



**RADICALLY**

*Nourished*

**The Ultimate 3-Day Kick A\$\$  
Energy Hormone Reset Meal  
Plan**

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Paula Sturm

<http://www.radicallynourished.com>

Hello!

Welcome to The 3-Day Ultimate Kick A\$\$ Energy Hormone Reset meal plan!

If like many of my clients your energy levels have plummeted recently and you're struggling to find the energy to get out of bed in the morning, to workout, or even plan a week of healthy eating...you've stumbled into the right place.

On the next pages, you will find a customized plan I have created to help you optimize your adrenal glands, thyroid, and sex hormones; as well as help support your body's detox process. Not only that, the meals and snacks are strategically designed to keep you satisfied by keeping your blood sugar stable so you can power through your day without sugar cravings! Additionally, I've included the use of adaptogen support from maca, schizandra, and Four Sigmatic Protein powder which contains a wealth of plant-based protein, mushrooms, and other adaptogenic herbs. All these items really support your whole endocrine system! Plus, I just took a whole load of work off your plate by planning it all out for you :)

Here's some evidence-based facts on why this plan can help balance your hormones:

This program was created with four key considerations:

## Adrenal Support

Adrenal glands produce hormones that help regulate metabolism, the immune system, blood pressure, response to stress, and other essential functions. This program incorporates medicinal plants such as Schisandra Berry and Maca Root to help regulate hormones. Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in the program from salmon, halibut, tuna, and chia seeds.

## Thyroid Support

The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and even cholesterol levels. Iodine is required for thyroid hormone synthesis, and selenium plays an essential role in the metabolism of thyroid hormones. Iodine is found in foods from the sea, like nori and fish. This program provides up to 140 micrograms of selenium per day from eggs, chicken, and fish. There is a strong relationship between magnesium and thyroid hormone production. Magnesium is included in this plan from chocolate, almonds, and leafy greens.

## Liver Support

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, kale, and

Brussels sprouts. This program uses antioxidants from beetroot, berries, and grapefruit which help protect the liver from damage.

## Intestinal Support

Illness and physical stress from exercise can impact gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria back into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on health. The plan also provides over 30 grams of fiber daily to support better digestive health and reduced inflammation.

My name is Paula Sturm, I'm a Registered Dietitian, Functional Medical Nutrition Therapist, and Board Certified Master NeuroLinguistic Programmer and Master Hypnotherapist. Not only do I have the background to help resolve hormone and gut issues, I also have personally experienced the crushing impact of adrenal fatigue and IBS. Where you are at right now....I've been there and I understand your deep desire for answers and to feel better. I've personally overcome these issues and have helped countless others overcome them as well.

So, let's dive into the meal plan to get you on the road to feeling better.

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money! The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion. If you desire to serve more than what the recipe calls for go ahead and multiply what you need and don't forget to add the additional amounts to your grocery list. Most recipes are a single serving except for dinner, those serve 4.

Looking to uncover the root cause of your hormone imbalance? Get in touch by checking out my website: [www.radicallynourished.com](http://www.radicallynourished.com) or on Facebook or Instagram @Radically\_Nourished

Click [here](#) to join my Free Facebook Group!

Bon Appetit!  
Paula Sturm, RDN, FMN, CFSP

	Mon	Tue	Wed
Breakfast	 Chocolate Cauliflower Shake	 Quinoa & Kale Egg Muffins	 Protein Rich Berry Beet Smoothie Bowl
Snack 1	 Carrots, Celery & Olives Snack Box	 Tamari Almonds	 Avocado with Everything Bagel Seasoning
Lunch	 Kale Caesar Salad with Blackened Chicken	 15 Minute Halibut with Dill Pesto	 Shaved Brussels Sprouts with Chickpeas & Raisins
Snack 2	 Protein Packed Deviled Eggs	 Bloat-Fighting Tropical Smoothie	 Apple Slices & Nori Crisps
Dinner	 Egg Roll in a Bowl	 Cilantro Lime Black Bean Rice Bowl	 Baked Salmon with Broccoli & Quinoa

