

THE ULTIMATE GUIDE TO

# CYCLES - THE ART OF SYNCING



Felicity Taylor  
@humanology



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## INTRODUCTION

# Hello, I'm your coach Felicity Taylor

I'm a functional diagnostic nutritionist, herbalist and hormone health specialist from SA but based in Barcelona, Spain.

I started out as a clinical dietitian and began to explore healing modalities through the use of food / herbs, especially within the beautiful realms of TCM herbs and practice which then became my latter major when I started to incorporate it into my female hormonal health projects and tracking plans, which I include here for my clients

Over the years I have created some fab pieces on hormone science, sync cycling, recipes and more which I love to put into practice to track results



I am a mum to 2 children and a lover of green tea, pilates, vintage interiors and antiques. history, food vlogs, cook books, kitchen appliances, grow your own herbs and gardening

*-Felicity Taylor*

INTRODUCTION

# WITHIN THESE PAGES

This program has been designed with love and so much care for you and your health because, here at HUMANOLOGY, our ethos is to help create HEALTHY, HAPPY HUMANS so, it is our pleasure to help you get your health back to an optimal level so that you and your family can all be healthy!

Within these pages you can find detailed scientific explanations on hormone health, essential nutrients, the science of the cycles, the four seasons and a TON of recipes and HOW TO'S

YOU CAN ALSO FIND:

A SELECTION OF VIDEOS, AUDIOS, PODCASTS. LINKS, HOW -TO, COLLABORATIONS AND SHARES TO HELP YOU ALONG THE WAY

AND MUCH LIKE ALL OUR PORTALS, THERE IS AN EXTENDED ADD ON ART CLASS FOR YOU IN THE FINAL PIECE OF THE PUZZLE



*The Humanology Team*

CHAPTER 1

# HORMONES – SYNCED AND SMILING



## But, what are hormones?

Before we start on this journey, we need to explain what it is you are likely to discover throughout this plan as it is multi-layered and quite a chunk of info to digest but as we are sure you can appreciate, we are all different, so we cannot expect there to be a one way path or quick fix solution that works for us all. A lot of learning how to rebalance comes from your own intuitive insight and understanding of your own body and ultimately that is the key to YOUR own healing but, from a general view point and tried and tested scientific data, we know what our bodies need in order to rebalance hormones and build blood and we know what foods work best for that. But aside from GENERALISING, there are other factors to consider when aiming to implement these beneficial changes and those are:

1. Your blood type (Most people don't know this and it's no big deal if you don't but it can be helpful if you do)
2. Where you are located geographically so you know what bioavailable food sources are available to you locally
3. What your food preferences are, because everyone is different and often, what is best for us isn't always what we like to eat because we are so disconnected from a lot of real, locally grown, seasonal produce

However, the main goal here is to hopefully share some insight with you from a scientific perspective and also hopefully present you with some indicators and triggers that can guide you to intuitively know which is the best route forward for you and your body according to all of the content below

## We will take a look at:

1. WHAT ARE HORMONES? THE SCIENCE AND THE SOUL OF HORMONES AND HOW WE CAN TUNE IT TO OUR BODIES
2. COMMON HORMONE IMBALANCES AND PROBLEM AREAS. HOW TO FEEL YOUR WAY AND WHEN TESTING BECOMES IMPORTANT
3. LIFESTYLE AND HOW THIS FITS INTO THE BIGGER PICTURE – AND THE BIGGER PICTURE IS WITHIN. YOU KNOW THIS
4. THE 4 PHASE SYNC CYCLE PLAN BASED ON MENSTRUAL PHASES – THE THINGS YOU SHOULD BE EATING AND WHEN. YUM!
5. CORE PRINCIPLES TO IMPLEMENT WITH THE 4 PHASE PLAN FOR SUCCESS

## SO LET'S JUMP IN

# HORMONES. WHAT ARE THEY?

## The very beginning – Back to basics

Hormones are molecular substances produced by multicellular organisms that allow different parts of the body, including organs, tissue, and the brain, to signal to and communicate with one another. Broadly, via this signalling, hormones help to regulate much of the organism's physiology and behaviour—including, in humans, sleep, digestion, sexual function, stress, and mood. Hormones are generally made up of amino acids, proteins, fatty acids, or can be classified as steroids.

## Let's explore

There are dozens of hormones currently known and studied. Those that play a key role in psychological and behavioural functions include:



- **Adrenaline:** A hormone and neurotransmitter secreted primarily by the adrenal glands (near the kidneys) and some neurons in the brain, typically during stressful, exciting, or highly emotional situations. Also known as epinephrine, adrenaline increases heart rate and blood flow to the brain and muscles, allowing the body to react quickly and, if necessary, engage in fight-or-flight.
- **Cortisol:** A hormone produced by the adrenal gland that regulates key physical functions such as balancing blood sugar and dampening inflammation; it also helps the body to cope with stress. Cortisol is released regularly throughout the day, peaking early in the morning and dipping overnight. When faced with a stressful situation, the body releases heightened amounts of cortisol to prevent inflammation and increase glucose reserves in the blood; over time, consistently high levels of cortisol can lead to negative physical and emotional effects, such as worsened immunity.
- **Dopamine:** A neurotransmitter and hormone released by the brain during rewarding activities such as eating, sex, and exercise. Known as a “feel-good” hormone, dopamine contributes to feelings of pleasure and motivates humans (and other animals) to seek out rewarding activities. It also plays key roles in learning, attention and emotion.
- **Estrogen:** A sex hormone that, while present in both sexes, is largely responsible for female sexual development and functioning. Primarily produced in the ovaries, estrogen helps to regulate menstruation, vaginal functioning, and libido (in both sexes). It’s also vital to brain health, playing a role in emotional regulation, mood disorders, and memory (see part below relating to glutathione) particularly as age increases and, in women, menopause starts.
- **Ghrelin:** A hormone produced primarily by the gastrointestinal tract—most notably in the stomach—that helps to regulate appetite. When ghrelin is released, appetite increases. Once the body signals that it’s full, ghrelin production slows down; this, along with the increase in the hormone leptin, motivates the person to stop eating. Ghrelin is typically regulated by the body’s circadian rhythms, the timing of the last meal, and blood sugar levels; however, it can be disrupted by factors such as stress and poor sleep, which can lead to dysregulated appetite.
- **Growth Hormone:** A hormone that stimulates growth, cell reproduction, and cell repair. Also known as human growth hormone, or HGH, it is produced by the pituitary gland. Though production continues throughout the lifetime, it ramps up during puberty to increase height, boost muscle mass, and promote bone growth and strengthening. HGH also regulates immune functioning, rejuvenates tissues and organs, and is an essential component of collagen production, which boosts skin and hair health.
- **Insulin:** A hormone produced in the pancreas that regulates metabolism and blood sugar. Insulin is released as the body breaks down carbohydrates into glucose, allowing glucose to enter cells where it is used as energy, and carrying excess glucose to the liver. Those who make very little insulin—or who become resistant to its effects, often due to obesity, metabolic syndrome, or genetics, can develop diabetes.

- **Leptin:** A hormone released by adipose tissue (also known as fat) that works in concert with ghrelin to regulate appetite. When ghrelin is released, hunger increases; leptin is released after food is consumed to signal fullness and discourage additional intake. The body becoming increasingly resistant to leptin's effects over time is a risk factor for obesity; a condition known as leptin receptor deficiency can also promote obesity (and psychological distress) by triggering near constant hunger.
- **Melatonin:** A hormone released primarily by the brain's pineal gland that regulates the body's sleep-wake cycle. Melatonin levels rise and fall naturally throughout the day, peaking in the evening (to promote feelings of sleepiness before bedtime) and dipping to their lowest levels in the morning. While the melatonin cycle is strongly influenced by the 24-hour cycle of day and night (circadian rhythms), it can also be affected by food, physical activity, genetics, and travel and electromagnetic frequencies EMF's (Useful article [here](#) on EMFs and Melatonin production – WORTH A READ!
- **Norepinephrine:** A hormone and neurotransmitter released by the brain and the adrenal glands. Among other functions, norepinephrine is critical for the fight-or-flight response. In the brain, it helps regulate attention, alertness, vigilance, and anxiety in the body, increasing levels of norepinephrine speed, heart rate, breathing, and blood pressure. Like adrenaline, norepinephrine production increases during stressful or exciting situations.
- **Oxytocin:** A hormone and neurotransmitter produced by the hypothalamus and released by the pituitary gland. Known colloquially as the "love hormone," oxytocin plays a key role in socializing, romantic relationships, and parent-child bonding as it is released during group activities, physical contact, sexual stimulation, childbirth, and breastfeeding. Oxytocin can also, however, trigger aggression toward members of the "out-group."
- **Progesterone:** A sex hormone primarily implicated in the female reproductive cycle. Though it's also necessary for male sexual function (as it aids the production of testosterone), progesterone's main roles are to regulate the menstrual cycle, the development of female sex characteristics, such as breasts, and pregnancy. In women, progesterone is produced in the ovaries and works in concert with estrogen.
- **Testosterone:** A sex hormone that is the main driver of male sexual development and libido; it also plays a smaller role in female sexual functioning. testosterone is often thought of as a driver of aggression, and though it does play a role in aggression to some degree, it also affects language skills, cognitive functioning, growth, and physical health. Testosterone is produced in the testicles of males and in the ovaries of females
- **Vasopressin:** A hormone produced by the hypothalamus and released by the pituitary gland that has several physiological functions, including the regulation of blood pressure and circulatory function. Recent research (most notably in animals) suggests that vasopressin may also play a role in autism, as well as work in concert with oxytocin to promote social bonding.

The importance of highlighting this information is because, most people just think of our hormones to be our sex hormones, relating to our sexual health and that is far from the truth. It runs far deeper than that and if you are wanting to understand how to better regulate and support your hormonal health you need to make sure you understand the full picture so you aren't doing yourself an injustice by only completing half jobs or being misinformed.

There is a lot that goes into making our system a healthy whole, a wonderfully working organism that functions high end to the best of its abilities and there are many things to consider when aiming for this goal point. We consider what we need to put into making changes but equally a lot of it will be what needs to be removed. What we need to bin, lose, end etc and below we will take a look at a number of the most crucial factors pertaining to our hormone health and functions.



Our external environment – Pollutants, toxins, chemicals, aerosols, environmental damage that enters our systems and causes harm from external sources. This comes from food pesticides, Earth pesticides, Air pollutants, Water contaminants, Household appliances, EMF Radiation, mold spores, bacteria, fungus, viruses and many other external radicals that often we have no control over

· Our internal environment – What we put in and on our body, heavy metal load and toxicity comes from everything and everywhere from seemingly innocent dental fillings and caps made from aluminium, to beauty products and perfumes that contain parabens, arsenic and lead etc, foods that contain molds, toxins, trans fats, cancer causing palm oils, PUFAS, bad salts, harsh indigestible chemicals, colourings, plastics and forever chemicals and so many more laboratory manufactured products that are unnatural damaging causes of most modern day illnesses and they ALL start with the imbalance of our gut microbiome and hormones.

It often seems far too overwhelming to try at all to win over the colossal beast that is now the polluted world we live in. Most just give up and accept that this is now the new normal. Sickness is at an all time high and we will never beat it so, 'WHAT'S THE POINT?' but WAIT, there are ways. They just take time, investment and your desire to want to be the healthiest version of you.

If you're interested in finding out the many various ways you could implement change and take back your body and sync up, then read on!

## **HOW COULD WE HAVE CONTROL OVER THESE ISSUES TO REVERSE DAMAGE?**

CHAPTER II

# It all starts in the home - The clean up



## **Air purifiers**

There are many different options for these of which I will link below however they are becoming more available and ikea have now come out with their own table top version that's actually pretty cute and from what I hear are great at filtering out dust and particles from the indoor air circulation.



## **Water filters**

Reverse osmosis water filters for drinking. These can be super pricey though there are some great cheaper options if you shop around or if it's just for your drinking water you can look to make a budget model yourself until you can afford a decent one. Search around on youtube for some inspo.

Water filters for taps in kitchen and bathrooms. There are many ways and means to do this as it's an up-and-coming thing these days but generally speaking, you won't be disappointed by investing in this as it is such a worthwhile spend. If you're like the team at humanology and LOVE a salt bath, then spending 40 minutes twice a week in bath water you're going to want it to be as pure as can be or else it's all soaking in through your skin. The aim is to rid the body of toxins, not collect them. If you can't afford this please make sure that you opt for showers and that you use a good essential oil serum on your skin after washing.

# The Healthy Home



## Thermal Solutions

Modern thermal solutions for your home to avoid damp and fungal growth – Proper insulation and cosmetic maintenance on your home is as important as it is on your body.

## STOP

DO NOT purchase hormone disruptors such as laundry detergents, air fresheners, room sprays, fragranced candles, polishes and other cleaning products laden with chemicals and instead replace them with natural alternatives and DIY products to clean surfaces with ie distilled vinegar, sodium hydroxide (is as effective as bleach and completely safe) lemon juice etc (there are plenty of DIY recipes online if you look around), norwex silver ions cloths, beeswax jar lids and cling wraps, beeswax candles, essential oil diffusers and consider some house plants to absorb and purify air quality



- **STOP** using energy efficient light bulbs. They cause so much illness through junk light damage and prevent you from sleeping properly, hence the huge focus below on MELATONIN.
- Throw out all pans and utensils that are coated in perfluorinated compounds, which is basically anything with a non-stick coating. They are dreadful for your hormone health and are known to cause damage. Replace them with Cast Iron or Ceramic pans. It might cost a bit but they last forever and they also increase your iron intake through cooking as it leaches into your food and promotes further benefits.

# The Healthy Home



## Throw out

- Plastic storage containers / Cups / dishware and opt for glass containers for food prep and storage and general use.
- Throw out any beauty product that contains aluminium such as deodorants, products that contain sulphates, sodium chloride and silicones such as shampoos, preservatives that contain formaldehyde, Ethanol Alcohol such as hairsprays and other aggressors. Be mindful of product choices and wherever possible opt for organic, natural and safe solutions such as castile soap bases, natural carrier oil bases, essential oils, clays and earth masks and often things as simple as bicarb and arrow root can make great if not better than store bought dry shampoos. Add in some peppermint oil and rosemary and you're doing your hair the best favour!



- Grow your own vegetables – (Or at least make sure you know who does grow your veg) Make use of outdoor and indoor space to grow your own fruit and veg without any pesticides. Start a garden veg box or a window ledge herb box and if you want to really go to town you can invest in a tower garden and have a vertical growing wall in your home for every green plant you can imagine! There are no excuses.

- Shut off WiFi when you go to sleep so your home is free from EMF radiation and invest in EMF blockers to use throughout the house and on the back of your phones and devices

CHAPTER III

# Our Physical Body

**HOW CAN WE TAKE CONTROL OVER OUR PHYSICAL HEALTH TO HELP OUR HORMONES?**

See above – Start by cleaning out your home and environment of any free radical and harmful toxins that you can either replace or remove. Be very conscious about this and make the cut throat changes because EVERYTHING STARTS AT A CELLULAR LEVEL and in terms of this project your home is that cellular level. From there, everything else can fall into place.

So you have your home in order (And I'm not suggesting you spend thousands on reverse osmosis water kits and re-plumb your homes water systems but start small) Now the next part comes down to you. You need to look at your lifestyle now in terms of:

- WHAT YOU EAT AND WHEN YOUR DAILY EXERCISE
- HYDRATION
- MEDITATION AND MINDFULNESS PRACTICE
- HOW YOU LIMIT AND REDUCE STRESS THROUGHOUT YOUR DAY
- WHAT YOU DO TO IMPROVE YOUR 'YOU TIME'



# This is the beginning of something good.

HOW YOU UNWIND  
HOW'S YOUR SEX LIFE  
HOW'S YOUR SLEEP  
HOW'S YOUR MINDSET?

**FROM HEAD TO TOE AND ALL THE BITS IN BETWEEN, HOW ARE YOU?**

HOW CAN YOU MAKE LIFESTYLE CHANGES THAT CAN HELP YOUR HORMONES?

