



Hormone Diet Plan

HORMONES OUT OF CONTROL?

For most of us with weight problems, the answer is yes. If you have the following symptoms, then there is a good chance that you will do well with a Hormonal Diet:

- *Weight Gain*
- *Fatigue or daytime sleepiness*
- *Insomnia*
- *Difficulty losing weight despite diet and exercise*
- *High Blood Pressure*
- *High Cholesterol*
- *Carbohydrate Cravings*
- *Symptoms of polycystic ovary syndrome (women)- excess facial hair, acne.*
- *Symptoms of low testosterone (men)- low libido, fatigue, erectile dysfunction, depression.*

When your hormones are out of control, you feel tired all the time because your body is converting food into fat instead of fuel. You lose muscle tone and fat build up. You not only gain weight, but you can end up with health problems like high blood pressure and diabetes. A Hormonal Diet can address all of these problems.

REALISTIC

Weight loss is about the amount of calories consumed. In order to lose weight, you must burn more calories than you consume. A Hormonal Diet is a balanced diet that incorporates all the food groups and gives reasonable weight loss of anywhere from 1-3 pounds per week. This diet will help you overcome the cravings that go along with traditional diets.

GOALS

Your diet is not temporary. Plan long term goals for permanent lifestyle changes to help you maintain weight loss and good health. A long term goal may be to achieve a normal body weight, healthy eating and exercising daily. Your rate of weight loss will vary considerably per person and it is dependent upon multiple Factors:

- *Weight loss goal*
- *Motivation*
- *Exercise*
- *New eating habits*

RA TE OF WEIGHT LOSS

For those needing to lose 10 lbs., you can expect 1-3 lbs. weight loss per week. For those needing 50 lbs. or greater the initial weight loss may be as much as 5-7 lbs. the first couple of weeks. Remember that there is 3500 calories in a pound of fat. If you are at a stable weight and reduce your calories by 500-1000 per day, you will lose 1-2 pounds per week.

ESTABLISH A PLAN

A plan should include time to buy, prepare healthy foods and to exercise at least 4-6 days each week. Every night, review and plan your meal for the following day. You must have enough of the right foods around at all times. This means having lots of fresh fruits and vegetables available to you throughout the week. Plan your lunch every day, prepare your snacks in advance. Record everything you eat, keep a food diary.

Boredom is the quickest way to kill your diet. Change your foods daily and become aware of your favorite foods. Trying new things will help you stick to your plan.

FEELING FULL

The key to success on A Hormone Diet is feeling full. Why? You should never feel hungry on a diet. If you are hungry then you are miserable! Stress eating is not done out of hunger. If you are not hungry but are offered a delicious treat, you are likely to take a bite. A Hormone Diet is designed to enable you to feel full most of the time. The diet has a minimum amount of food that you must consume daily. Vegetables, fruits and egg whites are unlimited. You should eat as much as it takes to feel full all the time.

RESTAURANTS

Eating out can be a challenge but simplified if you have a plan:

- Avoid buffets*
- Order green salads with fat-free dressing before your meal*
- Avoid high fat appetizers*
- Drink water instead of sodas or mixed drinks*
- Order sauces and dressings on the side*
- Order whole wheat/grain pasta instead of white pastas*
- Choose dishes that are steamed, boiled or grilled*
- Choose red sauces instead of cream sauces*
- Avoid breads before the meal*
- Choose fresh fruit for dessert*

PHYSICAL ACTIVITY

Exercise is an important part of a hormonal diet. You should plan on exercising at least 60 minutes daily. You may start gradually, but this should be your ultimate goal. Choose a variety of activities, changing your exercise is important so that your body does not adjust to any routine exercise. Walking, jogging, swimming, weight lifting, aerobic classes can be combined and or increased daily. Any type of physical activity, most notably walking is an effective way to help you achieve hormonal balance. Set a realistic short-term goal- /or example, walking four times per week for at least 15-20 minutes. Then, gradually increase the amount each week. Regular exercise is key to maintaining lost weight and keeping hormones balanced

SLEEP MORE, REDUCE STRESS

Healthy sleep and decreasing stress are an important part of hormonal balance. Taking your progesterone consistently is important to balancing out your hormones and controlling your mood swings. If mentally you are happy then your body will be happy!

