

Flo28

October Recipes + Meal Prep Charts

In this packet, you'll find blank sheets to help you plan and prep your meals, plus your updated seasonal recipes for this month.

MEAL PLANNING WORKSHEET

Week of: _____

Cycle Phase: _____

RECIPES/MEAL CHOICES:

Breakfast recipes chosen:

Lunch recipes chosen:

Dinner recipes chosen:

INGREDIENTS NEEDED/ ADD TO SHOPPING LIST:

Blank Food Charts:

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Snack Guide:

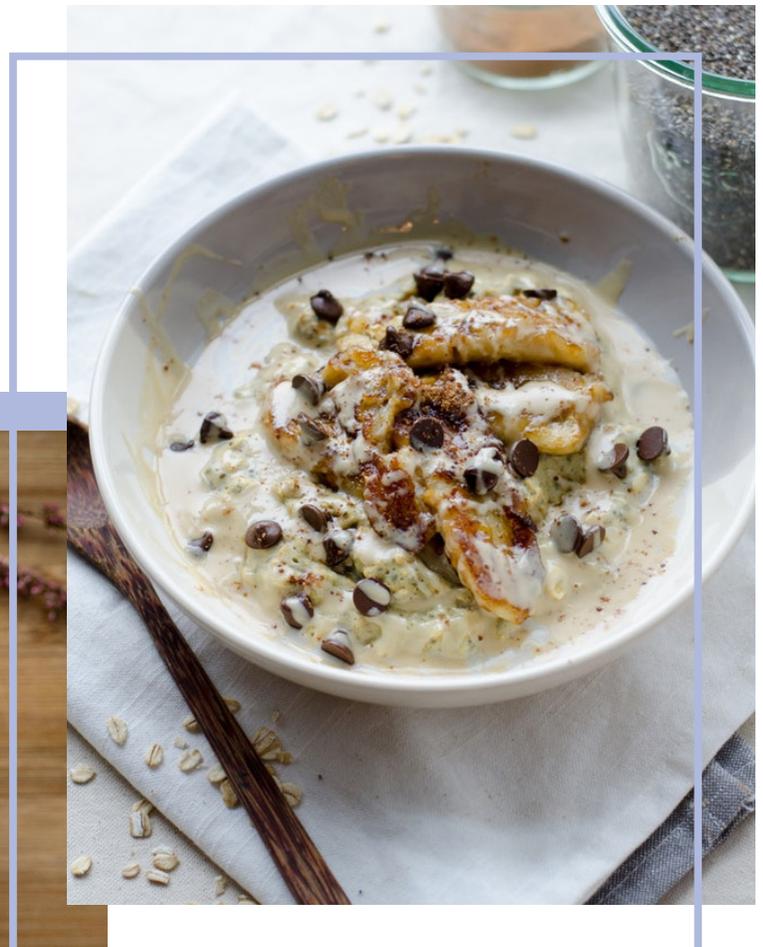
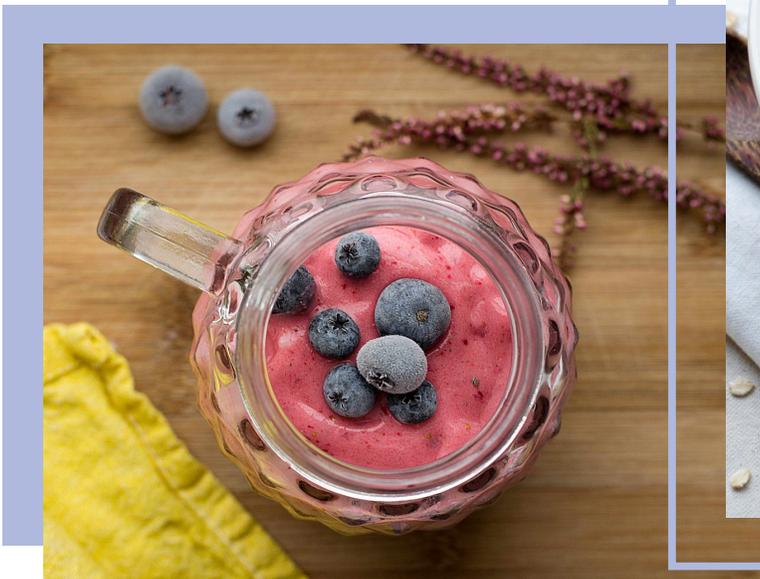
To maintain blood sugar balance, snacks are your friend! Here's a list of cycle-synced snack ideas to keep on hand.

