

The Institute of Nutritional Endocrinology Presents



# SHINE CONFERENCE

with Dr. Ritamarie Loscalzo (MS, DC, CCN, DACBN)

SCIENTIFIC AND HOLISTIC INVESTIGATION  
OF NUTRITIONAL ENDOCRINOLOGY

## HORMONE BALANCING MENU PLAN GUIDELINES



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## Beginning of the Week Time-Saving Prep Steps

If one of your obstacles is the feeling that you “don’t have time,” here are ideas that will help save you time and make your meal preparations efficient.

- Juice a dozen lemons and/or limes at the beginning of the week. Date the mix, so you’ll know how fresh it is. Many of the blood sugar balancing and hormone stabilizing recipes use lemon or lime, and it can be time consuming to juice them fresh before each meal. If you’re concerned about nutrient loss from squeezing them in advance, you can juice them and store in ice cube trays. You can also use these lemon/lime ice cubes to flavor your drinks. Measure as you fill the trays and it becomes really easy to add specific quantities of lemon juice to a recipe.
- If you have inflammation and like ginger, juice a bunch of ginger at the beginning of the week. If you don’t have a juicer, ginger can be blended and strained to remove the stringy pulp. Ginger is an awesome anti-inflammatory. It can be added to juices, smoothies, water, and chia beverages to enhance the flavor and the therapeutic effect. Store the ginger juice in a jar in your refrigerator or fill ice cube trays to keep it fresh longer.
- Make *Chia Gel* ahead of time. Soak 1 cup chia in 5 cups water. Or use a 32 ounce mason jar and add 3/4 cup chia and fill to the brim. Shake well and place in the refrigerator.
- Soak any nuts or seeds needed for recipes every three days. Make enough cheeses, dips, and spreads for three days.
- Cut a variety of vegetables into sticks suitable for dipping. Just about all firm vegetables can be pre-cut and can last 3 or more days in the refrigerator. Avoid pre-cutting cucumber as they can get slimy. Store in Ziplock bags for ready access.
- If you have a dehydrator, choose a few dehydrated breads and crackers to make and have on hand.
- Stock your refrigerator with lots of produce. Choose things you like. Keep on hand the veggies that make good sandwiches and wraps. These include collard greens, romaine lettuce, cucumbers, jicama, red and orange bell peppers, cabbage, tomatoes and nori sheets. See *Grab ‘n Go Time Saving Meal Planning Ideas* for details about how to make sandwiches and wraps.



## **Grab and Go Time Saving Meal Planning Ideas**

Making nutritious meals doesn't have to consume all your time and energy. Many recipes are quick and easy to make and can be put together in 5 - 10 minutes.

What follows is a set of time saving tips I've learned over the years that will allow you to make a meal in as little as 5 minutes.

All it takes is a little advanced planning and making a few items every 3 - 4 days.

### **Grab and Go Preparation**

- 1. Make 1 or 2 dips and/or "cheese" recipes – they last several days.** Be sure to make more dip before you run out. Preparation takes no more than 5 minutes per dip, on average. Dips are very versatile and, in addition to making a terrific meal in and of themselves, can be eaten with a variety of raw vegetable sticks or dehydrated crackers. Dips or "cheese" can be used in wraps, on sandwiches, on salads, and as a sauce for steamed or raw vegetables. They are also good drizzled on top of a soup.
- 2. Make 1 or 2 spreads.** They will last for 4 days, sometimes longer. Spreads, sometimes called paté, are made with vegetables and nuts or seeds and are similar in texture to sandwich spreads like those made from tuna and salmon.
- 3. Make a couple of salad dressings and/or sauces.** By having these already made, you can quickly make a delicious meal by tossing with your favorite greens and vegetables, some of which can be purchased pre-washed and cut to save you time.
- 4. Make 1 or 2 soups.** Soups can be made up to 2 or 3 days ahead of time, especially if you include lemon. Each soup recipe can make 2 meals if desired. Some are so good that it's hard to resist eating the entire batch. Make enough for leftovers to save time.
- 5. Make 1 or 2 entrées or vegetable dishes.** Some vegetable dishes can be made in advance so you can just grab and go. Most of the recipes make multiple servings. If you're preparing for only one person, cut the recipe in half and make enough for 2 meals. Leftovers can be eaten for lunch or dinner the next day.



6. **If you have a dehydrator and some favorite recipes, choose a selection of recipes to make ahead of time.** These can be used as wraps and crusts in assembling a variety of meals.
  
7. **Make desserts for sweet cravings and “Snack Attacks.”** When temptation arises, it’s a lot easier to resist when you have something handy to eat that’s healthy and will keep you in balance. Keep these in your freezer and carry those that withstand warm temperatures.

### **Grab and Go in Action**

When you have a stocked refrigerator and pantry, it’s easy to make quick and delicious healthy meals on the run.

#### **Here’s how:**

Open the refrigerator at lunch time and take a look around. Which vegetable appeals most as the outer wrapping? Bell pepper? Jicama? Collard?

