



TOP 14 **HORMONE-BALANCING** *Recipes Guide*

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RECLAIM YOUR ENERGY, SLEEP, FOCUS, AND METABOLISM WITH HORMONE LOVING RECIPES

Close your eyes and picture yourself as the superwoman I know you are. What do you see? Is she vibrant, curvy, and ready to charge into the world? Reserved with a silent power? Can you feel her energy? That is the vision of the woman you are at your core.

Whether you feel this vibrancy in your body or not, you know it's locked away somewhere waiting to be released. Think about it...if you looked and felt as energized and graceful as that vision you just imagined, how would it change your life for the better?

By embracing midlife as a new beginning, a time of reinvention, and a time of adaptation to prepare for your future, you can harness a newfound energy and power by leveraging delicious food as fuel for your body and soul. You CAN create that ideal life, despite what our culture tells us. Your best years are ahead of you. By making simple, tangible changes to your diet right now, you will increase your energy, balance your hormones, and firm that inner foundation so you can enter into your future with grace.

The recipes in this guide aren't revolutionary in many ways. They use real ingredients you can find in your local stores or farmer's markets. The flavors are timeless (though, I hope, still exciting). But what makes this Hormone Recipe Guide so special is that it incorporates small tweaks to what you may already be doing with a huge payout on energy and support of your overall wellness.

My Hormone Recipe Guide isn't a diet -- it's a lifestyle choice. When you eliminate inflammatory, hormone-sabotaging foods and replace them with nutritious alternatives, you are showing your body the attention and care it so desperately needs and deserves.

This guide contains a taste of what you will find in my new book, [**The Essential Oils Menopause Solution**](#), and I invite you to dive in deeper with me as your expert guide.

The recipes you'll find below are healthy for every woman, no matter your stage of life. My hope is that these will serve as an inspiration to help you realize that healthy lifestyle is possible. It's fun. It's exciting. It's an open door to the "you" that you envision yourself being 6 months or 6 years down the road.

When you pair the food principles that these recipes follow with my new book, [**The Essential Oils Menopause Solution**](#), you will quickly learn how to identify your problem areas, make strategic choices for your individual body, and reap the benefits of a balanced lifestyle.





IT'S TIME TO HARNESS THE POWER OF SUPERFOODS FOR YOUR LIVER!

I know the sexy reproductive hormones (estrogen and progesterone) get blamed for everything, but the real iceberg lies under the surface in your gut, liver, and stress hormones. These are the true heavy-hitters when it comes to re-establishing a healthy balance in your body.

By supporting a healthy microbiome in your gut, the benefits will also extend to your brain, mood, and body as a whole because you're cutting inflammation and rebalancing your digestion.

The liver plays a huge role in metabolizing, regulating, and detoxifying your body, but is often overlooked. If stubborn belly fat plagues your middle and you feel run down while relying on caffeine and sugar to get through the day, your liver is crying out for help. Liver-loving foods like avocado, leafy greens, and cruciferous veggies populate many of these recipes for optimal reset. If your liver is slacking off on its duties, you're opening the door for estrogen dominance, and other bigger hormone imbalances that give menopause such a bad rap.

This can be a stressful time in your life. Everything may feel like it's in transition, leaving you grasping for anything that feels "normal" and comforting -- including not-so-healthy food choices. Stress eating is real. But did you know that certain foods can also add to your body's already stressed-out state? Things like sugar and grains impact insulin levels and other hormones so deeply that it causes a cascade of hormone changes that leave you totally depleted.

The recipes in this guide are very strategic. Every ingredient is selected to eliminate inflammation or stress on your cells and support a healthy gut and liver. Creating lasting change won't happen overnight. But simple, daily changes like these recipes are the way you'll ensure you are able to live your best life for years to come!



DR. MARIZA'S HORMONE-BALANCING RECIPES

STRAWBERRY LIME MINT SPRITZER

Serves: 4

Boost your immunity and support your liver and digestive system with this easy-to-make water infusion.

