



Her Sacred Place

Hormonal Harmony: Your 21-Day Nutritional Guide for
Combating Estrogen Dominance and Achieving Balance

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Introduction:

Welcome to your 21-day journey towards balanced hormones and vibrant health. Whether you are struggling with fibroids, endometriosis, irregular vaginal bleeding, miscarriages, PCOS, or other womb-related ailments, I am excited you have embarked on this journey. This program is designed to support your body in clearing excess estrogen, reducing symptoms of estrogen dominance, and promoting overall well-being. Remember, this is not just a diet, but a holistic approach to nourishing your body. Listen to your body's hunger cues, and don't be afraid to incorporate intermittent fasting if it feels right for you. I always feel the biggest mistake women indulge in is eating according to clock time rather than eating when hungry.

Guidelines

- **Eat When Hungry:** Focus on your body's hunger signals rather than specific meal times.
- **Intermittent Fasting:** Consider fasting for 12-16 hours overnight. This can enhance the detoxification and hormone balance.
- **Hydration:** Drink plenty of water throughout the day to support detoxification. However, make sure you are drinking water from **BPA free** plastic bottles. BPA increases "bad estrogen" in the body and causes cancer of the reproductive systems (cervical, ovarian, uterine and breast cancers). I recommend getting the [32-ounce Sahara Sailor Water Bottle](#) from Amazon.com and drink two bottles daily over the 21-day period. A rule of thumb is to drink at least 5-6 gulps at a time every 30 minutes or so until completed.
- **Avoid:** Sugar, processed foods, refined carbohydrates, dairy, alcohol, caffeine, and soy products.

Breakfast Options (6am-1pm)

It's good to start the first meal of the day, regardless of time, with a non-sugary, high-fiber meal. This gets your digestive system pumping and burns fat. It is important to avoid sugary pastries, yogurt, cereals, coffee with creamer, dairy, etc. as your first meal of the day. Below are some alternative options. If you are unsure if the meal to break-fast is right, drop a question in the telegram group.

1. Green Smoothie

- **Ingredients:** Spinach, kale, cucumber, green apple, lemon, ginger, and a scoop of plant-based protein powder.
- **Benefits:** Packed with antioxidants, fiber, and nutrients that support liver detoxification and hormone balance.

2. Chia Seed Pudding

- **Ingredients:** Chia seeds, almond milk, vanilla extract, topped with fresh berries.
- **Benefits:** High in fiber and omega-3 fatty acids, which help reduce inflammation and support hormonal health.

3. Avocado Toast

- **Ingredients:** Whole grain bread, mashed avocado, sprinkle of sea salt, and red pepper flakes (optional).
- **Benefits:** Provides healthy fats and fiber, supporting stable blood sugar levels and hormone production.

4. Overnight Oats

- **Ingredients:** Rolled oats, chia seeds, almond milk, cinnamon, topped with fresh berries and nuts.
- **Benefits:** Rich in fiber and essential nutrients, helping to keep you full and support digestive health.

Lunch Options (1pm-5pm)

The next meal should be something lighter or a simple snack if you ate breakfast. Try not to eat a full lunch after eating a full breakfast. This is because your digestive system has been working to break down your initial high fiber meal and now needs time to rest and repair. If you need to snack, here you can add in

some fresh fruit or vegetables for a snack. If you opted to skip breakfast, like I usually do, you can eat a full meal during lunchtime. Here are some options.

1. Quinoa salad

- **Ingredients:** Quinoa, chickpeas, tomatoes, cucumber, red onion, parsley, lemon juice, and olive oil.
- **Benefits:** High in protein, fiber, and antioxidants, supporting detoxification and hormone balance.

2. Grilled Chicken Salad

- Mixed greens, your favorite fresh vegetables, non-hormonal organic grilled chicken, and an oil or vinegar-based dressing.
- **Benefits:** High in protein and healthy fats, supporting muscle repair and hormone production.

3. Stuffed Bell Peppers

- **Ingredients:** Bell peppers, quinoa, beans, corn, diced tomatoes, and spices.
- **Benefits:** Packed with fiber and phytonutrients, aiding in digestion and reducing estrogen levels.

Dinner options (5pm-9pm) – NEVER EAT AFTER 9 PM

1. Baked Salmon with Asparagus

- **Ingredients:** Wild-caught salmon, asparagus, lemon, garlic, and olive oil.
- **Benefits:** High in omega-3 fatty acids, which reduce inflammation and support hormonal balance.

2. Vegetable Stir-Fry

- **Ingredients:** Broccoli, bell peppers, snap peas, carrots, tofu or tempeh, and tamari sauce.
- **Benefits:** Loaded with antioxidants and fiber, supporting liver health and estrogen clearance.

3. Turkey Meatballs with Zucchini Noodles

- **Ingredients:** Lean ground turkey (or chicken), zucchini noodles, organic marinara sauce
- **Benefits:** High in protein and low in carbs, supporting muscle maintenance and hormonal health.

4. Cauliflower Rice Bowl

- **Ingredients:** Cauliflower rice, mixed vegetables, avocado, and tahini drizzle
- **Benefits:** Low in carbs and high in nutrients, supporting digestion and reducing estrogen levels.

Snacks

- **Fresh Fruit:** Apples, berries, pears, and citrus fruits
- **Nuts and Seeds:** Almonds, walnuts, flaxseeds, and pumpkin seeds.
- **Vegetable Sticks:** Carrots, celery, cucumber, and bell pepper sticks with hummus.
- **Herbal Teas:** Dandelion root tea, green tea, and peppermint tea.

Foods to Avoid

- **Sugar and Processed Foods:** These can cause inflammation and disrupt hormone balance.
- **Refined Carbohydrates:** Such as white bread, pasta, and pastries, which can spike insulin levels.
- **Dairy Products:** Can contribute to hormone imbalances.
- **Alcohol and caffeine:** These can burden the liver and interfere with hormone metabolism.
- **Soy Products:** Can mimic estrogen and contribute to hormonal imbalance.

Remember, this program is about creating lasting changes and supporting your body in achieving hormonal harmony. Stay committed, listen to your body, and use our Telegram group for support and motivation. You've got this!