VITAMINS

Vitamins contain the nutrients and supplements that are needed to encourage and support healthy hormone production and balanced hormone levels. Take a daily multivitamin. Because it plays a crucial role in hormone development, supplementing your diet with a multivitamin that includes zinc can help decrease estrogen dominance and restore hormonal balance. Certain vitamins help regulate the hormones in the body.

Vitamin B6

Vitamin B6 is a water soluble vitamin found in foods such as beans, nuts, legumes, meats and whole grains. Apart from promoting normal nerve cell and immune system function, vitamin B6 also helps regulate the actions of steroid hormones such as estrogen and testosterone by binding to their receptors.

Vitamin B12

Vitamin B12 is important for metabolism it aids in the formation of red blood cells, which transport oxygen throughout the body, helps with brain function and increases energy levels. Recommended weekly and more effective if taken consistently rather than occasionally.

Zinc

Zinc is one of the most common mineral deficiencies. Zinc is a powerful aromatase inhibitor that will greatly reduce the conversion of testosterone to estrogen in the body. When we don't get enough zinc, levels of the aromatase enzyme rise and we begin to experience weakened sex drive, reduced muscle mass, lower energy levels and increased body fat both men and women with too much estrogen often develop minor issues such as bloating and get a fatty build up around the belly area. These problems can be eliminated by taking extra zinc.

DIM (dindolylmethane)

DIM is a plant indole and is found in all cruciferous vegetables which include cabbage, broccoli, Brussels sprouts and cauliflower. DIM stimulates more efficient estrogen metabolism It increases the specific aerobic metabolism for estrogen, multiplying the chance for estrogen to be broken down into its beneficial or "good" estrogen metabolites. DIM adjusts the balance of estradiol which can result in a more desirable action from testosterone, unwanted weight gain and water retention in the belly area. Using DIM twice daily can result in a healthier balance of hormones.

Fenugreek

Fenugreek is considered one of the safest natural herbs available, and is widely recommended by doctors and herbalists alike. Fenugreek is an annual plant in the family "Fenugreek" commonly known as the legume, pea, or bean family. Fenugreek inhibits the binding of testosterone to Sex Hormone Binding Globulin (SHBG), resulting in lower levels of "bound" testosterone and higher levels of "free" testosterone (this occurs from Fenugreek binding to SHBG in place of Testosterone). Fenugreek can also increase libido and decrease the effects of hot flashes and mood swings that many women suffer from.

HORMONE DIET

A diet high in refined foods and processed carbohydrates and low in fat will definitely affect the result you get with testosterone. Fatigue, irritability and anxiety may be diet related. Wholefoods, goodfats and protein can beneficially affect mood and energy. Testosterone increases muscle mass and gets rid of fat deposits. Refined carbohydrates can prevent weight loss usually seen with hormonal therapy.

A hormonal diet emphasizes eating a minimum amount of food every day. In order to be successful, you must consume at least the minimum of each food group. Three food groups have unlimited maximums: vegetables, fruits and egg whites. These foods may be consumed in unlimited quantities on this diet. You must consume a minimum of five servings of fruits and vegetables every day. Whenever you get hungry, you can eat and eat without breaking the diet. Starches and fats are limited. You must not consume more than the set amounts.

A hormone diet includes 3 meals and 2-3 snacks a day. It is important that you have all of these meals. Frequent feedings keep hormones in balance and prevent excessive hunger. You must eat protein at breakfast in order to suppress hunger and provide energy to your body throughout the day. Lunch and mid-afternoon snack should be light at dinner you should have protein, one starch and lots of vegetables. A healthy dessert at bedtime is important to keep your metabolism going throughout the night following a balanced diet, reducing stress and exercising will aid in hormonal balance and weight loss.

We have provided a 7 day hormone diet sample menu in order to get you started. The Hormone Diet is a comprehensive wellness plan that is designed to restore your hormonal imbalance so that you can lose weight, look and feel better. If you are looking for a complete and thorough wellness plan that leads you towards a more holistic and more simplified lifestyle, then "The Hormone Diet" book by Dr. Natasha Turner might just hold the solution to help you renew, restore and replenish your health.