I must admit, I usually choose those requiring the least amount of work like red bell pepper and collard greens. Those are wash and go. Jicama takes a little longer to peel and slice, but it can be prepared as part of your **Beginning of the Week Time-Saving Prep Steps.**



## **Grab and Go Step-by-Step**

### **Quick and Portable Meal: Sandwich and Wrap Alternatives**

1. Choose a vegetable or a dehydrated crust, bread, or cracker to use as your base.
2. Choose a spread.
3. Choose vegetables and sprouts to add green nutrition.
4. Choose a dip to add to the top.
5. Wash and cut vegetables if necessary.
  - Red bell peppers are cut lengthwise down the middle.
  - Jicama is peeled and cut into 1/8 – 1/4 inch thick rounds.
  - Romaine lettuce and collard leaves are simply rinsed.
6. Lay vegetable on a plate.
7. Start with a layer of greens - either baby greens or large leaf greens that have been cut into bite-sized pieces and wilted with a salt massage are recommended.
8. Add a layer of spread (optional).
9. Spoon on sauerkraut if desired.
10. Add sauce or dip.
11. Top with sprouts and any other chopped or grated vegetables.
12. Wrap if need be.
13. Eat and enjoy. It's like eating a salad in a wrap.

I've actually made salad then realized I'd rather eat with my hands and took the entire salad and wrapped it in a nori sheet or collard green leaf. In this way, you can take a salad wrapped in a leaf to a ball game, meeting, or to your desk to eat (although this is not ideal, sometimes it's necessary).

This entire process takes about 5 minutes, including clean up. There's very little clean up, save for the spoons and knives used in preparation. The meal is filling, delicious, and very nutritious.



### **Grab and Go Dip Meals**

1. Select a variety of vegetable sticks and stiff romaine hearts alone or with some dehydrated chips.
2. Grab a pre-made dip or two. Spreads can also be used as dips.
3. Eat and enjoy.

### **Soup and Salad on the Go**

1. Pour pre-made soup into bowl. You may heat it briefly on the stove first if desired.
2. Put a few handfuls of pre-washed salad mix, baby spinach, and baby arugula in a bowl with a handful of each of a few types of sprouts. Add a few sunflower seeds, pumpkin seeds, or hemp seeds, and top with pre-made dressing. Add other veggies as time allows.

### **Main Meal in a Hurry**

1. If you've pre-made your main dish, or if you have leftovers from a previous meal, simply place on a plate and eat.
2. If the dish requires heat, put it on the stove inside a steamer basket for a few minutes to take the chill off, or put it in dehydrator for a few minute on high.

Using the *Grab and Go* method you can make meals as simple or as elaborate as you'd like.

There's a lot of variety possible and a lot of possible usage for leftover. Leftover sauces from one meal can turn into a topping for a "sandwich." Veggies and dips make great portable lunches, as do sandwiches.

You can bring along the components in small containers and assemble at work or even in your car if you're travelling as a passenger. Salads can be pre-made and stored in the refrigerator or carried to work by keeping dressing separate to add right before eating.





## **Breakfast Planning Guidelines**

The typical American/continental breakfast of juice, coffee, and toast with or without cereal is a blood sugar disaster. Even switching to fresh squeezed fruit juice, gluten-free toast, and multigrain cereal will create surges of insulin and disrupt hormones for the rest of the day.

Many insulin resistance menu plans recommend a high protein breakfast, which generally means bacon and eggs, steak and yogurt, or cottage cheese. This high protein breakfast is likely to keep blood sugar steady, but it's a disaster for both the immune system and cardiovascular system, and it's extremely deficient in micro-nutrients and antioxidants.

The blood sugar balancing and hormone stabilizing menus provide a breakfast that's both loaded with micro-nutrients and antioxidants plus they are low in carbohydrates and high enough in protein to leave you satiated and balanced all day. Use the following guidelines to help personalize the breakfast choices you'll find in the menus

### **Extras**

These can be added as toppings or extras to add calories and to make your meals more filling:

- Soaked and/or sprouted nuts or seeds – nice when ground and sprinkled on chia porridge
- cashew yogurt or coconut yogurt
- low-glycemic granola
- Shredded coconut – nice on chia porridge

For special occasions and weekends when you may have more time for breakfast preparation, enjoy a more elaborate, low-glycemic breakfast.

Steamed or sautéed vegetables, salad, or any lunch or dinner menu item can also be enjoyed at breakfast.



## **Lunch Planning Guidelines**

Most people are used to having lunches that are comprised of a sandwich, salad, and a side of munchies. Here are some fantastic living food lunch options for you to choose from. Use the following guidelines to help personalize the lunch choices you'll find in the menus.

**Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.**

### **Veggie Sandwich or Wrap**

If you're used to quick lunches you can hold in your hand, sandwiches or wraps are great ways to use veggies to get your crunch and texture fixes.

### **Salad with Dressing**

Make a tossed green salad with your choice of vegetables and a fresh or leftover dressing. Use a variety of greens such as spinach, lettuce (red, green, or romaine), kale (any variety), collard greens, chard, beet tops, bok choy or other Asian greens, endive, chicory, or other leafy greens of your choice. The more variety you include in your greens, the more you'll benefit from a range of helpful and healing minerals.