Phase 1: Follicular

- Sliced apple and nut butter
- Fresh fruit in season with some sunflower seeds

Phase 2: Ovulation

- Radishes with guacamole
- Celery, carrots, with hummus
- beet/carrot/celery/lemon juice
- berries



Phase 3: Luteal

- **Mary's Gone Crackers or Simple Mills cracker with avocado or hummus**

- **Square Organics protein bar**

(made with cashew butter and brown rice protein and crisps)

- **Smoked salmon on crackers**

- **70% or higher dark chocolate**

- **A roasted sweet potato with coconut oil and sea salt**

- **Make a fruit/oat cobbler or sweet potato brownies and indulge!**

- **dates**

Phase 4: Menstrual

- **Sea Snax roasted seaweed squares, or toasted Nori sheets**

- **Miso soup as tea with toasted sesame oil**

- **Coconut milk yogurt with goji berries**

- **Half an avocado with olive oil and sea salt**

- **70% or higher dark chocolate**

Is This Recipe in FLO?

If you have recipes of your own you'd like to use throughout the month in place of the ones we've shared, use these guidelines to determine whether a recipe or meal will keep you in your FLO. The more items you check off, the better!

The basics:

- Is it gluten-free?
- Is it dairy-free?
- Is it organic?

Does it contain at least one food from the "Foods for Your Cycle" chart that align with your current phase?

- Yes

Does the meal as a whole contain a balance of:

- Vegetables
- Protein
- Fat
- Complex carbohydrates

How is the recipe prepared?

If it's fall/winter:

- Baked
- Braised
- Sautéed
- Roasted
- Soup
- Stew

Does it contain or can you add any of the FLO-boosting superfood ingredients?

- Coconut oil
- Olive oil
- Tamari
- Miso
- Turmeric
- Cinnamon
- Chia
- Sea vegetable
- Beans

If it's spring/summer:

- Sautéed
- Steamed
- Raw
- Pureed (such as cold soups or smoothies)
- Juiced
- Grilled

Is it free of the following ingredients:

- Canola oil
- MSG
- Sodium (if you experience bloating/headaches omit salt while cooking or request that your food be prepared without salt)
- Sugar or sugar substitutes
- Refined carbohydrates

October Recipes

FOLLICULAR PHASE - Breakfast

SPICY AVOCADO TOAST

Makes 1 servings

Ingredients:

- 1 avocado
- ¼ tsp red pepper flakes
- 2 slices GF toast
- 2 eggs, cooked to your preference
- Salt and pepper to taste

Directions: In a small bowl, mash avocado with red pepper flakes, salt, and pepper (increase red pepper flakes if you prefer spicier). Spread mash evenly over each piece of toast, and top each with an egg. Serve and enjoy.

ALMOND BUTTER PRUNE SPICED SMOOTHIE

Makes 1 serving

Ingredients:

½ cup dairy free milk of choice	½ tsp cinnamon
½ frozen banana	Pinch nutmeg
2 prunes	Pinch cardamom
1 scoop protein powder of choice (or sub 1 Tbsp hemp seeds)	Handful spinach

Directions: Add all ingredients to a high powered blender and blend on high for at least 1 minute or until desired consistency is reached. Serve and enjoy. Batch cooking recommendation: add all ingredients except milk to individual bags or Tupperware, then add to blender with milk when ready to consume. Blend and enjoy.

GREEN LENTIL KIMCHEE SALAD

Makes 1 serving

Ingredients:

¼ cup green lentils, cooked	1 tsp toasted sesame oil
¼ cup brown rice, cooked	1 tsp soy sauce
1 cup spinach	1 tsp rice vinegar
2 Tbsp kimchee of choice	

Directions: In a large bowl, mix all ingredients well, serve, and enjoy.

ARTICHOKE PASTA SALAD

Makes 4 servings

Ingredients:

- 1 package chickpea pasta, cooked per package instructions
- 1 pint cherry tomatoes, halved
- 1 jar marinated artichokes, drained
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- Salt and pepper to taste

Directions: In a large bowl, mix all ingredients well, serve, and enjoy. Batch cooking recommendation: this recipe can be doubled and stored in the fridge for up to 5 days.

