Women's Hormone Balancing Diet

Elizabeth Greenfield Functional Wellness

Welcome to Your 7-Day Hormone Harmony Journey!

This carefully crafted guide is designed to help you restore balance to your body's natural rhythms through the power of nourishing foods. Over the next week, you'll discover delicious recipes featuring nature's most potent hormone-supporting ingredients—from adrenal-nourishing adaptogens like maca and schisandra to thyroid-friendly nutrients and foods that gently support your body's natural detoxification pathways.

Each meal has been thoughtfully created to provide the essential building blocks your body needs: rich sources of omega-3s, hormone-balancing compounds like indole-3-carbinol, gut-supporting probiotics, and plenty of protein and fiber to keep your blood sugar steady throughout the day.

Get ready to feel more energized, balanced, and in tune with your body as you embark on this nourishing week of self-care through food!

Let me know what recipes you like!

Warmly,
Liz

Women's Hormone Balancing Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl
Snack 1	Protein Packed Deviled Eggs	Protein Packed Deviled Eggs	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie
Lunch	Roasted Sweet Potato & Brussels Sprouts Salad	Egg Roll in a Bowl	Roasted Sweet Potato & Brussels Sprouts Salad	15 Minute Halibut with Dill Pesto	Sausage & Sauerkraut Skillet	Baked Salmon with Broccoli & Quinoa	Kale Caesar Salad with Blackened Chicken
Snack 2	Grapefruit	Grapefruit	Grapefruit	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps
Dinner	Egg Roll in a Bowl	Roasted Sweet Potato & Brussels Sprouts Salad	15 Minute Halibut with Dill Pesto	Sausage & Sauerkraut Skillet	Baked Salmon with Broccoli & Quinoa	Kale Caesar Salad with Blackened Chicken	Baked Salmon with Broccoli & Quinoa

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7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1602	**Calories**	1602	**Calories**	1526	**Calories**	1466	**Calories**	1291	**Calories**	1232	**Calories**	1232
Fat	72g	**Fat**	72g	**Fat**	70g	**Fat**	73g	**Fat**	56g	**Fat**	49g	**Fat**	49g
Saturated	14g	Saturated	14g	Saturated	12g	Saturated	16g	Saturated	13g	Saturated	7g	Saturated	7g
Carbs	150g	**Carbs**	150g	**Carbs**	148g	**Carbs**	130g	**Carbs**	143g	**Carbs**	131g	**Carbs**	131g
Fiber	46g	Fiber	46g	Fiber	47g	Fiber	40g	Fiber	34g	Fiber	31g	Fiber	31g
Sugar	60g	Sugar	60g	Sugar	52g	Sugar	58g	Sugar	62g	Sugar	61g	Sugar	61g
Protein	106g	**Protein**	106g	**Protein**	91g	**Protein**	86g	**Protein**	70g	**Protein**	81g	**Protein**	81g
Cholesterol	483mg	Cholesterol	483mg	Cholesterol	259mg	Cholesterol	344mg	Cholesterol	343mg	Cholesterol	154mg	Cholesterol	154mg
Sodium	1452mg	Sodium	1452mg	Sodium	1074mg	Sodium	2164mg	Sodium	2081mg	Sodium	775mg	Sodium	775mg
Vitamin A	24905IU	Vitamin A	24905IU	Vitamin A	20378IU	Vitamin A	5591IU	Vitamin A	6157IU	Vitamin A	7261IU	Vitamin A	7261IU
Vitamin C	316mg	Vitamin C	316mg	Vitamin C	293mg	Vitamin C	150mg	Vitamin C	259mg	Vitamin C	344mg	Vitamin C	344mg
Calcium	1125mg	Calcium	1125mg	Calcium	1091mg	Calcium	1015mg	Calcium	607mg	Calcium	674mg	Calcium	674mg
Iron	20mg	Iron	20mg	Iron	17mg	Iron	16mg	Iron	14mg	Iron	10mg	Iron	10mg

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Women's Hormone Balancing Diet

69 items

Fruits

- [ ] **5** Apple
- [ ] **2** Avocado
- [ ] **4** Banana
- [ ] **3** Grapefruit
- [ ] **1 1/8** Lemon
- [ ] **1 cup** Papaya
- [ ] **1 cup** Pineapple