The Hormone Wellness Center

SAMPLE DAILY MENU

BREAKFAST

French toast made with:

- *2 egg whites and 2 slices of whole grain bread*
- *1 tsp. of cinnamon*
- *1/2 cup fat-free milk*

Mix egg whites, cinnamon and milk in bowl, dip bread in mixture and cook on nonstick pan with cooking spray.

- *1 tbsp. sugar free syrup*
- *1 orange*
- *1 cup black coffee or unlimited water*

SNACK

- *1 cup fat-free cottage cheese*
- *3 strawberries*

LUNCH

- *4 oz. chicken*
- *2 hard-boiled egg whites*
- *2 oz. low-fat cheese*
- *Unlimited mixed salad*
- *2 tbsp. wine vinegar or herb vinaigrette****
- *1 pear or apple*

SNACK

- *1 tbsp. Fat-free ranch dressing*
- *Unlimited sliced vegetables*

DINNER

- *4 oz. Fish prepared with 1 tsp. olive oil and seasoning*
- *½ avocado*
- *½ tomato*
- *1 cup broccoli*
- *½ cup boiled red potatoes*
- *1 tsp. margarine*

DESSERT

- *cup sliced peaches, ½ cup lite yogurt*

BREAKFAST

- *3/4 cup bran cereal*
- *1 cup skim milk*
- *1 banana*
- *½ cup apple juice*

SNACK

- *1 oz. low-fat cheese*
- *6 saltine crackers*
- *2 small tangerines*

LUNCH September

- *One-half sandwich:*
- *1 slice whole grain bread*
- *1 oz. low-fat cheese*
- *1 oz. turkey*
- *Lettuce and tomato*
- *Optional-1 tbsp. fat -free mayo*
- *1 apple*

SNACK

- *Cut up celery*
- *1 tbsp. reduce fat peanut*

butter

DINNER

- *4 oz. lean ground beef*
- *Lite spaghetti sauce*
- *½ cup whole-wheat pasta*
- *Large green salad*
- *2 tsp. basic vinaigrette dressing****
- *1 cup honeydew melon or 2 small*

plums SNACK

- *1 cup raspberries*
- *½ cup plain low-fat yogurt*

*In the following pages are the ***recipes cited above*

BREAKFAST

- *2 scrambled egg whites*
- *2 slices turkey bacon*
- *2 slices whole-grain toast*
- *1 1/2 tbsp. lite cream cheese*
- *1 kiwi*
- *1cup black coffee and water*

SNACK

- *1cupfresh fruit*

LUNCH

- *2 oz. grilled chicken*
- *½ cup whole wheat pasta with 3 sprays of "I can't believe it's not butter"*
- *Sautéed mushrooms and broccoli*
- *1 tsp. olive oil*
- *1peach*

SNACK

- *Cut up carrots and cucumbers*

DINNER

- *4 oz. lean steak*
- *Roasted/grilled green beans with mushrooms and onions****
- *1/2 cup garlic mashed potatoes*
- *3 sprays of "I can't believe it's not butter"*
- *1 cup blueberries*

SNACK

- *1 medium pear*
- *1 cup skim milk*

*In the following pages are the ***recipes cited above*

BREAKFAST

- *1 slice whole grain toast*
- *Egg white omelet****
- *1 cup mixed raspberries and blueberries*
- *1 cup skim milk*

SNACK

- *-1/2 cup pineapple*
- *1 cup cottage cheese*
- *3 graham crackers*

LUNCH

- *Large green salad*
- *2 oz. shrimp*
- *1 cup croutons*
- *Basic vinaigrette dressing****
- *1 medium*

fruit

SNACK

- *1 apple*

DINNER

- *Honey Orange Chicken****
- *1/2 cup brown rice*
- *Large green salad*
- *Creamy herb dressing****
- *17 grapes*

SNACK

- *1 cup cantaloupe*
- *1 cup plain yogurt (low-fat or non-fat)*

*In the following pages are the ***recipes cited above*

BREAKFAST

- *½ cup oatmeal*
- *1 small apple*
- *2 hard-boiled egg whites*
- *1 cup skim milk*

