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THE HAPPY HORMONE RECIPE GUIDE

17 TASTY WAYS TO
BOOST ENERGY
AND FEEL BETTER

A DR. TAZ GUIDE

I N T R O D U C T I O N

The fastest way to improve hormone health is by shifting your diet to more hormone-friendly foods.

Certain foods can help to support optimal hormone function, while others can disrupt it. In our modern diet, we're bombarded with foods that can massively disrupt hormones, Refined sugar, processed carbohydrates, and chemical-laden snack foods, for example.

A low-quality diet can worsen PMS symptoms, cause fertility struggles, and contribute to overall hormone imbalances.

On the contrary, improving diet and lifestyle factors is an effective treatment for so many hormone-related issues, including symptoms like fatigue, irregular cycles, and even mood swings.

***Here's a peek at how these recipes
are designed to help you:***

THE BASICS OF A HORMONE-HEALTHY DIET

A hormone-healthy diet is made up of nutrients that provide the raw materials to boost hormone production, function, and metabolism.

PROTEIN: THE BUILDING BLOCKS OF HORMONES

Proteins, made up of amino acids, serve as the foundation for hormone production. A diet rich in lean proteins such as poultry, fish, beans, and legumes ensures an adequate supply of these essential building blocks.

FATS: ESSENTIAL HORMONE GUIDES

Healthy fats, found in avocados, nuts, seeds, butter or ghee, and olive oil, help hormones do their job. They contribute to the synthesis and regulation of hormones, especially those crucial for reproductive health.

FIBER: THE SUSTAINING RHYTHM

Fiber, abundant in fruits, vegetables, and whole grains, sustains the flow of hormones. It aids in digestion, supports gut health, and prevents the blood sugar spikes that can disrupt insulin, a key metabolic hormone.

FERMENTED FOODS: CULTIVATING YOUR MICROBIOME

Fermented foods like yogurt, kefir, and sauerkraut cultivate a healthy gut microbiome. A balanced gut contributes to efficient hormone metabolism and absorption, influencing overall hormonal balance.

REDUCING INFLAMMATORY FOODS: MINIMIZING PROBLEMS

Inflammatory foods, often found in processed and sugary treats, can introduce imbalance into hormonal health. Minimizing their intake helps reduce inflammation, a key factor in various hormonal disorders.

IMPROVING GUT HEALTH: THE MASTER OF HORMONES

A healthy gut is ground zero for your hormones. Probiotics, prebiotics, and a diverse range of fiber-rich foods foster an environment that supports optimal hormone production and regulation.

A hormone-healthy diet isn't just a universal elixir—it's tailored support for specific problems

THYROID DISORDERS

For thyroid disorders like hypothyroidism, iodine-rich foods such as seaweed and selenium-rich foods like Brazil nuts can nourish and support optimal thyroid function.

PCOS

Polycystic Ovary Syndrome (PCOS) involves hormonal imbalances. A diet focused on fiber, lean proteins, and healthy fats can manage insulin levels, a key factor in PCOS.

MENOPAUSE & PERIMENOPAUSE

Menopausal transitions bring hormonal shifts, and adjusting your diet is key to maximizing your comfort and minimizing symptoms.

ESTROGEN DOMINANCE

Hormone-related issues like estrogen dominance benefit from a diet that supports liver health. Cruciferous vegetables like broccoli aid in detoxification, helping to balance estrogen levels.

FERTILITY STRUGGLES

Fertility struggles often involve hormonal imbalances. A nutrient-rich diet contributes to overall reproductive health, ovulation, and regular menstrual cycles.

In the pages that follow, we'll explore specific recipes designed to bring this balance of nutrients to life, offering a delicious journey toward happy hormones. Remember, the food you choose is not just sustenance—it's a powerful tool to shape the way you look, think, feel, and act every day.

BASIC GREEN SMOOTHIE

MAKES 1 SERVING

- 1 cup chopped seasonal greens
- 1/4 cup chopped frozen fruit
- 2/3 to 3/4 cup water, fresh juice, or non-dairy milk
- 1 banana or avocado

Place the ingredients in a blender and process until smooth.



Green smoothies are an easy way to increase your stores of glutathione, a potent antioxidant that powers the mitochondria, rejuvenating the liver, brain, and heart, and reducing inflammation. Note that green smoothies are different from green juices; you want to keep the fiber so that there is not a massive spike in blood sugar levels. And fresh green smoothies have been found to have a lot of glutathione and additional antioxidants (vitamins A, C, and E, and CoQ10), all needed for healthy hormone balance.

