet in every season there is a focus. In the spring the focus is on the liver.

Spring is the season for emotional and physical release. It is the season for renewed activity, and to start taking action on any new ideas that were unveiled during the quiet rest of winter.

Start with physically strengthening the liver (and the rest of the body) by enjoying this nourishing program. This nutrition will give your body the energy it needs to enjoy spring adventures and action.

Plan to commit to the nutrition plan for at least 3-4 weeks to get the full effect.

After the program, slowly resume your previous eating habits one at a time and notice if they are contributing to weight gain, brain fog, difficulty sleeping, skin irritation, painful periods, sexual pain, loss of libido, or other common symptoms. If you notice unpleasant symptoms when you resume your normal eating habits, note that you are likely sensitive to some of the foods that we eliminated on the cleanse.

Connect with your local healing team or our [nutrition clinic](http://integrativewomenshealthinstitute.com/clinic-resources-patients/) if you need further support: <http://integrativewomenshealthinstitute.com/clinic-resources-patients/>.

Use caution if you are on medication, pregnant, nursing, are under a doctor's care, or in any other unusual situation. This program is appropriate for your entire family. Just be aware that women who are pregnant, nursing, or young children may need to eat more often to maintain good energy and stable blood sugar. While this is not an intense detoxification program like juice fasting, most common food allergens have been removed from this program which can result in detoxification symptoms.

Always speak to your doctor before beginning any new nutrition program especially if you're pregnant or breastfeeding.

WHAT TO AVOID

Spring Nourishment

- Stress
- Processed Meats (except for low nitrate lunch meats as a shortcut)
- Canned Beans (except for Eden Foods brand)
- Conventional (not organic) Animal Protein
- Fish that are heavy in toxins
- Sugar or artificial sweeteners
- Wheat or any other gluten containing grains
- Caffeine (reduce if you're not ready to let go.)
- Trans fats or partially hydrogenated oils
- Flours
- Processed foods
- Fast foods
- Dairy
- Soy
- Eggs (unless you are not sensitive to them.)
- Peanuts
- Corn
- Alcohol

FOODS TO ENJOY

Spring Nourishment

Vegetables

- Mustard greens
- Dandelion greens
- All spring leafy greens
- Broccoli
- Asparagus
- Onions
- Garlic
- Sprouts
- Lettuce
- Carrots
- Beets
- Radishes
- Peas
- Green Beans

and any other delicious spring vegetables you can find in your region!

Proteins

- Pastured Lamb
- Pastured Pork
- Organic Poultry
- Low toxin Fish

Fruits

- Strawberries
- Peaches
- Cherries

Fats and Oils

- Olive oil
- Coconut oil
- Avocado
- Ghee and Grassfed butter
(if not dairy sensitive)

FOODS TO ENJOY

Spring Nourishment

Nuts and Seeds

- Almonds
- Black Sesame Seeds
- Poppy Seeds
- Walnuts

Beans

- Pinto
- Black
- Cannellini
- Lentils
- Chickpeas
- Great Northern Beans

Grains

- Millet
- Sweet Brown or Wild Rice
- Quinoa
- Buckwheat
- Amaranth
- Oats (be sure they're gluten free)

Other

- Basil
- Bay Leaf
- Dill
- Cumin
- Fennel
- Ginger
- Rosemary
- Mint
- Lemon Balm
- Milk Thistle

Menu IDEAS

DAY 1

Breakfast Berry Green Smoothie
Lunch Spring Chopped Salad with Simple Broiled Chicken
Dinner Carrot Soup with Brown Rice and Crispy Shallots

DAY 2

Breakfast Chia-Cherry Smoothie
Lunch Pilaf with Toasted Almonds
Dinner Sautéed Spinach with Garlic and Raisins with Broiled Chicken

DAY 3

Breakfast Oatmeal with Fresh Berries and Toasted Almonds
Lunch Broccoli-Leek Soup with Quinoa
Dinner Lamb Chops with Mint and Small Bitter Greens Salad

DAY 4

Breakfast Spinach + Shallot Frittata
Lunch Gluten Free Pasta and Spinach with Mint-Pistachio Pesto
Dinner Salmon En Papillote with Asparagus & Sweet Potato Wedges

DAY 5

Breakfast Watercress Salad with Grapefruit and Avocado
Lunch Asparagus and Cashew Stir-Fry Over Brown Rice
Dinner Pan-Seared Halibut with Steamed Broccoli
with Toasted Hazelnuts and Roasted Garlic

Time Saving TIPS

ON WEDNESDAY & SUNDAY:

- Shop for groceries
- Make big batches of one or all of the following to have cleansing dishes right at your fingertips:
 - Cook 2 cups of dry quinoa (makes 4 cups of cooked quinoa)
 - Pick one of the 3 soup recipes
(divide into mason jars and store in fridge for easy serving sizes)
 - Juicy Broiled Chicken
 - Peel and freeze bananas in plastic baggie for smoothies

EACH NIGHT BEFORE BED:

- Make your “overnight oats” if you’re having muesli for breakfast!

Basic Smoothie

Mix and Match Formula

INGREDIENTS

8 oz. liquid from Liquid Column
 2-3 items from Bulk + Nutrition Column
 1-3 items from Sweetener + Flavor Column
 1-3 items from Superfoods Column

TOOLS

Blender
 Liquid measuring cup

Recommended Protein Powders: See attached guide.
Can be added to any smoothie recipe to make it a complete meal.