## hormone support in perimenopause

focus on  
gut  
health

eliminate  
toxins

support  
adrenals

balance  
blood  
sugars

Support  
daily  
detox

get  
sufficient  
sleep

ditch  
alcohol  
and coffee

lift  
weights

love  
yourself

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- Consider a proper food plan (we have TONS of cycle syncing recipes below) that works for you based on your physiology, biology and what you know you like so you know you can be consistent
- Plan around your monthly cycle according to the times of your cycle so you are spicing up your movement focus, ie: When you're menstruating, do some yin yoga or slow long walks or when you're in ovulation, get some Zumba on the go and have a dance party. Don't overuse your energy during the wrong time of the month or you can end up wasting reserves you could use later on – Don't freak out about data tracking and getting obsessive over calculating calendar movements etc. Eventually, once you start to create new patterns, the old will fall away and the new will come to the table and your body will naturally start to tell you what it wants and needs and when – Intuition is your guide. You just have to learn to trust yourself enough to understand it
- And in terms of each phase and what do to when, avoid things like cold water bathing or cold showers, cold drinks with ice and put on slippers and socks during your winter phase to protect your kidneys and keep your blood flow strong. You can throw yourself in the cold waters during follicular and ovulation when your body is more adept to these energies. Timing is crucial
- **DRY SKIN BRUSHING**– helps to flush your lymphatic system of waste toxins and get your blood circulating. Practicing this often is an excellent way of protecting your lymph and supporting your adrenals (see below for info on this) so before you shower, it is a great practice to look at including often. Brush towards the heart always and once you have showered refresh your skin with a blend of oils that will help nourish your skin and lock in the moisture. Great for supporting many organs and glands! Check out this post for more info: [DRY SKIN BRUSHING BENEFITS](#)
- **SLEEP** – Make sure you switch off your WiFi before bed and that you go to sleep at a good hour. Try to leave tech outside of the bedroom and do this a good hour or so before you go to sleep. Go old school and light a candle, read a book, do some meditation, make some love...Anything that can help you unwind and relax that is non tech based is a winner! Make sure your room is dark, cool and free from clutter and aim to get a good 8 hours of quality sleep every night
- **CUT OUT ALCOHOL** – Oh this is one to eye roll. Many in our team have quit the booze, some long term, some more recent but, It is deeply effective and most of us can honestly say we can no longer tolerate alcohol any longer. Once you rid your body of this poison, it is a GAME CHANGER! If you cannot quit, at least aim to cut down but in all honesty, it is one of THE MOST dangerous implications for hormone imbalance in women. We cannot stress this enough!

**LOOK AT BIRTH CONTROL** – Are you on a hormone based contraceptive pill? Do you have an implant? What are you using that could be harming your body in ways you hadn't considered? I will leave links at the bottom of this document for you to go visit that will provide all the information necessary to highlight from a medical perspective the implications caused by hormonal contraceptives. Perhaps look for natural alternatives, although I know this can be tricky. Some options to consider could be: [www.smartwomenschoice.com](http://www.smartwomenschoice.com) or you could look at temperature testing, the pulling out method or a good old fashioned diaphragm. It is said, if you are careful with monitoring your cycle, you can control conception well based on the cyclical science without any need for medical intervention but that is each person's individual preference as clearly it comes with risk.

· **LOOK AT YOUR MEDICATION** – I hate to say this as it creates tension but most pharmaceutical medication causes havoc on your hormonal system. It is often the case that one prescription will lead to the need for something else and before you know it you have this spiral effect of meds aimed to help but often making matters worse. Sorry to say but the best way to sort this is to look at alternatives wherever possible and to try to create better balance through lifestyle and diet to prevent the need for medication especially long term use.

· **MEDITATE TO MEDICATE AND TAP IN** – Go deep in your breathwork and stretch protocols to really enhance the connection between you and your body and mind – the SOMA experience comes from here and is where you can find your true self, your TRUE NORTH and where all the worries and woes of the outside world disappear. Tapping connects you deep to your tissues and cells and helps to send signals to your brain from the parts of your body you are saying hello to. You're not just a body, you're a BODY and it's a far greater thing than you know! Don't take it for granted.

CHAPTER 1V

# The 3 most IMPORTANT things to balance hormones are:

1. BLOOD SUGAR BALANCE
2. NUTRIENT DENSE FOOD CONSUMPTION
3. PROPER NUTRIENT ABSORPTION



## KEEP YOUR BLOOD SUGAR STABLE!

By making sure that sensible meal times are maintained and that each meal consists of healthy fats, proteins and slow digesting carbs, you can keep your blood sugars and metabolism steady

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# BLOOD SUGAR BALANCE



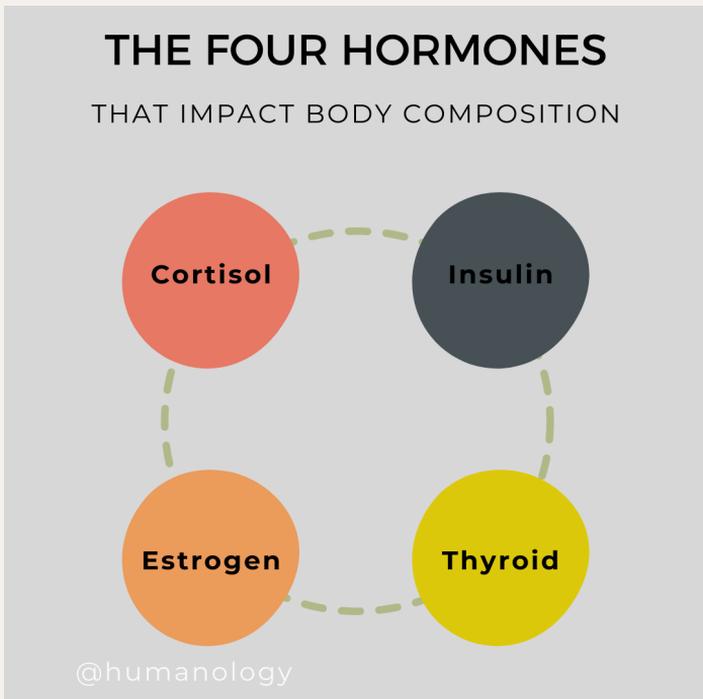
**BLOOD SUGAR BALANCE** is crucial for your over all health not just your hormone balance. Making sure you have a consistent balance comes from consistent lifestyle maintenance and there is only one way of making sure this is successful, and that is by careful and considerate management of what you are consuming, how you are moving your body and the rest you are providing to reset.

We tend to think that there are over complexities within diets, such as carbs are bad – **NO THEY ARE NOT!** This is one of the biggest misconceptions and one of the reasons why our blood sugar balance is thrown off. Don't be thrown off with this opinion, it is far from a healthy one. Carbohydrates push blood sugar up and protein pulls blood sugar down. This synergy works together to maintain a blood sugar balance while fats help slow the entrance of protein and carbohydrate into the blood stream. This is why the balance of carbs, proteins and healthy fat consumption should be combined within each meal to provide long lasting and stable energy in form of glucose to the cells. Without that balance, you are force engineering a trick your body needs to adjust steer in to and start using body tissue to replace the glucose, which causes damage and stress throughout the system and leads to thyroid issues, gut issues that then lead to poor absorption of further nutrient which can then lead to major deficiencies, low blood count and eventually illnesses such as diabetes and heart disease.

Cells need a constant supply of glucose and your blood sugar regulation should be your **TOP 1ST PRIORITY** when looking at not only your hormones but your overall health. A stable blood sugar will enable our fuel source. Carbohydrates are where our main glucose source come from. Without it the body will convert its own tissues to glucose (Gluconeogenesis) if stored sugar is not available. We are taught that sugar is bad but not all sugar is created equal. Dates, fruit and raw honey for example are a fantastic bioavailable source of sugar from carbs. If you can combine carb with protein and fat in every meal to create a balance your hormones will thank you.

CHAPTER V

# THE FOUR ELEMENTS



Do you have any idea how body composition and hormones are so deeply connected?

# THE BIG FOUR

## HOW CAN WE TAKE CONTROL OVER OUR PHYSICAL HEALTH TO HELP OUR HORMONES?

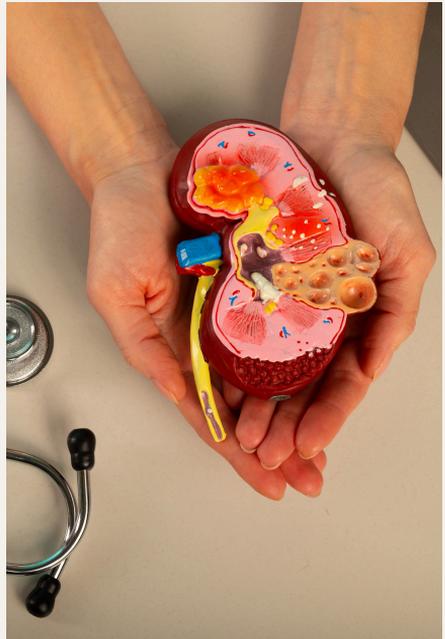
As you age, you might start to notice parts of you that start to resemble parts of your parents or grandparents as they aged and you might think "Crikey, I didn't expect that to happen so soon" – Especially if you are a woman entering into perimenopausal timelines, this might start to become a physical factor as your body composition is very determined on how your hormones function and flow

It is incredibly scientific when we look at the forms of hormones and how they function. For instance, after menopause, women tend to produce E1 (Estrone) mainly through, or rather within their fat cells. A high amount of fat cells present can drive up estrogen therefore creating inflammation in the body.

Too much estrogen is a real problem in our modern day and age (not just for women) so getting the right balance of estrogen, progesterone, testosterone is absolutely crucial BUT

There are a few other key hormones that we also need to consider as well:

**Cortisol**  
**Insulin**  
**Estrogen**  
**Thyroid hormone**



CHAPTER VI

# CORTISOL

When  
cortisol is  
HIGH,  
thyroid  
function is  
low

Cortisol is a steroid hormone, in the glucocorticoid class of hormones and it is produced in your adrenal glands. The adrenals produce hormones that regulate the immune system, metabolism, stress response and your gastrointestinal function.

They produce adrenaline, aldosterone and cortisol, cortisol often referred to as the stress hormone because of its connection to the stress response, however, cortisol is much more than just a hormone released during stress. It has many receptors and can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure.

# CORTISOL

In women, cortisol also supports the developing foetus during pregnancy. All of these functions make cortisol a crucial hormone to protect overall health and well-being. Making sure that you balance your cortisol levels is also important as having too low or too high cortisol is the same as a blood sugar imbalance and can lead to complications.

So simple sugars in bioavailable food sources are an excellent combination that help regulate cortisol thus maintaining a regulated thyroid function, metabolism and good digestion. Issues surrounding cortisol will lead to poor sluggish digestion, metabolism and poor absorption of nutrients in the gut due to these off-balances. Simple sugars will help to balance a stress response.

Not only through food but through mindful lifestyle practice, getting enough quality sleep is highly important for your adrenals and in order to support them, gentle exercise such as yoga, walking and breathwork s a great way to help keep the balance outside of the food network

**High cortisol**, often associated with stress can hugely impact your thyroid. When elevated, cortisol can lower TSH. TSH is responsible for stimulating the thyroid gland in order to produce hormones

CHAPTER V11

# INSULIN

## INSULIN

Did you know that there is a HUGE connection between the liver and insulin resistance. Diabetes and fatty liver are fast becoming a hot couple :

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**I wish more doctors talked  
about**

## THIAMINE

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Insulin sensitivity is **LITERALLY** an expression of general health! Our metabolic health has been HIT HARD! We can see with other hormones that the correspondence to them and our bodies often relays back to our sex. Our sexual health, reproduction and so on and this is still the case with insulin, hence why diabetics tend to often struggle most with infertility but insulin is a direct expression of our metabolic health!

# INSULIN

In this oh so modern world we live in however, we're told things such as: 'You need to take Vit D supps because you're levels are low - You need to take Iron supps because your levels are low' and we're starting to notice now that the last decade or probably closer to last 2 decades have seen people taking absurd amounts of high strength supplements prescribed by physicians for things that they could have supplemented via bio-available food sources instead and now, we have destroyed our metabolic health. It is now known that **TOO MUCH IRON** ruins metabolic health thus worsening insulin resistance.

We are no longer resistant. We are hyper sensitive and once our insulin levels drop, so do all the others.

Estrogen however, as we will see below, raises iron. See, the balance of the scales needs to be overwhelmingly accurate if we are to fare well with our hormonal health

**RESISTANCE!**

**THYROID RESISTANCE  
CELLULAR SENSITIVITY  
INSULIN RESISTANCE**

SO MUCH RESISTANCE  
LOOKS LIKE.....

## IF YOUR.....

- Cholesterol numbers won't shift
- You can't drop weight no matter how hard you try
- You have brain fog and energy drops

**THEN THIAMINE (VITAMIN B1) IS EXACTLY WHAT YOU NEED**

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**THE BALANCE  
REQUIRES YOU TO BE  
SAVVY!**

CHAPTER V111

# ESTROGEN

## HOW TO SUPPORT YOUR ESTROGEN LEVELS



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OK, I am going to point out right now for those that are perhaps in the perimenopause bracket here (throughout our workshops, that seems to be the bulk of you) that during the early stages of perimenopause, estrogen tends to GO UP, not down, sometimes spiking up to three times higher than it ever was before

# ESTROGEN

## SYMPTOMS OF LOW ESTROGEN

short of lighter periods

heart palpitations, hair loss, dry skin

decreased energy and motivation

joint pain and inflammation

brain fog and headaches

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GETTING THE  
BALANCE JUST  
RIGHT

# ESTROGEN

During our 20's and 30's, we really went through our UPs and DOWNs with hormones. It was a crazy ride! But in our 40's and onwards, this is an even more crucial time to invest in our hormonal movement and pay attention to what we're doing for our bodies

Supporting our estrogen levels looks like:

- MAKING SURE WE'RE GETTING ENOUGH REST
- MAKING SURE WE'RE MOVING SLOWLY BUT WITH RESISTANCE
- MAKING SURE WE'RE GETTING ENOUGH PROTEIN
- MAKING SURE WE ARE CUTTING OUT TOXINS
- MANAGE STRESS AND ADRENALS

## THE TIME IS VITAL LADIES

- Manage your stress and adrenals
- Make sure you get enough rest and quality sleep
- Make sure you do quality movement - walking, stretching and weights are perfect
- Make sure you eat enough foods with phytoestrogens aka: Quinoa, Alfafa, oats, apples, barley, lentils, ginseng, flaxseeds and dates
- get blessed with herbs: Red clover, black cohosh and maca root are great phytoestrogenic adaptogens
- Supplement with fantastic supportive additional such as magnesium, Vitamin B and E and zinc

CONCLUSION

# The complexities of estrogen

How often we hear women of a 'certain age' say they simply can no longer tolerate alcohol like they used to....This is because, when you were younger and the rollercoaster ride of hormones was up down up down all day long, now, the dip is DEEP and the way up is SLOW.

The gaps inbetween highs and lows are way more obvious now. You've had your time to party and die for a few days after but now, you've really got to up your game. You're not a cheeky little upstart anymore, you're a mature, wise and incredible wonder thing that doesn't even need alcohol, right!

We need to start looking at how to cultivate the right balance of estrogen for our range before the inevitable ultimate TIME OUT on estrogen postmenopause. Until then, these are the things we need to look out for to determine whether we have an estrogen dominance or whether perhaps our estrogen is low

CHAPTER 1X

# THYROID

Inactive thyroid hormone (**T4**), usually converts to its active form (**T3**), however high cortisol inhibits the conversion. It can also increase estrogen accumulation / dominance

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@humanology

Ah the thyroid! The little butterfly gland located in the front of your neck. As part of your endocrine system (metabolic control + hormones, energy, growth, reproduction and development) the thyroid functions by producing and releasing thyroid hormones, like thyroxine (T4) and triiodothyronine (T3). But when the thyroid starts to weaken its ability to create these blessed T4's and T3's, our overall system then cannot produce enough of everything else and therefore, a bit of a mess is made!