L I V E R L O V E R ' S S M O O T H I E

MAKES 1 SERVING

- 1 cup chopped raw or steamed beets
- 1 medium carrot, coarsely chopped
- 1 celery stalk, coarsely chopped
- 1/2 cup dandelion greens
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 3/4 to 1 cup water (or ice)

Place the ingredients in a blender and process until smooth.



G R E E N G R E E N S M O O T H I E

MAKES 1 SERVING

- 2 cups fresh spinach
- 1 ripe pear, cored and chopped
- 15 seedless grapes
- 1 (6oz) container coconut yogurt
- 2 tablespoons chopped ripe avocado
- Squeeze of lime juice

Place the ingredients in a blender and process until smooth.



FRUITY DELIGHT SMOOTHIE

MAKES 1 SERVING

- 1 cup stemmed and chopped fresh kale
- 1/2 cup frozen cherries
- 1/4 cup frozen blueberries
- 1 cup water

Place the ingredients in a blender and process until smooth.



CHOCOLATE PROTEIN SMOOTHIE

MAKES 1 SERVING

- 1 ripe banana (or frozen, for thicker texture)
- 2 scoops (about 20 grams) protein powder
- 1 tablespoon nut butter of choice
- 1 heaping tablespoon semisweet mini chocolate chips (stevia sweetened, if available)
- 1 cup unsweetened almond or coconut milk

Place the ingredients in a blender and process until smooth.



I find that many women are tired simply because they are not getting enough protein – protein powers the mitochondria, preserves muscle mass, and keeps blood sugar stable. Protein provides the amino acids to power up our cells, building energy. Additionally, hormone balancing is connected to blood sugar balance (remember insulin), and when we look at the science, 20 to 30 grams of protein in any form, every three to four hours, achieves blood sugar stability.

SKINNY MOCHA - BANANA JUMP START SMOOTHIE

MAKES 1 SERVING

- 1 frozen banana
- 1/2 cup cold coffee (or 1 teaspoon instant coffee)
- 1 to 2 scoops (20 grams) chocolate protein powder*
- 1 cup rice, cashew, or unsweetened coconut milk

*Place the ingredients in a blender and process until smooth. *Note: For additional protein, add nut butters, ground flax seed, or collagen powder.*



PUMPKIN POWER SMOOTHIE

MAKES 1 SERVING

- 1/2 cup canned pumpkin puree
- 1 medium apple, cored and sliced
- 1 cup milk of choice
- 1/2 cup ice cubes, plus more if desired
- 1/4 cup plain yogurt (plant-based, if desired)
- 1 to 2 scoops (20 grams) vanilla protein powder
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice (mix of cinnamon, nutmeg, ginger, cloves, and allspice)

Place the ingredients in a blender and process until smooth.



M I N T C H I P S M O O T H I E

MAKES 1 SERVING

- 1/4 cup unsweetened coconut milk
- 1/4 Greek yogurt (or coconut yogurt, for dairy-free)
- 1 frozen banana, chopped
- 2 cups fresh spinach
- 1 to 2 scoops (20 grams) vanilla protein powder
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon peppermint extract, or as desired
- 1 tablespoon chopped 85% dark chocolate (or stevia-sweetened mini chocolate chips)
- Water, as needed

Place the ingredients in a blender and process until smooth.





PROTEIN OVERNIGHT OATS

MAKES 1 SERVING

- 1/2 cup gluten-free old-fashioned rolled oats
- 3/4 cup unsweetened vanilla almond milk
- 1 to 2 scoops (20 grams) vanilla protein powder
- 1/2 tablespoons chia seeds
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 tablespoon nut butter
- 1/3 cup chopped fresh fruit, such as peach, pear, blueberries, raspberries, strawberries

Place the oats, almond milk, protein powder, chia seeds, vanilla and cinnamon in a pint container or glass jar, shake, cover with a lid, and place in fridge overnight.

Remove the jar from the fridge in the morning and stir. Scoop into a bowl. (Note: The oatmeal and chia seeds will be thick, having soaked up most of the liquid. If you prefer a thinner consistency, add some water or almond milk to reach your desired consistency.)

Stir in the nut butter and sprinkle the fruit on top.

ANTI-INFLAMMATORY TOFU SCRAMBLE

MAKES 2 SERVINGS

- 1 tbsp coconut oil or ghee
- 1 tbsp chopped red onion
- 1 package (14 ounces) extra-firm tofu, cut into small squares
- 1 cup chopped kale, spinach, or Swiss chard
- 1 tomato, chopped

In a skillet, melt the oil or ghee over medium-high heat. Cook the onion, stirring frequently, for 2 minutes, or until tender.

Add the tofu and cook, stirring frequently, until tender. Add the greens and tomato and cook, stirring, for 1 to 2 minutes, or until tender.

