

Recipe page number reference - by day

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Power Phase 1 (Menstruation)										Manifestation (Ovulation)					Power Phase 2				Nurture Phase										

Image based on table on p 53. *Eat Like a Girl*, Dr Mindy Pelz (Chapter 6 'Power Phases')

Power Phase 1

Day	Meal	Recipe	Page No.
1	BF	Heal Your Body Smoothie	195
	L	Buddha Bowl (no syrup)	134
	D	Tempeh & Broccoli with Forbidden Rice	231
		Keto Pickled Ginger	276
2	BF	Walnut Pâté	253
		Fasting Crackers	107
	L	Avocado & Brazil Nut Salad	214
		Chia Protein Bar	122
	D	Kimchi Edamame Bowl	218
		Korean Style Pickled Cucumbers	275
3	BF	Fat-Bomb Smoothie	259
	L	Tahini Kale Salad	211
		Pomegranate Grilled Asparagus with Cashew Ricotta & Roasted Garlic Dressing	250
		Zucchini String Bean Soup	202
	D	Fasting Crackers	107
4	BF	Gazpacho	132
		Fasting Crackers	107
	L	Black-Eyed Pea Crunch Salad	212
	D	Cauliflower Rice Bowl	220
		Chia Protein Bar	122
5	BF	Tofu Scramble	126
	L	Probiotic Bowl	222
	D	Kelp Noodle Pad Thai	232

Power Phase 1 cont'd

Day	Meal	Recipe	Page No.
6	BF	Chocolate Almond Chia Pudding (no syrup)	182
		<i>Functional Mushroom Broth</i>	272
		<i>ACV Turmeric Tea (no honey)</i>	111
	L	Marinated Mushroom Salad	206
		Turmeric Sauerkraut	206
	FS	Fasting Herb Salad	108
D	<i>Kimchi Edamame Bowl (Optional meal)</i>	218	
7	BF	Nutty Granola Parfait (no syrup)	120
	L	Gazpacho	132
		Fasting Crackers	107
	FS	Lemon Basil Chia Seed Drink	112
8	BF	Olive Tapenade	107
		Fasting Crackers	107
	L	Cauliflower Rice Bowl	220
	FS*	Cherry-Mint Mocktail	192
9	BF	Fat-Bomb Smoothie	259
	L	Kelp Noodle Pad Thai	232
	FS	Fasting Herb Salad	108
10	BF	Coconut Oil Fudge (no syrup)	258
	L	Probiotic Bowl	222
	FS	Lime Ginger Mint Mocktail	114

Manifestation

Day	Meal	Recipe	Page No.
11	BF	Chickpea Omelette	158
		Orange Chia Seed Muffin	188
	L	Buddha Bowl (no syrup)	134
	D	Fettuccine Alfredo	136
		Pomegranate Grilled Asparagus with Cashe Ricotta & Roasted Garlic Dressing	250
		Chia Protein Bar	122
12	BF	Pumpkin Protein Pancakes	118
	L	Mediterranean Quinoa Salad	216
	D	Quinoa Tabbouleh and Grilled tofu	221
	dt	Date Bark	186
13	BF	Choco Maca Smoothie	190
	L	Black-Eyed Pea Crunch Salad	212
	D	Lentil Mushroom Sweet Potato Shepherd's Pie	164
		Arugula Salad	210
	dt	Strawberry & Cream Protein Pops	260
14	BF	Nutty Granola Parfait	120
	L	Height-of-Summer Veggie Salad	146
	D	Lasagna	138
		Pomegranate Grilled Asparagus with Cashe Ricotta & Roasted Garlic Dressing	250
	dt	Flourless Chocolate Almond Torte	254
15	BF	Pumpkin Protein Pancakes	118
	L	All the Greens Bowl	148
	D	Chana Masala	154
		Red, White & Green Salad	144
	dt	Flourless Chocolate Almond Torte	254