### **Raw Vegetables with Dip or Spread**

Feel free to use any leftover dishes that need to be used up.

**Add as needed according to hunger:**

### **Vegetable Dish (raw or cooked)**

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

### **Extras**

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



## **Dinner Planning Guidelines**

For dinner, you have the choice of a full dinner/supper including a soup, salad, and entrée or vegetable dish. Use the following guidelines to help personalize the dinner choices.

**Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.**

### **Blended Soup or Vegetable Rich Soup**

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### **Salad with Dressing**

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### **Vegetable Dish/Entrée (raw or cooked)**

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

### **Add as needed according to hunger:**

### **Vegetable Dish (raw or cooked)**

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

### **Extras**

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



## **Snack Attack Strategy**

It's inevitable. It's bound to happen. You're humming along, getting used to the idea of spacing your meals. Yeah, the science makes sense and you're so ready. And then it hits, about midway through the interval between lunch and dinner and you feel it coming on.

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong. You don't want to give in to it, but you also remember what I said about letting your blood sugar go too low.

This is why I created the snack attack strategy that you're about to learn:

### **Step 1: Tune into the sensation.**

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

### **Step 2: Differentiate hunger from thirst.**

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

### **Step 3: Satisfy your hunger.**

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable**.

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense (16 - 32 ounces is a good serving size).



**Snack Attack Approved Foods, in order of preference:**

- *Green Water* (see recipe under **Fresh Green Juice** section)
- **Fresh Green Juice** without any fruit (the allowed exceptions are lemon or lime).
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- *Chia Drink*
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds
- Sample Program Schedules

The key to success is personalizing meals to **suit your needs**. Some people prefer a rigid menu guideline; others prefer to pick and choose their meals and approach. Your results and your sense of ease with the approach will suggest what the best choice is for you.

If you are very new to the suggested recipes and/or if your body is experiencing a great deal of detoxification, you may find the optimal schedule is too rigorous.

**That's okay!**



# Hormone Stabilizing Meal Plans

## Daily Menu Template

<b>Breakfast</b>	<p><b>Start your day with:</b> <b>AM Energy Uplifter Shake</b> Drink 8 - 32 ounces.</p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake</b> Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder.</p> <p><b>Fresh Green Juice</b> Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia, or have had elevated glucose readings, the protein could be very helpful.</p> <p><b>Smoothie or Blended Green Drink without Fruit</b></p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b> <b>Chia Porridge</b> <b>Breakfast Entrée</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b> <b>Sandwich, Wrap, or Roll</b> <b>Salad</b> or tossed greens with <b>Dressing</b> Raw veggies with <b>Dip, Spread, Sauce, or Cheese</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b> Vegetable dish (raw or cooked) with a variety of colors and a sauce Dehydrated crackers, breads, chips or entrées Lean, organically raised animal protein (no more than 3 oz) <b>Dessert</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b> <b>Soup</b> <b>Salad</b> <b>Lunch and Dinner Entrée/Vegetable</b></p> <p><b>Cooked option:</b> <b>Cooked Meal Dinner Entrée/Vegetable</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b> Dehydrated crackers, breads, chips or entrées Lean, organically raised animal protein (no more than 3 oz) <b>Dessert</b></p>



## Personalized Blood Sugar Balancing and Hormone Stabilizing Menu

Date \_\_\_\_\_ Day \_\_\_\_\_

<b>Breakfast</b>	<p><b>Start your day with:</b></p> <p><b>Energy Drink:</b></p> <p><b>Followed by, within an hour of getting up, one or more of the following:</b></p> <p><b>Green Protein Shake / Juice / Smoothie / Blended Green Drink (NF):</b></p> <p><b>Then, choose as many as desired (or use leftovers from previous meals):</b></p> <p><b>Chia Porridge / Breakfast Entrée:</b></p>
<b>Lunch</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b></p> <p><b>Sandwich</b> with tossed greens &amp; <b>Dressing</b> and/or Raw veggies with <b>Dip:</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b></p> <p><b>Dessert:</b></p>
<b>Dinner</b>	<p><b>Choose as many as desired (or use leftovers from previous meals):</b></p> <p><b>Soup</b> and/or <b>Salad</b> and/or <b>Lunch/Dinner Entrée/Vegetable:</b></p> <p><b>Cooked option:</b></p> <p><b>Extras if needed to fill (any fresh/leftover recipes of your choice):</b></p> <p><b>Dessert:</b></p>



## About Dr. Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is fiercely committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health concerns by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.



Dr. Ritamarie is a licensed Doctor of Chiropractic with Certification in Acupuncture and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist with a Master of Science in Human Nutrition and Computer Science, and she has completed a 2-year, 500-hour Herbal Medicine Program.

Dr. Ritamarie is also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine. As a certified HeartMath® provider, Dr. Ritamarie is passionate about using HeartMath® techniques to guide clients and reduce the negative impact of stress on their health.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at [www.DrRitamarie.com](http://www.DrRitamarie.com).

For a free packet of recipes and information on creating optimum health through good nutrition, visit [www.JumpstartYourEnergy.com](http://www.JumpstartYourEnergy.com).