Breakfast

- [ ] **1/4 cup** Almond Butter
- [ ] **2 1/4 tsps** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1/2 tsp** Black Pepper
- [ ] **1/2 tsp** Cayenne Pepper
- [ ] **2 tbsps** Chia Seeds
- [ ] **1/2 tsp** Cumin
- [ ] **1 1/2 tsps** Paprika
- [ ] **2 tbsps** Pumpkin Seeds
- [ ] **3/4 tsp** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **2 2/3 tbsps** Slivered Almonds

Frozen

- [ ] **4 cups** Frozen Cauliflower
- [ ] **1 1/2 cups** Frozen Mango
- [ ] **1 1/2 cups** Frozen Raspberries
- [ ] **5** Ice Cubes

Vegetables

- [ ] **7 cups** Baby Spinach
- [ ] **1 cup** Bean Sprouts
- [ ] **1 1/2** Beet
- [ ] **6 cups** Broccoli
- [ ] **3 cups** Brussels Sprouts
- [ ] **1/4 cup** Cherry Tomatoes
- [ ] **3 cups** Coleslaw Mix
- [ ] **1 1/2** Cucumber
- [ ] **2 tbsps** Fresh Dill
- [ ] **4** Garlic
- [ ] **1 1/2 tsps** Ginger
- [ ] **3 1/2 stalks** Green Onion
- [ ] **2 cups** Kale Leaves
- [ ] **1/2 cup** Mint Leaves
- [ ] **4 cups** Mixed Greens
- [ ] **1/2 cup** Parsley
- [ ] **1/4 cup** Radishes
- [ ] **1 1/2** Sweet Potato
- [ ] **2 cups** Swiss Chard
- [ ] **1 1/2 tsps** Thyme
- [ ] **1** Yellow Onion

Boxed & Canned

- [ ] **1 1/2 cups** Lentils
- [ ] **3/4 cup** Quinoa
- [ ] **1 can** Tuna

Baking

- [ ] **1/2 cup** Cacao Powder
- [ ] **1 1/2 tbsps** Pitted Dates

Bread, Fish, Meat & Cheese

- [ ] **3 slices** Bread
- [ ] **8 ozs** Chicken Breast
- [ ] **5 ozs** Chicken Sausage
- [ ] **10 ozs** Halibut Fillet
- [ ] **8 ozs** Lean Ground Pork
- [ ] **15 ozs** Salmon Fillet

Condiments & Oils

- [ ] **3 tbsps** Apple Cider Vinegar
- [ ] **1 tbsp** Avocado Oil
- [ ] **2 tbsps** Coconut Aminos
- [ ] **2 1/4 tsps** Coconut Oil
- [ ] **1 tbsp** Dijon Mustard
- [ ] **1/3 cup** Extra Virgin Olive Oil
- [ ] **1 cup** Sauerkraut
- [ ] **3 tbsps** Tahini

Cold

- [ ] **7** Egg
- [ ] **5 1/2 cups** Unsweetened Almond Milk

Other

- [ ] **1 cup** Chocolate Protein Powder
- [ ] **2 tbsps** Maca Powder
- [ ] **8** Nori Sheets
- [ ] **1 1/2 tsps** Schisandra Berry Powder
- [ ] **2 1/3 cups** Water

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Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings

Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha
Replace half of the almond milk with chilled coffee.

Likes it Sweeter
Add pitted medjool dates.

No Maca Powder
Leave it out or use cinnamon instead.

Ingredients

2 cups Frozen Cauliflower

2 Banana (frozen)

2 tbsps Almond Butter

1/4 cup Cacao Powder

1/2 cup Chocolate Protein Powder

2 cups Unsweetened Almond Milk

1 tbsp Maca Powder

Nutrition

Amount per serving

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Saturated	2g	Vitamin A	593IU
Carbs	50g	Vitamin C	67mg
Fiber	17g	Calcium	695mg
Sugar	20g	Iron	4mg
Protein	31g		

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Berry Beet Smoothie Bowl

6 ingredients · 10 minutes · 3 servings

Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas
Blueberries, raspberries, strawberries, mango, chia seeds, or shredded coconut.

No Schisandra Berry Powder
Leave it out, or use acai powder instead.