SNACK

- *Pita pocket:*
- *1 small pita bread pocket*
- *1 oz. lunch meat*
- *½ cup vegetables*
- *1 oz. low fat feta cheese*
- *1 medium fruit*

LUNCH

- *Chicken and broccoli****
- *½ cup whole wheat pasta with "I can't believe it's not butter" and Mrs. Dash*
- *½ cup*

fruit

- *SNACK*
- *1 apple*
- *1 tbsp. low fat peanut*

butter

DINNER

- *4 oz. grilled tilapia*
- *Grilled onions, squash, zucchini with seasoning of choice*
- *1 small sweet baked potato*
- *½ grapefruit*

SNACK

- *Smoothie:*
- *Yogurt and blueberry smoothie****

*In the following pages are the ***recipes cited above*

BREAKFAST

- *Cheese grits*
- *½ cup cooked grits*
- *1 oz. low-fat cheese*
- *½ grapefruit*
- *1 cup skim milk*

SNACK

- *One-half sandwich:*
- *1 slice whole grain bread*
- *½ cup tuna*
- *1 tbsp. Fat free mayo*
- *Lettuce and tomato*
- *1 small orange*

LUNCH

- *Vegetable soup(1 serving)*

SNACK

- *1 tbsp. Fat free ranch dressing*
- *Unlimitedvegetables*

DINNER

- *4 oz. lean steak*
- *½ cup whole wheat rice with seasoning of choice*
- *½ cup each steamed carrots and green beans*
- *3 sprays of "I can't believe it's not butter"*
- *1 medium fruit*

SNACK

- *1 banana*

*In the following pages are the ***recipes cited above*

BREAKFAST

- *Egg white omelet****
- *½ cup orange juice*
- *½ English muffin*
- *1 tsp. reduced-fat margarine*
- *1 cup skim milk*

SNACK

- *1 small pear*
- *cup low-fat cottage cheese*
- *oz. pretzels*

LUNCH

- *2 oz. grilled chicken or fish*
- *½ cup whole wheat rice*
- *Sautéed mushrooms and green beans****
- *1 tsp. olive oil*
- *1 cup mixed fruit berries*

SNACK

- *1 apple*

DINNER

- *4 oz. ground turkey burger*
- *1/2 cup corn*
- *1 cup steamed spinach with 1 tsp. olive oil and seasoning of choice*
- *Unlimited mixed salad*
- *2 tbsp. wine vinegar*

SNACK

- *Smoothie:*
- *Whip 2 ice cubes and cup each fat-free milk, lite yogurt and fresh fruit until smooth*

*In the following pages are the ***recipes cited above*

Egg White Omelet

Makes 1 serving

3 Egg whites

1 slice fat-free cheese

*1 cup vegetables**

Tsp. salt (optional)

tsp. Pepper

**Onion, mushroom, broccoli, peppers, spinach, tomato and or squash*

Chop and cook vegetables in pan with fat free cooking spray for 3-4 minutes on medium heat until soft. Place vegetables in small dish. Combine egg white, salt and pepper in a small bowl and whisk thoroughly. Place egg whites in pan, place cooked vegetables over egg. As the egg white is cooking, place 1 slice of fat-free cheese over the vegetables. Cover for 2-3 minutes. When egg is cooked, gently slide omelet onto a plate and enjoy!

Nutritional analysis per serving- 273 calories, 5.1g fat, 17.3% calories from fat, 49.7g protein, 5.7g carbohydrates.

Basic Vinaigrette Dressing

Makes 8 servings

1 Yi cups Vinegar (Balsamic, Red Wine, or Rice)

1/8 cup olive oil

1 clove garlic, crushed

3 tbsp. sugar

% tsp. pepper

% tsp. salt (optional)

*2 tbsp. spices, fresh chopped**

**chives, basil, oregano, cilantro*

Combine all ingredients in a small jar or salad dressing container, shake well, and serve over salad.

Nutritional Analysis per serving- 50 calories, 3.4g fat, 0.1g protein, 5.1 carbohydrates. (Preserving)

Yogurt and Blueberry Smoothie

Makes 1 serving

1 serving whey protein isolate

½ cup plain low fat goat yogurt

½ frozen banana

½ cup frozen blueberries

½ cup water or skim milk

Combine all the ingredients in a blender and puree on high speed until smooth.