The Formula

LIQUID	BULK + NUTRITION	SWEETNER + FLAVOR	SUPERFOOD + EXTRA OOMPH
water	1/2 cup cooked oatmeal	1/2 banana (frozen is better)	2 tbsp ground flaxseeds
coconut water	1/2 cup pureed pumpkin	1/2 cup frozen berries	2 tbsp chia seeds
unsweetened almond milk	1/2 cucumber	1/4 cup frozen mango	powdered greens
coconut milk	3-4 leaves kale, spinach, collard greens	1 tsp vanilla extract	2 tbsp raw cacao
rice milk	protein/meal replacement powder	1/2 tsp ginger	2 tbsp psyllium husks
	1/2 avocado	1/2 tsp cinnamon	1/4 cup fresh herbs
	1 - 2 tbsp natural peanut or almond butter	1/4 tsp nutmeg	1 tbsp fresh grated ginger root
		1/2 pear or apple	
		lemon slice	

* certified gluten free oats

Berry Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk
or water

1 scoop of protein/meal replacement
powder (such as Vega)

2 tbsp ground flax seeds

1 cup baby spinach or kale
(torn off the stems)

1/4 cup blueberries, frozen or fresh

1/2 cup strawberries, frozen or fresh

TOOLS

Blender

Measuring spoons

Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Chia Cherry Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk
or water
1 scoop of protein/meal replacement
powder (such as Vega), optional
2 tbsp chia seeds
½ frozen banana
⅓ cup frozen cherries

TOOLS

Blender
Measuring spoons
Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.

Basic Breakfast Porridge

Mix and Match Formula

Made too much quinoa or brown rice for dinner?
Leverage those leftovers by enjoying them in a tasty breakfast porridge! It
couldn't be easier.

INGREDIENTS

1 cup grain from Grain Column
(See Note below)
1-3 tbsp of items from Sweetness Column
1-2 tbsp of items from Nuts + Seeds Column
0-2 items from Extra Oomph Column
1-4 items from Seasonings Column
(just a dash less than 1/4 tsp)
1/4 cup of item from Creaminess Column (optional)

TOOLS

Measuring spoons
Dry measuring cup
Liquid measuring cup
Medium saucepan
Wooden spoon

DIRECTIONS

1. Bring water and grain to a boil. (See Note below).
2. Add fruit/dried fruit, Nuts+Seeds, "Extra Oomph."
3. Lower heat to low and cook for 5-7 minutes, or until creamy.
Stir in "Creaminess" component if desired.
4. Add sweeteners like raw honey or maple syrup to taste.

NOTE: WATER TO GRAIN RATIOS

If using uncooked grain, ratio of water to grain is generally 2 to 1. If using cooked grain, ratio is 1:1. Except for Irish/steel cut oats:

- Cooked/leftover brown rice: 1 cup of water for 1 cup of cooked brown rice.
- Cooked/leftover quinoa: 1 cup of water for 1 cup of cooked quinoa..
- Rolled oats (uncooked): 2 cups water for 1 cup rolled oats (uncooked).
- Irish oats, the ratio is 4 to 1. So 4 cups of water for 1 cup of Irish/steel cut oats.

The Formula

GRAIN	SWEETNESS	NUTS + SEEDS	EXTRA OOMPH	SPICES + SEASONING	CREAMINESS
oats	apple slices	chopped nuts	1 tbsp grated ginger root	cinnamon	almond milk
quinoa	banana slices	toasted nuts	2 tbsp ground flaxseed	ginger	coconut milk
rice	dried coconut		2 tbsp chia seeds	nutmeg	
	dried cranberries			sea salt	
	maple syrup				
	raisins				
	raw honey				

* certified gluten free oats

Warm Irish Oats (Steel Cut Oats)

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup gluten-free steel cut Irish oats
(such as McCann's)
4 cups water
1/4 cup chopped nuts of your choice
(walnuts, pecans, hazelnuts, almonds)
1/4 cup dried cherries or raisins
Sprinkle of cinnamon and/or ginger

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

THE SHORTCUT METHOD

Steel cut oats take longer to cook than regular oatmeal (about 30 minutes) but, there's a trick.

Night before:

Bring water to a boil, add oats and stir. Turn off the heat and cover. Go to bed!

Next morning:

When you get up the oats will have been slowly cooking all night – all you have to do is heat it up!

Add a cup of cooked oats to a bowl (or Tupperware to bring to work).

Mix in any toppings you desire.

THE TRADITIONAL METHOD

If you don't want to take the shortcut (sucker), here's what you do:

1. Bring water to a boil.
2. Add oats to the boiling water, stirring well.
3. When porridge is smooth and starting to thicken, reduce the heat to a simmer for 30 minutes, stirring occasionally.

Add toppings and serve!

Oatmeal with Fresh Berries and Toasted Almonds

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup rolled oats
(or leftover brown rice or quinoa)
1 cup water or almond milk
1 tbsp ground flax seeds
1/2 cup fresh blueberries
1/2 cup fresh strawberries, sliced
1/4 cup sliced almonds, toasted

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

DIRECTIONS

1. Bring oats and water to a boil.
2. Place almonds on baking sheet and toast in toaster oven or oven at 350 degrees until golden brown.
3. Lower heat to medium, add flaxseeds, and cook for 5 minutes, or until creamy.
4. Serve topped with berries and toasted almonds.



