

Energizing Nourishment For Work-Life Balance

with Madeline MacKinnon
of Natural Hormone Healing

Super Easy Smoothie Pack

Build your blood and increase your energy with this smoothie designed especially for your busy mornings!

Fresh Ingredients to Bag

- 1 cup Spinach,
- ½ cup Berries
- ¼ cup Zucchini (optional)
- ½ Avocado,
OR 1 Tbsp almond butter
- ½-1 Banana
- 1 Tbsp Almond butter,
OR ½ avocado

Ideally, remove freezer pack and place in a bowl on the counter overnight.

In the morning, add the pack to a blender with 1-1/2 cups of water and protein powder.

Blend and enjoy!

Morning-Of Ingredients

- 1 cup Water,
OR almond milk
- 1 serving Protein powder

Salmon-Stuffed Avocado Boats

Serve with a side of black rice and a handful of greens, or mix all the ingredients together and eat it like a salad.

1 can	Wild salmon, OR 4 oz. fresh cooked salmon	Make the salmon salad by mashing the salmon with tahini, dill (if using), black sesame, green onion, lemon juice, mustard, and salt until smooth.
½ cup	Smoked wild salmon, roughly chopped	
1 Tbsp	Tahini, OR homemade mayo OR avocado mayo	Halve the avocado and top with salmon salad and optional garnishes.
2 Tbsp	Black sesame seed	
2 Tbsp	Green onion, minced	
1	Lemon, juiced	
1 tsp	Dijon mustard, OR mustard powder	
to taste	Sea salt, OR tamari OR coconut aminos	
1-2	Firm avocados, pits removed	

Optional Garnish

1	Dill,
handful	finely chopped
to taste	Wild salmon roe

No-Blend Bliss Balls

Enjoy a couple of these 'cookies' as an energy-boosting snack or for a dessert.

¼- 1/3 cup Honey
OR maple syrup
½ cup Almond butter,
OR hazelnut butter
½ tsp Vanilla powder,
OR vanilla extract
2 Tbsp Cacao powder
3 Tbsp Cacao nibs
1 cup Coconut,
desiccated

Optional Toppings

Chopped nuts or seeds
Cacao nibs
Beet powder

In a medium bowl, add the honey, nut butter and vanilla and mix to combine.

Add the cacao and coconut and mix until well combined.

Use your hands to roll the mixture into bite-size balls.

Roll the balls in small bowls that contain the toppings, then put into a storage container and into the fridge to set.

About Madeline



Madeline MacKinnon is the founder of Natural Hormone Healing and is a leading expert in the emerging fields of herbal culinary arts, elixir-crafting and tonic herbalism.

Besides working with her own private clients, Madeline is also an instructor at The Light Cellars' teaching kitchen in Calgary AB. She teaches women how to balance their hormones through traditional food nutrition, elixir-crafting, and food-as-medicine culinary arts.

Our Nutrition Guide

Get our complimentary Nutrition Guide to help you lose weight, reduce cravings and increase energy, no matter what your dietary restrictions are.

Discover:

- Exactly how much and what type of fats, proteins and carbohydrates you need to consume with each meal
- A full list of foods you should and shouldn't be eating to heal (including the 'healthy foods' that could be sabotaging your results)
- How to use the guide to get results with any diet including vegan, paleo, gluten free and dairy free

Go to <http://naturalhormonehealing.com/nutrition-guide> to get your copy!