Ingredients:

- 2 cups **strawberries**, hulled and quartered
- 1 **lime**, sliced into wheels
- 2-4 **sprigs of mint**, stems included
- ½ quart **still water**
- 1 quart **sparkling water**
- **Ice**

Directions:

In a 2-quart pitcher, arrange fruit at the bottom and cover with ice. Then pour water in to cover the ingredients. Allow the mixture to steep for at least 30 minutes, then top with sparkling water just before serving. Like more or less fizz? Adjust amounts of still versus sparkling water accordingly! Just make sure the still water, sparkling water and ingredients amount to 2 quarts.

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ICED MATCHA LATTE

Makes 2 (8-ounce) servings

My favorite green tea packs a massive antioxidant punch. Matcha boosts energy levels and supports a healthy metabolism. Matcha also contains L-theanine, designed to enhance cognitive function, memory and focus.

Ingredients:

- 1 teaspoon **matcha green tea powder**, divided
- 14 ounces **unsweetened vanilla almond milk or unsweetened coconut milk**
- Pinch of **cinnamon** (optional)
- 2-3 drops of **Stevia** (optional)

Directions:

Place all ingredients in a blender. Blend on high for about 30 seconds until completely blended and a little frothy. Add a pinch of cinnamon, taste and adjust sweetener, if desired.

Serve over ice and enjoy!



CREAMY RASPBERRY CHOCOLATE SHAKE

Serves 1

Ingredients:

- 1-2 scoops [Vanilla Paleo](#)
- [Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
- 2 cups **mixed greens**
- ½ medium **avocado**, pitted, peeled and chopped
- 1 cup frozen **raspberries**
- 2 tsp [Daily Fiber Complete](#) (or 1 Tbsp freshly ground flaxseed)
- 2 tsp **unsweetened baking cocoa** (optional)
- 1 cup **unsweetened coconut milk**
- 1 cup purified **water**

Directions:

Add the greens, water and unsweetened coconut milk to a high-powered blender. Start blending on low and increase to medium speed until greens are completely broken down and smooth. Add frozen raspberries, fiber, avocado, unsweetened baking cocoa and vanilla protein powder. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!



GREEN AND GLOWING SMOOTHIE

Serves 2

Ingredients:

- 1-2 scoops [Vanilla Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
- 2 cups **baby spinach**
- ½ **lemon**, squeezed
- 1 cup frozen **strawberries and blueberries**
- 2 stalks **celery**, chopped
- 2 teaspoons **Daily Fiber Complete** (or 1 Tbsp freshly ground flaxseed)
- 1 tablespoon **coconut oil, or MCT oil**
- 2 cups **coconut water**
- 3-4 **ice cubes** (optional)



Directions:

Add the spinach and coconut water to a high-powered blender. Start blending on low and, as spinach starts to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add protein powder, lemon juice, strawberries, blueberries, celery, coconut oil, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!

EVERYDAY HEALTHY MEDITERRANEAN SALAD

Serves 4

Ingredients:

- 4 cups **romaine leaves**, chopped, or mixed greens
- ½ cup **cherry tomatoes**, halved
- 1 Persian **cucumber** or ½ hothouse cucumber, chopped
- ½ cup canned **artichoke hearts**, drained and roughly chopped
- ½ medium **avocado**, pitted, peeled, and chopped
- ¼ small **red onion**, thinly sliced
- 1 teaspoon **dried oregano**
- 10 **Kalamata olives**, pitted, drained, rinsed, and chopped

Directions:

Combine all ingredients in a large salad bowl and toss well. Serve with lemon vinaigrette dressing.

Healthful Hints:

- Both artichoke hearts and Kalamata olives often come in very salty brines. Look for those stored in water instead of oil, with no added salt.
- Add chickpeas and/or chicken to your salad for added protein.
- Add fresh parsley for an extra antioxidant and flavor boost.