FOLLICULAR PHASE - Dinner

HARISSA ROASTED CHICKEN AND WHOLE ROASTED CARROTS

Makes 4 servings

Ingredients:

2 Tbsp harissa paste of choice
2 Tbsp olive oil, divided
1 tsp sea salt
1 lb bone in skin on chicken thighs
1 lb carrots, peeled and cut in half, lengthwise
1 cup brown rice, cooked, for serving
Salt and pepper to taste

Directions:

Preheat oven to 400.

In a medium bowl, mix harissa, 1 Tbsp olive oil, and 1 tsp sea salt. Toss chicken in mixture to evenly coat. Allow to marinate 30 minutes and up to overnight. Meanwhile, toss carrots in remaining 1 Tbsp olive oil with additional salt and pepper to taste.

Line a sheet tray with parchment paper and arrange carrots in a single layer and roast until fork tender (at least 30 minutes, but up to 1 hour depending on the size of your carrots), flipping carrots half way through cooking time. Meanwhile, heat a cast iron pan over medium high heat.

Once fully heated, add chicken, skin side down. Cook until chicken skin becomes crisp (~10 minutes), then transfer to the oven to continue cooking. Begin checking for doneness after 20 minutes and remove from the oven. Serve alongside carrots and brown rice and enjoy.

SLOW ROASTED TOMATOES AND FARRO

Makes 4 servings

Ingredients:

- 2 28 oz cans whole, peeled tomatoes, drained and roughly chopped
- 1 head of garlic, cloves peeled and smashed
- ¼ cup olive oil
- 3 sprigs fresh thyme (sub rosemary or basil)
- 1 & ½ cups farro, cooked
- 1 can black eyed peas, drained
- Salt and pepper to taste

Directions:

Heat oven to 300.

Mix tomatoes with garlic, olive oil, thyme, and salt and pepper to taste (salt generously). Spread on a baking sheet and roast until tomatoes are starting to caramelize (~2 hours). Once tomatoes are cooked through, in a large bowl, mix with farro and black eyed peas. Serve with additional salt and pepper and enjoy.

HEALTHY CHICKEN AND BROCCOLI

Makes 4 servings

Ingredients:

- 1 Tbsp avocado oil
- 1 lb chicken breast
- 1 head broccoli, cut into small florets
- 2 cloves garlic, minced
- 1 inch piece ginger, minced
- 2 Tbsp Tamari
- 1 Tbsp maple syrup
- 2 tsp toasted sesame oil
- 1 Tbsp rice vinegar
- 1 cup brown rice, cooked, for serving
- Salt to taste

Directions:

Heat a large skillet or wok over medium-high heat.

While skillet heats, slice chicken into bite-sized pieces and toss with salt. Add avocado oil to skillet and allow to fully heat before adding chicken. Cook chicken until starting to brown, stirring every 1-2 minutes, and remove from pan to a separate plate before fully cooked through (~5 min). Add broccoli to the pan along with garlic, ginger, tamari, maple syrup, and rice vinegar. Cook until broccoli is just fork-tender.

Add chicken back to pan and finish cooking both chicken and broccoli. Remove from heat and drizzle with toasted sesame oil and additional tamari to taste. Serve over brown rice and enjoy.

OVULATORY PHASE - Breakfasts

AUTUMN SPICED APRICOT AMARANTH PORRIDGE

Makes 4 servings

Ingredients:	2 cups almond milk	¼ tsp allspice
	1 cup water	Pinch nutmeg
	1 cup amaranth	Pinch salt
	2 Tbsp hemp seeds	¼ cup dried apricot, diced
	1 tsp cinnamon	

Directions: In a saucepan, heat 2 cups almond milk and water, amaranth and a pinch of salt until boiling. Reduce heat to a simmer and stir frequently until loose porridge consistency is achieved. Stir in hemp seeds, cinnamon, allspice, nutmeg, and salt. Continue stirring until desired consistency is reached. Stir in apricots and serve with an optional drizzle of maple syrup.

