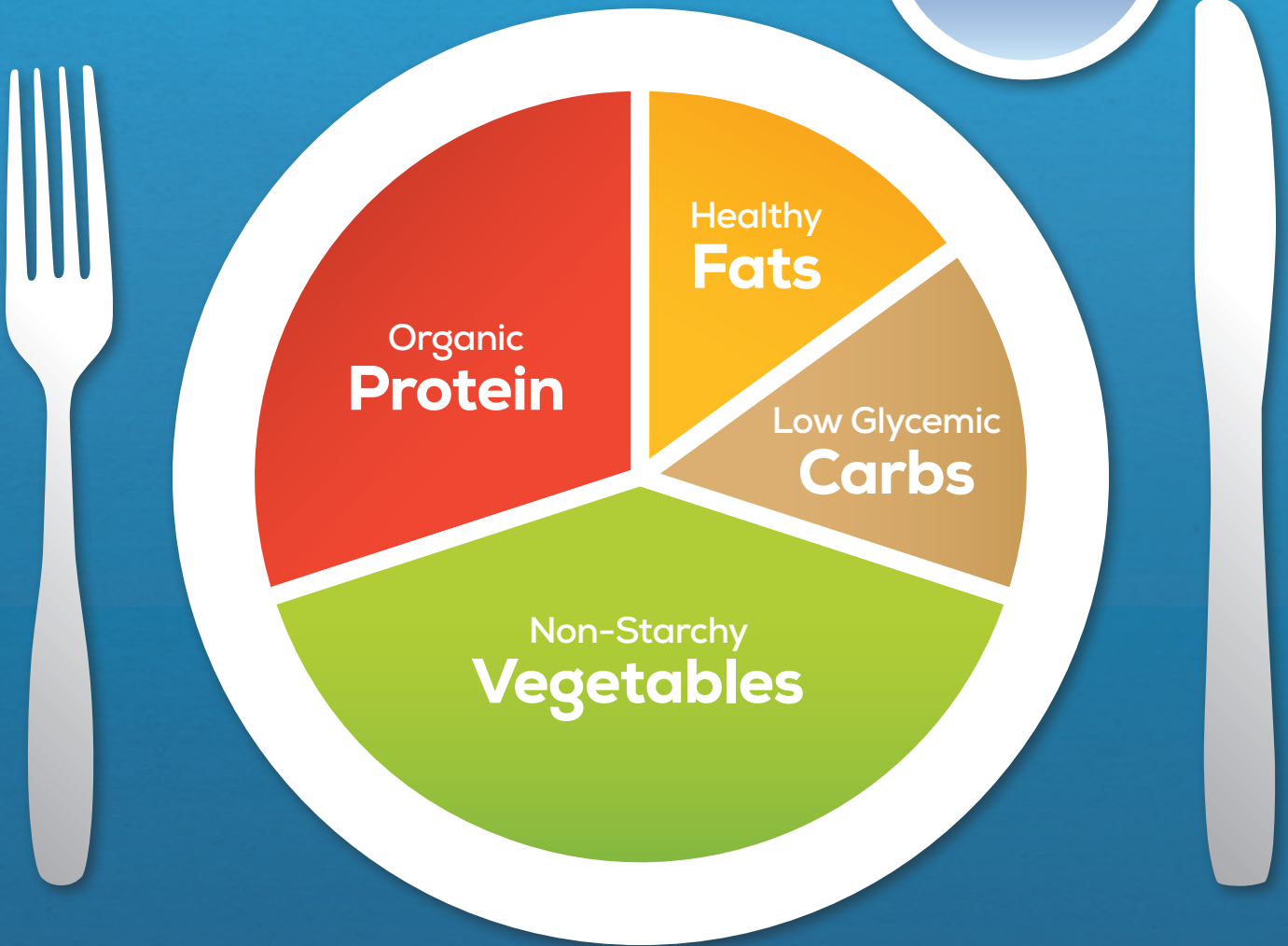


Clean
Water



THE HAPPY HORMONES PLATE

30%

Protein

ANIMAL

- Meat (organic)
- Eggs (organic)
- Fish (wild caught, not farmed)

VEGAN

- Beans
- Nuts, seeds
- Legumes
- Soy (natto, miso, tempeh)
- Seaweed

15%

Healthy Fats

- Organic dairy
- Avocado
- Olive oil
- Coconut oil
- Cold pressed plant oils
- Coconut milk
- Almond milk
- Nuts
- Seeds
- Bone Stock

40%

Vegetables

- Leafy greens
- Cabbage
- Broccoli
- Cauliflower
- Carrots
- Beets
- Courgette
- Aubergine
- Onion
- Garlic
- Cucumber
- Asparagus
- Salad leaves

15%

Carbs

- Low sugar fruit (apples, berries)
- Beans
- Legumes
- Sweet potato
- Gluten free grains
- Quinoa
- Brown/wild rice
- Gluten free pasta
- Noodles (buckwheat, rice)