

# Hormone-Balancing Meals Made Simple

## The Rule

At every meal, include: a fiber source, a protein source, an omega-3 source

**This trio helps support hormonal balance, blood sugar stability, mood, and metabolism—especially during perimenopause.**

### FIBER SOURCES

SUPPORTS DETOX, GUT HEALTH, AND ESTROGEN METABOLISM

Chia seeds, Ground flaxseed, Berries, Lentils & legumes, Leafy greens, Sweet potato, Broccoli, Oats

### PROTEIN SOURCES

ESSENTIAL FOR HORMONE PRODUCTION, MUSCLE, AND ENERGY

Eggs, Chicken or Turkey, Salmon or Sardines, Greek yogurt, Tempeh or edamame (if tolerated), Protein powder, Grass-fed beef

### OMEGA-3 SOURCES

REDUCES INFLAMMATION, SUPPORTS MOOD, AND BRAIN HEALTH

Wild-caught salmon, Sardines, Chia seeds, Flaxseeds, Walnuts, Omega-3 enriched eggs, Algae oil (vegan option)

# Meal Examples



## BREAKFAST

Chia pudding made with almond milk, topped with berries and walnuts

➡ Fiber + Protein + Omega-3s



## LUNCH

Grilled salmon salad with mixed greens, lentils, avocado, and olive oil

➡ Protein + Fiber + Omega-3s



## DINNER

Ground turkey stir-fry with broccoli, sweet potato, and a drizzle of flax oil

➡ Protein + Fiber + Omega-3s

**Eating this way consistently can help reduce hot flashes, stabilize mood, improve sleep, and support hormone metabolism naturally.**