SPINACH, MUSHROOM, AND TOMATO FRITTATA

Makes 4 servings

Ingredients:	1 Tbsp avocado oil
	1 pint mushroom of choice, sliced
	1 pint cherry tomatoes
	2 cups spinach
	1 tsp salt, plus more
	8 eggs, cracked and beaten
	GF toast for serving

Directions: Preheat your oven to 400. Meanwhile, heat a cast iron or other oven-safe skillet over medium-high heat with avocado oil. Add mushrooms and cook until caramelizing (~5 minutes) and add tomatoes and spinach, cooking until spinach is just wilting. Stir in eggs and salt. Allow eggs to set over the heat of the stove (~2 minutes), then transfer to the oven and bake until cooked through (~20-30 minutes). Let it cool a bit before cutting into 4 servings. Serve with a slice of toast and enjoy. Save the remaining slices in the fridge for future breakfasts!

OVULATORY PHASE - Lunches

CURRIED TUNA SALAD SANDWICH

Makes 1 Serving

Ingredients:	1 can solid white tuna	1 Tbsp golden raisins
	1 Tbsp high quality mayonnaise (Sir Kensington's is a good brand)	1 cup arugula
	1 tsp curry powder of choice	2 slices GF toast
	1 rib celery, minced	Salt and pepper to taste

Directions: In a bowl, stir tuna, mayo, curry, celery, salt and pepper to taste, and raisins together until well mixed. Top toast with arugula and tuna salad, serve and enjoy.

CHICKPEA AND LENTIL SALAD WITH BRIGHT VINAIGRETTE

Makes 4 Servings

Ingredients:	½ shallot, minced	1 can chickpeas, drained
	¼ cup olive oil	1 cup lentils, cooked al dente (green/French works best, but can sub red)
	2 Tbsp white wine vinegar	1 cup brown rice
	1 Tbsp red wine vinegar	1 large avocado, sliced thinly
	½ tsp Dijon mustard	¼ cup pitted and minced olive of choice
	½ tsp maple syrup	3 large cups zesty mixed greens
	½ tsp salt, plus more to taste	
	Pepper to taste	

Directions: Mix your salad dressing by whisking together shallot, olive oil, vinegars, mustard, maple syrup, and salt. In a large bowl, mix together remaining ingredients and top with dressing, tossing well to mix.

SHRIMP AND QUINOA SALAD OVER GREENS

Makes 2 Servings

Ingredients:

- ½ lb poached shrimp, tails removed, cut into bite-sized pieces
- ½ cup quinoa, cooked
- 2 Tbsp mayonnaise
- 1 tsp rice vinegar plus more
- 1 red bell pepper, minced
- 1 rib celery, minced
- 2 cups mixed greens
- Olive oil
- Salt and pepper to taste

Directions: In a large bowl, mix shrimp, quinoa, mayonnaise, vinegar bell pepper, and celery with salt and pepper to taste until well combined. Serve over mixed greens with a drizzle of olive oil and additional vinegar to taste.

OVULATORY PHASE- Dinners

SIMPLE BEEF STEW

Makes 4 Servings

Ingredients:

1 Tbsp olive oil	1 quart high quality or homemade beef/chicken stock
1 lb beef stew meat, cut into bite-sized pieces	1 head kale, destemmed and torn into bite sized pieces
1 onion, cut into ¼ inch slices	1 package brown rice noodles for serving
2 cloves garlic, minced	Salt and pepper to taste
2 tbsp sundried tomatoes, minced	Balsamic vinegar
4 carrots, peeled and cut into ¼ inch rounds	
3 sprigs fresh rosemary	

Directions:

Season beef generously with salt and pepper and allow to rest in the refrigerator for at least 30 minutes and up to 24 hours.

In a large stock pot or Dutch oven, heat olive oil over medium- high heat until very hot. Add stew meat and sear on all sides (~10 minutes cooking time). Remove beef from pot to a separate plate and add onion, garlic, tomatoes, and carrots to the pot with a splash of balsamic vinegar and a large pinch of salt, using the back of your spoon to scrape up and incorporate any caramelized beef left in the pot. Stir frequently, allowing vegetables to soften and onions to begin browning. Add rosemary and stock with additional salt and pepper to taste.

Bring to a boil, then reduce to a simmer. Continue to simmer until desired consistency is reached (1 hour for a soup-like consistency, 2-3 hours for a thick stew). Stir in kale until just wilted, and season with additional salt, pepper, and vinegar to taste. Remove from heat and serve over noodles and enjoy.

