



# Phase<sup>3</sup> | as nature intended

3-Phase Balanced Food and Lifestyle Program

## One-Day Therapeutic Meal Plan

### Eat Well and Have a Perfect Period

What many women don't know is that certain foods cause disruption to our hormones, which can wreak havoc with our period health.

Why? One word - INFLAMMATION.

Inflammation is our immune system responding to protect our body from illness, disease, or a perceived threat.

Normally, this is an incredibly beneficial function, but when it comes to period health, inflammation breaks down the communication of our hormones resulting in:

- Period Pain
- PMS & PMDD
- Heavy bleeding
- Anovulation
- PCOS
- Endometriosis and more

The main food culprits that cause our immune system to respond and result in chronic inflammation are:

- Man-made vegetable oils
- Sugar (in all its forms)
- Gluten
- Dairy

Removing these foods all at once is hard - but it is the quickest way to balanced hormones and better periods.

That's where I come in!

I created PHASE3 to balance hormones and create healthier menstrual cycles - resulting in happier women!

PHASE3 removes all inflammatory foods and balances macro-nutrients taking all of the guess-work out of it. Importantly - it's packed full of delicious recipes, so it won't feel like you're on a low-sugar diet. It won't feel like you're on any kind of diet!

I hope you enjoy this PHASE3 oneday taster menu. If you would like to be supported on your journey towards balanced hormones and better periods, sign up to one of our plans today.

Amanda xx





# ✂ Breakfast

## Egg and Bacon Cups

Makes 6 | By Amanda Howe, As Nature Intended

Coconut or olive oil for greasing  
1 tablespoon coconut oil or butter  
alternative for cooking  
6 rashers bacon  
6 large eggs  
2 shallots, thinly sliced  
4 mushrooms, thinly sliced  
Handful of baby spinach  
8 cherry tomatoes, quartered  
Salt and pepper to taste

Preheat oven to 200°C and lightly grease 6 cups of a muffin tray.

Melt coconut oil or butter alternative in a frying pan over medium heat. Sauté the shallots and mushrooms until cooked. Add the baby spinach and cook until wilted.

Crack 6 eggs into a mixing bowl and whisk. Add cooked mushroom mix from the frying pan and stir. Next, add cherry tomatoes and salt and pepper.

Use the rashers of bacon to line each greased muffin cup. Loop until almost the whole muffin cup is covered by bacon and press down firmly. You may need to cut and use extra bits to fill in the gaps.

Pour the egg mixture into the bacon lined muffin cups.

Bake for 15 minutes or until the egg mixture is set. Let it cool for 1 minute then gently remove the egg and bacon cups with a knife or spoon and serve.



## Lunch

### Mushroom Burgers

Serves 4 - 8 | By Amanda Howe, As Nature Intended

2 chicken breasts, sliced through centre to make smaller fillets  
8 Portobello (field) mushrooms  
2 avocados, sliced  
1 carrot, grated  
1 beetroot, grated  
2 large handfuls of baby spinach  
Caramelised Onion (recipe below)  
2 tablespoons butter alternative

Preheat oven to 180°C.

Place mushrooms on baking paper and top with a sliver of butter alternative. Place in the oven for 20-30 minutes, until mushrooms are cooked to your liking.

Melt remaining butter alternative in a medium to hot frying pan. Cook the chicken fillets both sides until cooked through and golden brown.

To assemble the mushroom burgers, start with the oven-cooked mushrooms, top with baby spinach, fillet of chicken, add grated carrots and beetroot and top with avocado and caramelised onions.

### Caramelised Onion

Makes approximately 1-2 cups | By Amanda Howe, As Nature Intended

3 brown onions, peeled and finely sliced  
1 tablespoon olive oil  
2 tablespoons of balsamic vinegar  
½ teaspoon salt  
1 tablespoon maple syrup

Heat a frying pan to a medium heat and add the olive oil, onions and salt and cook for about 15 minutes, or until softened.

Turn the heat to low and cook for another 5-10 minutes, stirring regularly.

Add the balsamic vinegar and maple syrup and mix through, cooking for another 5 minutes and remove from heat and serve.

Refrigerate in a glass jar for up to 5 days.





## Dinner

### San Choy Bow

Serves 8 | By Amanda Howe, As Nature Intended

3 shallots, roughly chopped  
1 tablespoon ginger, freshly grated or minced  
2 cloves garlic, crushed  
1 tablespoon coconut oil  
1 kg chicken mince  
1 cup basmati rice (optional)  
2 cups water  
2 carrots, grated\*  
1 zucchini, grated\*  
1 cup mushrooms, grated\*  
½ cup macadamia nuts, crushed\*  
(\*these can be chopped together in a food processor)  
1 cup Chicken Broth or stock  
3 tablespoons tamari (or gluten-free soy sauce)  
1½ tablespoons fish sauce  
1½ tablespoons honey (optional)  
1 iceberg lettuce head, separate whole lettuce leaves  
2-4 limes, cut into wedges  
1 bunch coriander leaves to serve  
2-3 chillies (optional)

Place the rice and water in a saucepan and bring to the boil. Once it reaches a boil turn the stove off, keeping the saucepan over the hot plate until the rice absorbs all the water.

In a large pot, heat the coconut oil over a medium-high heat and fry off the shallots, ginger and garlic until softened. Add the chicken mince and stir until cooked.

Add the carrots, zucchini, mushrooms, macadamia nuts and chicken broth and stir through. Place the lid on the large pot, turn down to a medium heat and stir occasionally until the vegetables are softened and cooked. This should take about 10-15 minutes.

Add 1 cup of cooked rice first and mix through. Add more rice according to your liking, or if you choose to not add rice at all, you will only need ½ cup chicken broth.

Add the tamari, fish sauce and honey, mix through to coat well and simmer for a couple of minutes. Taste and add more tamari or fish sauce to your liking.

Serve in individual lettuce leaves, squeeze over some fresh lime juice, top with some coriander and chilli and enjoy.