# THYROID

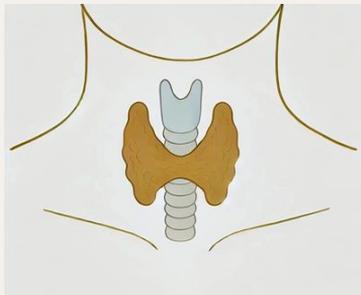
We end up seeing complications such as high cholesterol, autoimmune problems, sore joints, muscle weakness and loss of muscle mass, bone weakening, fatigue, hair loss, hair thinning, weight gain, insulin sensitivity, brain fog, hooded eyes, congested lymphatic system and more....

## SAY HELLO TO THE BIG GUY, HASHIMOTO! (LOW T3)

Yup, it has become more and more frequent now that almost on par to diabetes diagnoses, hashimoto disease is on the rise and this is fundamentally because we have such poor control over our bodies hormone production as we age that we have rolled over, chocolates in hand and pressed snooze on the '**HOW DO WE FIX THIS S\*\*T**' instead

Before we start our rant below on perhaps what we cannot control (environmental damage) – Let's just look at **WHAT WE CAN FIX!**

If you're someone that's been diagnosed with Hashimoto's or thinks that perhaps you might be struggling with Hashimoto related concerns, then here are a few things you need to know with regards to reversing Hashimoto



CHAPTER X

# THIAMINE



If you're someone that cannot shift cholesterol numbers, then please consider the link between hypothyroidism and cholesterol and how THIAMINE (VITAMIN B1) could be the simple saving grace that you need in order to replenish your thyroid and offer it some support!

Remember, when starting any new protocol, tracking the results is an essential part of the process in order to know if somethings working or not. Please don't forget to do this. This is where you will see results

BACK TO.....

# THYROID

- Stay away from Gluten (Yup, sorry! GLUEten is literal glue that binds to your fat cells and prevents healthy hormone production)
- Stay away from **STRESS!** Your body interprets ALL and ANY stress in the same way and wreaks havoc on your adrenals and blood pressure
- Stay away from alcohol! This is **THE WORST** hormone / thyroid damager!
- Stay away from dairy! Upsetting for all you cheese lovers I know but unfortunately, dairy is one of the biggest triggers for inflammatory concerns and metabolic health

## THE BEST THINGS YOU CAN DO:

ALL THE THINGS THAT WE ARE ABOUT TO LIST BELOW!

Ok, so back at the beginning of this, we looked at contributing factors for the attack on our bodies. Environmental toxins and pollution being the 1st and most principal one. Now listen, we don't want to be the freaky flag wavers of conspiracies over here but, as time has told us, it's not such a conspiracy anymore that our water is highly contaminated with heavy metals and toxins. This isn't a joke. It is a FACT!

HEAVY METAL TOXICITY is the NUMBER 1 CAUSE for most of our metabolic, hormonal and autoimmune system health. FACT! [HERE](#) is a super interesting post that I, (Felicity Taylor) wrote on the humanology site back in March 2024. It took a LONG time to research all the points made there that seem to suggest that ALL MODERN ILLNESSES derive from environmental damage, pollutants, toxins and heavy metals.

This being said, then treating them with equally contaminated pharmaceuticals laden with parabens, fillers, chemicals and so on only exacerbate the concerns when instead, what we should be doing is figuring out how to thrive with or without the influence and persistence of such damaging environmental concerns.

# THYROID

It would be great if they weren't there BUT, our bodies are more than capable of fighting off disease and healing themselves if only we allow it. We have to cultivate safe zones and ways for our bodies to thrive. That requires that we be strong, resistant and dynamic. But that's ok, isn't it ladies because we aren't 20 or 30 anymore. (or some of us are and in fact this is for us all, not just the old ducks)

We've learned that the wine really isn't what gives us our potency. We don't need coffee to rise us up every day. We love our matchas and our dumb bells. Our spirulina green juice that binds all those As's, Pb's, Cd's and all that aluminium, barium, strontium and ethylene floating around in our air. Yes, we are being attacked but we reign supreme!



CHAPTER X1

# GLUTATHIONE

**ONE MORE THING AND ONE REALLY REALLY CRUCIAL ONE.....NOT A HORMONE BUT, AN AMINO ACID!**

It is very important to be aware of the role of Glutathione and other amino acids also when looking at the essential nutrients that support hormone function and it isn't a mainstream consideration and has not been well heard of however, glutathione is an essential antioxidant composed of various amino acid that helps prevent damage to immune response and cellular DNA damage.

It is ESSENTIAL for detoxification through the blood and is the powerhouse antioxidant that helps our bodies fight infection. There is no better time than NOW to start looking at how to strengthen your immune system and this is one of the key components to look into. It will help reduce free radical stress and cellular damage, helps to regulate blood sugar and aid insulin resistance especially in older people, and reduces the risk of cognitive impairment as it helps preserve memory and reverse the signs of ageing through cognitive and muscular decline. This is super important when considering our hormone function as everything starts at a cellular level and in the brain and is then transmitted to the rest of our body through our systems wiring network AKA our nerve pathways and blood stream.

# GLUTATHIONE

(One quick thing to mention before we get deep in, with regards to above, discussing the thyroid – hypothyroid concerns have a direct connection to the nervous system and can often lead to peripheral nerve damage. Which is why it is SO important if you have any thyroid concerns to pay attention to GLUTATHIONE as it hugely supports your nervous system!)

**GLUTATHIONE** It's composed largely of three amino acids: glutamine, glycine, and cysteine. It's composed largely of three amino acids: glutamine, glycine, and cysteine.

How to generate more glutathione

- **General foods such as peppers, bananas, broccoli, apples and onions are great all-rounders.**
- **To increase your levels, you want to be consuming food rich in selenium and alpha-lipoic acid – both of which help the body to produce glutathione.**
- **Tuna, beef and dairy are high in selenium, while vegan diets can be high in alpha-lipoic acid found in spinach, tomatoes and peas.**
- **It is available in high end NAC supplements and A-Cysteine powders however absorption is limited unless you have impeccable gut health so it is advisable to obtain as much as you can through bioavailable means.**

# GLUTATHIONE

- A NOTE ON DAIRY AND IT WILL BREAK HEARTS BUT WE ARE NOT DAIRY FAN'S (HEARTS BREAK) AS IN, THE CONVENTIONAL KIND WE BELIEVE WREAKS HAVOC ON YOUR SYSTEM SO RAW DAIRY IS WELL WORTH INVESTING IN. DAIRY CAN BE GREAT, IF DONE PROPERLY AND AT THE RIGHT TIME OF YOUR CYCLE OR SEASONS. AUTUMN IS A DAIRY NO ZONE –

A couple of years ago, in fact way back in 2022, my colleague Kat recorded a podcast called **THE PO AND LETTING GO**, which looks at the beauty of the in and out, the holding on and releasing, the magic of certain seasons within our cyclical realm and how the spirit of each season allows us to fall away and lose what no longer serves so that next season, we can grow. You can listen to it below

## [THE PO AND LETTING GO](#)

Increasing your intake of vitamin C, whey protein, turmeric, milk thistle and foods rich in selenium will further help to boost glutathione production.

CHAPTER X11

# THE CRUCIAL NUTRIENTS

REQUIRED DURING MENSES ARE:



Copper plays a crucial role during menstruation as it helps create red blood cells, produces a collagen protein, absorbs iron into your body and turns sugar into energy. It also helps keep nerve cells healthy and promotes a healthy immune system so making sure you get enough copper during this time is super important.

## WHAT FOODS CONTAIN COPPER?

- Wild caught shrimp
- Oysters
- Mussels
- Clams
- Organ meats
- Brazil nuts
- Macadamia nuts
- Lentils
- Molasses
- Black Pepper

# THE CRUCIAL NUTRIENTS

REQUIRED DURING MENSES ARE:



SIGNS THAT YOU DO NOT HAVE ENOUGH COPPER IN YOUR BODY CAN LEAD TO ISSUES SIMILAR TO THOSE OF IRON DEFICIENCY AND PRESENT THEMSELVES IN SYMPTOMS OF THYROID DISORDERS, ANAEMIA, PALE SKIN, BRITTLE BONES, LOW BLOOD COUNT, IRREGULAR HEARTBEATS AND LOW BODY TEMPERATURE

## FOODS THAT CONTAIN SELENIUM

- Brazil nuts
- Turkey
- Eggs
- Spinach
- Sardines
- Grass fed beef

The reason many stress about GRASS FED is because the alternative grain feeding methods significantly reduce the quality of the meat we are needing to obtain from the protein source. Choose wisely

# THE CRUCIAL NUTRIENTS

REQUIRED DURING MENSES ARE:



## Foods that contain Iron

- Grass fed beef
- Lentils
- Chick peas
- Edamame
- Black beans
- Pumpkin
- Cashews

Please note that, if you are in need of replenishing iron stores, the best ways to do this is to increase your absorption of Vitamin C as the Vitamin C component is what allows for the absorption of Iron.

Iron supplements can cause issues with constipation and other concerns so please go to your bioavailable source first.

Another really great way to include iron is to cook over CAST IRON PANS and the minerals will leach into your food. Far healthier than your tefal leaching!

CHAPTER X111

# INFLAMMATION

## CAUSES OF INFLAMMATION

**01** inflammatory foods

**02** alcohol

**03** stress

**04** sedentary lifestyle

**05** infection and illness

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Before we get on to the superstar of the show in the next part (our cycle syncing foods and recipes), lets just have a quick look at the topic of INFLAMMATION, as it is something that needs to be addressed so you know exactly why we are cutting out certain foods and /or swapping them in for better alternatives.

Again, it's not all about 'FOODS' perse, there is a whole lot we need to cover with how we must encourage our bodies to minimize stress (exercise , sleep, meditation, supplements, rest)

# INFLAMMATION



## LIFTING WEIGHTS IS KEY

Strength training is the **BEST** thing you can do to support your muscle mass, bones, tone, boost your metabolism and increase your insulin resistance keeping you **STRONG** and supported.

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@humanology

For instance, lifting weights and **RESISTANCE TRAINING** makes building resistance an essential part of our protocol as we age!

Building muscle, protecting joints, encouraging flexibility and targeting our fat stores so that our energy supplies can properly support us and ensure our movement is target specific and strategically beneficial is **ABSOLUTE GOLD!**

CHAPTER XIV

# PROTEIN



## PROTEIN IS ESSENTIAL

As you get closer to perimenopause, your muscle mass naturally declines. Making sure you up your intake of **GOOD QUALITY PROTEIN AND COLLAGEN / GELATIN** supports healthy muscle and fat maintenance and protects your tissues, joints and hormone resistance

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@humanology

And if we're looking at making sure our muscle mass and bone density is protected, then we have to also make sure that we are including **HIGH END, DECENT QUALITY PROTEIN** with every meal!

Sure, it's annoying when people are macro tracking like loonies but, to start off with, tracking your protein intake can be a really good idea so you can really see the progress and establish if something is working or not

# PROTEIN



## CARBS ARE NOT THE ENEMY

You thyroid relies on carbs to function and cutting them out can crash your metabolism. Good carbs look like:

**BANANAS**

**PEAS**

**DATES**

**RICE**

**OATS**

**RAISINS**

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@humanology

And yes, again, carbs are NOT the enemy. There are many alternatives to pastas aka lentil pastas, buckwheat pastas, soba noodles, rice noodles. You can still have pasta meals and sandwiches BUT, you do need to learn to get creative with ingredients, switch ups and TRY NEW THINGS!

Our current favourite in the office which me and my girls LOVE is the cottage cheese wrap trend as its made with only cottage cheese, egg and flaxseeds and is super quick to make and you can go for wraps, pancakes, buns, whatever works for the TASTIEST sandwiches! Our insta is FULL of tips....@humanology\_hq

# PROTEIN

## eating for your menstrual cycle

**01** seed cycling

**02** healthy fats

**03** enough protein

**04** lots of fibre

**05** magnesium rich foods

---

@humanology

So, should we start looking at some foods and ways that incorporating at certain times and durations of your cycles is important?

This is where we start to have some fun and get creative!

# ENJOY!

CHAPTER XV

# THE CYCLES SUPPER CLUB

WHAT TO EAT, WHEN AND WHY!



## Foods that contain Iron

- Grass fed beef
- Lentils
- Chick peas
- Edamame
- Black beans
- Pumpkin
- Cashews

Please note that, if you are in need of replenishing iron stores, the best ways to do this is to increase your absorption of Vitamin C as the Vitamin C component is what allows for the absorption of Iron.

Iron supplements can cause issues with constipation and other concerns so please go to your bioavailable source first.

Another really great way to include iron is to cook over CAST IRON PANS and the minerals will leach into your food. Far healthier than your tefal leaching!

HORMONE MAGIC

# THE SYNC CYCLES

Welcome to the fun part!

We've gone through 30+ pages of science, looking deep into our physiology, hormone drops and crashes, inflammation, heat, swelling, OVERLOAD and UNDERLOAD in desperate measures!

But now, we're going to get poetic about our bodies and start to look at them in an attempt to understand them in a different way. Let's push science aside for a moment and let's look at

## INTUITION – OUR INTERNAL TUTOR, GUIDE, COMPASS, HEALER, TRUTH

While we love science. It's GREAT! We also love the freedom to be able to find answers in subtle ways that only we can seek to know.

Have you ever had a 'feeling' about something that you knew was about to happen and then it did? Or a sense that something was 'off' to later find out it really was?

Our bodies are like tuning forks. We're like antennas connected to the outside world but it's really the inside world that tells us the truth about what's really going on. The problem is, we've been so steered away from trusting our own intuition and we've become reliant on seeking truths through stats, trackers and tests. While they're all great as I say, the real truth comes from you

In order to really know what's going on in your own body before any such tests, you have to be able to attune to your senses and FEEL your feelings so you have more of a clue about what might be happening.

# THE SYNC CYCLES

## THE BODY NEVER LIES

The reason we stress this at this part of the program, is because, when you start to track your cycle and incorporate various foods, supplements or movement methods, the best ways to truly track the results is to know how any changes make you FEEL

Yes, all the trackers and tests in the world are beyond helpful but only you know really how your body feels and what makes it feel good

We are ALL different. What works for one person might not work for another. Generally speaking, regardless of blood type, ethnicity, DNA, race, age and any other variable, we know that anyone struggling from hormone disorders fares better if they:

**QUIT ALCOHOL**  
**QUIT GLUTEN (AT LEAST REDUCE)**  
**QUIT DAIRY (AT LEAST PROCESSED)**  
**QUIT SUGAR (AT LEAST CUT BACK)**  
**QUIT NOT MOVING (EVEN GO FOR A WALK)**

We know these things are helpful for everyone but the results will come through for each in different ways and in a timeframe unique to each individual

So it is really up to you to decide what works best for your body!

I'll give you a hint:

My colleague Kat is one of our older crew so we put some protocols to the test on her.

As we will see when we look into the 'seasons of your cycles', when it comes to menstruation, Kat opposed one of the suggestions and gave her reasons as to why. It made so much sense its now something that we tell everyone we can and that is:

LETS GO DEEP.....

# THE SYNC CYCLES

## COLD PLUNGING AND ICE BATHING



Has become quite the craze! Everyone's doing it and raving about it as it's touted to be the best healer for the CNS (central nervous system) but, Kat (who is a frequent open water swimmer) refuses to get in cold water during the menstrual stage of her cycle. When we asked why, she said her body literally says NO and blocks her from doing it. Even in the shower, she's gone to turn the tap cold and her body has absolutely rejected this and made the decision for her to not during this time.

Why? Because she says that during that time, your body builds heat and warmth to assist and aid in blood flow. For your circulation to be optimal during this phase, you cannot be cooling down the tank. Menstruation is a time to slow down, keep warm and replenish your body with all the stewy, soupy, gloopy stuff that we know softens and warms the tank thus making sure that our blood will FLOW AND GROW!

She absolutely has a point so we're owning it! If you want to cold plunge, do so during your ovulation phase! What does that even mean?

# THE FOUR SEASONS

If you live in a country that has distinguished 4 seasons where you can go from a cold winter to a warm spring to a heaty summer then you are so so lucky!

All those energies, scents, sensations, feelings that arise from each season are just magical! It's often hard to decide which is the favourite and when a new season starts, it's become quite the thing now to get out the sugar and spice to celebrate

Pumpkin spice season, chunky knits, smores and full aesthetic is how we roll, right?