Batch cooking recommendation: this recipe can be doubled and stored in the fridge for up to 5 days and will also freeze well.

TURMERIC GLAZED SALMON AND BRUSSELS

Makes 4 Servings

Ingredients:

½ tsp turmeric	4 filets wild caught salmon
1 Tbsp maple syrup	1 lb Brussels sprouts, halved
1 Tbsp olive oil, plus more	1 cup quinoa, cooked, for serving
Salt and pepper to taste	

Directions: Heat oven to 400. Meanwhile, mix glaze by whisking together turmeric, maple syrup, olive oil, salt and pepper. Spoon glaze over salmon to evenly coat. Toss Brussels sprouts with olive oil, salt and pepper to evenly coat. Add salmon and Brussels sprouts to 2 separate foil-lined baking sheets and roast. Remove salmon after 10-20 minutes depending on desired doneness and Brussels sprouts after 20-30 minutes. Serve with quinoa and enjoy.

HERBED RED QUINOA AND RED LENTIL SALAD

Makes 4 servings

Ingredients:

1 cup red lentils, cooked	1 red bell pepper, diced
1 cup red quinoa, cooked	Juice from 1 lemon
1 bunch parsley, minced	1 tsp red wine vinegar
1 bunch cilantro, minced	2 Tbsp olive oil
3 scallions, cut into thin rounds	Salt and pepper to taste
1 pint cherry tomatoes, halved	

Directions: Mix all ingredients in a large bowl, serve, and enjoy. Batch cooking recommendation: this recipe can be doubled and stored in the fridge for up to 5 days.

LUTEAL PHASE - Breakfasts

PUMPKIN SEED GRANOLA WITH YOGURT

Makes 4 serving

Ingredients:	1 cup raw pumpkin seeds	2 Tbsp olive oil
	¼ cup raw almonds, cut into small pieces	1 tsp cinnamon
	¼ cup raw cashews, cut into small pieces	Pinch cardamom
	1 cup unsweetened coconut chips/flakes	½ tsp sea salt
	¼ cup hemp seeds	Plain dairy free yogurt of choice for serving
	¼ cup rolled oats	
	2-4 Tbsp maple syrup	

Directions: Preheat oven to 300. In a large bowl, mix all ingredients except yogurt together until everything is evenly coated with maple syrup, olive oil, and spices. Spread evenly on a parchment-lined baking dish and bake 30 minutes, stirring every 10 minutes. Watch very carefully for the last 10 minutes of baking to prevent burning—granola should be golden brown. Serve over 1 cup yogurt of choice per serving.

Batch cooking recommendation: this granola can be doubled will keep well in a sealed plastic bag or Tupperware for up to 2 weeks.

CREAMY BUTTERNUT SQUASH SMOOTHIE

Makes 1 serving

Ingredients:	½ cup full fat coconut milk	1 tsp vanilla extract
	½ cup butternut squash puree	2-4 ice cubes
	1 date, pitted	
	1 tsp cinnamon	

Directions: Add all ingredients to a high powered blender and blend on high for at least 1 minute or until desired consistency is reached. Serve and enjoy. Batch cooking recommendation: add all ingredients except milk to individual bags or Tupperware, then add to blender with milk when ready to consume. Blend and enjoy.

SWEET POTATO AND GROUND BEEF HASH

Makes 2 servings

Ingredients:

1 Tbsp avocado oil	4 eggs, over easy
1 large onion, diced	Salt and pepper to taste
1 sweet potato, small diced	For vegetarian option, sub beef with 1 can of chickpeas
2-3 leaves of fresh sage, minced	
½ lb ground beef	
2-3 handfuls spinach	

Directions:

Heat oil in a skillet over medium-high heat. Add onions with salt and pepper to taste and cook until beginning to brown. Add sweet potatoes and continue to cook until sweet potatoes are cooked through. Stir in sage and ground beef, breaking up with the back of a spoon and cook stirring frequently until beef is cooked through. Toss in spinach and cook until just wilted. Serve between 2 bowls topped with eggs.

