

DR JESSICA WHELAN

5 EASY
HORMONE-
FRIENDLY
WEEKNIGHT

Recipes



You deserve a warm, nourishing meal
to ground you and satisfy your mind,
body, and spirit.

I like to imagine how our ancestors' main work was preparing food - but now we are so busy with other work that it's hard to find time to cook a homemade meal.

I've got you! I didn't enjoy cooking most of my life.. there was always something *more important* I thought I could be doing.

But, as a naturopathic doctor, I highly value food as medicine and nutritious, soul-warming meals.

I started to embrace cooking after medical school so I could “practice what I preach” and continue my personal healing journey. I realized that God created us with the need to eat, so preparing meals could be a form of prayer.

I am married now and enjoy nourishing my husband. . But I also realize (even more so) that food planning, shopping, preparing is time consuming!

Many of my patients feel discouraged at food blog’s long list of ingredients and misleadingly time-intensive meals.. (“30 minute meals” are always an hour, with chopping, cleaning, etc!)

I’ve been on a mission of helping my patients find truly easy, nutrient-dense, hormone-balancing recipes.. so they (and their families) can enjoy greater energy, better sleep, optimal fertility, easier periods, and better moods.

I know all of our brains work differently... but, for me, it's been helpful to sit down once a week to write out 3-6 meals (depending on leftovers) and then write a list of the ingredients needed for those meals. Before heading to the grocery store, I organize the items by where they are in the store to make shopping more efficient and minimizing my chances of forgetting something!

When I started doing this process, it could take almost an hour but, with practice, some weeks, it can be done in 20 minutes or less.

I wanted to give you a jumpstart with the recipes, so you can jump right to the grocery list, shopping, cooking, and enjoying!

In this booklet, you'll find a meal planning template and grocery shopping list.

To become one of my private clients and get more individualized, comprehensive naturopathic care (including nutrition counseling), apply for a **Healthy Hormone Breakthrough Session** by completing this **Program Application**.

*To Your Best
Health,*

Dr. Jessica Whelan



SHOPPING LIST

PANTRY ITEMS _____

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FRUIT & VEGETABLES _____

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MEAT & SEAFOOD _____

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HOME SUPPLIES _____

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Spaghetti Squash with Ground Turkey



4 servings



40 minutes

INGREDIENTS

- 2 small spaghetti squash, cut in half and deseeded
- 1 large onion
- 4 cloves garlic (or 1/2 tsp garlic powder)
- 1 pound ground turkey
- 1 large bunch kale, chopped
- 1 tablespoon avocado oil
- salt, pepper
- optional toppings: goat or parmesan cheese

DIRECTIONS

1. Preheat oven to 375 degrees and line baking sheet with parchment paper. Sprinkle squash with a bit of oil and salt/pepper. Place flesh side down on baking sheet and roast for 30 minutes.
2. Meanwhile, heat a large pan over medium heat. Add avocado oil. Add onions and garlic. Saute until translucent, about 3 minutes. Add ground turkey. Break it up with a spoon. Cook 2-3 minutes.
3. Add kale and cook until wilted and turkey is browned with no pink.
4. Remove from heat. Stir in cheese, if using
5. Remove squash from oven when done. Thread flesh with a fork. Divide among 4 plates and top with the turkey/kale mixture.

NOTES

Other mix-in options while cooking the turkey/kale include: 16oz jar of tomatoe sauce, package of mushrooms, chopped



Butternut Squash Lentil Soup



4 servings



50 minutes
or use
crock-pot

INGREDIENTS

1 Tablespoon coconut oil
3 cloves garlic, minced
1 onion, diced
1 carrot, sliced
1 medium butternut squash, peeled and cubed
1 tablespoon yellow curry powder
1 teaspoon ground turmeric
1 can coconut milk
3 cups veggie broth
1 cup green or brown lentils
3 cups spinach
salt/pepper

NOTES

To make in crock-pot: Reduce broth to 2.5 cups. Cook on high 3-4 hours or low for 6-8 hours.

DIRECTIONS

1. Add coconut oil to large pot or dutch oven. Place over medium heat. Add garlic, ginger, and onion. Saute for 3-5 minutes.
2. Add in carrot and squash. Saute for a few minutes. Add in curry powder and turmeric.
3. Add in coconut milk, broth, and lentils.
4. Bring soup to a boil, then cover, reduce heat to low and simmer for 20 minutes, (until lentils soften).
5. Stir in spinach until wilted. Add salt/pepper to taste.
6. Optional: stir in 1-2 Tablespoons peanut butter for more flavor. Top with cilantro, peanuts, lime juice, or hot sauce.