SIMPLE LEMON VINAIGRETTE

Makes $\frac{3}{4}$ cup dressing; Serves 6

Ingredients:

- **Juice of 3 lemons** (about $\frac{1}{4}$ cup)
- $\frac{1}{2}$ teaspoon **lemon zest**
- $\frac{1}{8}$ teaspoon **sea salt**
- $\frac{1}{8}$ teaspoon **cracked black pepper**
- $\frac{1}{2}$ cup extra virgin **olive oil**

Directions:

Whisk together the lemon juice, lemon zest, salt, and pepper in a small bowl. Very slowly, drizzle in the olive oil and continue whisking the mixture together. Store in an airtight container or jar for future use.



STRAWBERRY, AVOCADO AND ARUGULA SALAD

Serves 4

Ingredients:

- 4 cups **arugula**
- ½ cup chopped fresh **basil**
- 1 large **avocado**, pitted and chopped
- 1 cup sliced **strawberries**
- ¼ cup sliced **almonds**

Directions:

In a large bowl, combine all ingredients, adding the strawberries last. Toss well and serve with a balsamic vinaigrette, or your favorite oil and vinegar combo. Consider adding your favorite fish, or chicken to make it a complete meal.



HEALTHY BALSAMIC VINAIGRETTE DRESSING

Makes $\frac{3}{4}$ cup dressing; serves 6

Ingredients:

- $\frac{1}{4}$ cup **balsamic vinegar** (sweet) or **red wine vinegar** (acidic)
- $\frac{1}{2}$ cup extra virgin **olive oil**
- $\frac{1}{2}$ teaspoon **Dijon mustard** or **brown mustard**
- $\frac{1}{8}$ tsp **sea salt**
- Cracked **black pepper** to taste

Directions:

Whisk together Dijon, and balsamic vinegar in a small bowl. Very slowly, drizzle in the olive oil and continue whisking the mixture together. Add salt and pepper to taste. Store in an airtight jar or container for future use.



FRESH PESTO SALMON BOWL

Ingredients for the Salmon

- 4 **salmon fillets**
- 1 tsp **paprika**
- 1 tsp **garlic powder**
- 1/4 tsp each of **salt and pepper**

Ingredients for the Pesto

- 2 cups fresh **basil**
- 1 cup **spinach**
- 1/4 cup **raw pumpkin seeds**
- 4 cloves **garlic**, smashed and peeled
- 1 **lemon**, juice of
- 1/2 cup **olive oil**
- **Salt and pepper**, to taste

Ingredients for the Rest of the Bowl

- 8 cups **mixed greens**
- 1 **avocado**, pitted
- 1 **red bell pepper**, chopped
- 1 cup **cherry tomatoes**, cut in half
- 3 **carrots**, peeled

Directions:

Your oven to 400°F, line a baking sheet with parchment paper. Place salmon fillets on a baking sheet and season with the paprika, garlic powder and a pinch each of salt and pepper. Place in the oven to bake for 15-20 until flaky with a fork.

Cooking time will vary depending on the size of your fillets.

While the salmon is cooking, make pesto sauce. Place all of the sauce ingredients (except for the olive oil, salt and pepper) in a food processor and process until everything is pulverized. Stream olive oil in while the food processor is running. Stop once combined and taste. Season with salt and pepper to taste.

Once salmon is done, add mixed greens to bowls. Add cherry tomatoes, carrots, bell peppers, avocado and salmon. Drizzle pesto on top of everything. Sprinkle some extra pumpkin seeds on top. Serve and enjoy! Optional: Replace mixed greens with 2-3 cups cauliflower rice.