LUTEAL PHASE - Lunch

RED PEPPER AND CAULIFLOWER SOUP

Makes 4 servings

Ingredients:

1 Tbsp olive oil
2 cloves garlic, minced
1 yellow onion, diced
1 red pepper, diced
½ tsp sea salt plus more
½ tsp ground cumin
1 tsp red pepper flakes
1 head cauliflower, cut into small florets
1 cup brown rice, cooked
2 cups stock
1 cup plain, unsweetened almond milk
1 bay leaf

Directions:

In a large stock pot, heat olive oil over medium heat. Add garlic, onion, and pepper, stirring and allowing to sweat until onions are translucent but not browning (~5 minutes). Stir in salt, cumin, and red pepper flakes until fragrant. Add cauliflower, brown rice, stock, and almond milk and bring to a boil then reduce to a simmer. Simmer until cauliflower is fork tender (10-15 minutes). Blend on high with a high speed blender or immersion blender (do not over fill blender—soup is hot).

Serve and enjoy. Batch cooking recommendation: this recipe can be doubled and stored in the fridge for up to 5 days.

PARSNIP AND MILLET AND WHITE BEAN PESTO SALAD

Makes 4 servings

Ingredients:

- 1 Tbsp olive oil
- 1 lb parsnips, peeled and cut into ¼ inch rounds
- 2 cans white beans, drained
- 1 cup millet, cooked
- 2 cups arugula
- ¼ cup high quality vegan pesto (Gotham Greens is a good brand)
- Salt and pepper to taste

Directions: Heat oven to 400. Toss parsnip with olive oil, salt, and pepper. Bake until tender and caramelizing (~30 minutes), flipping half way through cooking time. Meanwhile, in a large bowl, toss beans with millet. Incorporate parsnips and arugula. Toss with pesto to coat and enjoy.

TURKEY AND SQUASH SANDWICH

Makes 1 serving

Ingredients:

- 1 Tbsp olive oil
- 1 handful spinach
- 1 delicata squash, deseeded and cut into ¼ inch rounds (no need to remove skins)
- 2 slices organic turkey breast
- 2 slices GF toast
- ½ Tbsp high quality mayonnaise (Sir Kensington's is a good brand)
- Salt and pepper to taste
- ¼ tsp balsamic vinegar

Directions: Preheat oven to 400. Toss squash rings with olive oil, salt, and pepper and roast until golden brown and tender (15-20 minutes), flipping half way through cooking time. Meanwhile, whisk mayo with balsamic vinegar. Spread mayo mixture over toast and top with squash, spinach, turkey, additional salt and pepper, and enjoy.

SWEET POTATO TAHINI FRIED RICE

Makes 2 servings

Ingredients:

- 1 Tbsp olive oil
- 1 yellow or sweet onion, diced
- 1 clove garlic, minced
- 1 medium sweet potato, diced
- ½ cup brown rice, cooked
- 1 can chickpeas, drained
- 1 Tbsp tamari
- 1 Tbsp maple syrup
- 1 Tbsp balsamic vinegar
- 1 bunch kale, destemmed and torn into bite-sized pieces
- 2 Tbsp tahini

Directions:

Heat a large skillet over medium heat with olive oil. Add onion, garlic, and sweet potato and sauté until onion is browning and sweet potato is softening. Add brown rice, chickpeas, tamari, maple syrup, balsamic vinegar, and kale, stirring until kale wilts. Serve in two bowls drizzled each with 1 Tbsp tahini.

LUTEAL PHASE - Dinner

SOCCA PIZZA WITH PESTO AND GREENS

Makes 2 servings

Ingredients:

1 cup chickpea flour

¼ cup quinoa, cooked

1 tsp sea salt plus more

1 bunch curly kale, destemmed and torn into bite-sized pieces

4 Tbsp olive oil, divided

Juice from ½ lemon

¼ cup high quality store bought pesto (Gotham Greens is a good brand)

Directions:

Preheat oven to 450 and place a 12" cast iron skillet in oven to heat along with it. Meanwhile, whisk flour with 1 tsp sea salt and slowly drizzle in 1 cup lukewarm water (it should feel warm but not hot to the touch), whisking consistently until all lumps are incorporated. Allow to rest until oven is fully heated. Once oven is heated, stir 2 Tbsp of olive oil into the batter and remove pan from the oven. Add 1 Tbsp olive oil to the hot pan and rotate to evenly coat pan. Pour the batter slowly and evenly into the hot pan and return to the oven, baking for 10-12 minutes or until set. Meanwhile, massage kale with 1 Tbsp olive oil, lemon juice, salt, and pepper and toss with quinoa. Once crust is cooked through, carefully remove from pan onto a plate and spread with pesto then top with kale/quinoa mixture. Serve and enjoy.