But did you know that our bodies also have 4 seasons? It is said that women mimic the outside world because we are the manifestors of creation. The visionaries that through us worlds are created so in order to do so, we really have to have our bodies in tip top shape otherwise instead of creating worlds, we're just rather creating offbeat suburbs that tend to flood, are riddled with crime and noone there wants to stay

Yes, the creators need to up their game! In Outlander, it was said by the men that their women were the '**BLOOD OF MY BLOOD – BONES OF MY BONES**' as in, through a strong man is a healthy woman made or through a visionary is a strong man built. The reason I bring this up is because **BLOOD AND BONES** are crucial aspects for women and their health depends on increasing blood and bone mass far more so that for a man.

WELCOME TO.....

# THE FOUR SEASONS

Women need protein far more than men. Women need fat far more than men.

Why?

## **Because we bleed!**

For anyone that loses and replenishes blood to the level that we as women do, there needs to be a strong in and out of fuel and sustenance or else you will be depleted and defeated

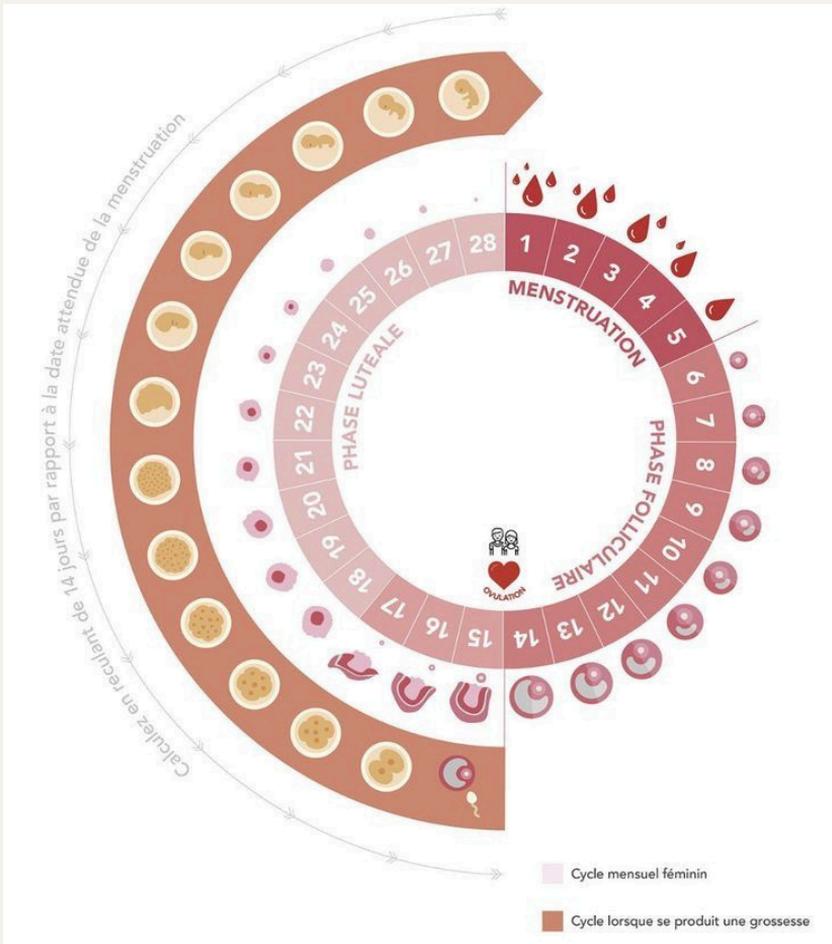
So, just as there are 4 seasons in the outside world, inside, us women also carry 4 seasons on our 28 day cycle basis

The Chinese operate on a 28 day calendar. The Chinese Calendar has the Lunar Calendar. One month is a complete rotation of the moon around the earth. This lunar month is 28 or 29 days long. The details of the start of the month (new moon) and the mid-month (full moon) are given. Here in the West, we don't have that, you know, for tax purposes (no joke) so our monthly calendar is slightly off.....remember, without sounding facetious, this is a man's world! We were never really accounted for....

So every 28 days, we go through the 4 seasons within our bodies. We go through:

# THE FOUR SEASONS

## THE MENSTRUAL CYCLE



# THE FOUR SEASONS

## **MENSTRUATION PHASE:**

This phase begins on day #1 of your period, when bleeding occurs as progesterone levels drop, causing the lining of your uterus to break down and shed. It typically lasts between 3–7 days. During this week, your energy is the lowest it will be during your cycle. You may feel tired, withdrawn, and introspective. Think of this as the winter season of the cycle – when the body is clearing out what’s no longer needed and preparing for new growth.

## **FOLLICULAR PHASE:**

The follicular phase begins the day after your period ends and typically lasts 7–10 days. This is the **SPRING** phase of your cycle where your ovaries are preparing to ripen an egg. The pituitary gland releases a hormone called follicle stimulating hormone, or FSH. FSH stimulates the follicles – which contain a woman’s eggs – in one of the ovaries to mature.

At the beginning of the follicular phase, estrogen and testosterone levels are typically low. They slowly ramp up during this phase. As this happens, you’ll begin to experience a boost in energy, mood, and brain cognition. You’ll start to feel more confident, powerful, and willing to take more risks. Testosterone starts to stimulate your libido. As ovulation approaches, the uterine lining thickens in preparation for pregnancy. The cervix remains low and closed, but gradually opens and starts producing wetter quality cervical fluid

# THE FOUR SEASONS

## OVULATION PHASE:

Ovulation typically occurs between days 12–17 of your cycle. It's referred to as the "summer" phase of your cycle, when your egg is released from the ovary. This phase is short, usually only lasting about two to three days. Right before ovulation, there's a surge of luteinizing hormone, LH, which causes the dominant follicle to burst open and release its egg into the fallopian tube. The egg will be viable for roughly 12–24 hours, and if it's not fertilized, it will disintegrate

Levels of estrogen and testosterone are at their peak during the ovulatory phase. Women often report looking and feeling more attractive during this time, and their sex drive tends to be highest. After all, the body is programmed to maximize genetic potential, so naturally it will get you in the mood to get it on during your window for fertility.

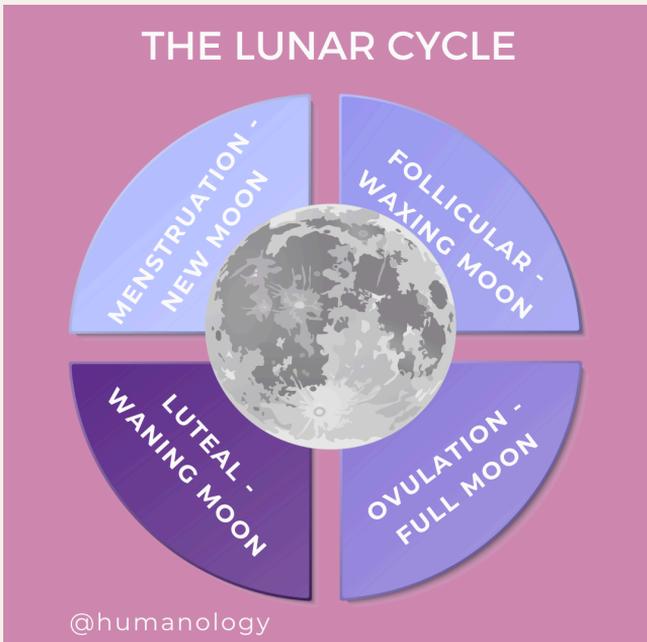
## LUTEAL PHASE:

This phase lasts about 10–14 days (roughly days 14–28 of your cycle) and is referred to as the "fall season" of your cycle. After ovulation, FSH and LH levels sharply decline and remain low for the rest of the cycle.

Estrogen and testosterone decline as well, but estrogen will make another appearance later on in the luteal phase. On the other hand, progesterone rises and stimulates the growth of the lining of the uterus in preparation for pregnancy. It's also responsible for transforming cervical fluid from stretchy and wet, to sticky and dry in this phase (aka it's much less fertile and not conducive to sperm).

# THE FOUR SEASONS

Emotionally, during the first half of the luteal phase, you are often still riding high off of the effects of the ovulatory, or "summer phase." However, as progesterone production increases, you'll find yourself starting to wind down and wanting to avoid the social scene you were seeking the first half of the cycle. During the second week of the luteal phase, estrogen will rise again slightly to further prepare the uterine lining for pregnancy. If there's no pregnancy, estrogen and progesterone will drop and cause the uterine lining to shed during the bleeding, or menstruation, phase.



# THE FOUR SEASONS

The female body is not designed to always be in a constant season of growth. WE ARE CYCLICAL. We rise and fall like the moon all month long and so does our energy, our mood, our vitality. This is exactly as it should be.

## **WE ARE NOT LINEAR LIKE MEN. WE ARE CYCLICAL!**

As we say, during menstruation, this should be a time for deep rest, renewal and revitalising but no, we're clocking overtime and doing carpools on crack! We're normalising 3pm wine time at kids birthday parties cos we're so 'on the go'. We're fried up to our eyeballs with so many different jobs and tasks we didn't hear the bell ring.....

And then we got the call from the Doctor to tell us that we've been diagnosed with ovarian cysts, hashimotos, fatty liver, diabetes, heart disease, high blood pressure, high cholesterol.....

## **THEY ALL LINK UP!**

So, it's time to go back to the garden and sit quietly. It's time to enjoy that winter period when it rolls around. To sit by the fire and eat soup with cosy socks on. Even in the heat of summer when your body bleeds, slow down still and have tea. Go to bed early. Don't drink and party all night eating fried food at 3am.

**Let's reset this clock!**  
**TICK TOCK TICK TOCK**

# THE FOUR SEASONS

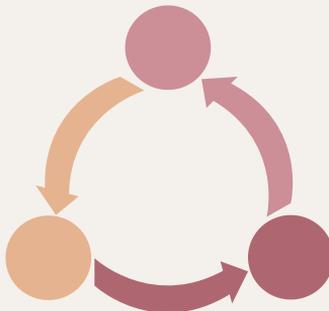
**LADIES, WE'RE NOT JUST DOING THIS FOR US. WE'RE DOING THIS FOR OUR DAUGHTERS AND THEIR DAUGHTERS AND ON AND ON**

My mother is 64. She can't retire yet. The retirement age keeps getting pushed back back back back....These women will still be filling their taxes after their dead. They won't ever get to kick back and relax. This system hates women and their powerful creator bodies. It doesn't want you to slow down and tune in....

But, we're breaking the system and creating a new one, right?

**LET'S GO!**

**So, once you start day 1 of your next menstrual cycle aka, your 1st bleed day, make a note of this day. You can set a reminder on your phone or on a note and then you know for next month and you can start to track**



# THE FOUR PHASES



## PHASE ONE – WINTER:

Staying warm, slowing down, doing all the yin, slow, deep stretches while you slow release your energy. This is a time to replenish your blood supplies with stews, red meats, if you're vegan plenty of seaweed and pulses, pomegranates, red fruits, dark chocolate, nuts rich in zinc, fatty fish oil – Protein and fats are your best friends. Warm / hot foods / soups will help lube your blood and get the flow on the go!

The best exercises during this time are walks, yin yoga, golf and Qi Gong. Anything slow and steady – Include some body tapping to open up lymph drainage points and bring blood to the surface

This phase is known as the **NEW MOON** phase where we release the old and set our intentions for the 'season ahead'. It is entirely in shadow and virtually invisible to the naked eye, hiding in the dark!

# THE FOUR PHASES

## HERBS AND ADAPTOGENS:

**Red raspberry leaf tea** – as it replenished iron in the body lost through blood and helps prevent cramping

**Chaga mushrooms** – I prefer the tinctures in some water or tea and this one helps strengthen immunity and helps to regulate energy levels

**Turmeric** – I always go for turmeric chai lattes with coconut milk as they're great for digestive system support and helps to fight inflammation



# THE FOUR PHASES



## PHASE TWO – SPRING:

Your energy levels start to spring back to life! An important time to start to balance estrogen production so incorporating foods such as pumpkin and flaxseeds are a great idea! Sprouted foods such as beans, breads, oats, lentils etc are great for they also help you sprout!

This time is known as **'THE WAXING MOON'** which represents the phase after the **NEW MOON** where slowly but surely, a crescent of light starts to grow on the right side of the moon. It is high energy, like a young child with an innocent, naive burst for life. New in its endeavours and fresh on its legs. This is where we cultivate the energy required for the rest of this cycle. This is the beginning

So we need to be building energy here. Activities such as crossfit, HIIT, boxing, athletics, swimming and spin are a great idea!  
This is the time to hot rinse off the sweat but then **COLD BLAST** to really get that blood pumping and that energy flowing!

Foods need to be light but incorporating good fats and lean proteins. Carbs are best during this phase as they help build estrogen production and are also necessary for high intensity training.

# THE FOUR PHASES

## HERBS AND ADAPTOGENS

**Nettle tea** – is a great idea as nettle is FULL of vitamin A, B, C and K so is great for bone density. It is also a great blood builder and massively helps to balance blood sugars. One of our favourites at humanology and where our founder Kat still has a batch of locally foraged nettle from the fields of Yorkshire 4 years ago that she dried for her emergency herb pot!

**Reishi mushrooms** – are great to have as tinctures for during this time. Add a pipette full to a glass of water or tea as it is known to help boost estrogen production so if there's a time to use it, during this phase is that time!



# THE FOUR PHASES



## PHASE THREE – SUMMER:

This is the OVULATION PHASE of your cycle where your body built up enough energy throughout spring to help you on your way to bask proudly in your FULL MOON stage.

The FULL MOON version of you knows how to put on a performance. It is full, fertile, flowing with juices and making sure everyone can see their potential! The confidence oozes, the energy is strong. Not overly excitable like in spring where you're bouncing around on new legs but more cultivated and mature, like a COMING OF AGE QUEEN that's just been picked for prom and is hot to go!

Your estrogen is now at its peak so you need to make sure you're eating foods that are light and fresh but make sure to eat regularly and keep blood sugars balanced.

Things like falafels, seaweed wraps, cold water fish, salads, juicy fruits, boiled eggs, avocados and pumpkin and flax seeds are great for during this cycle!

# THE FOUR PHASES

## HERBS AND ADAPTOGENS

**Rec clover** – is great for ovulation stage as it is the top herb to promote hormonal balance in women, enhancing their chances of successful conception. It helps to lube the vagina and increase cervical mucus

**Maca** – is also superb for during this time and if you're a creative kitchen whizz you can incorporate maca into smoothies and also into yummy gelatine gummies which are great to have on hand for cycle easy treats!



# THE FOUR PHASES



## PHASE FOUR – AUTUMN

The queen season! This is the longest phase known as the LUTEAL PHASE and is when the moon goes into its WANING PHASE – So as direct opposite to the  $\frac{1}{4}$  waxing crescent after the shadow new moon, the waning phase is the  $\frac{3}{4}$  fading out crescent preparing to enter shadow season again

This is like the old wise woman that sits observing all her grandchildren spring around her as she, now mature with experience and wisdom reclines into her golden tomb as she releases all the old branches and leaves that she on longer wishes to carry with her into the winter season

This season is plentiful with energy changes as you'll be coming in high from summer still but towards mid-cycle, your energy will dip into the start of what will come for winter. Progesterone will be higher now and your cervical fluid might go from wet and stretchy to sticky and dry as the lining of our uterus thickens in preparation for release (unless of course you had a summer success and the swimmers hit the jackpot!)

# THE FOUR PHASES

This is when we need to start incorporating thicker foods, slower meals and longevity support. We're bringing back in the soups, the nutrient dense things high in magnesium and zinc so think:

Oysters, bananas, brazil nuts, walnuts, lamb, leafy greens and beans, curries and baked potatoes and seeds such as sunflower and sesame for phase 4 are a great idea!

## HERBS AND ADAPTOGENS

**Dandelion root** - You can take this as a tea, tincture or powdered supplement or you can forage and add to salads but dandelion is GREAT for luteal support as it helps to minimise swelling and bloating. It is also great for cleansing harmful toxins and hormone disrupting invaders which in turn helps to support your liver, which in turn helps your hormone production so it is an absolute fave!