PALEO CHICKEN TACO BOWL

Serves 4

Ingredients:

- 1 1/2 pounds boneless, skinless **chicken thigh**
- 1 teaspoon **paprika**
- 1/2 teaspoon **ground cumin**
- 1 teaspoon **sea salt**, divided
- 1/2 teaspoon cracked **black pepper**
- 2 tablespoons organic cold-pressed **coconut oil**, divided
- 1/2 small **yellow onion**
- 2 cups **Cauliflower Rice**
- 1 15-ounce can **black beans**, rinsed and drained
- 1/4 cup **cilantro**, chopped
- 2 cups chopped **romaine lettuce**
- 1 **tomato**, diced
- Drizzle with **vinaigrette dressing** of choice



Directions:

Preheat a large grill pan on medium to high heat. Meanwhile, season the chicken thighs in a large bowl with the paprika, cumin, 1/2 teaspoon of salt, and pepper. Spread 1 tablespoon of coconut oil on a paper towel and wipe the grill pan to grease.

Once hot, place the chicken thighs onto the pan. Cook 4-5 minutes on each side and remove, placing on a plate to rest.

Next, preheat a medium saucepan on medium to high heat. Dice the yellow onion. Add the remaining coconut oil and diced onion to the saucepan, stirring often. Once the onion has become translucent, about 3 to 4 minutes, add the cauliflower rice and black beans and sprinkle with remaining sea salt. Stir until heated through, about 4 to 5 minutes. Toss in the chopped half of the cilantro and mix well. Turn heat off.

Slice the chicken thigh into long strips. Serve the cauliflower and black bean mixture onto a bowl or plate, then layer the chicken strips. Top with the lettuce, chopped cilantro, diced tomatoes and guacamole, then drizzle with your favorite vinaigrette dressing. Enjoy warm!

Healthful Hints:

- Leftover cauliflower “rice” and beans can be enjoyed for breakfast.
- Make this dish vegetarian by substituting the chicken with a hearty vegetable or starch such as sweet potato.
- Add guacamole (page 20) to this dish for a serving of healthy fats.

CAULIFLOWER RICE

Serves 4

Ingredients:

- 1 head **cauliflower**, washed
- 2 tablespoons extra virgin **olive oil**
- 1/2 **white onion**, diced
- **Salt and pepper**, to taste

Directions:

Cut the cauliflower head in half and chop cauliflower into small florets. Cut larger florets into smaller pieces so they'll fit into a food processor. Insert the grater adapter into your food processor and start feeding the cauliflower florets through the top. Heat the olive oil in a large pan and sauté the diced onion until it's translucent. Add the cauliflower rice to the pan and sauté for another 5-7 minutes. Season with salt and pepper and serve immediately.



EASY TURKEY BURGER

Serves 4-5

Ingredients:

- 1 pound **lean ground turkey**
- ¼ cup **red or white onion**, minced
- 1 teaspoons **salt**
- ¼ teaspoon **black pepper**
- ¼ teaspoon **garlic powder**
- 1 teaspoon **cumin**
- ¼ cup packed, fresh **basil**, chopped
- ¼ cup packed, fresh **parsley**, chopped
- 1 tablespoon extra virgin **olive oil**
- **Lettuce wraps**
- **Your choice of toppings**, including tomato, avocado, red onion and pickles



Directions: In a large bowl add the ground turkey meat, onion, salt, pepper, garlic powder, cumin, basil, and parsley. Mix and combine well with hands. Form into 4-5 turkey patties by making them into a circle then flattening them with hands.

In a medium saucepan heat the olive oil on medium-high and immediately add the patties. Cook for 5 minutes on each side. Serve on a lettuce wrap with toppings of your choice (tomato, avocado, red onion and pickles).

Healthful Hints

- Consider adding avocado sauce or pesto to boost the flavor and add a fresh mix-and-match salad and sweet potato fries (see the next recipe) for a complete meal.
- Consider using leftover patties for salads, or on top of spaghetti squash for a quick and easy meal.