Spinach and Shallot Frittata

INGREDIENTS

2 shallots, peeled and thinly sliced
2 cups spinach or baby spinach
1/4 cup extra-virgin
olive oil
Sea salt
Freshly ground pepper
6 large organic eggs*

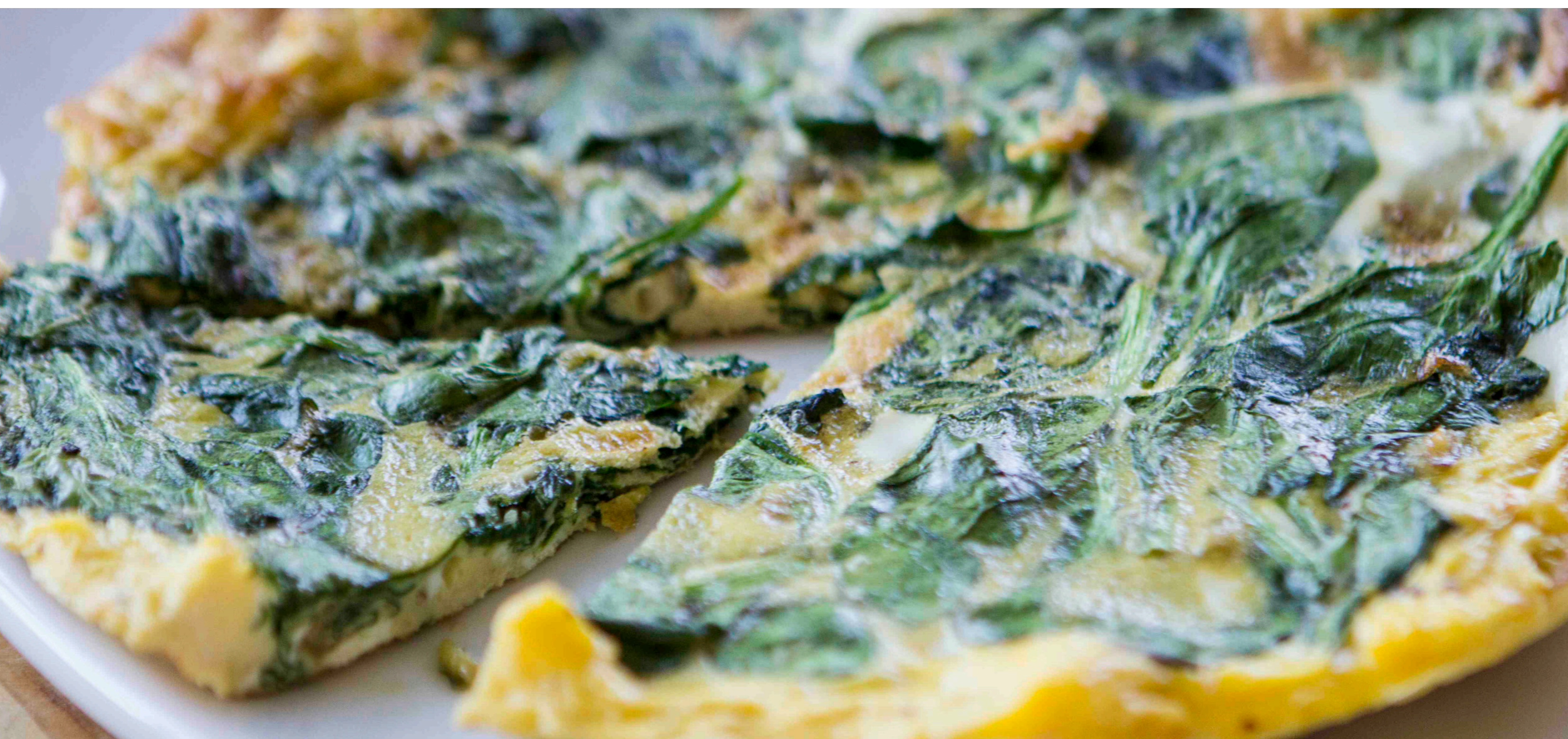
TOOLS

Liquid measuring cup
Medium bowl
Dry measuring cup
Whisk
Chef's knife
Medium nonstick skillet
Cutting board
Wooden spoon

DIRECTIONS

1. Preheat the broiler.
2. Peel and mince the shallots.
3. Heat olive oil in a nonstick skillet over medium heat. Add shallots and saute until soft. Add spinach and stir until it begins to cook down. (Or just add leftover steamed or sautéed greens to the pan).
4. Break eggs into a medium bowl, season with salt and pepper lightly, and whisk with a fork until yolks are broken up.
5. Pour egg mixture over the veggies in the skillet. Lift pan and swirl the mixture so it spreads out evenly in the pan. Cook over low heat until eggs are set on the bottom.
6. Transfer to the oven to broil until the top sets and turns golden brown, about 5 minutes.

* Skip if this is your first time cleansing or if you already know you are sensitive to eggs.