Ingredients

1 1/2 Beet (medium, peeled and diced)

1 1/2 cups Frozen Mango

1 1/2 cups Frozen Raspberries

1 1/2 tbsps Pitted Dates

1 1/2 tsps Schisandra Berry Powder

1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	136	Cholesterol	0mg
Fat	2g	Sodium	116mg
Saturated	0g	Vitamin A	1208IU
Carbs	29g	Vitamin C	44mg
Fiber	6g	Calcium	263mg
Sugar	22g	Iron	1mg
Protein	3g		

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Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings

Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Canned Tuna
One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

4 Egg (hard boiled)

1 can Tuna (drained)

1/2 Avocado

1 stalk Green Onion (chopped)

Sea Salt & Black Pepper (to taste)

1/2 tsp Paprika

1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories	309	Cholesterol	402mg
Fat	18g	Sodium	352mg
Saturated	4g	Vitamin A	1263IU
Carbs	8g	Vitamin C	8mg
Fiber	4g	Calcium	93mg
Sugar	2g	Iron	4mg
Protein	30g		

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Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving

Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

1 slice Bread

1/2 Avocado

Sea Salt & Black Pepper (to taste)

1 Egg

1 tbsp Apple Cider Vinegar

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	313	Cholesterol	186mg
Fat	22g	Sodium	501mg
Saturated	4g	Vitamin A	417IU
Carbs	21g	Vitamin C	10mg
Fiber	8g	Calcium	56mg
Sugar	3g	Iron	2mg
Protein	10g		

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Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 1 serving

Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet
Add raw honey.

More Protein
Add hemp seeds or a scoop of vanilla protein powder.

No Papaya
Use extra pineapple or other fruit like mango or oranges.

Ingredients

1/2 cup Papaya (chopped)

1/2 cup Pineapple (chopped)

1/2 Cucumber (chopped)

2 1/2 Ice Cubes

1/4 cup Mint Leaves

1/2 cup Baby Spinach

1 tbsp Chia Seeds

1/2 cup Water

Nutrition

Amount per serving

Calories	158	Cholesterol	0mg
Fat	4g	Sodium	27mg
Saturated	0g	Vitamin A	1884IU
Carbs	30g	Vitamin C	93mg
Fiber	8g	Calcium	168mg
Sugar	16g	Iron	2mg
Protein	4g		

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Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 3 servings

Directions

1. Preheat the oven to 425ºF (218ºC). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts
Use broccoli instead.

No Lentils
Use chickpeas, tempeh, or tofu instead.

Ingredients

1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)

3 cups Brussels Sprouts (washed and halved)

2 1/4 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

3 tbsps Tahini

2 1/4 tsps Maple Syrup

3 tbsps Water (warm)

1/8 tsp Cayenne Pepper (less if you don't like it spicy)

1/16 tsp Sea Salt

1 1/2 cups Lentils (cooked, drained and rinsed)

6 cups Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	199mg
Saturated	2g	Vitamin A	15576IU
Carbs	50g	Vitamin C	95mg
Fiber	16g	Calcium	205mg
Sugar	10g	Iron	8mg
Protein	17g		

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Grapefruit

1 ingredient · 5 minutes · 1 serving

Directions

1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour
Sprinkle with a pinch of sea salt.

Ingredients

1 Grapefruit

Nutrition

Amount per serving

Calories	82	Cholesterol	0mg
Fat	0g	Sodium	0mg
Saturated	0g	Vitamin A	2373IU
Carbs	21g	Vitamin C	88mg
Fiber	3g	Calcium	31mg
Sugar	18g	Iron	0mg
Protein	2g		

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Apple Slices & Nori Crisps

3 ingredients · 5 minutes · 2 servings

Directions

1. Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time
Buy pre-toasted nori sheets.

Ingredients

4 Nori Sheets

1/3 tsp Extra Virgin Olive Oil

2 Apple (medium)

Nutrition

Amount per serving

Calories	112	Cholesterol	0mg
Fat	1g	Sodium	8mg
Saturated	0g	Vitamin A	898IU
Carbs	27g	Vitamin C	14mg
Fiber	6g	Calcium	31mg
Sugar	19g	Iron	1mg
Protein	2g		

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Egg Roll in a Bowl

9 ingredients · 30 minutes · 2 servings

Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos
Use tamari or soy sauce instead.

Meat-Free
Replace the ground meat with scrambled eggs or tofu.