BAKED SWEET POTATO FRIES

Serves 3-4

Ingredients:

- 2 large **sweet potatoes** (1 pound)
- 1 tablespoon extra virgin **olive oil**
- 1 teaspoon dried **oregano**
- 1 teaspoon **onion powder**
- 1 teaspoon **garlic powder**
- 1 teaspoon ground **cumin**
- 1 teaspoon **sweet paprika**
- ¼ teaspoon **cayenne pepper** (optional)
- ½ teaspoon **sea salt**
- ⅛ teaspoon ground **black pepper**



Directions:

Preheat the oven to 390°F. Peel the sweet potato (optional) and cut it into sticks. Place the sweet potato sticks and the rest of the ingredients in a large bowl and mix them until well combined. Spread the fries evenly on the parchment lined baking sheet, making sure that they are not touching, which can result in soft fries. Salt and pepper them to taste and let them sit for 5 minutes. Bake fries for 15 minutes and then flip all the fries and bake for 10-15 more minutes, or until they are crispy and golden brown. Enjoy warm!



DR. MARIZA'S GUACAMOLE

Serves 4-6



Ingredients:

- 6 **avocados**, pitted
- ½ cup **cherry tomatoes**, quartered
- ¼ cup **white onion**, chopped
- ¼ cup **cilantro**, chopped
- Juice of 2 **limes**
- ¼ teaspoon **garlic powder**
- ½ teaspoon **sea salt**
- ½ teaspoon cracked **black pepper**
- ½ **jalapeño or Serrano chile**, chopped finely (optional)

Directions:

When pitting avocados, reserve two pits for later use. Scoop the flesh out of the avocados and put into a large bowl. Mash the avocados with a fork or potato masher to desired consistency. Add the remaining ingredients and mix well. Store guacamole with the two pits, to help slow the oxidation, or browning, process.





ARE YOU READY FOR MORE?

This guide just scratches the surface of ways to take the power over your health back into your hands! If you're looking for real, long-lasting change, for major leaps into your future, grab your copy of my new book - [The Essential Oils Menopause Solution](#) - and the 21-Day Hormone Makeover Plan inside! Full of science-backed truth and real-life experience, The Essential Oils Menopause Solution helps you to individually craft your future with specific lifestyle changes and address your own personal areas of concern.

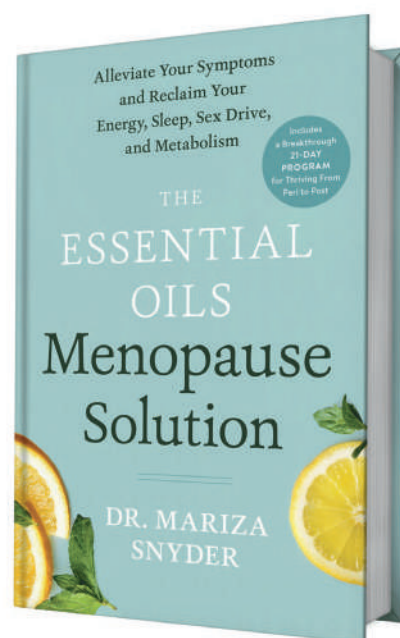
Menopause is a time of massive change; there's no ignoring that fact. However, that doesn't mean that you are lost in the process. You can conquer your future with ease and grace, creating an energized, superwoman life that leaves you fulfilled and excited for the years in front of you. I'm honored to walk alongside you on this journey, as I have helped thousands of other women who have gone before you.

We are rewriting the narrative about what it means to be in menopause. Let's bust through the myths and stereotypes and show the world what you have to offer! Order [The Essential Oils Menopause Solution](#) today to get started.



Plus, you know I love my bonuses! When you order the book now, you will also receive:

- Menopause Masterclass (\$299 value)
- Menopause Toolkit, including the protocol and lab guide (\$99 value)
- Quick Cheat Sheets for Hot Flashes, Energy, Leaky Bladder, and Energy (\$25 value)
- 3 Bonus Chapters to Accompany the Book (\$25 value)
- Access to our private Facebook group



**ORDER THE BOOK AND
UNLOCK YOUR BONUSES**

I can't wait to have you grab all these resources! Here's to living life to the fullest and making your menopause: years the best years.

Dr. Mariza