Stir in the salt, paprika, and pepper. Divide between 2 plates. Sprinkle with the cheese.



REMOVE THESE INFLAMMATORY FOODS FROM YOUR DIET

Alcohol

Dairy

Gluten

Processed meats

Processed soy products

Sodas

Sugar

Trans fats (found in packaged foods)

White bread

White-flour pasta

ANTI-INFLAMMATORY EGG & VEGGIE WRAP

MAKES 1 SERVING

- 1 gluten-free wrap or tortilla
- 2 large eggs
- ½ cup spinach or kale, chopped
- 1 tbsp diced onion
- 1 tsp coconut oil, ghee, or olive oil
- ½ tsp paprika
- Salt & pepper to taste



Heat skillet to medium and add oil. Cook onions and greens until tender, about 2-3 minutes. In small bowl, whisk eggs, then add to skillet, scrambling them as they cook. Add paprika, and salt & pepper. Place cooked eggs and greens in wrap, and enjoy!

ANTI-INFLAMMATORY BUILD-YOUR-OWN BUDDHA BOWL

Here's a four-step construction of a healthy bowl you can prepare and serve any number of people. In a large bowl, layer in *healthy carbohydrates*: chopped sweet potato, cooked quinoa, brown rice, barley, rice noodles. Add the *veggies*: sliced or spiraled zucchini or summer squash, fresh spinach, grated carrots, sliced red or green cabbage, bell peppers, cucumber, avocado, steamed peas, chopped kale, some leaves of romaine lettuce, radish slices. Store in the *protein*: nuts, seeds, cooked lentils or beans, organic tofu, shrimp, chicken, grass-fed beef.

Prepare your *sauce*: use your favorite dressing, or try something new, like an avocado aioli or a cilantro-lime sauce. Pour the sauce over the ingredients in the bowl.

If desired, add *garnishes*: chopped fresh cilantro, grated onion, sesame seeds, crushed nuts, hemp seeds, sunflower seeds.

ANTI-INFLAMMATORY STIR-FRIED ZOODLES WITH CREAMY SATAY SAUCE

MAKES 2 SERVINGS

- 3 medium zucchini or summer squash
- 6 to 8 ounces diced raw chicken, beef, or shrimp (*optional*)
- 1 tablespoon oil (*optional*)
- 1 cup chopped napa cabbage or red cabbage
- 1/4 cup chopped red onion or scallion whites
- Lime slices or minced cilantro, for serving

If possible, spiralize the zucchini (or slice it with a mandolin) and press out excess water with a paper towel. Set aside.

Heat a large skillet to medium heat. If using the chicken, beef, or shrimp, add the oil to the pan, and then add the protein, stirring and turning until cooked through, about 8 minutes; the shrimp will take slightly less time. Remove from the pan and set aside.

In the same skillet, add the garlic, nut butter, tamari, sesame oil, honey, red pepper flakes, and five-spice powder. Heat, stirring, until combined and creamy, about 3 minutes.

Transfer to plates and garnish with lime or cilantro.

SATAY SAUCE

- 1 garlic clove, minced
- 3 to 4 tablespoons nut butter (cashew or almond work best)
- 2 tablespoons tamari or gluten-free soy sauce
- 1 tablespoon toasted sesame oil
- 1 teaspoon honey
- 1/2 teaspoon red pepper flakes, or more if desired
- 1/4 teaspoon Chinese five-spice powder (fennel seeds, ground peppercorns, anise, cloves, cinnamon; optional)



ANTI-INFLAMMATORY SAUTÉED FRESH GREENS WITH SWEET POTATO & TURKEY

MAKES 3 OR 4 SERVINGS

- Olive oil, for cooking
- 1 pound ground turkey, crumbled
- 1 medium sweet potato, cut into 1-inch cubes
- 2 cups mixed fresh kale, chard, spinach, and/or dandelion greens
- 1 tablespoon minced onion
- 1 garlic clove, minced
- Salt and black pepper

Heat skillet on medium-high heat, and add drizzle of oil for cooking. Once heated, brown ground turkey in skillet.

While ground turkey is browning, peel and chop sweet potato, set aside. Wash and cut preferred selection of greens. When turkey is browned, remove from pan and set aside.

Turn down heat to medium low, add oil to pan. Add chopped sweet potato, onions, garlic, and greens. Cover skillet with lid, and let greens and potatoes steam for 7-10 minutes, or until potatoes are cooked. Add ground turkey back to skillet with greens and potatoes, and stir to combine. Add salt and pepper to taste, then serve immediately and enjoy!