Ingredients

1 tbsp Avocado Oil

1/2 Yellow Onion (medium, diced)

2 1/2 stalks Green Onion (diced)

2 Garlic (cloves, minced)

1 1/2 tsps Ginger (peeled and grated)

8 ozs Lean Ground Pork

3 cups Coleslaw Mix

1 cup Bean Sprouts

2 tbsps Coconut Aminos

Nutrition

Amount per serving

Calories	407	Cholesterol	77mg
Fat	26g	Sodium	666mg
Saturated	6g	Vitamin A	5100IU
Carbs	21g	Vitamin C	58mg
Fiber	6g	Calcium	101mg
Sugar	10g	Iron	4mg
Protein	26g		

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15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 2 servings

Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free
Use pumpkin seeds or sunflower seeds instead.

Save Time
Blend up the pesto in advance.

More Carbs
Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

1/2 cup Parsley (packed)

2 tbsps Fresh Dill (packed)

2 2/3 tbsps Slivered Almonds

1 1/2 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

1/2 Garlic (clove)

Sea Salt & Black Pepper

10 ozs Halibut Fillet

3/4 tsp Coconut Oil

4 cups Mixed Greens (or Arugula)

Nutrition

Amount per serving

Calories	327	Cholesterol	69mg
Fat	20g	Sodium	139mg
Saturated	4g	Vitamin A	1419IU
Carbs	6g	Vitamin C	33mg
Fiber	3g	Calcium	104mg
Sugar	1g	Iron	3mg
Protein	31g		

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Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 2 servings

Directions

1. Preheat oven to 350ºF (177ºC). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers
Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian
Skip the sausage and use cooked lentils instead.

No Swiss Chard
Use kale or spinach instead.

Ingredients

5 ozs Chicken Sausage

1 1/2 tsps Coconut Oil

1/2 Yellow Onion (diced)

1 Apple (peeled, cored and diced)

1 Garlic (cloves, minced)

2 cups Swiss Chard (washed, stems removed and chopped)

1 cup Sauerkraut (liquid drained off)

Nutrition

Amount per serving

Calories	265	Cholesterol	85mg
Fat	14g	Sodium	1281mg
Saturated	6g	Vitamin A	2264IU
Carbs	26g	Vitamin C	26mg
Fiber	6g	Calcium	129mg
Sugar	15g	Iron	6mg
Protein	12g		

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Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 3 servings

Directions

1. Preheat the oven to 450ºF (232ºC) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers
Store covered in the fridge up to 2 days.

Speed it Up
Cook the quinoa ahead of time.

Vegan
Use tofu steaks instead of salmon fillets.

Ingredients

15 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

6 cups Broccoli (sliced into small florets)

1 1/2 tbsps Extra Virgin Olive Oil

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

1/3 Lemon (sliced into wedges)

Nutrition

Amount per serving

Calories	465	Cholesterol	72mg
Fat	17g	Sodium	175mg
Saturated	3g	Vitamin A	1370IU
Carbs	40g	Vitamin C	165mg
Fiber	8g	Calcium	128mg
Sugar	3g	Iron	4mg
Protein	43g		

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Kale Caesar Salad with Blackened Chicken

15 ingredients · 50 minutes · 2 servings

Directions

1. Preheat oven to 420ºF (216ºC). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350ºF (177ºC) and lightly oil a baking sheet.
3. In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
4. Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
5. Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
6. Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian
Swap the chicken for roasted chickpeas.

Ingredients

1/2 Garlic (entire bulb)

8 ozs Chicken Breast

1 tsp Paprika

1/4 tsp Sea Salt

1/4 tsp Cayenne Pepper

1/2 tsp Cumin

1 1/2 tsps Thyme

1/2 tsp Black Pepper

2 1/2 tbsps Extra Virgin Olive Oil

1/4 Lemon (juiced)

1 tbsp Dijon Mustard

2 cups Kale Leaves

1/4 cup Radishes (thinly sliced)

1/4 cup Cherry Tomatoes (halved)

2 tbsps Pumpkin Seeds

Nutrition

Amount per serving

Calories	361	Cholesterol	82mg
Fat	25g	Sodium	449mg
Saturated	4g	Vitamin A	1901IU
Carbs	5g	Vitamin C	28mg
Fiber	3g	Calcium	84mg
Sugar	1g	Iron	2mg
Protein	29g		

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