### Fruits

- 1 Apple
- 1 1/2 Avocado
- 1 Banana
- 1 Lemon
- 2 Lime
- 1/2 cup Papaya
- 1/2 cup Pineapple

### Breakfast

- 1 tbsp Almond Butter

### Seeds, Nuts & Spices

- 1 cup Almonds
- 1/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1/4 tsp Cumin
- 1/2 tsp Everything Bagel Seasoning
- 1/4 tsp Garlic Powder
- 1 tsp Paprika
- 1 tbsp Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Slivered Almonds
- 1/4 tsp Smoked Paprika

### Frozen

- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Mango
- 1/2 cup Frozen Raspberries

### Vegetables

- 3/4 cup Baby Carrots
- 4 1/2 cups Baby Spinach
- 2 cups Bean Sprouts
- 1/2 Beet
- 8 cups Broccoli
- 1/2 cup Brussels Sprouts
- 2 stalks Celery
- 1 1/8 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 6 cups Coleslaw Mix
- 1 Cucumber
- 1 tbsp Fresh Dill
- 4 1/2 Garlic
- 1 tbsp Ginger
- 8 stalks Green Onion
- 4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 2 tbsps Radishes
- 2 Red Bell Pepper
- 3/4 tsp Thyme
- 1 Tomato
- 1 Yellow Onion

### Boxed & Canned

- 2 cups Black Beans
- 1 cup Brown Rice
- 1/4 cup Chickpeas
- 1 1/2 cups Quinoa
- 1 can Tuna

### Baking

- 2 tbsps Cacao Powder
- 1 1/2 tps Pitted Dates
- 2 tbsps Raisins

### Bread, Fish, Meat & Cheese

- 4 ozs Chicken Breast
- 5 ozs Halibut Fillet
- 1/4 cup Hummus
- 1 lb Lean Ground Pork
- 1 1/4 lbs Salmon Fillet

### Condiments & Oils

- 2 3/4 tbsps Avocado Oil
- 1/4 cup Coconut Aminos
- 1/3 tsp Coconut Oil
- 1 1/2 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Pitted Kalamata Olives
- 2 tbsps Tamari

### Cold

- 11 Egg
- 1 1/2 cups Unsweetened Almond Milk

### Other

- 1/4 cup Chocolate Protein Powder
- 1 serving Four Sigmatic Unflavored Protein Powder
- 2 1/2 Ice Cubes
- 1 1/2 tps Maca Powder
- 2 Nori Sheets
- 1/2 tsp Schisandra Berry Powder
- 2 2/3 cups Water



## Chocolate Cauliflower Shake

1 serving  
5 minutes

### Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Maca Powder

### Directions

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

### Notes

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

**Likes it Sweeter:** Add pitted medjool dates.

**No Maca Powder:** Leave it out or use cinnamon instead.



## Quinoa & Kale Egg Muffins

6 servings

30 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two egg muffins.

**More Flavor:** Add red pepper flakes or black pepepr.



## Protein Rich Berry Beet Smoothie Bowl

1 serving  
10 minutes

### Ingredients

1/2 Beet (medium, peeled and diced)  
1/2 cup Frozen Mango  
1/2 cup Frozen Raspberries  
1 1/2 tsps Pitted Dates  
1/2 tsp Schisandra Berry Powder  
1/2 cup Unsweetened Almond Milk  
1 serving Four Sigmatic Unflavored Protein Powder

### Directions

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

### Notes

**Topping Ideas:** Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

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

**Milk ideas:** Watch out for long ingredient lists on plant-based milks. Especially avoid gums like, carrageenan and xanthan gums. If you choose oat milk make sure it's organic and gluten-free.



## Carrots, Celery & Olives Snack Box

1 serving

5 minutes

### Ingredients

- 2 stalks Celery (cut into sticks)
- 3/4 cup Baby Carrots
- 1/4 cup Hummus
- 2 tbsps Pitted Kalamata Olives

### Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

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



## Tamari Almonds

4 servings

20 minutes

### Ingredients

1 cup Almonds  
2 tbsps Tamari

### Directions

- 1 Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4 Remove from the oven and let the almonds cool completely. Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to a week.