Nutritional Analysis will vary.

Vegetable soup

Makes 10 servings

*1 cup chopped onions
2 cloves garlic, crushed
10-12 oz. can diced or crushed tomatoes
2 cups yellow squash or zucchini, cut into small pieces
1 cup chopped celery
1 cup chopped carrots
8-10 oz. can beans (pinto, navy, black, kidney)
1 box frozen cut corn
8 cups low-fat chicken broth or vegetable
broth 1 tsp. pepper
Sea salt optional*

Heat a large pot and with cooking spray add onions and garlic. Cook/or 4-5 minutes. Add tomatoes, squash, carrots, celery and corn, cook/or 10 minutes, stirring occasionally. Add beans, bay leaf, pepper, and broth. Bring to a boil and simmer for 1 1/2 hours. Add salt if necessary.

Nutritional analysis- 223 calories, 3.6gfat, 10.5gprotein, 39.Bg carbohydrates. (Perserving)

Chicken and Broccoli

Makes 4 servings

*2 whole chicken breasts, skinned and boned
2 egg yolks
1 1/2 cups chicken broth
1 tbsp. butter
1 clove garlic, minced
8 stalks broccoli
1 tsp. sea salt, fresh ground pepper
1 tbsp. lemon juice (optional)
8 oz. chicken broth*

Slice chicken breasts into 4 lengthwise strips. Beat egg yolks in a non-metal bowl with 1 1/2 cups chicken broth. Coat chicken with this egg mixture. Heat butter and garlic to foaming in a saucepan or skillet. Add chicken strips and cook over medium heat until golden brown on all sides. Chop broccoli coarsely. Remove chicken from pan to a warm dish; put broccoli into pan over medium heat, stir in remaining chicken broth and lemon juice. Cook broccoli for about 5 minutes. Season to taste.

Nutritional analysis- 172 calories, 6.8gfat, 17.8gprotein, 15.6g carbohydrates. (Perserving)

Herb Vinaigrette

Makes 4 servings

3 tablespoons balsamic vinegar

1 tbsp. rice vinegar

2 tbsp. lemon juice

3 tbsp. olive oil

2 tbsp. water

1 tsp. Dijon mustard

1 tbsp. cilantro, minced

1 tbsp. Fresh basil, minced

1 tbsp. Fresh oregano, minced

1 ½ garlic clove, minced

Sea salt and pepper to taste

Pour vinegar, lemon juice and water into a small bowl. Stir in mustard, herbs and seasonings. Adjust seasonings to taste. Pour in olive oil and mix. Refrigerate at least one day for best results.

Nutritional analysis- 37 calories, 3.5gfat, 0.3gprotein, 2.2g carbohydrates.(Per serving)

Honey-Orange Chicken

Makes 4 servings

- *chicken breasts halves, boneless and skinless 1 tbsp. cornstarch*
- *Tsp. salttsp. pepper*
- *1 ½ tsp. butter*
- *1 cup chicken broth*
- *1-2 tsp. Frozen orange juice concentrate*
- *½ tsp. Dijon mustard tsp. honey*

In a zip lock bag, combine the cornstarch, salt and pepper. Shake to mix. Add the chicken and coat evenly. Remove chicken from the bag. Save the excess cornstarch mixture. In a large skillet, melt 1 tbsp. butter over medium heat. Add chicken breasts and cook until browned now needed add the remaining ½ tbsp. of butter. Once cooked, transfer to plate and set aside. Whisk the remaining cornstarch, orange juice concentrate, mustard and honey. Pour in a large skillet Bring to a boil over a medium heat, stirring often. Add the chicken. Reduce the heat to low and cover the skillet Cook until the chicken in tender.