SWEET POTATO "NACHOS"

Makes 2 servings

Ingredients:

2 Tbsp olive oil, divided
2 medium sweet potatoes, cut into ¼ inch rounds (thinner for crispier "chips")
1 yellow or sweet onion, diced
1 tsp cumin
1 can cannellini beans
1 tsp balsamic vinegar
¼ cup brown rice
¼ purple cabbage, sliced into thin ribbons
Salt and pepper to taste
Salsa, lime, and yogurt for serving

Directions:

Preheat oven to 400. Toss sweet potato rounds with 1 Tbsp olive oil, salt, and pepper and place on sheet tray in an even layer.

Bake 10 minutes per side, or until starting to lightly brown (bake longer for a crispier sweet potato, but watch carefully, they will burn quickly). Meanwhile, heat remaining olive oil in a skillet and add onion. Cook onion until caramelized (~20 minutes) and stir in cumin and salt to taste. Add beans with liquid from can to the pan and stir in balsamic vinegar. Cook until liquid has mostly reduced. Remove sweet potatoes from oven and plate topped with beans, cabbage, and brown rice.

Optional but recommended: top with salsa and serve with lime and yogurt.

BROWN RICE PASTA AND WHITE BEANS WITH PUMPKIN SAGE SAUCE

Makes 4 servings

Ingredients:

Ingredients

1 Tbsp olive oil
4 cups spinach
2 cloves garlic, minced
1 sweet onion, diced
2-3 fresh sage leaves, minced
1 can pumpkin puree
¼ cup plain unsweetened almond milk, plus more
2 Tbsp ghee (or sub olive oil for vegan option)
1 package brown rice pasta of choice
1 can cannellini beans, drained
Salt and pepper to taste

Directions:

Heat a large skillet with olive oil. Add spinach and lightly wilt. Remove to a separate plate and add garlic and onion and heat until onions are caramelized. Stir in sage leaves and salt to taste.

Cook until fragrant, then stir in pumpkin puree. Transfer to a blender with almond milk and ghee and blend on high until completely smooth. If necessary, continue to blend and add almond milk until a thick sauce consistency is reached. Stir sauce in with pasta, beans, and spinach, top with additional salt and pepper, serve, and enjoy.

MENSTRUAL PHASE - Breakfast

BUCKWHEAT BLUEBERRY PORRIDGE

Makes 4 servings

Ingredients: 1 cup buckwheat groats 2 Tbsp hemp seeds
2 ½ cups unsweetened almond milk 1 cup blueberries, fresh or frozen
Pinch sea salt
1 Tbsp maple syrup

Directions: Add buckwheat and milk with salt to a medium saucepan. Bring to a boil then reduce to a simmer, stirring frequently until desired porridge consistency is reached. Stir in maple syrup (if using), hemp seeds, and blueberries. Serve and enjoy. Batch cooking recommendation: this recipe can be doubled and stored in the fridge for up to 5 days. Reheat with additional milk.

PROSCIUTTO TOAST

Makes 1 serving

Ingredients: 2 slices GF toast
1 avocado, mashed
4 slices high quality prosciutto
Salt and pepper to taste

Directions: Top each slice of toast with ½ mashed avocado, prosciutto, salt, and pepper, and enjoy.

BLACKBERRY SMOOTHIE

Makes 1 serving

Ingredients: 1 cup dairy free milk of choice ¼ tsp cinnamon
½ cup frozen blackberries 1 Tbsp almond butter
1 scoop protein powder of choice

Directions: Add all ingredients to a high powered blender and blend on high for at least 1 minute or until desired consistency is reached. Serve and enjoy. Batch cooking recommendation: add all ingredients except milk to individual bags or Tupperware, then add to blender with milk when ready to consume. Blend and enjoy.