**Serving Size:** One serving is about 1/4 cup almonds.

**More Flavor:** Add a pinch of cayenne pepper.

**No Almonds:** Use another nut.



## Avocado with Everything Bagel Seasoning

1 serving  
5 minutes

### Ingredients

1 Avocado  
1/2 tsp Everything Bagel Seasoning

### Directions

- 1 Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Everything Bagel Seasoning:** An even mix of poppy seeds, sesame seeds, garlic powder, dried onion flakes, and salt.



## Kale Caesar Salad with Blackened Chicken

1 serving  
50 minutes

### Ingredients

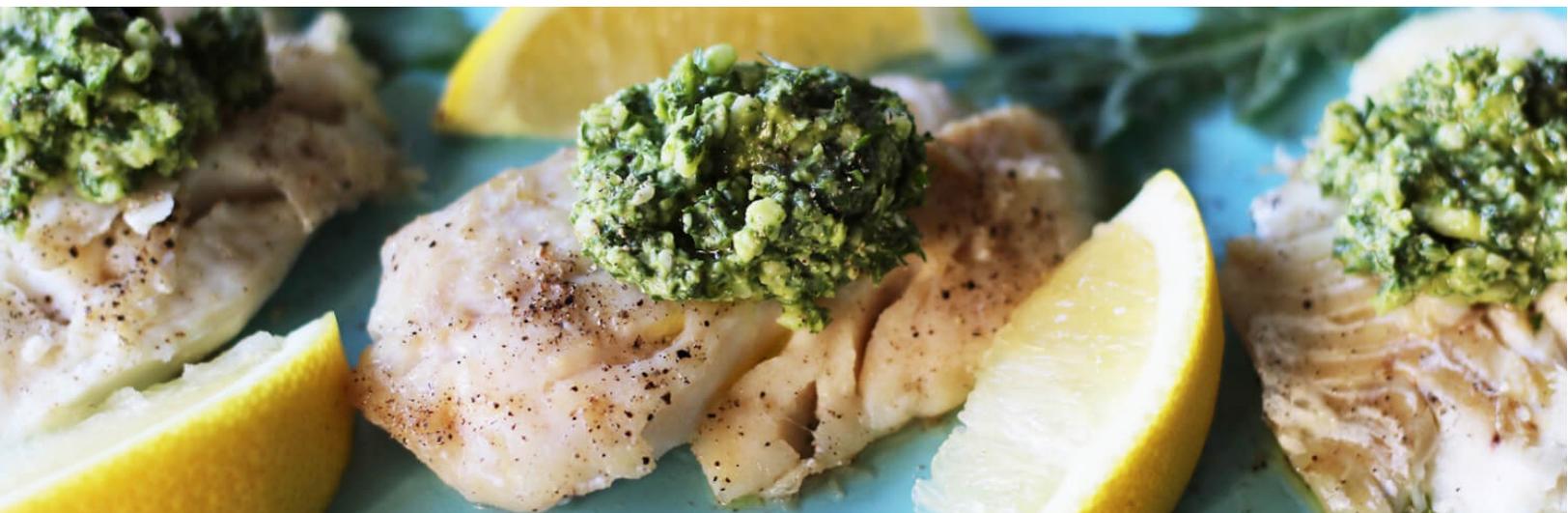
- 1/4 Garlic (entire bulb)
- 4 ozs Chicken Breast
- 1/2 tsp Paprika
- 1/8 tsp Sea Salt
- 1/8 tsp Cayenne Pepper
- 1/4 tsp Cumin
- 3/4 tsp Thyme
- 1/4 tsp Black Pepper
- 1 1/4 tbsps Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 1/2 tbsps Dijon Mustard
- 1 cup Kale Leaves
- 2 tbsps Radishes (thinly sliced)
- 2 tbsps Cherry Tomatoes (halved)
- 1 tbsp Pumpkin Seeds