ANTI-INFLAMMATORY SECRET KALE SALAD



MAKES 2 SERVINGS

- 1 bunch kale (remove stems, and chop into bite size strips)
- Juice of 1 lemon, and zest
- ¼ cup olive oil or avocado oil
- 1 clove garlic, minced
- Pinch celtic, himalayan, or sea salt, more to taste.
- 2 tsp honey
- ¼ cup dried cranberries (preferably no-sugar-added or apple juice sweetened)
- ¼ cup pine nuts or sunflower seeds (or both!)
- Optional: avocado for healthy fats

Place chopped kale, lemon zest, juice, oil, garlic, and salt in a large bowl. With your hands, massage mixture for about 2 minutes to soften the kale. ***This is the secret step to delicious kale salads.*** Then, add honey, cranberries, and nuts.

Toss to combine all ingredients. Let salad rest for 15-20 minutes prior to serving. Best eaten the day of, but can be stored for about a day in the fridge.

ANTI-INFLAMMATORY TANDOORI-SPICED SALMON WITH YOGURT-CUCUMBER SAUCE

MAKES 2 SERVINGS

SALMON

- 1 (4- to 6-oz) salmon fillet
- Cooking spray
- 1/2 lemon
- 1/2 cup plain Greek yogurt
- 2 teaspoons tandoori spice mix or ground red pepper
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 4 garlic cloves, mashed with a little water to make a paste
- 1 teaspoon ginger paste (or puree 1 teaspoon minced fresh ginger with water to create a paste)
- 1 tablespoon olive oil

Preheat the oven to 350°F.

Prepare the salmon; Rinse the fish and pat it dry with paper towels. Coat a small baking pan with cooking spray, then arrange the fish in the pan. Squeeze the lemon half over the fish.

In a small bowl, combine the yogurt, tandoori spice, turmeric, curry powder, salt, garlic paste, and ginger paste. Mix well to make a smooth paste.

Brush the salmon with the olive oil. Spread the paste liberally on both sides of the fillet. Return the salmon to the pan and cover with foil. Bake for 15 minutes.

Meanwhile, make the yogurt sauce: in a small bowl, combine the yogurt, cucumber, parsley, and cilantro. Mix well until smooth.

Finish the salmon: Remove the foil and turn the oven to broil. Broil the fish for 2 to 3 minutes, until lightly browned on top. Serve with the yogurt-cucumber sauce.

YOGURT-CUCUMBER SAUCE

- 1 cup plain Greek yogurt
- 1 small cucumber, finely chopped
- 1/2 teaspoon chopped fresh parsley
- 1/2 teaspoon chopped fresh cilantro



ANTI-INFLAMMATORY FAUX FRIED COCONUT CHICKEN WITH HONEY MUSTARD SAUCE



MAKES 4 SERVINGS

CHICKEN

- 1-½ cups almond flour
- ¼ cup arrowroot powder
- ½ cup shredded unsweetened coconut
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 teaspoon garlic salt
- 2 large eggs
- 4 boneless, skinless chicken thighs or legs

HONEY MUSTARD SAUCE

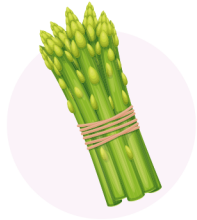
- ¼ cup Dijon mustard
- 2 tablespoons honey

Preheat the oven to 400°F.

Line a baking sheet with parchment paper and brush the paper with coconut oil or ghee. In a shallow bowl, combine the almond flour, arrowroot powder, coconut, garlic powder, paprika, and garlic salt. Mix well. In another shallow bowl, whisk the eggs.

Dip each chicken piece in the egg wash, then coat evenly with the flour mixture. Place on the baking sheet. Bake for 14 to 20 minutes, turning once, or until a thermometer inserted in the thickest portion registers 165°F and the juices run clear. To make the dipping sauce: In a small bowl, blend together the mustard and honey. Serve the chicken with the dipping sauce.

FOODS HIGH IN GLUTATHIONE



Asparagus



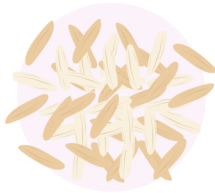
Beets



Beef



Broccoli



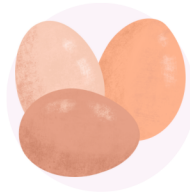
Brown Rice



Cauliflower



Chicken



Eggs



Fish



Garlic



Kale



Lentils



Spinach

Switching out some of the ingredients in your favorite recipes to the ingredients above is a great way of boosting your internal stores of glutathione. Adding more high-glutathione foods to your diet helps to support mitochondrial health and improve overall energy. Try to have two servings daily – a serving is about 1/2 cup or 3 ounces for meats.