Garlicky Tahini Dressing

INGREDIENTS

1 cup tahini (sesame seed paste)
1/2 cup lemon juice
1 clove garlic
Water (just enough to thin it out and create desired consistency)
Salt and pepper to taste

TOOLS

Liquid measuring cup
Dry measuring cup
Chef's knife
Cutting board
Small bowl
Fork (or small whisk)

DIRECTIONS

Blend all ingredients in a bowl with a whisk (or blender) until combined. Serve over brown rice, quinoa, steamed vegetables, or in a wrap with chicken and veggies.



Mint-Pistachio Pesto

INGREDIENTS

1/2 cup fresh mint leaves
3 cup fresh parsley
1 clove garlic, peeled
1/4 cup shelled pistachios
(toasted, optional)
1/4 cup extra virgin olive oil
sea salt

DIRECTIONS

1. In a food processor or Vitamix blender, place mint, parsley, garlic, and pistachios and pulse until roughly chopped.
2. Slowly pour in olive oil as you pulse, until it turns into a paste. Add sea salt to taste.

Enjoy with lamb chops, over pasta, or store in an air-tight jar for future use.

Chopped Spring Detox Salad

(Inspired by the "Use a Spoon" Chopped Salad at The Dressing Room Restaurant (RIP!) in Westport, CT)

INGREDIENTS

1 cup sugar snap peas, trimmed
5 radishes, trimmed and thinly sliced
1/2 cup sliced fresh strawberries or whole fresh blueberries
1 cup sliced radicchio
1 cup sliced endive
1 cup baby spinach
1/2 cup almond slivers

TOOLS

Chef's knife
Cutting board
Medium bowl
Tongs

DIRECTIONS

Mix together celery, carrots, apple, lettuces in a large bowl. Add 1/4 cup of simple vinaigrette. Toss to coat and serve.

Make it a heartier meal by adding white beans or topping with basic broiled chicken.

Watercress Salad with Grapefruit and Avocado

INGREDIENTS

2 ruby red grapefruits
2 ripe avocados
1 bunch of watercress

TOOLS

Cutting board
Chef's or paring knife
Serrated knife

DIRECTIONS

1. Section 2 grapefruits. Cut off the peel with a serrated knife like a bread knife. Then with a paring knife, gently slice along each section to pull out the sections without any pith. See here for a visual:
2. Peel and slice avocados.
3. Rinse and dry watercress and roughly chop.
4. Arrange watercress on a plate, top with grapefruits and avocado and drizzle with olive oil and sea salt.



Basic Soup

Mix and Match Formula

INGREDIENTS

2 tbsp from Fats Column
1-3 items from Aromatics Column, sliced or minced
1-2 items from Accent Veggies Column, thinly sliced
Sea salt and freshly ground black pepper
Any number of items from Main Ingredient Column
1 item from Liquid Column
(amount depends on amount of veggies)
1-3 items from Accent Column

TOOLS

Liquid measuring cup
Measuring spoons
Chef's knife
Cutting board
Large saucepan
Wooden spoon
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Put the olive oil or butter in large pot over medium heat. Let butter melt.
2. Add aromatics and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add sea salt and pepper and stir.
4. Add main ingredient and stir.
5. Add enough broth or water to cover the vegetables and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes (depending on the water content of the main ingredients and how small you sliced them).
7. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices or herbs that tickle your fancy.

The Formula

FATS	AROMATIC VEGETABLES	ACCENT VEGETABLES	MAIN INGREDIENTS	LIQUID	ACCENT
butter	garlic	carrots	asparagus	beef broth	coconut milk
olive oil	ginger root	celery	broccoli	chicken broth	fresh herbs
	leeks		carrot	vegetable broth	toasted pumpkin seeds
	onions		cauliflower	water	maple syrup
	shallots		tomato		spices (curry, cinnamon, ginger, etc.)
			kale		
			other root veggies (e.g. parsnips)		
			summer squash (e.g. zucchini)		
			winter squash (e.g. butternut)		

Creamy Carrot Soup

(using Mix and Match Soup Formula)

INGREDIENTS

2 shallots
8-10 carrots
2 tbsp olive oil
broth (about 3-4 cups)
salt + pepper

TOOLS

1 large or medium-sized pot with lid
Vegetable peeler
Good knife
Cutting board
Wooden spoon
Blender or immersion blender

DIRECTIONS

1. Slice shallots. Cut off both ends of shallots, peel off the skin, and slice the into thin slices.
2. Slice carrots. Peel carrots, slice off the ends, and cut into thin slices, about 1/2-inch thick (don't have to be anal about it). You should have about 3 cups.
3. Heat oil. Heat up big pot over medium heat, drizzle in about 2 tablespoons of olive oil (a nice "glug" of the bottle). Swirl pot to get oil to cover entire bottom.
4. Add shallots to pot and cook until soft and slightly brown at some edges, stirring every 30 seconds or so.
5. Add carrots, 3 grinds of salt and 3 grinds of pepper. Stir.
6. Add enough broth to just cover the carrots by an inch.
7. Turn heat up to high and bring to a boil.
8. Simmer. When carrots come to a boil, turn heat down to low, stir, then cover the pot.
9. Carrots are cooked. Check carrots - they should be tender, meaning you should be able to easily pierce with a fork. If not, let them cook for another 10 minutes. When tender, turn off heat.
10. Puree soup...
 - if you have an immersion blender, just stick it in the pot and blend away until soup is smooth.
 - if you don't have an immersion blender, use a slotted spoon to transfer the veggies (cooked carrots and shallots) to a blender (only fill 3/4 of blender, do it in batches if you have to).
 - DO NOT put top on blender if the soup is still hot, it will freaking explode Put a dish towel over the top of the blender and blend veggies on low until they are smooth (you may need to add some of the liquid from the pot to help it along).
11. Return soup to pot, stir, taste, and add more salt if you need to.