### Directions

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

### Notes

**Vegetarian:** Swap the chicken for roasted chickpeas.



## 15 Minute Halibut with Dill Pesto

1 serving  
15 minutes

### Ingredients

- 1/4 cup Parsley (packed)
- 1 tbsp Fresh Dill (packed)
- 1 1/3 tbsps Slivered Almonds
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1/4 Garlic (clove)
- Sea Salt & Black Pepper
- 5 ozs Halibut Fillet
- 1/3 tsp Coconut Oil
- 2 cups Mixed Greens (or Arugula)

### Directions

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

### Notes

**Nut Free:** Use pumpkin seeds or sunflower seeds instead.

**Save Time:** Blend up the pesto in advance.

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



## Shaved Brussels Sprouts with Chickpeas & Raisins

1 serving  
20 minutes

### Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 1/2 cup Water
- 3/4 tsp Avocado Oil
- 1/2 cup Brussels Sprouts (thinly sliced or shredded)
- 1/8 tsp Sea Salt (divided)
- 2 tbsps Raisins
- 1/4 cup Chickpeas (cooked, rinsed)

### Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add the brussels sprouts and cook until tender and crispy, about 5 to 7 minutes. Season with half the salt.
- 3 In a large bowl, combine the quinoa, brussels sprouts, raisins, chickpeas and remaining salt. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up for up to five days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add a splash of olive oil and lemon juice or serve with your favorite salad dressing. Cook the quinoa in broth instead of water.

**Additional Toppings:** Salad dressing, lemon juice, fresh herbs, feta cheese or goat cheese.



## Protein Packed Deviled Eggs

2 servings  
20 minutes

### Ingredients

4 Egg (hard boiled)  
1 can Tuna (drained)  
1/2 Avocado  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 Cucumber (sliced)

### Directions

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



## Bloat-Fighting Tropical Smoothie

1 serving  
5 minutes

### Ingredients

1/2 cup Papaya (chopped)  
1/2 cup Pineapple (chopped)  
1/2 Cucumber (chopped)  
2 1/2 Ice Cubes  
1/4 cup Mint Leaves  
1/2 cup Baby Spinach  
1 tbsp Chia Seeds  
1/2 cup Water

### Directions

1

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

### Notes

**Likes it Sweet:** Add raw honey.

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

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



## Apple Slices & Nori Crisps

1 serving  
5 minutes

### Ingredients

- 2 Nori Sheets
- 1/8 tsp Extra Virgin Olive Oil
- 1 Apple (medium)

### Directions

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

### Notes

**Save Time:** Buy pre-toasted nori sheets.



## Egg Roll in a Bowl

4 servings

30 minutes

### Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

### Directions

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

### Notes

**No Coconut Aminos:** Use tamari or soy sauce instead.

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



## Cilantro Lime Black Bean Rice Bowl

4 servings

45 minutes

### Ingredients

- 1 cup Brown Rice
- 2 cups Black Beans (cooked, rinsed)
- 2 Lime (juiced, plus more for serving)
- 2 stalks Green Onion
- 2 tbsps Cilantro (finely chopped)
- 1/4 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 2 Red Bell Pepper (sliced)
- 1 cup Cherry Tomatoes (chopped)

### Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Meanwhile, add the black beans to a bowl with the lime juice, green onion, cilantro, paprika, and garlic powder. Stir to combine and season with salt and pepper to taste.
- 3 To serve, divide the baby spinach between bowls then add cooked rice, black beans, peppers and tomatoes. Season with additional lime juice or salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Store each ingredient separately for best results.

**Meal Prep:** Cook the rice and prepare the black beans ahead of time.

**More Flavor:** Add chili powder, chipotle chili powder, cumin, coriander, onion powder or cayenne pepper to the black beans.

**Additional Toppings:** Avocado, salsa, sliced jalapenos, green onions, cooked corn kernels or red pepper flakes.

**More Fat:** Add a drizzle of avocado oil to the black beans.

**More Protein:** Serve with cooked chicken, shrimp or crispy tofu.



## Baked Salmon with Broccoli & Quinoa

4 servings

20 minutes

### Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

### Directions

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

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.