Power Phase 2

Day	Meal	Recipe	Page No.
16	BF	Functional Mushroom Broth	272
	L	Black-Eyed Pea Crunch Salad	212
	D	Tempeh & Broccoli with Forbidden Rice	231
		Keto Pickled Ginger	276
	FS	ACV Turmeric Tea (no honey)	111
	D	Probiotic Bowl	222
17	BF	Chia Protein Bars	122
		Functional Mushroom Broth	272
	L	Tahini Kale Salad	211
		Gazpacho	132
	D	Kimchi Edamame Bowl	218
	FS	Fasting Herb Salad	108
18	BF	Fat-Bomb Smoothie	259
		Functional Mushroom Broth	272
	L	Marinated Mushroom Salad	206
		Pumpkin Soup	204
	D	Mediterranean Quinoa Salad	216
		Turmeric Sauerkraut	206
FS	Lime Ginger Mint Mocktail	114	
19	BF	Kimchi Edamame Bowl	218
	L	Tofu Scramble	126
		Turmeric Sauerkraut	206
	D	Kelp Noodle Pad Thai (no sugar)	232
	FS	Coconut Oil Fudge (no syrup)	258

Nurture

Day	Meal	Recipe	Page No.
20	B	Purple Quinoa Porridge	124
	L	Buddha Bowl	134
	D	Black Bean Soup	149
		Guacamole with Vegetable Chips	200
	dt	Date Bark	186
21	B	Chocolate Almond Chia Pudding	182
	L	Navy Bean Tuscan Kale Soup	150
		Fasting Crackers	107
	D	Sweet Potato and Tempeh Tacos	168
		Arugula Salad	210
dt	Maple Peanut Butter Fudge	184	
22	B	Your Best Workout Smoothie	196
	L	Buddha Bowl	134
	D	Red Thai Curry with Forbidden Rice	157
	dt	Strawberry & Cream Protein Pops	260
23	B	Wild Blueberry Smoothie	192
	L	Black Bean Soup	149
		Red, White & Green Salad	144
	D	Lasagna	138
		Fasting Herb Salad	108
dt	Date Bark	186	
24	B	Choco Maca Smoothie	190
	L	Spaghetti Lentil Bolognese	166
		Gazpacho	132
	D	Chilli-loaded Sweet Potato	62
		Pomegranate Grilled Asparagus with Cashe Ricotta & Roasted Garlic Dressing	250
dt	Coconut Oil Fudge	258	
25	B	Protein Banana Donut Holes	141
	L	Lentil Soup	128
		Fasting Crackers	107
	D	Socca Pizza	234
		Arugula Salad	210
dt	Date Bark	186	

Nurture cont'd

Day	Meal	Recipe	Page No.
26	B	Heal Your Body Smoothie	195
	L	Kelp Noodle Pad Thai	232
	D	Chana Masala	154
		Arugula Salad	210
	dt	Maple Peanut Butter Fudge	184
27	B	Pumpkin Protein Pancake	118
	L	All the Greens Bowl	148
		Fasting Crackers	107
	D	Split Pea Soup with Chickpea Crunchies	130
	dt	Maple Peanut Butter Fudge	184
28	B	Tofu Scramble	126
		Orange Chia Seed Muffin	188
	L	Chilli-loaded Sweet Potato	62
		Arugula Salad	210
	D	Lentil Mushroom Sweet Potato Shepherd's Pie	164
		Gazpacho	132
	dt	Flourless Chocolate Almond Torte	254
29	B	Purple Quinoa Porridge	124
	L	Mediterranean Quinoa Salad	216
	D	Sweet Potato and Tempeh Tacos	168
		Avocado & Brazil Nut Salad	214
	dt	Flourless Chocolate Almond Torte	254
30	B	Choco Maca Smoothie	190
	L	Black-Eyed Pea Crunch Salad	212
	D	Quinoa Tabbouleh and Grilled tofu	221
	dt	Strawberry & Cream Protein Pops	260