Variations

Spice it up with a sprinkle of ground ginger or cardamom when adding the carrots.



Broccoli-Leek Soup

(using Mix and Match Soup Formula)

INGREDIENTS

2 tbsp olive oil
2 leeks, rinsed and thinly sliced
Sea salt
Freshly ground black pepper
5 cups broccoli florets, chopped
4 cups chicken broth or water

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Heat the oil in large pot over medium heat.
2. Add leeks and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add seasonings (salt and pepper) and stir.
4. Add broccoli.
5. Add the stock - enough to cover the vegetables and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes.
7. Take soup off heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices that tickle your fancy.

Variations

Sprinkle with fresh herbs, like chives.
Use frozen broccoli instead of fresh.
Serve with a dollop of plain Greek yogurt.

Lentil Soup

(using Mix and Match Soup Formula)

INGREDIENTS

1 tbsp olive oil
1 onion, peeled and diced
2 carrots, diced
1 celery stalk, diced
1 tbsp fresh thyme or 1 tsp dried thyme
1 tsp sea salt
2 (15-oz) cans beans, drained and rinsed
(lentils, garbanzo, aduki, kidney, cannellini)
4 cups broth or water
1/4 cup minced fresh parsley

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Put the olive oil in large pot over medium heat and sauté garlic and onions for 2 minutes.
2. Add carrots, celery, thyme, sea salt, beans, and stock.
3. Bring to a boil, reduce heat to medium-low, and cook 15-20 minutes.
4. Puree with an immersion blender (or remove half of the beans and vegetables and puree in a blender or food processor until smooth). Return to pot.
5. Garnish with fresh parsley and eat.

Basic Steamed Broccoli with Roasted Garlic and Toasted Hazelnuts

INGREDIENTS

2 bunches broccoli
1/2 cup olive oil
1/2 cup hazelnuts
Sea salt
6 cloves garlic (or Garlic Oil)
Fresh lemon

TOOLS

Large saucepan
Baking sheet
Steamer basket
Chef's knife
Cutting board
Small saucepan

DIRECTIONS

1. Follow basic directions for steaming broccoli (see Videos tab).
2. Meanwhile, toast and skin hazelnuts (see below). Roughly chop.
3. Roast garlic: Place olive oil and garlic into a small saucepan and cook over low heat until garlic turns just golden, about 4-5 minutes. Alternative: Use garlic oil you've made earlier.
4. Take garlic oil off heat, add chopped hazelnuts, juice from 1 lemon, sea salt, and pepper. Stir to combine.
5. Drizzle garlic oil and chopped nuts mixture over the steamed broccoli. Gently toss to coat and serve!

How to Toast and Skin Hazelnuts

Heat oven or toaster oven to 375 degrees.

Spread the hazelnuts on a rimmed baking sheet and toast, tossing occasionally, until the skins darken and blister a bit, 5 to 6 minutes.

Remove from oven, take a clean dish towel in your hand and pick up a handful of nuts, cover them in the towel and rub your hands together over the towel until most of the skins fall off.

Variations

Replace hazelnuts with walnuts, pecans, or almonds.

Replace lemon with lime.



Sauteed Spinach with Garlic and Raisins

INGREDIENTS

1/4 cup olive oil
2-5 garlic cloves, peeled
2 cups spinach or baby spinach, rinsed
1/4 cup golden raisins
sea salt

DIRECTIONS

1. Heat oil in a pan over medium heat.
2. Add the garlic and saute until it's golden brown.
3. Slowly add in the spinach, let it wilt and keep adding until it's all in.
4. Sprinkle very lightly with sea salt.
5. Gently stir to let spinach wilt down more and meld with flavors, then toss in the raisins.
6. Stir for a few minutes so the raisins get juicy and plump. Take off heat and enjoy!

Cauliflower and Green Beans

INGREDIENTS

1 head of cauliflower
1 pound of green beans
3-5 peeled garlic cloves
1/4 cup olive oil
1/3 cup water or broth
Pinch of sea salt
Freshly ground black pepper

DIRECTIONS

1. Trim the ends off the green beans if you didn't already get them pre-trimmed.
2. Chop up cauliflower into bite-sized pieces
(watch the [video](#) for this awesome trick I learned from [Tim Ferriss's 4 Hour Chef.](#))
3. Put all of the ingredients – the cauliflower, green beans, garlic, water, salt, and pepper – into a large pot.
4. Stir and heat up over medium heat.
5. Cover the pot. Stir every 10 minutes or so.
6. After 40 minutes...done! Turn off heat and serve or save for later – leftovers are good for up to 3 days.
7. Enjoy it alone, along with a green salad, or you want a bit more energy and focus, top it with a nice poached egg for some protein.