MENSTRUAL PHASE - Lunch

KALE AND BRUSSELS SPROUT SALAD

Makes 2 servings

Ingredients: 1 head of kale, destemmed and torn into bite-sized pieces 2 Tbsp olive oil
1 cup raw Brussels sprouts, sliced thinly 1 can kidney beans, drained
1 Tbsp balsamic vinegar 1 cup quinoa, cooked
2 Tbsp dried cranberries

Directions: In a large bowl, massage kale and Brussels sprouts with salt and pepper, vinegar, and oil until soft. Stir in beans, quinoa, and raisins, serve, and enjoyed.

KALE AND MUSHROOM SOUP WITH WILD RICE

Makes 4 servings

Ingredients:	2 Tbsp olive oil	1 can adzuki beans (or other white bean of choice)
	1 yellow onion, diced	
	1 clove garlic, minced	1 cup wild rice, cooked
	2 pints sliced mushrooms of choice	1 head of kale, destemmed and torn into bite sized pieces
	1 quart high quality or homemade vegetable stock	Salt and pepper to taste

Directions: Heat olive oil over medium in a large stock pot. Add onion and garlic and sweat until translucent. Add mushrooms and cook until soft and fragrant. Stir in salt and pepper to taste and add stock, bringing to a simmer. Add beans and rice with kale. Adjust with additional salt and pepper, serve, and enjoy.

SARDINE AND BEET SALAD

Makes 1 servings

Ingredients:	1 can oil packed sardines	1 avocado, sliced thinly
	1 beet, cooked and sliced thinly	1 tsp balsamic vinegar
	1 cup arugula	1 Tbsp olive oil
	¼ cup brown rice, cooked	
	1 scallion, sliced thinly	

Directions: Toss sardines with beet, arugula, rice, scallion, and avocado. Drizzle with vinegar and oil, serve, and enjoy.

MENSTRUAL PHASE - Dinners

PORK CHOPS WITH MAPLE ROASTED CARROTS

Makes 2 servings

- Ingredients:**
- 2 Tbsp avocado oil, divided
 - 2 boneless pork chops
 - 1 lb carrots, peeled and cut into ¼ inch rounds
 - 2 Tbsp maple syrup
 - ½ cup wild rice
 - Salt and pepper to taste

Directions: Liberally salt and pepper the chops and allow to rest for at least 30 minutes and up to overnight. Preheat the oven to 400. Toss carrots with maple syrup, 1 Tbsp oil, salt, and pepper. Bake on a parchment-lined sheet for 30 minutes, or until fork tender. Meanwhile, heat a pan with remaining oil over high heat. Place chops in pan and sear on both sides for 3-4 minutes, being careful not to overcook (use a meat thermometer and check for 150-160 degrees to check if necessary). Serve alongside carrots and wild rice.

BRAISED CHICKEN THIGHS WITH KALE AND CRANBERRIES

Makes 4 servings

Ingredients:	4 chicken thighs with bone in and skin on	2 heads kale, destemmed and torn into bite-sized pieces
	2 Tbsp olive oil	¼ cup dried cranberries
	1 yellow onion, diced	1 cup brown rice, cooked, for serving
	¼ cup dry white wine	Salt and pepper to taste
	2 cups high quality chicken stock	

Directions: Liberally salt and pepper chicken thighs. Heat a large Dutch oven over high heat with oil. Place chicken, skin side down into the pot and sear until very crisp (10-15 minutes). Remove chicken and add onion with additional salt to taste, sauté until caramelizing (20 minutes). Deglaze pan with white wine, then add chicken stock and kale with cranberries. Replace the chicken, skin side up and bring to a simmer. Cook until very tender (~40-45 minutes) and serve with brown rice.

TOMATO KIDNEY BEAN STEW

Makes 4 servings

Ingredients:	1 Tbsp olive oil	2 cans kidney beans
	1 yellow onion, diced	1 cup quinoa, cooked
	2 cloves garlic, sliced thinly	1 handful basil leaves
	2 Tbsp balsamic vinegar	Salt and pepper to taste
	1 28 oz can peeled tomatoes	
	1 quart vegetable or chicken stock	

Directions: In a large stock pot or Dutch oven, heat olive oil. Add onion and sweat until translucent. Add garlic and stir, cooking until fragrant. Add balsamic vinegar and salt and pepper to taste. Stir in tomatoes and stock, and bring to a simmer. Cook for 30 minutes or until reduced. Stir in beans and quinoa and cook to heat through. Finish by stirring in basil and adding seasoning to taste. Serve and enjoy.