

LILY MURRAY RD

3 Day Hormone Supporting Meal Plan



✉ lilythedietitian@gmail.com
📷 [@lilydietitian](https://www.instagram.com/lilydietitian)
📘 Lily Murray Registered Dietitian



Hello there!

Hi, I'm Lily, a Registered Dietitian helping women balance hormones naturally with food and lifestyle changes. I created this 3-Day Hormone-Friendly Meal Plan to help you stabilise blood sugar levels, reduce cravings, and support gut and hormone balance.

I'd love to hear how you get on! Feel free to pop me a message, or if you share a photo of your hormone friendly meal on socials, please tag me so I can be a part of your hormone balancing journey.

Enjoy!

Lily

Registered Dietitian



If You Struggle With...

- energy crashes
- cravings
- PMS (acne, breast tenderness and more)
- mood swings, or bloating
- stubborn weight gain
- irregular cycles
- PCOS, Endometriosis
- peri and postmenopausal symptoms

...this plan is designed to help you feel more stable, satisfied, and supported.

What This Plan Supports

- ✓ Blood sugar balance (key for hormones)
- ✓ Cortisol-friendly meals (no skipping breakfast)
- ✓ Healthy fats for hormone production
- ✓ Fibre for oestrogen clearance
- ✓ Omega-3s to calm inflammation
- ✓ Gut support (because hormones + gut are linked)



Day 1

BREAKFAST

GREEK YOGHURT HORMONE BOWL

80g 0% Greek yoghurt
1-2 tsp chia seeds
Handful of mixed berries
40-60g* bio & me granola.

*depending on how hungry you are

LUNCH

MEDITERRANEAN HUMMUS & ROASTED VEG WRAP

1 Wholegrain wrap
2 tbsp Hummus
Handful of roasted vegetables (carrots, peppers, chickpeas red onion).

DINNER

LEMON SALMON BOWL

1 piece of Salmon
¼ Roasted courgette (sliced)
2 pieces of Tenderstem broccoli
40-60g Pearl Barley (I recommend making extra for the next couple of days)
1 squeeze of Lemon
Olive oil (mix with lemon to create dressing)



HORMONE BENEFITS

BREAKFAST

- Protein supports stable blood sugar
- Chia adds omega-3 + fibre for oestrogen clearance and inflammation reduction
- Berries support inflammation + skin health

LUNCH

- Fibre supports oestrogen detox pathways
- Healthy fats keep you full and reduce cravings
- High fibre supports oestrogen clearance

DINNER

- Salmon supports progesterone production and reduces inflammation via omega 3
- Broccoli supports oestrogen metabolism
- Pearl barley adds slow carbs for cycle support

Day 2

BREAKFAST

SCRAMBLED EGGS WITH SMOKED SALMON AND SAUTÉED SPINACH

2-3 eggs

1 piece of smoked salmon

2 handfuls of spinach

LUNCH

CHICKEN & FETA SALAD

40g Quinoa (consider making extra for tomorrows dinner!)

½ Roasted chicken breast,

4 tbsp Chickpeas

Handful of Feta cubes

A few sprigs of herbs

Veggies (1/4 roasted butternut squash, 2 handfuls kale, 2 pieces of tenderstem broccoli) - make extra for tomorrows dinner!.

Sprinkling of Pomegranate seeds

DINNER

LENTIL CHILLI

100g Lentils

1 passata

1 tin of Black Beans

Chili powder 1 tbsp, cumin 1 tsp, smoked paprika 1/2, cayenne pepper ¼

½ White onion

½ Green pepper

1.2 Garlic cloves

400ml Veg stock (add extra if needed)



HORMONE BENEFITS

BREAKFAST

- Protein early in the day helps cortisol rhythm
- Omega-3s support mood + PMS
- Iron + folate support cycle health

LUNCH

- High protein supports blood sugar and reduces cravings
- Fibre supports oestrogen clearance
- Healthy fats support hormone production

DINNER

- Slow carbs reduce stress cravings
- Fibre supports gut + oestrogen balance
- Plant protein supports blood sugar levels

Day 3

BREAKFAST

WARMING PORRIDGE

60g Whole Oat Porridge
1 tsp Ground flax
½ tsp Cinnamon
Handful of Strawberries

LUNCH

BUTTERNUT SQUASH & RED LENTIL SOUP

1 Roasted butternut squash (before you blend, save some for tonights dinner!)
200g Red lentils
1 Carrot
Warming spices, like ginger (1-2 tsp)
400ml Veg stock
Splash of coconut milk

DINNER

HORMONE BALANCING BOWL

Build a bowl using leftovers from the week:

- 50g Quinoa or barley
- Salmon OR lentil chilli
- 3 Roasted veggies (broccoli, kale, butternut squash)
- Drizzle olive oil or add Greek yoghurt



HORMONE BENEFITS

BREAKFAST

- Oats are digested slowly and therefore support blood sugar levels
- Flax supports oestrogen metabolism
- Cinnamon supports insulin sensitivity

LUNCH

- Fibre supports gut + oestrogen clearance
- Slow carbs support progesterone and thyroid

DINNER

- Balanced macros = stable blood sugar
- Healthy fats support hormone production
- Easy + low stress (and stress matters!)

**PSST...YOUR NEXT STEP
TO HORMONE BALANCE**





Ready to Take Your Hormone Health Further?

This 3-day hormone meal plan is just the beginning! If you want personalised strategies, recipes, and support to balance your hormones, reduce cravings, improve energy, and feel like yourself again, I'm excited to share something special.

My upcoming **Biome & Balance Program** launches soon - 12 weeks of carefully designed lessons to guide you from confusion to clarity, alongside:

- Weekly Live Group Coaching Calls
- Personalised Guidance (3 x1:1s - 1 a month)
- Private Community Support

Sign up now to join the waitlist and be the first to access early-bird bonuses and a free 7 day hormone friendly snack guide when the program launches. More info will be sent to you soon after joining the waitlist. I'll also pop it in my instagram bio link, alongside the waitlist form.

JOIN THE WAITLIST VIA MY INSTAGRAM BIO LINK