Asparagus and Cashew Stir-Fry

INGREDIENTS

1 bunch of asparagus
1 tbsp olive oil
1 tbsp toasted sesame oil
1 tbsp grated fresh ginger root
1/3 cup cashews, chopped
2 tbsp coconut aminos

TOOLS

Measuring spoons
Grater
Dry measuring cup
Large skillet
Chef's knife
Wooden spoon
Cutting board

DIRECTIONS

1. Snap off the ends of the asparagus. Cut into 1-inch pieces.
2. Heat oil in a large pan or wok over medium-high heat.
Add the ginger and stir-fry for 1 minute.
3. Add the asparagus and stir-fry until crisp-tender, about 4-5 minutes.
4. Add chopped cashews, stir in coconut aminos, and serve.

Variations

Replace the cashews with almonds, hazelnuts, walnuts, or pecans.
Replace the asparagus with bok choy.
Add diced or shredded chicken or cubed tofu to make it a full meal.
Serve over brown rice, quinoa, or soba noodles.



Gluten Free Pasta with Garlic and Oil and Sautéed Greens

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling to lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 pound brown rice pasta
1 tbsp olive oil
1 package frozen spinach or broccoli florets (or 2 cups of fresh)
3 tbsp extra-virgin olive oil
2 garlic cloves (minced if you really love garlic, kept whole if you prefer just a hint of garlic)
1/2 cup frozen peas
Sea salt and freshly ground black pepper

TOOLS

Measuring spoons
Colander
Chef’s knife
Large skillet
Cutting board
Medium saucepan fitted with steamer basket
Wooden spoon

DIRECTIONS

1. Cook brown rice pasta according to package directions, but take off 1-2 minutes off cooking time.
2. If using frozen peas, place them in the bottom of the colander so when you drain the cooked pasta, they will defrost and combine with the pasta.
3. Steam frozen greens to defrost. (Or steam fresh veggies with a sprinkle of sea salt until bright green.)
4. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until golden brown (about 2-3 mins).
5. Add cooked pasta to the pan and stir to coat with garlic and oil. Add defrosted greens and stir to coat.
6. Take off heat, season with salt and pepper, taste and adjust.

Variations

- Stir in 1 (15-oz.) can of cannellini or garbanzo beans.
- Top with sliced broiled chicken.



How to make Basic Grains

A great base for any salad, porridge, or pilaf. Here are the ratios, cooking times, and basic process for cooking any grains to mix and match use in many of these tasty recipes

	GRAIN : WATER	COOKING TIME
Brown Rice	1 : 2	50 minutes
Quinoa	1 : 2	15 minutes
Amaranth	1 : 2	20 - 25 minutes
Millet	1 : 3	20 minutes
Rolled Oats	1 : 2	10 minutes
Irish Oats	1 : 4	30 minutes

DIRECTIONS

1. Bring water to a boil in a medium saucepan.
2. Add grain, stir, and lower heat to a simmer.
3. Cover and cook until water is absorbed and grain is tender.
See general cooking times above. For oats, stir occasionally.
4. Take off heat, let sit covered for 5 minutes and serve.

Brown Rice or Quinoa Pilaf with Toasted Almonds

INGREDIENTS

1 cup cooked quinoa (or brown rice)
2 cups water
Pinch of sea salt
1 bunch of asparagus or broccoli
1 cup slivered almonds
1 cup grated carrots
zest of 1 lemon

TOOLS

Cutting board
Chef's knife
Baking sheet
Small bowl and fork or whisk
Microplane or grater
Medium pot fitted with steamer basket

DRESSING

1/2 cup extra-virgin olive oil
2 tbsp Dijon mustard
3 tbsp fresh lemon juice (about 1
lemon) 2 tbsp coconut aminos
1 tbsp raw honey

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Snap off ends of asparagus spears and cut into 2-inch pieces.
3. Steam asparagus or broccoli until still bright green and crisp-tender, about 5 minutes.
4. Toast almonds on a baking sheet in oven or toaster until lightly browned.
5. Make Dressing: whisk together olive oil, mustard, lemon juice, coconut aminos, and honey until creamy and well combined.
6. Grate carrots and lemon zest.
7. Place quinoa, asparagus or broccoli, toasted almonds, zest of 1 lemon, 1 cup of shredded carrots in a large serving bowl. Pour dressing over the pilaf and gently toss.

Super Easy (and Juicy) Broiled Chicken

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc!
I usually make about 4 or 5 at the beginning of the week to use for several days.

INGREDIENTS

About 1 1/2 pounds boneless, skinless
white-meat organic chicken
(breasts, cutlets, or tenders)
2 tbsp olive oil
Sea salt and pepper

TOOLS

Measuring spoons
Chef's knife
Cutting board
Baking sheet
Tongs

DIRECTIONS

1. Season both sides of each chicken breast with salt and pepper.
2. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat and set aside for 10 minutes or up to 12 hours.
3. Preheat the broiler.
4. Take chicken out of bag with tongs, shake off excess oil, and place on a baking sheet.
5. Broil the chicken very quickly, turning once, cooking no more than 3-5 minutes on each side. To check for doneness, use a thin blade knife and cut through the center – should be white or slightly pink.
6. Let sit on a cutting board, loosely covered with foil, for about 5 minutes to let the juices settle back into the chicken.
7. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.