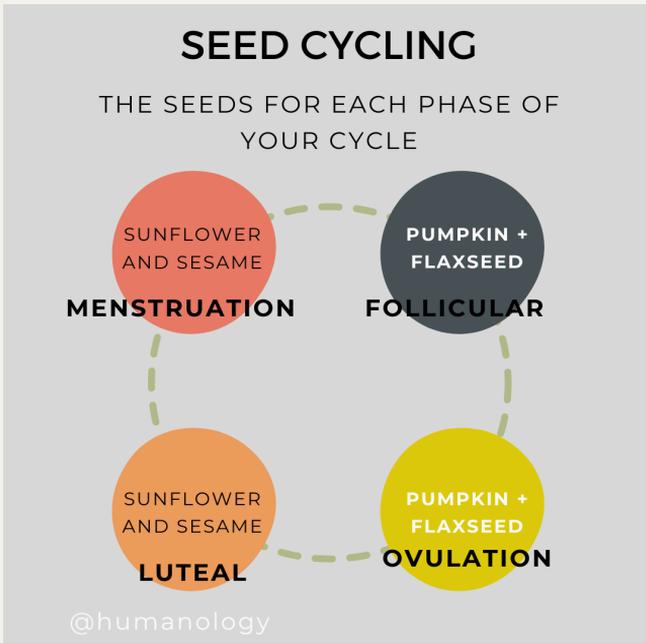
**Ginger** - This is one that is so easy to incorporate into food and you will not regret it. Add into soups, stocks and stir-fries and it will help aid your digestion, warm your body, clear gas and bloating and is great for blood building and circulation. We like to make a huge batch of BONE BROTH to keep on hand and always add a ton of ginger for additional benefits.



# SEED CYCLING

A quick reminder that the easiest way to make sure your getting good fats and all the other benefits from seeds is to follow the simple seed cycle system depending on where you are in your cycle

The rules look like this:



**NOW LET'S GET TO RECIPES!**

# CYCLE INGREDIENTS

We like to try to make sure to use as little gluten as possible, minimal dairy and create all our meals from scratch using non processed ingredients

We understand that it is often not realistic to get people to stick to super regimented diet plans so if there is the odd dollop of cream or a small portion of rice, we won't get stressed but, we do prefer to have those add on's as a very small side to accompany a protein / fat based meal

All our stocks, mayonnaise, sauces and wraps are all homemade and are easy enough to batch prep and store for the week

Every week we like to make:

**A dozen boiled eggs to keep in fridge**

**A chicken bone broth**

**A poached chicken to shred for salads and wraps**

**A jar of homemade mayo**

**A pot of soup**

**A jar of pickled veg**

# CYCLE INGREDIENTS

PLEASE CLICK LINK IN IMAGE TO HEAD TO  
OUR HOMEMADE EVERYTHING PAGE



LET'S GET  
IN THE  
KITCHEN

# BREAKFAST CLUB

PLEASE CLICK LINK IN IMAGE TO HEAD TO  
OUR BREAKFAST CLUB RECIPE LINKS



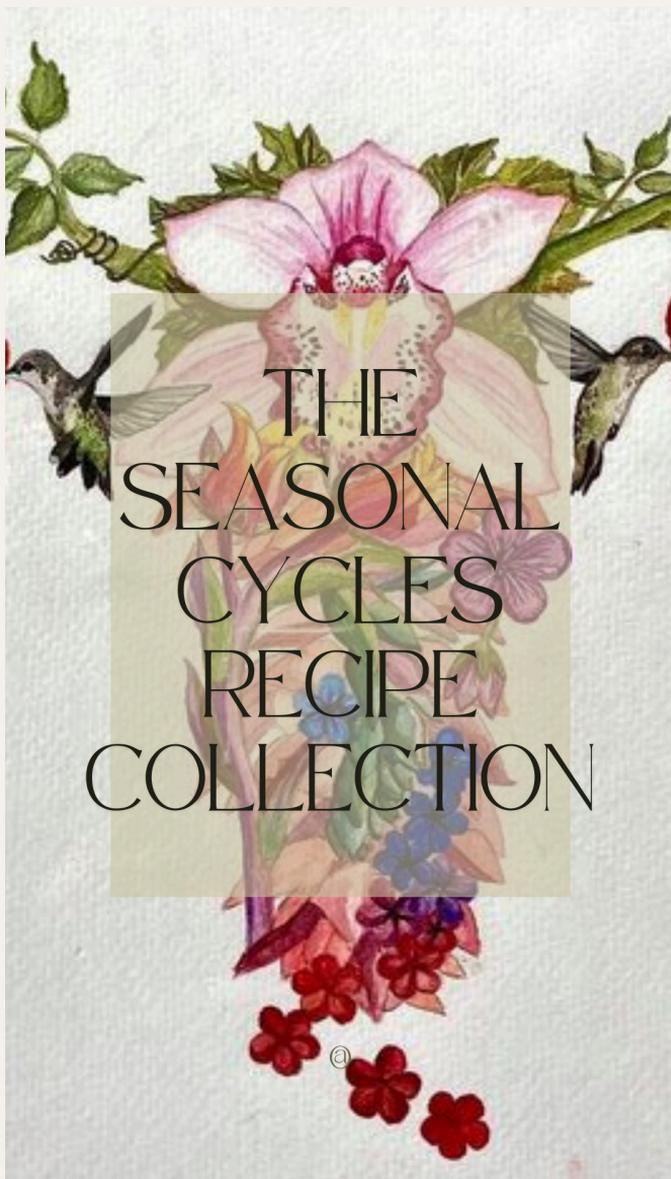
# OUR FINAL PIECE

PLEASE CLICK LINK IN IMAGE TO HEAD TO OUR FINAL  
PIECE THAT CONTAINS VIDEOS AND AUDIOS TO  
FURTHER HELP YOU ON YOUR WAY



# RECIPE COLLECTION

ALL OUR RECIPES ARE WITHIN THE FINAL PAGES THAT FOLLOW BELOW FOR YOU TO KEEP / DOWNLOAD / PRINT BUT YOU CAN ALSO CLICK THE IMAGE TO HEAD TO OUR ONLINE LIBRARY AS A BACKUP





## MOULES MARINIÈRES AND SOURDOUGH

### INGREDIENTS

- 2 tablespoons unsalted butter
- 1 small leek, white and light green parts only, thinly sliced
- 1 small shallot, thinly sliced
- 4 medium cloves garlic, thinly sliced
- 2 bay leaves
- Kosher salt and freshly ground black pepper
- 1 cup hard dry cider or white wine
- 2 pounds mussels (see notes)
- 2 to 3 tablespoons homemade mayonnaise (see notes), crème fraîche, or heavy cream (optional)
- 3 tablespoons minced fresh parsley leaves
- 1 tablespoon juice and 1 teaspoon grated zest from 1 lemon
- 1 loaf rustic sourdough bread, thickly sliced, drizzled with olive oil, and broiled until heavily toasted

### HOW TO

In a medium Dutch oven or large saucepan, melt 1 tablespoon butter over medium-low heat. Add leeks, shallot, garlic, and bay leaves. Season lightly with salt and heavily with black pepper and cook, stirring, until vegetables are very soft but not browned, about 10 minutes.

Increase heat to high and add cider or wine. Bring to a boil and let reduce by half, about 2 minutes. Add mussels, stir, cover, and cook, shaking pan constantly and peeking every 30 seconds to stir. As soon as all the mussels are open, transfer mussels to a bowl using tongs. Place pan lid over bowl to keep mussels warm.

Remove from heat and whisk in remaining butter along with mayonnaise or crème fraîche (if using). Return mussels to pot, add parsley, lemon juice, and lemon zest, stir to combine, then transfer to a warm serving bowl. Serve immediately with additional mayonnaise (if using) and broiled bread.



## BRUSSELS SPROUTS POTATO HASH AND EGGS

### INGREDIENTS

- 4 Tbs. (2 oz./60 g.) unsalted butter, plus more for frying
- 3 Tbs. olive oil
- 1 yellow onion, chopped
- 1 lb. (500 g.) brussels sprouts, trimmed and thinly sliced
- 3/4 lb. (375 g.) Yukon gold potatoes, diced
- 2 tsp. fresh thyme leaves
- Salt and freshly ground pepper
- 1 cup (8 fl. oz./250 ml.) chicken or vegetable broth
- 4 eggs

### HOW TO

In a large frying pan, melt 3 tablespoons of the butter with the oil over medium-high heat. Add the onion and cook, stirring occasionally, until soft, about 5 minutes. Add the brussels sprouts, potatoes and thyme. Season generously with salt and pepper and cook, stirring often, until the vegetables caramelize, about 15 minutes. Add the broth and cook until the liquid is absorbed and the vegetables are fork-tender, about 5 minutes. Adjust the seasoning.

In another frying pan, melt the remaining 1 tablespoon butter over medium heat. Crack the eggs into the pan and fry until the whites are set and the yolks have begun to thicken but are still soft, about 4 minutes. Season with salt and pepper.

Spoon the hash onto plates top with the fried eggs and serve. Serves 4.



## SHUBA -RUSSIAN HERRING BEETROOT SALAD

### INGREDIENTS

- 1 to 2 beetroots, cooked and peeled
- 2 medium carrots, cooked and peeled
- 2 medium potatoes, cooked and peeled
- 2 salted herring fillets
- 1 small yellow onion
- 1/2 cup mayonnaise
- 2 teaspoons apple cider vinegar
- 1/3 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup water, approximately

### HOW TO

- Peel and finely chop the onion. To remove some of the bitterness, place the chopped onion in a bowl, add the water, apple cider vinegar, salt and sugar. Stir well and let the onions soak for 15 minutes.
- Cut the herring fillet into small pieces, removing any bones. You can prepare the salad in a large shared bowl, or in individual servings. For individual servings, you can use metal molds to shape the salad into a cylinder. If you are making the salad in a shared serving bowl, follow the same steps, but don't divide the ingredients.
- Place down the small pieces of herring as the first layer.
- Strain the marinated onions and spoon 2 teaspoons of onion per serving on top of the herring. Spread with mayonnaise.
- Grate the potatoes and layer them over the herring and onion. Press down lightly and spread mayonnaise on top.
- Grate the carrots and add them as the next layer. Spread more mayonnaise on top.
- Grate the beets and add them as the final layer. Spread with mayonnaise and refrigerate the salad for at least an hour to let the flavors meld.



## UKRAINIAN SOUR CABBAGE ROLLS

### INGREDIENTS

- 1.5 kg/ 3.3 lbs whole head of sauerkraut/ fermented cabbage See notes
- 100 g/ 3.5 oz/ ½ cup raisins
- 200 g/ 7 oz/ 1 cup short-grain rice
- 1 large onion
- 1 tablespoon olive oil
- 100 g/ 3.5 oz/ ¾ cup ground walnuts
- 2 tablespoons tomato paste divided
- 3 tablespoons chopped parsley
- 4 bay leaves
- dried thyme or savory
- dried dill seeds optional
- fine sea salt and pepper

### HOW TO

- Remove the core of the sauerkraut head by cutting around it with a small sharp knife and scraping it out, place them in a large bowl filled with cold water. Let soak for one hour
- Prepare the filling. Place the raisins in a bowl, cover with warm water, and let soak while you prepare the rest.
- Wash and drain the rice.
- Chop the onion finely. Heat the oil in a pan and cook the onion for about 2 minutes.
- Add the rice and cook stirring often for about 3 minutes until the rice is shiny and all coated in oil. Take off the heat.
- Drain and chop the raisins and add them to the rice. Add the ground walnuts, 1 tablespoon of the tomato paste, parsley, salt and pepper to taste.
- Drain and rinse the cabbage leaves. Place them on a chopping board, one at a time, and remove the lower part of the leaf, where the stem is very thick.
- Fold the lower part of the leaf over, then one side of the leaf over the filling, then the other side of the leaf over. Roll the leaf and tuck in the open end of the leaf
- Place about half of the chopped sour cabbage on the bottom of a heavy bottom pot or Dutch oven. Add 2 bay leaves, the thyme or savory, and the dill seeds
- In a small pot whisk together the remaining tablespoon of tomato paste and enough hot water to hold the sauerkraut rolls and pour over cabbage
- Cover the pot, bring to a boil, turn the heat down to low and simmer for one hour
- before the hour is up, preheat the oven to 180 degrees Celsius/ 360 degrees Fahrenheit. Remove the lid from the pot and place the uncovered pot into the hot oven. Bake for 40 – 50 minutes until the rolls are nicely colored and really soft inside



## JAPANESE SOBA SEAWEED SOUP

### INGREDIENTS

#### FOR BROTH

- 3 cups water
- 1 piece **kombu (dried kelp)**
- 1 cup **katsuobushi (dried bonito flakes)**
- 1 Tbsp **sake**
- 2 Tbsp **mirin**
- 2 Tbsp **soy sauce**
- 1 tsp sea salt
- 2 pieces **frozen shrimp tempura**
- 1 green onion/scallion
- Seaweed slices
- sesame seeds
- pak choi
- pack of buckwheat soba noodles
- chilli oil to garnish

### HOW TO

Soak 1 piece kombu (dried kelp) in 3 cups water overnight (optional, if you have time). Otherwise, soak the kombu for at least 30 minutes

Transfer the kombu and water into a saucepan. Bring the water to a boil. When it's almost boiling, remove the kombu from the water and reserve it for another use

Add **1 cup katsuobushi (dried bonito flakes)** and simmer for 30 seconds. Then turn off the heat and let the katsuobushi sink to the bottom of the pot. Let the katsuobushi steep for about 10 minutes.

Strain the liquid in a fine-mesh sieve over another saucepan (I also placed a paper towel in the bottom of the sieve beforehand to help gather the bonito flakes)

Add 1 Tbsp sake, 2 Tbsp mirin, 2 Tbsp soy sauce, and 1 tsp sea salt to the dashi and bring the broth to a simmer. Cover with the lid to keep hot and set aside.

Bake **2 pieces frozen shrimp tempura**

Cook the soba noodles and pak choi together and rinse noodles before serving in a bowl, topping with spring onion, seaweed thins and sesame seeds

Pour the hot broth over the noodles and enjoy with chilli oil garnish



## DUCK PANCAKES AND PLUM SAUCE

### INGREDIENTS

- 3 duck breasts
- 3 Tbsp honey
- 1 ½ tsp Chinese 5 spice
- Salt and white pepper
- 1 cucumber cut into julienne strips
- 1 bunch spring onions cut into julienne strips
- 5 plums cut in half and destoned
- 3 ½ Tbsp sugar
- 1 Tbsp + 2 tsp soy sauce
- ¾ tsp Chinese 5 spice
- 2 Tbsp water
- 200 gms rice flour
- 170 ml boiling water
- 1 tbsp sesame oil
- ½ tsp Chinese 5 spice
- 2 Tbsp finely chopped spring onions scallions

### HOW TO

- Preheat the oven to 180C / 350F and line a small baking tray with foil. Season the duck breasts well with salt and pepper on both sides and then place the fat side up on the tray. Drizzle the honey over the duck and then add the 5 spice.
- Roast for 20-25 minutes until golden brown.
- While the duck is roasting make your plum sauce. Add all the ingredients to a medium pot and simmer for around 15 minutes with the lid on. Remove the lid and allow to cool slightly and then blend with a stick blender until smooth.
- To make the pancakes mix the 5 spice and the finely chopped spring onions with the flour and then add the boiling water. Knead this dough on a lightly floured surface for around 8 minutes and until it's soft and springy to the touch. Keep adding a little flour if it gets sticky.
- Cut the dough into 16 even pieces and roll into balls. Using a rolling pin, lightly flour the surface and roll each ball out as thin as possible. Heat a non-stick skillet to high heat.
- Fry the pancakes for 20-30 seconds on each side. Remove before they become brown. Set aside.
- When the duck has roasted set it aside to rest for a few minutes and then slice it into thin strips against the grain, season well with salt, and serve with the pancakes, plum sauce, cucumber, and spring onions.