Nutritional analysis- 274 calories, 3.6gfat, 35gprotein, 25.Sg carbohydrates. (Per serving)

Roasted Green beans with Mushrooms and Onions

Makes 4 servings

*½ pound fresh green beans
1 medium white onion, sliced
½ pound mushrooms
4 cloves garlic, sliced
1/2 tbsp. olive oil
1 cup balsamic vinegar
Sea salt and pepper to taste*

Preheat oven to 350 degrees. Wash and dry green beans. Cut off tips. Evenly distribute green beans in roasting dish. Top green beans with sliced onion and sliced garlic cloves. Season with salt and pepper. Drizzle olive oil over the vegetables. Bake in 350 degree oven/or 30 minutes. Remove from oven when done. Sprinkle with balsamic vinegar.

Nutritional analysis- 110 calories, 1.2g fat, 3.5g protein, 26.0g carbohydrates. (Per serving)

Blueberry Chicken Salad

(Serves 2)

*2 boneless, skinless chicken breasts (approximately 4 to 5 ounces each)
Salt and pepper to taste
2 teaspoons extra-virgin olive oil
1 cup diced red onion
4-6 cups baby spinach
2 tablespoons apple cider vinegar
1 cup fresh blueberries
1-2 ounces goat cheese, crumbled*

*Preheat oven to 375°F.
Generously season each chicken breast with salt and pepper.
Spray non-stick cooking spray on a large oven-safe skillet and sear the breasts on high
Heat for 2 to 3 minutes on each side or until lightly golden. Place pan in oven and bake until the chicken is cooked through, red onion until softened, 3 to 4 minutes. Add spinach and toss until wilted
Season with salt and pepper and transfer to a large platter or divide evenly between 2 plates.
Arrange cooked chicken breasts on spinach. Sprinkle with blueberries and goat cheese.*

Nutritional analysis- 312 calories, protein 32g, fat 11g, carbohydrates 21g, fiber 4g

Supercharged Hormone Diet Recipes

Recipes by Dr. Natasha Turner N.D

Berry Blue Oatmeal (serves 2)

1/3 cup dry oatmeal or oat bran

8 egg whites

1/2 scoop of chocolate protein powder

1 tsp. pure cocoa powder

1/2 tsp. of stevia

1/2 cup frozen blueberries

1 cup water

1 tbsp. slivered almonds

Mix ingredients in a big bowl (except for blueberries). Cook on stovetop until ready, stirring occasionally.

Once the mix is cooked, add the frozen blueberries and enjoy!

Calories 231, Protein 25g, Carbs 22g, Fiber 1 g

Protein Fiber Pancakes (serves 1)

1/3 cup uncooked oatmeal

6 egg whites

2 tbsp. of ground flax seeds

1 tsp. baking soda

1/2 tsp. cinnamon

Stevia to taste, if desired

First heat frying pan until hot and then reduce to medium heat. After mixing together all the ingredients in a blender, apply non-stick cooking spray onto a pan, and drop by spoonful, flipping when bubbles start to form. Makes 4-6 pancakes.

Calories 280, Protein 29g, Fat 6g, Carbs 30g, Fiber 9g

Breakfast Bacon Delight (serves 1)

3 egg whites

1/2 tsp. oregano

1 cup chopped onion

1 cup chopped red

pepper

1/2 cup chopped

mushrooms 2 slices of

turkey bacon

1 tsp. olive oil

1/2 cup chopped apple

Sea salt and pepper to taste

Use a non-stick pan on medium heat Add veggies and cook until tender. In a separate skillet, cook turkey bacon. Add eggs to the veggies and scramble until cooked. Add olive oil and chopped bacon to the pan and stir together. Place on plate with apples or berries on the side. Calories 252, Protein 28g, Fat 9g, Carbs 23g, Fiber 6g

Supercharged Hormone Diet Recipes

Recipes by Dr. Natasha Turner N.D

Greek Tilapia Delight (serves 2)

2 tilapia filets (6oz. each)

1 tbsp. olive oil

1 tbsp. vinegar

1 tbsp. lime juice

1 cup red pepper

1 cup green pepper

2 oz. Fat-free feta cheese or goat cheese,

crumbled 1 cup basmati rice, cooked

Sea salt and pepper to taste

In a non-stick cooking pan, cook each fillet approximately 3-4 minutes on each side or until fish starts to flake. Remove fish from pan. In the same pan, coated with olive oil, cook red pepper and green pepper until tender. In a bowl, mix oil, vinegar, lime juice, salt, pepper and feta cheese. Pour mixture onto tilapia and veggies. Serve over 1/2 cup basmati rice or mixed greens.