Pan-Seared Halibut with Toasted Almonds

INGREDIENTS

1 (4-oz) fillet per person of wild-caught halibut
1 tbsp unrefined coconut oil or sesame oil
sea salt
pepper
1/4 cup slivered almonds

TOOLS

Saute pan
Spatula

DIRECTIONS

1. Heat oil in saute pan over medium heat.
2. Sprinkle sea salt and pepper on both sides of each fish fillet.
3. Cook fish on first side over medium heat for 4 minutes.
4. Flip and cook on other side for 3 minutes. While fish is in pan, sprinkle layer of almonds on top.
5. Flip over and cook for 2 minutes. Add almonds on other side.
6. Flip again to cook and toast almonds on other side. Halibut is cooked when fish is flaky and no longer translucent.
7. Take off heat and serve.

Variations

- Replace almonds with chopped hazelnuts, pecans, or macadamia nuts.



Salmon en Papillote with Asparagus & Sweet Potato Wedges

INGREDIENTS | SWEET POTATO

1 small sweet potato or yam per person
2 tbsp olive oil
sea salt

INGREDIENTS | SALMON & ASPARAGUS

1 bunch of asparagus
3 tbsp whole grain or Dijon mustard
(or mixture of the two)
juice from 1 lemon
2 tbsp olive oil
Sea salt
Freshly ground black pepper
1(6-8 oz) salmon fillet per person

TOOLS

Measuring spoons
Baking sheet
Parchment paper
Spoon
Small and medium bowls
Whisk
Cutting board
Chef's knife
Tongs

DIRECTIONS

1. Preheat the oven to 450 and line a baking sheet with parchment paper.
2. Slice the sweet potato in half, lengthwise. Slice each half into 5-6 wedges.
3. Add sweet potatoes to medium sized bowl with two tablespoons of olive oil and a pinch of salt. Toss to coat.
4. Lay potatoes in a single layer on the parchment-lined baking sheet and bake for 10 minutes.
5. Rinse and dry asparagus and snap off the ends.
6. In a small bowl, whisk together mustard, lemon juice, and olive oil.
7. Take a second piece of parchment, about 15 inches long, fold in half then unfold.
8. In the center of one half, layer about 4-5 asparagus spears and sprinkle with sea salt.
9. Place the salmon fillet on top of asparagus, sprinkle with salt and pepper, and spoon on 2 tablespoons of mustard sauce.
10. Fold parchment back over to cover salmon. Starting at the right hand crease, fold the parchment over itself to create a small triangle. Fold that piece over itself and continue folding to create small pleats all the way around the parchment. When you're done, you should have a half-moon or "calzone" shape.
11. Take out the potato wedges, push them to the perimeter of the baking sheet. Place parchment packet in the middle.
12. Lower oven heat to 400 and bake packet and potatoes for another 10 minutes.
13. Remove from oven, slice through the packet - it's ready! Top with more dijon sauce if you'd like.



Lamb Chops with Herb-Dijon Marinade

Adapted from French Women Don't Get Fat, the Secret of Eating for Pleasure by Mirielle Guiliano

INGREDIENTS

Lamb chops, $\frac{3}{4}$ -inch thick (1-2 per person)
4 tbsp olive oil
1 tbsp Dijon mustard
2 medium shallots or garlic cloves
 $\frac{1}{2}$ cup fresh mint
 $\frac{1}{4}$ cup fresh Italian parsley
salt and freshly ground black pepper.

TOOLS

Shallow baking dish
Oven proof dish (if broiling)
Tongs
Food processor or good blender
Measuring spoons

DIRECTIONS

1. 30 minutes before cooking, place chops in a shallow baking dish.
2. Combine olive oil, mustard, shallots, mint, and parsley in a food processor. Pulse until it becomes a medium-textured paste. Brush each side of chops with the herb-Dijon paste and let marinate at room temperature for about 30 minutes.
3. Preheat broiler (or grill).
4. Place chops in an oven-proof dish and broil (or grill) about 3-4 minutes on each side for medium-rare.

Remove from heat, let sit for 5 minutes to allow juices to settle back in. Serve!



Pureed White Bean or Chickpea Dip

Perfect no-fuss party snack that you can quickly whip up with pantry staples.

INGREDIENTS

1 (15 oz.) can cannellini or garbanzo beans,
drained and rinsed 1 garlic clove
2 tbsp fresh lemon juice*
1/3 cup olive oil, plus 4 tbsp
1/4 cup fresh Italian flat-leaf parsley leaves
salt and pepper

DIRECTIONS

1. Place beans, garlic, lemon juice, olive oil, and parsley in food processor.
2. Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
3. Transfer puree to a small bowl. Serve with crostini, fresh vegetable sticks (like carrots or celery), or pita chips.

Variations:

- This can also be served in a gluten-free wrap or wrapped in a Collard green leaf with grilled vegetables or with grilled chicken and greens.

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Refreshing Nori Wraps

INGREDIENTS

Toasted nori sheets
(the stuff they wrap sushi rolls in)

TOOLS

Cutting board
Chef's knife

ANY COMBINATIONS OF THE FOLLOWING:

2-3 grated carrots
leftover brown rice or quinoa
sliced avocado
sliced cucumber

DIRECTIONS

1. Place nori sheet on a flat, dry surface. At the end closest to you, lay the veggies, rice, or any combination of the above ingredients flat along the width of nori sheet.
2. Roll up the ingredients. Slice roll in half and enjoy!