## CHIPOTLE BEAN CHILLI

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 medium yellow onion, chopped
- 4 cloves garlic, minced or grated
- 2 tablespoons chili powder
- 1 tablespoon chipotle chili powder
- 1 tablespoon smoked paprika
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper use salt and black pepper
- 1 (6 ounce) can tomato paste
- 2 red peppers, seeded and chopped
- 3 carrots, chopped
- 3-4 cups homemade broth
- 1 can crushed fire roasted tomatoes
- 2 tbsp Worcestershire sauce
- 1 can white beans, drained
- 1 can pinto beans, drained
- 1 can black beans, drained
- 1 can kidney beans, drained
- yogurt, cheddar cheese, avocado, green onions, and cilantro, for serving

### HOW TO

- 1. Heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the onion, garlic, chili powder, chipotle chili powder, paprika, oregano, cumin, cinnamon, cayenne, and a pinch each of salt and pepper. Cook 5 minutes, until very fragrant. Stir in the tomato paste, bell peppers, and carrots. Cook another 5 minutes.
- 2. Pour in 2 cups broth, the tomatoes, Worcestershire sauce, and all 4 cans of beans. Season with salt and pepper. Partially cover and simmer over medium-low heat for 1 hour. If your chili is too thick, add the remaining broth, a little at a time, to thin as desired.
- 3. Ladle the chili into bowls. Top as desired with yogurt, cheese, avocado, and green onions. Eat and enjoy...preferably with some sourdough bread or a small bowl of white rice



## BEEF MUSHROOM STROGANOFF

### INGREDIENTS

- 1 tbsp avocado oil
- 1 tbsp ghee (clarified butter)
- 1 large onion (thinly sliced)
- 1/2 lb crimini mushrooms (sliced)
- 1 lb grass-fed beef sirloin (cut into strips or cube)
- 1/4 cup organic cognac or brandy
- 1/2 tsp Himalayan salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup gluten-free beef broth
- 1 bay leaf
- 1 tsp whole grain mustard
- 1 cup full-fat organic creme fraiche or sour cream
- 3-4 sprigs flat-leaf parsley (chopped)
- 1 tsp smoked paprika (optional for extra depth of flavor)

### HOW TO

- **Sauté Aromatics:** Heat the avocado oil and ghee in a heavy skillet over medium-low heat. Add the sliced onions and mushrooms. Cook, stirring occasionally, until the onions are soft and the mushrooms are golden brown, about 10-12 minutes. Remove from the skillet and set aside.
- **Cook Beef:** Increase the heat to medium-high. Add the beef strips to the same skillet and cook, turning occasionally, until browned on all sides, about 5-7 minutes.
- **Deglaze:** Add the cognac or brandy to the skillet and cook until the alcohol evaporates, scraping up any browned bits from the bottom of the pan, about 2-3 minutes.
- **Add Flavors:** Stir in the beef broth, bay leaf, whole grain mustard, salt, pepper, and optional smoked paprika. Bring the mixture to a simmer.
- **Combine Ingredients:** Return the sautéed onions and mushrooms to the skillet. Cook for another 3-4 minutes, allowing the flavors to meld and the sauce to thicken slightly.
- **Finish with Cream:** Reduce the heat to low and stir in the creme fraiche or sour cream. Cook gently, stirring, until the sauce is smooth and heated through. Do not let it boil to prevent curdling.
- **Serve:** Sprinkle with chopped parsley and serve immediately over gluten-free egg noodles, mashed potatoes, or rice.



## MUSHROOM CHESTNUT SOUP

### INGREDIENTS

- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups chestnut mushrooms, sliced
- 1 cup cooked chestnuts
- 4 cups vegetable stock
- 1 bay leaf
- 1 sprig fresh thyme
- 2 tablespoons olive oil
- Salt and pepper to taste

### HOW TO

Heat butter or oil in a large pot. Add onions and celery, cooking until soft. Toss in garlic and mushrooms, sautéing for a few minutes.

Pour in the stock and add chestnuts. Bring to a boil, then simmer for 20 minutes. Season with thyme, salt, and pepper to taste.

Let the soup cool slightly. Blend until smooth using a blender or food processor. Be careful with hot liquid!

Return the soup to the pot and warm it up. Taste and adjust seasoning if needed.

Serve your delicious chestnut and mushroom soup hot. You can garnish with a drizzle of cream or some fresh herbs if you like.



## THAI CHICKEN MASSAMAN CURRY

### INGREDIENTS

- 4 potatoes cut into 1 1/2 -inch chunks.
- 1-2 teaspoons coconut oil
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 medium shallot, cut into thin slices
- 2 teaspoons ginger, freshly grated
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 1/8 teaspoon nutmeg
- 2-6 tablespoons red curry paste
- 2 cans of full-fat coconut milk, 14 ounces
- 2 tablespoons fish sauce
- 1-2 tablespoons light brown sugar
- 1-2 tablespoons tamarind puree or paste \*see notes
- 2 tablespoons peanut butter (optional)
- 1 1/2 pounds chicken- breast, sliced into very thin strips

### HOW TO

1. Have everything prepped and ready to go beside the stove. Toss the chicken slices with about 1/2 teaspoon salt. Measure the spices, keeping the whole seeds separate from the ground spices.
2. Parboil the potatoes. Start with cold water just covering the potatoes. Bring to a boil and simmer for 5-7 minutes cooked to al dente. Drain the water and set aside.
3. Bloom the curry paste and spices. Heat coconut oil in a large pot or Dutch oven over medium heat. Saute the coriander seeds and cumin seeds for 2 minutes, stirring. Add the shallots and fresh ginger, stir 1-2 minutes and add the ground cinnamon, cardamom, cloves, and nutmeg along with the curry paste.
4. Add coconut milk and potatoes. Simmer together for 10 minutes or until potatoes are fork-tender but not overly soft.
5. Season. Add fish sauce, sugar, tamarind paste, and whisk in peanut butter.
6. Add the sliced chicken breast. Simmer for 5 minutes or until the chicken pieces are tender, cooked through and opaque.
7. Taste the curry and adjust sweetness (sugar), fish sauce (or salt) and acid (tamarind paste) to taste. Find your perfect balance.
8. Serve immediately with jasmine rice and toppings.



## SALMON WITH SAUERKRAUT AND DILL BUTTER

### INGREDIENTS

- 4 salmon fillets
- 3 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1/4 cup homemade mayonnaise
- 1/4 cup Greek yogurt
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Homemade Sauerkraut to serve

You can also add potatoes but if you're doing keto not so much

### HOW TO

- Preheat grill to medium-high heat.
- Rub salmon fillets with olive oil and season with salt and pepper.
- Grill salmon for 4-5 minutes per side, or until cooked through.
- In a small bowl, whisk together homemade mayonnaise, Greek yogurt, fresh dill, lemon juice, and lemon zest.
- Serve grilled salmon with lemon-dill sauce on top and a side of sauerkraut



## ASIAN LEMON CHICKEN AND JASMINE RICE

### INGREDIENTS

- 4 chicken breasts, cut into small 2-inch cubes
- 1 cup rice flour
- Salt and pepper, to taste
- 1 cup rice milk
- 1 large egg
- ¼ teaspoon ginger, finely chopped
- 1 teaspoon garlic, finely chopped
- ¼ cup soy sauce, low sodium
- ¼ cup chicken broth (or water)
- ¼ cup honey
- ½ cup pineapple juice
- ⅓ cup brown sugar
- 1 teaspoon lemon pepper
- 1 tablespoon vinegar
- Juice of 2 large lemons
- 1 teaspoon lemon zest
- Salt, to taste
- 2–3 tablespoons cornstarch

### HOW TO

- In a mixing bowl, combine the flour, salt, and pepper.
- In a separate mixing bowl, whisk together milk and egg.
- Dredge each chicken piece first in the flour mixture, then dip into the milk mixture, and coat again in the flour mixture
- Fry the coated chicken pieces in ghee or coconut oil in batches until golden brown and crispy, about 5–6 minutes per batch.
- Transfer the fried chicken to a tray lined with paper towels to drain excess oil.
- In a non-stick saucepan, heat sesame oil over medium heat.
- Add the ginger and garlic and sauté for about 2 minutes until fragrant and golden brown.
- Stir in soy sauce, chicken broth (or water), honey, pineapple juice, brown sugar, lemon pepper, vinegar, lemon juice, lemon zest, and a pinch of salt.
- Bring the mixture to a boil, then reduce heat and let it simmer for a few minutes while stirring constantly.
- Add the fried chicken pieces to the saucepan with the lemon sauce.
- Stir gently to coat the chicken evenly in the sauce.
- Serve with rice and lemon wedges



## HIGH PROTEIN CHICKEN GYROS

### INGREDIENTS

- 4 chicken breasts, cut into small 2-inch cubes
- 1 cup Greek yogurt
- 2 onions
- 1 lemon zest and juice
- 3 cloves garlic
- salt pepper
- cumin
- smoked paprika
- oregano

#### TZATZIKI SAUCE

- 1 cup Greek yogurt
- 1 lemon zest and juice
- 1 grated cucumber (squeeze out liquid)
- 1 garlic clove grated
- Chopped parsley

#### FLATBREADS

- 120g self raising flour
- 150g yogurt

SERVE WITH LETTUCE, TOMATO, ONION, GREEN PEPPERS

### HOW TO

- Start by marinating your chicken in the yogurt, lemon and spice mix. Some police oil is also good to add here
- Then grab an onion and stick 2 skewers to stand so that the chicken strips can be stacked on top ready for cooking in oven
- Place onion chicken stack in oven for 30 mins 180 fan oven and when cooked leave to cool before slicing up
- Make your tzatziki by mixing all ingredients together making sure to drain excess liquid from cucumbers. Season well
- prepare flatbreads by simply combining the flour and yogurt. Super high protein here. This recipe makes 2 large wraps
- Roll out and then dry pan fry for 4 mins on each side medium high heat until cooked and toasted
- Place all ingredients in wrap. Season, sauce up and enjoy!
- Serve with whatever salads of extra sauces you want!
- You can also make this with pork or beef. Same rules apply



## SWEET POTATO MISO WHITE BEAN SOUP

### INGREDIENTS

- 3 leeks
- 3-6 cloves garlic -
- 3 cups homemade chicken broth
- 1 diced sweet potato
- 2 cans white cannellini beans
- 1 teaspoon dried thyme
- 2 tablespoons miso paste mixed with 2 tablespoons water\*
- 2 tablespoons apple cider vinegar
- salt to taste
- black pepper
- 1 teaspoon paprika
- ¼ cup fresh sage -
- 2 cups fresh chopped kale or green of choice

### HOW TO

- Heat butter (or oil) over medium heat. Add leeks and cook for 5 minutes. Add garlic and cook for 3 more minutes.
- Add all remaining ingredients to the pot except for the kale. Bring to a simmer. Cook for 10-15 minutes, until sweet potatoes are tender.
- Turn off heat. Add 2 cups of the cooked soup to a blender or food processor. Blend until smooth. Add blended soup back to the main pot of soup. Alternatively you can use an immersion blender to partially blend the soup. If you have no access to a blender you can use a potato masher to mash the soup or just skip this step. This step serves to make the soup creamier.
- Add in kale to soup and stir until wilted.
- Divide out soup and serve with a slice of toasted sourdough or a bowl of white rice if you're fancy



## KOREAN KIMCHI FRIED RICE AND EGG

### INGREDIENTS

- 1 cup kimchi, chopped
- 3 cups cooked day old sushi rice or white rice
- 1/4 cup kimchi juice
- 3 1/2 tablespoons soy sauce
- 1 1/2 tablespoon rice vinegar
- 1 tablespoon [Korean pepper flakes](#) (gochugaru) or paste
- 2 teaspoons sesame oil
- 1 cup spinach, chopped (optional)
- 1 finely chopped nori sheet
- 4 large eggs fried or omelette chopped
- top with sesame seeds

### HOW TO

- In a pan over medium high heat, add oil and when the oil is hot, add the kimchi.
- Cook for 2 to 3 minutes until the kimchi is soft.
- Add the rice and kimchi juice and break the rice apart with a paddle. Mix all of the ingredients and stir in the soy sauce, rice vinegar, and Korean pepper flakes.
- Add the spinach and cook for 2 minutes, while stir frying the rice.
- Add the sesame oil and toss well to combine.
- Turn the heat off and transfer the fried rice to serving bowls. Serve topped with a fried egg.
- Top with sesame seeds
- Add some extra hot sauce or chilli oil if you want

THIS WILL KEEP IN THE FRIDGE FOR 3 DAYS FOR LUNCHES OR SNACKS - CAN SWAP RICE FOR SOBA NOODLES IF YOU WANT TO TURN THIS INTO A SOUP



## STEAK CHIMICHURRI

### INGREDIENTS

- 2 ribeye steaks, about 1.5 inches thick
- 2 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- For the chimichurri sauce:
- 1 cup fresh parsley leaves, finely chopped
- 3 garlic cloves, minced
- 2 tbsp fresh oregano leaves, finely chopped (or 1 tbsp dried oregano if fresh isn't available)
- 1/2 cup extra virgin olive oil
- 2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper

### HOW TO

- Remove steaks from the refrigerator 30-45 minutes before cooking
- In a medium bowl, combine the parsley, garlic, and oregano. Add the olive oil, red wine vinegar, red pepper flakes, salt, and black pepper. Stir well to blend the ingredients.
- Place a cast-iron skillet or grill pan over high heat. Carefully place the steaks in the hot pan. Sear without moving for 3-4 minutes on the first side or until a deep, golden-brown crust forms. Flip the steaks and cook for another 3-4 minutes on the other side for medium-rare.
- Transfer the steaks to a cutting board and loosely cover them with foil. Allow them to rest for 5-10 minutes to redistribute the juices.
- After resting, slice the steaks against the grain into 1/4-inch thick slices. Arrange the slices on a serving plate or individual plates. Drizzle a generous amount of chimichurri sauce over the sliced steak.
- Serve immediately with extra sauce on the side for dipping. Enjoy with a baked potato or grilled veg selection

IF YOU'RE MAKING THIS ON AN 'AGE' FOCUSED DIET, MARINADE YOUR STEAK IN THE SAUCE 2 HOURS BEFORE COOKING TO REDUCE AGE'S



## SWEET POTATO BLACK BEAN BURGER

### INGREDIENTS

- 1 large sweet potato peeled and cubed
- [1/2 cup of black beans
- 1 egg
- [1/2 cup panko breadcrumbs
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1-2 teaspoons olive oil
- For the mayo sauce:
- [1 tablespoon sriracha hot sauce]
- 1/4 cup homemade mayonnaise
- For the toppings:
- 1 avocado sliced
- 4 large pieces of lettuce
- 4 burger buns (sourdough where poss)

### HOW TO

- Start by cooking the sweet potato either in a steamer or oven / air-fry bake and then scoop out the flesh to mash
- mix potato with black beans, breadcrumbs to hold and seasoning
- In a pan over medium high heat add olive oil, then using hands form 4 sweet potato patties and put them in the pan. Cook each side for 3 minutes, or until browned.
- To make the sriracha mayo combine the sriracha and mayo and put in the refrigerator until ready to enjoy.
- To assemble the burgers on the bottom bun spread sriracha mayo, lettuce, then a sweet potato burger, top with avocado slices and whatever salad you want and top with bun
- ENJOY!
- You can add a side of corn on the cob with melted ghee and spices if you want a bit of an extra side here or a homemade coleslaw with homemade mayo



## EASY LENTIL TACOS AND SALSA

### INGREDIENTS

- 1 cup dried brown lentils cooked
- 1 tablespoon ghee to cook
- 1 medium onion, diced
- 3 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon ancho chile powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1 cup tomato sauce
- 1 tablespoon soy sauce
- ¼ cup chopped fresh corriander
- Salt and pepper, to taste

#### For Serving

- 8 corn tortillas, warmed in a hot skillet
- Toppings of choice, such as lettuce, tomatoes, avocado

### HOW TO

- Place the lentils into a small saucepan and cover them with a few inches of water.
- Lower the heat and allow the lentils to boil for about 20 minutes, until almost fully cooked but just a tad on the firm side.
- When the lentils have finished cooking, drain them into a colander.
- Coat the bottom of a medium skillet with the oil and place it over medium-high heat.
- When the oil is hot, add the onion and cook it for about 5 minutes, stirring occasionally, until it becomes soft and is just beginning to brown.
- Lower the heat to medium, and add the garlic, cumin, ancho chile powder, oregano, and smoked paprika. Sauté the mixture for about 1 minute, until very fragrant.
- Stir in the tomato sauce and soy sauce. Bring the sauce to a simmer and let it cook for about 5 minutes.
- Stir in the lentils and continue to cook everything for 1-2 minutes longer, gently stirring the mixture. Be careful not to smash the lentils.
- Remove the skillet from heat and stir in the cilantro. Season the filling with salt and pepper to taste.
- Stuff the tortillas with the lentil filling and toppings of choice.
- Serve.