Hummus Bowl with Ground Beef



4 servings



INGREDIENTS

1 lb ground beef

1 teaspoon cumin

1 teaspoon garlic powder

1/2 teaspoon salt

optional: 1/2 teaspoon

oregano, paprika

For the Bowl:

2 cups hummus

cooked rice **or** cauliflower rice

veggie topping ideas:

cucumbers, cherry tomatoes,

olives, goat cheese

roasted broccoli, cauliflower,

brussels sprouts, eggplant

DIRECTIONS

1. Add ground beef to a skillet with the spices. Cook until browned.
2. Assemble your bowl: place a large scoop of hummus in bowl, top with beef, rice or cauliflower rice (optional) and any veggies.

Notes:

If using rice: an easy way to cook brown rice is to boil 2 quarts of water, add 1 cup of brown rice, boil for 30 minutes. Drain remaining water.

If using cauliflower rice: find this in the frozen veggie section of the grocery store. Heat for about 5 minutes over the stovetop. Top with butter and salt.

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Quick and Easy Salmon Sheet Pan Dinner



3-4 servings



40 minutes

INGREDIENTS

- 1 lb salmon filet, cut into 4 pieces
- 2 sweet potatoes
- 1 lb brussels sprouts
- olive or avocado oil
- salt/pepper

DIRECTIONS

1. Preheat oven to 425 degrees
2. Place salmon and sliced veggies on a large baking sheet. Drizzle with oil and salt/pepper
3. Bake 20-30 minutes, or until salmon internal temperature reaches 145 degrees (it will flake easily)

Notes:

Preheat baking sheet in oven to prevent veggies from sticking to pan. OR line pan with parchment paper for easier cleanup.

Optional toppings on salmon before baking: soy sauce, maple syrup, lemon juice, dijon mustard





Thai Curry

Ingredients :

- 1 tablespoon coconut oil
 - 1 tablespoon fresh grated ginger (or 1 tsp powdered)
 - 3 cloves garlic, minced (or 1 tsp powdered)
 - 1 large carrot, sliced
 - 1 small head cauliflower, broken into florets
 - 1 red pepper, sliced
 - 1 can coconut milk
 - 1/3 cup water
 - 2 tablespoons red curry paste
 - 1 can chickpeas, rinsed and drained
- Optional additional veggies: 1/2 frozen peas, chopped green beans, spinach

Directions :

1. Place a large pot over medium high heat. Add in coconut oil, garlic, ginger. Cook 30 seconds.
2. Add carrot, cauliflower. Saute 3-5 minutes.
3. Add in coconut milk, water, curry paste. Stir to combine.
4. Add bell pepper, chickpeas. Simmer over medium-low heat for 10 minutes.
5. Stir in frozen peas and/or baby spinach, optional.
6. Optional garnish: cilantro, chopped cashews/peanuts. Can serve over brown rice or quinoa.

Notes:

To cook quinoa: Boil 2 cups water, Add 1 cup quinoa, reduce heat to simmer and cover. Cook 10 minutes

Find a *red curry paste* [organic option here](#).

About Dr. Whelan

Dr. Whelan is a highly regarded licensed naturopathic doctor (N.D.) and Creighton Model FertilityCare™ Medical Consultant, based in Vermont. She is renowned for her expertise in treating women's reproductive hormone disorders. Her practice specializes in lifestyle medicine, nutritional counseling, botanical medicine, and bioidentical hormone replacement therapy.

Dr. Whelan's main focus addresses hormone imbalances related to conditions such as PCOS, Hashimoto's, heavy menstrual bleeding, PMS, perimenopause symptoms – (including insomnia, brain fog, fatigue, anxiety, depression, digestive issues), insulin resistance, adrenal dysfunction, fertility issues, irregular menstrual cycles, endometriosis.

She earned her Doctor of Naturopathic Medicine (ND) degree from the National University of Natural Medicine. She completed additional training as a Creighton Model FertilityCare™ Practitioner and NaPro Medical Consultant from the St Paul VI Institute in Omaha, NE.