Chunky Guacamole

INGREDIENTS

3 avocados
1 large tomato
1/2 red onion
Juice of one or two fresh limes
Sea salt
Fresh cilantro

TOOLS

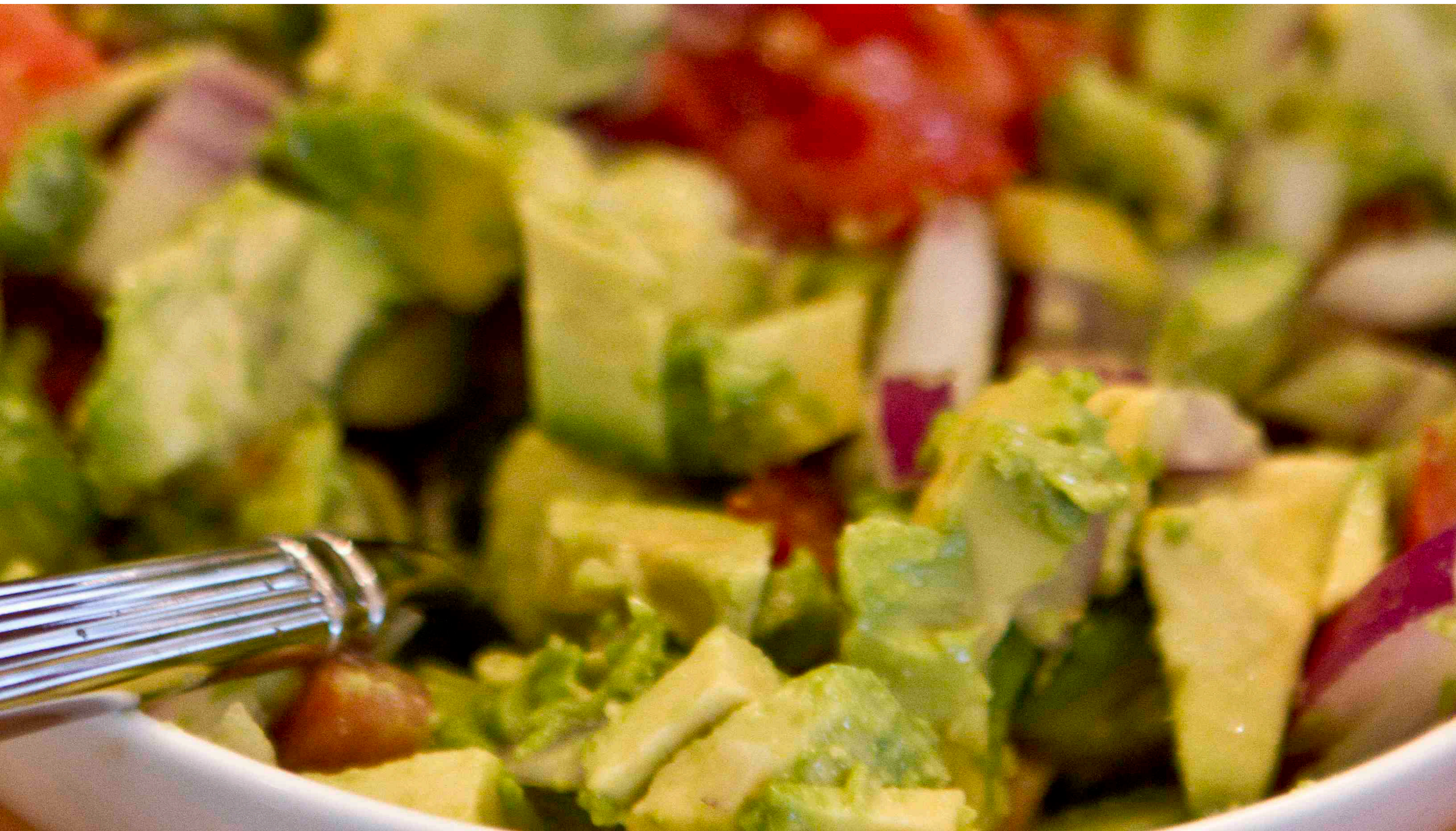
Chef's knife
Cutting board
Medium bowl

DIRECTIONS

1. Slice the avocado, tomato, and onion into equal-sized chunks.
2. Gently mix all ingredients into a medium-sized bowl. You want to make almost a salty lemonade/limeade with the lime juice so be generous with it.
3. Garnish with extra cilantro and serve with tortilla or multigrain chips (check ingredients for sneaky sugar!)

Variations:

This would also be great in a sprouted grain wrap with chicken, beef, or fresh veggies like romaine, carrots, and peppers and onions.
Substitute lime with fresh lemon.



RECIPES FROM Heather



Heather Pierce Giannone is a certified holistic health coach and Creator of *Go Feed Yourself* - a digital program teaching you how to make fast, healthy meals that keep you focused and productive.

She also shares free recipes and easy cooking how-to videos on her website and on her YouTube show, *The Feed with HPG*.

www.heatherpierceinc.com



Hormone Balancing Guide

SPRING



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