## AVOCADO AND CRAB SALAD

### INGREDIENTS

- ripe avocados (sliced into 1/2)
- 2.50 gm fresh /canned crab meat (fresh better)
- chopped celery
- diced red pepper
- chopped onion
- 7.Mint-3-4 leaves
- 8.1 tsp lemon juice
- 9.Salt & pepper to taste
- mix with homemade mayonnaise
- 11.2 tbsp parmesan cheese (optional)
- tablespoon of capers

### HOW TO

- 1.Cut the avocados in half and remove the pits. Scoop out a little extra avocado flesh from each half to create a larger cavity for the stuffing.
- 2.In a mixing bowl, combine the crab meat, diced red bell pepper, cream ,celery, cheese, onion, mayonnaise, lime juice, salt, and pepper. Mix everything gently until well combined. Spoon the crab mixture into the hollowed-out avocados, filling each avocado half generously with the crab mixture. Garnish with mint leaves and a sprinkling of capers and serve.
- (Optional): Sprinkle some hot sauce or paprika on top for extra flavor and a bit of heat.



## TORTILLA DE PATATA

### INGREDIENTS

- 1/2-2/3 cup extra virgin olive oil
- 1 large brown onion, peeled and thinly sliced
- 1.1kgs/2.4lbs potatoes, peeled and thinly sliced
- 1.5 teaspoons salt
- 9 eggs

### SIMPLE AS THAT!

Serve with [Pa amb Tomaguet](#) (toasted sourdough bread rubbed with garlic clove, vine ripened tomatoes and drizzled with olive oil) or a dollop of homemade mayo with garlic granules (cheats alioli)

If you want to also add a platter of cured hams or sliced chorizo to accompany and a cup of olives you have a mixed platter lunch!

### HOW TO

First sweat the onion down in some olive oil slowly for 20 minutes while you peel the potatoes and slice them. You don't have to stir the onions much, just let the heat do its job and soften them occasionally turning them to cook evenly. Transfer onions to a large bowl once softened and caramelised.

Fry the potatoes in batches on medium high heat (7 out of 10) until golden and crispy and once they're cooked add to the onion mixture stirring until they are combined and season with salt. In a jug whisk the eggs and add to the bowl with the potatoes and onion and toss to combine well.

Pour the omelette mixture into the pan and place the lid on. The omelette will cook from the outside in and it will take a while (around 15 minutes or so). Flip the omelette with a plate and fry for another minute. Then flip back onto a plate..

Serve hot, warm or cold.



## SESAME SHRIMP STIR FRY (LIGHT FRY VEG)

### INGREDIENTS

- 6 garlic cloves, minced
- ¼ cup low-sodium soy sauce or coconut aminos
- 2 tablespoons local honey
- 1 tablespoon toasted sesame oil
- 1 tablespoon chili sauce
- 1 tablespoon vegetable oil
- 1 red bell pepper, thinly sliced
- ½ pound asparagus, trimmed and cut into 2-inch pieces
- 1 cup snow peas
- 2 pounds large raw tail-on shrimp, peeled and deveined
- 1 cup of white rice
- chopped coriander

### HOW TO

In a small bowl, combine the garlic, ¼ cup of water, soy sauce, brown sugar, sesame oil, chili sauce. Whisk until smooth

In a large skillet, add the oil over medium-high heat. Once the oil is glistening, add the bell pepper, asparagus, and snow peas. Cook, stirring occasionally, until vegetables begin to soften, 3-4 minutes. Add the shrimp and cook, stirring occasionally, until pink and opaque, 3-4 minutes more

Pour the sauce into the skillet. Cook, stirring occasionally, until the sauce is thick enough to coat the shrimp, about 5 minutes

Serve over white rice, sprinkled with cilantro and sesame seeds, if using



## COURGETTE PUTTANESCA WITH CAPERS AND ANCHOVIES

### INGREDIENTS

x3 large courgettes  
 1 large TBSP tomato puree  
 x1 onion  
 4 anchovy fillets  
 handful of capers  
 1 cup kalamata olives  
 pepper flakes  
 3 garlic cloves  
 parsley  
 sea salt and black pepper  
 lemon juice  
 olive oil

### HOW TO

Start by spiraling your veg noodles and set aside

boil some water to cook them in last minute

Saute the anchovy fillets in some good quality olive oil

add your chopped onion and garlic and cook until softened

add your tomato puree, olives, capers, peppers and any other seasoning and herbs you might like and include 1 cup of the salted noodle water

if you're adding parmesan, include now to thicken the sauce. If you're using goats cheese, chose a hard one you can grate

Cook your noodles and serve with sauce. Add lemon, salt and parsley



## TUNA SALAD WITH LEMONY CHARD AND DANDELION

### INGREDIENTS

- 5 large celery stalks leaves included
- 1/2 medium red onion
- 1/4 cup fresh chives
- 1/2 cup fresh dill
- 1 large lemon for zest and juice
- 3 tablespoons homemade mayonnaise
- 1 tablespoon whole grain mustard
- 2 tablespoons white balsamic vinegar or any white vinegar
- Sea salt
- 1/2 cup black olives
- 1 4-ounce tin of high-quality tuna, packed in butter or oil
- Freshly ground black pepper
- Selected dandelion leaves
- Thinly sliced endive leaves
- 4 slices hearty bread of choice if having (sourdough if poss)

### HOW TO

- Prepare a large bowl of ice water and set it to the side.
- Remove the leaves from the celery stalks. On a sharp angle, slice the celery as thinly as possible. Transfer the leaves and stalks to the ice bath.
- Slice the red onion and endives as thinly as possible. Add them into the ice bath with the celery.
- Finely chop the chives and the dill and add them a large bowl. Zest in the lemon, then squeeze in the lemon juice. Add the mayonnaise, mustard, vinegar, a large pinch of salt, sugar, and mix. Taste and season with salt to taste.
- Finely chop the olives and add them to the dressing.
- Drain the celery and red onion (they should only soak a few minutes), and dry them in a salad spinner. Add them in to the bowl with the dressing and give everything a mix.
- Add the tuna into the salad. Add about half the oil/butter the tuna was stored in as well. Mix and season with more salt as needed. Finish with freshly ground black pepper.
- Serve with bread if having
- For extra protein you could add a side of boiled egg and some sprinkled pumpkin seeds



## AUBERGINE AND COURGETTE PARMIGIANA WITH BASIL

### INGREDIENTS

1 large onion  
 3 tbsp olive oil  
 4 cloves of garlic  
 2 leaves basil  
 1 sprig oregano  
 300 g (3/4 of 15 oz can)  
 tomato passata or tomato  
 puree  
 400 g 1 can (14.5 oz) canned  
 diced tomatoes  
 4 eggplants (aubergines)  
 rice flour  
 1 egg  
 1 pack of good quality hard  
 goats cheese  
 basil to top  
 side salad to serve

### HOW TO

- Add olive oil to a skillet. Place over medium-high heat and add the diced onion. Cook for 5 minutes, then add the diced garlic, basil, and oregano. Cook for 5 minutes, stirring occasionally. Pour in the tomato passata and diced tomatoes. Stir, bring to a boil, then reduce the heat to medium-low and cook for 15 - 20 minutes
- Cut the aubergines into 1 cm (1/2-inch) thick slices. Season with salt and pepper on both sides. Spread rice flour over a baking sheet and roll the eggplants in the flour, shaking off any excess. Transfer the eggplants to a plate. Discard the flour, clean the baking sheet. Whisk the eggs in a bowl, then pour the eggs onto a baking sheet. Dip the eggplants into the eggs on both sides. Lightly fry both sides
- Layer the slices in a baking dish and top with sauce and grated goats cheese until the dish is full
- Top with goats cheese and crushed black pepper and basil
- Cook at 180 for half an hour
- Serve with a side salad and vinaigrette



## ITALIAN STUFFED ARTICHOKEs

### INGREDIENTS

- 4 large artichokes
- 1 ½ cups breadcrumbs, preferably sourdough
- 1 ½ cup grated parmesan cheese
- ¼ cup chopped fresh parsley
- 3 cloves garlic, minced
- ½ cup extra-virgin olive oil
- Salt and black pepper to taste
- Lemon wedges for serving

### HOW TO

- **Prepare the Whole Artichokes:** Trim the stems. Cut off the top third of each artichoke and use kitchen scissors to snip the thorny tips of the remaining leaves.
- **Prepare the Stuffing:** In a large bowl, combine breadcrumbs, grated cheese, chopped parsley, minced garlic, and a generous pinch of salt and black pepper. Drizzle in the olive oil and mix until the stuffing has a slightly moist, crumbly texture.
- **Stuff the Artichokes:** Using a spoon, stuff the breadcrumb mixture between the leaves of each artichoke. Press the stuffing into the leaves.
- **Cook the Artichokes:** Place the stuffed artichokes in a large pot or Dutch oven. Add enough water to the pot to reach halfway up the artichokes. Drizzle a generous amount of olive oil over the top of the artichokes and season with salt. Cover the pot and simmer over medium-low heat for about 50-60 minutes or until the leaves are tender and easily pull away. The cooking time will vary slightly depending on the size.
- **Serve:** Once cooked, let the artichokes cool slightly before serving.



## SALMON RED LENTIL BURGERS WITH SLAW

### INGREDIENTS

12–14 ounces cooked salmon  
(canned is great!)

1 cup of cooked and cooled red lentils

2 eggs

1/2 cup chickpea flour

1 teaspoon salt

1/2 teaspoon garlic powder

1/4 cup chopped fresh herbs,  
like chives, parsley, or dill

a squeeze of lemon juice

olive oil for pan-frying but you  
can air fry

Cabbage, onion and fennel to  
slaw

Olive oil, white vinegar, lemon  
juice vinaigrette

### HOW TO

Flake the salmon apart. Mix all burger ingredients together and form into 3 large or 4 medium patties.

Heat olive oil over medium heat, ideally in a nonstick skillet.

Fry the burgers for a few minutes on each side until golden brown and crispy. Place on a paper towel lined plate and sprinkle with salt.

Mix all slaw ingredients together. Taste and adjust.

Serve up those hot salmon burgers on a bed of creamy slaw. I top mine with a dollop of extra yogurt and a swizzle of oil and more herbs. Can't stop me.



## LENTIL GINGER DAHL AND PARATHA

### INGREDIENTS

- 300g dried red lentils (or mung beans)
- 1 onion chopped
- 1 thumb sized fresh ginger peeled and minced
- 3 garlic cloves minced
- 2 bay leaves
- 1 tsp coriander seeds
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp mustard seeds
- x2 large tomatoes diced
- 1/2 tsp chilli powder
- 500ml hot water or broth
- Ghee or coconut oil to cook
- Salt & pepper to taste
- 1 tbsp lemon juice
- chopped coriander to serve
- 1 cup chickpea flour
- 1/2 cup water
- 1 egg

### HOW TO

- Soak the lentils for 30 minutes, then drain and rinse well until the water runs clear.
- Heat a little bit of oil in a large pot. Add the onions and bay leaves and cook for 5 minutes on a medium heat until the onions are translucent.
- Add the garlic, ginger and spices with a splash of water and cook for another 1 minute.
- Add the chopped tomatoes and cook until softened
- Add the lentils along with the broth or water. Bring to a boil, then lower the heat and allow to simmer for 10-15 minutes, stirring occasionally.
- Take off the heat, add the lemon juice and season to taste with salt and pepper.
- When ready to serve, heat 2 tbsp of oil over a medium heat and add the garlic, chilli flakes, mustard seeds and cumin seeds. Cook for a couple of minutes, then pour over the pan of dal. Mix and serve with rice of homemade vegetable paratha pancake
- Beat the chickpea flour and water into a pancake batter and pour into a hot pan. Cook as you would a pancake and serve as a paratha



## PECAN APRICOT CRUNCH BARS

### INGREDIENTS

- $\frac{3}{4}$  cup Cashew Butter
- $\frac{1}{4}$  cup rice milk
- $\frac{1}{4}$  cup honey or maple syrup
- 1  $\frac{1}{2}$  cooked quinoa
- 1 cup dried apricots
- $\frac{1}{2}$  cup shredded coconut
- $\frac{1}{2}$  cup cashews, roughly chopped
- $\frac{1}{4}$  cup pumpkin seeds
- 3 tbsps chia seeds

### HOW TO

- Preheat oven to 350 degrees F. Line a baking sheet with parchment paper and spread oats evenly. Toast in the oven for 15 minutes.
- Add apricots to a food processor and blend until apricots are crumbly and uniform in size. Put apricots in a large bowl and add toasted quinoa, coconut, chopped cashews, pumpkin seeds, and chia seeds. Set aside.
- Mix together cashew butter and rice milk and stir. Add honey or maple syrup. Warm in a small saucepan, constantly whisking until mixed together and syrupy. Pour over apricot/quinoa mixture and mix together until everything becomes sticky.
- Line a 8x8 square pan with parchment paper or plastic wrap. (I found that plastic wrap is best) Add Apricot mix to the pan and press firmly against the bottom of the pan so that mixture is spread evenly. Freeze for 1 hour.
- Remove from pan and cut into 8 bars.



## PRAWN AND PEPPER PAELLA WITH CITRUS ALIOLI

### INGREDIENTS

- 1 chorizo sausage, thinly sliced
- 1 tbsp extra virgin olive oil
- 1 brown onion, finely chopped
- 1 red capsicum, finely chopped
- 2 garlic cloves, crushed
- 1 tsp smoked paprika
- 1 1/2 cups bomba rice
- 3 large grated tomatoes no skins
- Pinch of saffron threads (see notes)
- 2 cups homemade chicken broth stock
- 400g green prawn cutlets (see notes)
- 3/4 cup frozen peas
- Lemon wedges, to serve
- Fresh flat-leaf parsley sprigs, to serve
- Homemade mayo with garlic powder (cheats alioli)

### HOW TO

Preheat oven to 180C/160C fan-forced. Heat a large heavy-based frying pan over medium heat. Cook chorizo for 1 to 2 minutes each side or until crisp. Transfer to a plate lined with paper towel to drain.

Heat oil in pan. Add onion, capsicum and garlic. Cook, stirring, for 5 minutes or until softened. Add paprika and rice. Cook, stirring, for 1 minute.