Calories 313, Protein 27g, Fat 9g, Carbs 32g, Fiber 4g

Red Raspberry Chicken (serves 1)

Chicken breast, cooked and diced

1/2 cup fresh

raspberries 2-3 tbsp.

water

1 tbsp. red wine vinegar

1 tsp. olive oil

1 tbsp. Parsley or desired spice

1/2 cup couscous, cooked

Sea salt and pepper to taste

Cook chicken separately. In a blender, combine raspberries, water, vinegar and salt and pepper until the raspberries are pureed. Add parsley to the mixture. Pour over chicken and serve with side of couscous or asparagus.

Cal 295, Protein 28g, Fat 9g, Carbs 26g, Fiber 5g

Mandarin Tuna Salad (serves 1)

1 can flaked light tuna

2 mandarin oranges, peeled and quartered

1/2 cup green apple, sliced

1-2 tbsp. Lemon juice

1/2 cup celery, chopped

1 tbsp. olive oil mayonnaise

2 cups mixed greens

Mix everything together in a large bowl and enjoy.

Cal 361, Protein 34g, Carbs 27g, Fiber 6g

Salad Dressing Recipes

A good dressing is essential and making your own is best. Use cold pressed vegetable, nut or seed oils as they contain good heart healthy fats that can promote good health. Favorites are the Mediterranean style mono-unsaturated (oleic) oils and omega 3 oils which are anti-inflammatory to the body and can help the. Fight against diabetes, cardiovascular disease, help lower cholesterol, reduce high blood pressure, nourish the immune system and reduce symptoms of arthritis and depression. Top of the list goes to extra virgin olive oil which can pretty much be used in most dressings. Other good oils to use are flaxseed, chia, avocado, almond oil and walnut

Most dressings need a little acidity to add flavor and balance as well as improve digestion. Top 4 are balsamic vinegar, apple cider vinegar, wine vinegar and citrus juice such as lemon or lime.

Simple French Dressing

1 tablespoon red or white wine vinegar

½ teaspoon Dijon mustard

3 tablespoons or 45 ml cold pressed oil (olive, walnut, flaxseed)

Black pepper to taste

Combine vinegar and mustard

Whisk in the oil until creamy looking.

Makes a delicious basic dressing suitable for most salads and vegetables.

Store in a glass screw top jar for up to 2 weeks.

Raspberry Dressing

100 g (1/2 cup) raspberries

60 ml (1/4 cup) cold pressed olive oil, flaxseed or walnut oil

Smash raspberries with a fork then whisk in the olive oil if you want a chunky dressing.

Blend with the oil if you want a smooth dressing.

Enjoy with garden salads.

Delicious with leafy salads that have hints of roasted walnut, shaved pear + Feta chesse

Store in a glass screw top jar the fridge for up to 4 days.

Pomegranate Dressing

3 tablespoons pomegranate molasses

1 lemon juiced + zests (30 ml)

2 teaspoons honey

100 ml cold pressed olive oil

Fresh ground pepper

Combine all the dressing ingredients until creamy.

Taste and adjust if needed

Store in a screw top jar in the fridge for up to 7 days.

Both Raspberry and Pomegranate dressings are delicious with leafy greens and Mediterranean Style Salads.

Caesar Dressing

2 limes

2 cloves garlic, smashed

1/4 teaspoon Dijon mustard

125 ml. cold pressed olive oil

Pinch of sea salt and some black pepper

Combine all the ingredients until smooth and creamy.

Season to taste.

Store in the fridge for up to 1 week.

Balsamic Honey + Walnut Dressing

1/4 cup aged balsamic vinegar

2 teaspoon Dijon Mustard

2 teaspoons honey

2 tablespoon finely chopped roasted walnuts

2 tablespoons cold pressed olive oil or walnut oil (optional)

Combine all the ingredients.

Add the oil if you need a milder flavored dressing.

Store in the fridge for up to 5 days.

Delicious with baby spinach leaves and shaved Parmesan.