Add tomatoes, saffron and stock. Bring to the boil. Return chorizo to pan. Stir to combine. Remove from heat. Cover with foil. Bake for 25 minutes. Add prawns and peas. Fold gently to combine. Cover with foil. Bake for a further 5 to 7 minutes or until rice is tender and prawns are cooked through. Serve paella with lemon wedges and parsley and homemade alioli



## LAMB CHOPS GREEK STYLE

### INGREDIENTS

- 1 kg lamb chops
- ½ cup olive oil
- 1/3 cup fresh lemon juice
- 3 tsp dried oregano
- 2 t chopped rosemary
- 4 garlic cloves minced
- salt and pepper to taste
- Tzatziki to serve

Tzatziki:

Natural yoghurt  
Grated cucumber  
olive oil  
lemon juce  
chopped parsley

### HOW TO

- Combine all the marinade ingredients and mix well.
- Pour over the lamb chops and allow to marinate for at least 10 minutes (a few hours is preferable).
- Pre-heat a griddle pan or grill and grill the lamb chops until caramelized on the outside and blushing pink in the center. Stand the lamb chops up on their fat side to make sure the fat renders and becomes crisp and golden.
- Allow to rest for 5 minutes then serve with tzatziki.
- Tzatziki: Mix half a cup of greek yoghurt with half a grated cucumber, 2 tablespoons of olive oil and a squeeze of lemon and chopped parsley. Omit if you're doing dairy free



## SPANISH STYLE COD AND CHICKPEA STEW

### INGREDIENTS

- 3 tablespoons extra virgin olive oil
- ½ cup thinly sliced shallots,
- 3 cloves garlic, finely chopped
- 1 pint cherry or grape tomatoes, halved
- Salt and pepper
- 1 (15-oz) can chickpeas, drained and rinsed
- 1½ tablespoons capers, drained
- 1 tablespoon sherry vinegar (red wine vinegar can be substituted)
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- **For the Fish**
- 1½ pounds cod, cut into serving pieces
- ¾ teaspoon salt
- ¾ teaspoon paprika

You can also wilt a bag of spinach at the last moment for extra greens. Squeeze of lemon and extra drizzle of EVO at the end

### HOW TO

- Preheat the oven to 180
- Prepare the Chickpeas and Tomatoes: In a large ovenproof skillet, heat the oil over medium heat. Add the shallots and cook, stirring frequently, until softened. Add the garlic and cook. Do not brown. Add the tomatoes, salt, pepper and stir periodically until the tomatoes start to break down and burst, 3 to 4 minutes. As the tomatoes burst, smash them a bit into a chunky sauce. Stir in the chickpeas, capers, vinegar, and thyme. Taste the sauce/chickpea mixture and adjust seasoning, if necessary. Remove the pan from the heat.
- Prepare the Fish: Nestle the cod in the tomato and chickpea mixture, folding any very thin pieces in half. In a small bowl, mix the salt and paprika. Sprinkle evenly over the top of the cod pieces. If you're adding spinach add now. Bake for about 15 minutes, or until the cod is cooked through and flakes easily with a fork. Carefully remove the pan from the oven and immediately place an oven mitt or dish towel over the handle to remind yourself that it's hot (it's easy to forget and burn yourself). Serve.



## BANG BANG CAULIFLOWER (GO HEAVY ON THE GINGER)

### INGREDIENTS

- 1 medium head of cauliflower
- salt & pepper

#### **Bang Bang Sauce**

- 1 tablespoon Olive Oil
- ½ cup Sweet Chili Sauce
- 1 tablespoon Sriracha
- 5 cloves Garlic minced
- LOTS of sushi ginger sliced
- 1 tablespoon Lime Juice
- Sesame oil
- soy sauce
- Sesame seeds
- Garnish
- chopped Green Onions
- chopped Cilantro
- Pack of frozen edamame beans
- Pack of rice noodles

### HOW TO

- Cut Cauliflower into medium-sized florets. Place them on a large baking sheet.
- Bake for 15 minutes to soften at 180
- Set aside and make sauce
- Take a small bowl and pour Olive Oil, Sweet Chili Sauce, Sriracha, minced garlic, sushi ginger and lime juice and add a dash of sesame oil and soy sauce for umami. Whisk well
- Pour all over the cauliflower and then place back in oven for further 10 minutes until sticky and well cooked
- Sprinkle with sesame seeds
- Serve with a bowl of rice noodles and salty edamame beans



## SHINY BEEF RAGU AND PAPPARDELLE

### INGREDIENTS

- 2 pounds chuck roast
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme leaves
- 1 tablespoon minced garlic
- 1 large onion (diced)
- 2 medium carrots (peeled and diced)
- 2 celery stalks (chopped)
- 1 can crushed tomatoes
- 1 cup of red wine
- 1 1/2 cups beef broth homemade
- salt and pepper (to taste)
- 1 pack of Pasta (such as tagliatelle, pappardelle, or fettuccine), cooked according to package

### HOW TO

- Season the beef: Start by seasoning your chuck roast generously with salt, pepper, oregano, basil, and thyme
- Layer the veggies: In your slow cooker, start by layering the minced garlic, diced onion, carrots, and celery.
- Add the meat and liquids: Place your seasoned beef on top of the veggies, then pour in the beef broth. Add the crushed tomatoes on top, but don't mix it—keeping the tomatoes on top prevents them from burning while the meat cooks.
- Slow cook: Set your slow cooker to low and cook for 8 hours (or on high for 4-5 hours if you're short on time).
- Shred the beef: Once the beef is fork-tender, remove it from the slow cooker and shred it with two forks, discarding any large pieces of fat. Return the shredded beef to the slow cooker and stir it into the sauce.
- Cook the pasta: While your beef is cooling enough to shred, cook your pasta according to the package directions.
- Mix and serve with grated Parmesan on top for good measure!



## HERB CRUSTED ROAST BEEF AND HORSERADISH

### INGREDIENTS

- 1 2 ½ Pound Beef Roast such as sirloin, eye of round or top round
- 4 Tablespoons olive oil divided
- 2 Tablespoons ghee
- 2 Tablespoons fresh parsley finely minced
- 2 Teaspoons fresh rosemary finely minced
- 2 Teaspoons fresh thyme finely minced
- 2 Cloves garlic finely minced
- Salt and pepper
- For the horseradish sauce
- ½ Cup sour cream
- 2 Tablespoons prepared horseradish
- 1 Teaspoon dijon mustard
- Salt and pepper to taste
- Lemon zest (optional)

### HOW TO

- Pre season the roast. The day before cooking the roast, season liberally with coarse salt and wrap with plastic wrap. Store the salted roast in the refrigerator. (optional)
- Pre heat the oven to 180 degrees. Remove the roast from the refrigerator an hour before cooking so that it can come to room temperature and season with coarse salt.
- In a cast iron pan, heat 2 tablespoons of the oil over medium high heat. Sear the roast on all sides until a brown crust forms; about 10 minutes.
- Combine the remaining oil, ghee, parsley, rosemary, thyme, and garlic in a bowl and season with pepper. Rub the herb mixture all over the roast.
- While the roast is in the oven, whisk all of the ingredients for the horseradish sauce together. Cover and keep chilled until ready to use.
- Let the roast rest for 10-15 minutes before slicing thinly.
- Serve with horseradish sauce, a baked potato, side salad and Enjoy!



## PUMPKIN PARSNIP SOUP WITH PINE NUTS

### INGREDIENTS

- 1L homemade Chicken Stock
- 1/2 cup sour cream
- 1 brown onion chopped
- medium pumpkin peeled chopped (save skin and seeds for topping)
- 3 large parsnip peeled chopped
- 1 tbs parsley chopped
- 1 tsp ground cumin
- 2 tbs olive oil
- 1 tsp garlic crushed
- 1 pinch salt and pepper \*to taste

### HOW TO

- Heat oil in a large saucepan over medium heat. Cook onion, garlic and cumin for 2 minutes.
- peel the pumpkin and chop into wedges but save the peels and seeds
- Roast pumpkin and parsnips for 30 mins including peels and seeds
- Reduce heat on onions to low and stir in stock. Add in the pumpkin and parsnip. Cover and simmer for 30 minutes or until vegetables are very soft.
- Set aside for 5 minutes. Blend soup in batches until smooth.
- Return to the pan and stir over medium heat until almost boiling.
- Season with salt and pepper. Place soup in large bowls, top with sour cream and parsley if desired and top with crunchy pumpkin skins and toasted pumpkin seeds



## LEBANESE GREEN BEAN BEEF STEW

### INGREDIENTS

- 2 tablespoon ghee
- 1 onion, finely diced
- 7-8 garlic cloves, sliced
- 500g beef cubes
- 5 cups beef stock or water or combo of both
- 1/2 teaspoon seven spices or all spice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bag frozen green beans 15oz, 400g
- 1 can crushed or diced tomatoes 15 oz, 400g
- 2 tablespoon tomato paste
- 1 cup cooked white rice (cook in chicken broth if poss for extra flavour and goodness)

### HOW TO

- Heat ghee in a large pan on medium high heat, then add the onion. Saute until softened, 5-6 minutes, then add the sliced garlic.
- Add beef and cook until browned
- Add stock / water and all the spices and simmer on medium until meat is cooked through and tender, anywhere from 1hr to 2
- Once meat is cooked, add frozen green beans and simmer 10-15 minutes until beans are cooked.
- Add the canned tomato and tomato paste, stir, bring to a boil, then simmer covered for 10-15 minutes or until sauce thickens.
- Serve with a bowl of white rice



## CRISPY CHICKEN MILANESE

### INGREDIENTS

- 2 Pounds Boneless, Skinless Chicken Breast cut thin, halved, or pounded thin
- 2 Eggs whisked
- 1 Cup Panko Breadcrumbs
- 1 Cup Parmigiano Reggiano freshly grated
- ¾ Cup All-Purpose Flour
- 1 Teaspoon Garlic Powder
- 1 Teaspoon sea Salt
- ½ Teaspoon Ground Black Pepper
- 3 Tablespoons Avocado Oil
- 4-6 Cups Arugula
- ¼ Red Onion thinly sliced
- 2 Tablespoons Olive Oil
- ½ Lemon zested and juiced

### HOW TO

- Start by preparing the chicken. Pound the chicken breasts until thin
- Crack the eggs into a bowl and whisk them to combine.
- In a separate bowl, mix together the flour, garlic powder, salt, and ground black pepper.
- In a third bowl, add in the panko breadcrumbs and parmesan and mix to combine.
- Prepare the chicken breasts. First, coat them in the flour mixture, then add them to the egg wash, and finally, transfer to the breadcrumb mixture and roll it around until it's coated in the breadcrumbs. Repeat until all of the chicken breasts are fully coated
- Next, heat a pan medium hot with ghee and cook chicken for 3-4 minutes, then flip to the other side and cook for another 2-3 minutes. Repeat until all of the chicken has been cooked. Once the chicken is cooked, set it aside.
- Prepare the rocket salad and add in the red onions, olive oil, lemon juice, and lemon zest. Toss to combine.
- Finally, plate the Chicken Milanese. Add 1-2 of the chicken cutlets to a plate, then top with a heaping spoonful of the salad. Garnish with a squeeze of lemon juice and a sprinkle of more grated parmesan cheese, then serve and enjoy!



## TURKEY CRANBERRY WRAPS

### INGREDIENTS

- 1/2 cup turkey, cubed (If you make a whole crown, slice it up and you can freeze ready for rolls for whenever you want)
- tortilla of your choice (We like rice tortillas or soft flour)
- 2 tablespoons homemade mayo
- 2–3 tablespoons cranberry sauce
- 1/4 cup romaine lettuce, chopped

You can also make your own stuffing with nuts, herbs and breadcrumbs and turn this into a turkey stuffing roll too

### HOW TO

- Roast for the calculated cooking time. Mix together mustard and honey to make a glaze. When turkey has 20min cooking time remaining, remove foil and drizzle over the glaze. Return to the oven, uncovered, for the remaining cooking time. Check turkey is cooked by piercing the thickest part of the meat with a knife - the juices should run clear. If they're still pink, return to the oven and check
- Lay out tortilla and spread a layer of dairy-free cream cheese on top, making a strip down the middle.
- Scoop some cranberry sauce on top, covering the cream cheese.
- Lay down as much turkey as you want as well as some romaine lettuce.
- Wrap up and eat!



## CAULIFLOWER PAKORAS WITH CORIANDER DIP

### INGREDIENTS

- 1 cauliflower, chopped into small florets
- 4 large green chillis
- **For the Batter**
- 200g gram flour
- 1 tsp chaat masala
- ½ tsp carom seeds
- ½ tsp red chilli powder
- ¾ tsp salt
- ½ tsp turmeric powder (optional)
- 100ml water

Serve with coriander or mango chutney or a yogurt mint dip

### HOW TO

- Place all of the dry ingredients for the batter into a large bowl and mix well. Slowly add some water, a little at a time, whilst you stir and stop when you form a smooth medium-thick batter.
- Place the cauliflower and chillis on a large plate and sprinkle on some salt and turmeric powder. Let it rest for 10 minutes.
- After 10 mins dip the florets and chillis into the batter mix and allow to soak in for a minute or 2
- Heat 1 cup of tallow oil or ghee oil in a deep pan.
- Cook until golden all over. Transfer to a kitchen roll lined plate to remove any excess oil.
- Make sure to slit the green chillies before you cook them to prevent them from bursting open. Place them in the batter and repeat the same process.
- Serve with chutneys, a bowl of white rice if you want to bulk up or a paratha on the side that might be left over!

Left over days are great for recipes like this because it's already cooked and only needs bulking up and pairing with dips and chutneys! Super filling and nutritious



## CHAI PEARS WITH WALNUT HAZELNUT CRUMBLE

### INGREDIENTS

- 4 ripe but firm pears peeled and stems left intact
- 8 cups water
- 8 chai tea bags
- 1/2 cup maple syrup
- 2 cinnamon sticks
- 1 vanilla bean split

#### CRUMBLE TOPPING:

- 1 cup all purpose flour
- 1/4 cup rolled oats
- 1/4 cup toasted hazelnuts roughly chopped
- 1/2 cup brown sugar
- 1/2 tsp celtic sea salt
- 1 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/2 tsp ground ginger
- 1/4 tsp black pepper freshly cracked
- 1/2 cup unsalted butter cold and cubed

**TO SERVE - GREEK YOGHURT**

### HOW TO

- Preheat the oven to 180.
- In a large bowl, whisk together the flour, oats, hazelnuts, brown sugar, salt, and spices. Add in the butter and squish the butter into the flour with your fingers until mixture has come together and is crumbly. Add the crumbles to a parchment-lined baking sheet and spread out in a single layer.
- Bake for about 15-20 minutes, until golden brown and crisp. Allow to cool completely.
- In a large pot, add the water and bring to a simmer. Add the tea bags and let simmer (not boil) for 4 minutes then remove the tea bags and add the maple syrup, cinnamon sticks, and vanilla bean and stir to combine. Gently add in the pears, laying them on their side, and let them simmer for about 20 minutes, until tender, turning occasionally so they poach evenly on all sides.
- To serve, add a pear to a bowl with a scoop of natural greek yoghurt. Sprinkle with the crumble. Enjoy!



## CHAI PEARS WITH WALNUT HAZELNUT CRUMBLE

### INGREDIENTS

- 4 ripe but firm pears peeled and stems left intact
- 8 cups water
- 8 chai tea bags
- 1/2 cup maple syrup
- 2 cinnamon sticks
- 1 vanilla bean split

#### CRUMBLE TOPPING:

- 1 cup all purpose flour
- 1/4 cup rolled oats
- 1/4 cup toasted hazelnuts roughly chopped
- 1/2 cup brown sugar
- 1/2 tsp celtic sea salt
- 1 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/2 tsp ground ginger
- 1/4 tsp black pepper freshly cracked
- 1/2 cup unsalted butter cold and cubed

**TO SERVE - GREEK YOGHURT**

### HOW TO

- Preheat the oven to 180.
- In a large bowl, whisk together the flour, oats, hazelnuts, brown sugar, salt, and spices. Add in the butter and squish the butter into the flour with your fingers until mixture has come together and is crumbly. Add the crumbles to a parchment-lined baking sheet and spread out in a single layer.
- Bake for about 15-20 minutes, until golden brown and crisp. Allow to cool completely.
- In a large pot, add the water and bring to a simmer. Add the tea bags and let simmer (not boil) for 4 minutes then remove the tea bags and add the maple syrup, cinnamon sticks, and vanilla bean and stir to combine. Gently add in the pears, laying them on their side, and let them simmer for about 20 minutes, until tender, turning occasionally so they poach evenly on all sides.
- To serve, add a pear to a bowl with a scoop of natural greek yoghurt. Sprinkle with the crumble. Enjoy!

CONCLUSION

# FAREWELL AND THANK YOU

We really hope that you have loved this program. We wanted to include as much scientific fact as possible but also make this program as intuitive and 'gut-feeling' based as possible so that you can help tune back into your body in the best way that suits you

As we are an HR team, HUMAN RESOURCES are, in our humble opinion, resources available to HUMANS to help them be the best that they can be, so we do hope that this portal journey has helped you find your way back to you!



IF YOU ARE INTERESTED IN EXTENDING YOUR JOURNEY BACK TO YOUR RE-CONNECTED SELF, WHY NOT CHECK OUT PORTAL 3 - "HELLO, IT'S ME - IDENTITY SPECIAL' WHICH LAUNCHED THIS APRIL 2025!

DETAILS ARE UP ON OUR WEBSITE

BUT FOR NOW, A HUGE THANK YOU TO YOU FOR FOLLOWING THIS JOURNEY WITH US, AND FOR ALLOWING US TO SHARE IT WITH YOU

*The Humanology Team*