

7 day

ENDOMETRIOSIS MEAL PLAN



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Lets get started!



This 7 day meal plan is created for women with endometriosis who are wanting simple and nutritious meals to help them on their wellness journey.

Before we dive in, let me introduce myself; I'm Meredith. I'm a nutritionist, endo-sister, yoga-teacher, health writer and Qendo volunteer.

The ideas and recipes in this 7 day meal plan outlines many of the dietary approaches that underpin my own health and my blog. It's my hope that you'll use this e-book to inspire you and support you on your wellness journey.

Join me on Instagram @mereditheastpowell, Facebook, Pinterest and of course my blog where I love sharing my eats, yoga, upcoming events and things that inspire me.

I'm excited for you! Let's get started and dive into your meal plan!

Yours in health,

meredith
EAST-POWELL

Dietary principles

When it comes to diet, there's no one-size fits all. But there are a few principles that most of us can follow:

- Eat a wholefoods diet: this means eat foods that are as close to their natural state as possible: think veggies, fruit, wholegrains, nuts etc
- Eat 5 serves of vegetables daily and 2 serves of fruit
- Drink 2 litres of water daily, more if you are exercising
- Support your gut health by addressing food intolerances
- Increase fibre to support your gut and estrogen elimination
- Eat healthy fats such as fish, olive oil, avocado, nuts and seeds
- Limit red meat to once a week
- Avoid processed meat such as salami and bacon
- Avoid fried foods and sugar
- Avoid alcohol

Food intolerances

Many women with endometriosis experience sensitivities to certain foods. Gluten, dairy and eggs are common food intolerances reported in women with endometriosis. Most recipes in this ebook exclude these ingredients.

Some recipes include goat's cheese, however it can be swapped for nut cheese.

If eggs are an issue for you, try making chia eggs: 1 chia egg = 1 tbsp chia soaked in 3 tbsp water for 20 minutes.

Chemicals

I try to choose organic produce where possible to avoid exposure to pesticides. It's not always possible to eat organic, but there are certain fruit and vegetables that I always buy organic: these are known as the dirty dozen. If buying organic is not possible, then try to thoroughly wash any fruit and vegetables you use.

The dirty dozen list can vary, however currently it includes: strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, capsicum.

BPA or bisphenol A is an industrial chemical that can be found in some plastics and canned goods that contain food and drinks. It's another chemical I try to avoid so I choose BPA free containers and use alternative containers made from glass, porcelain or stainless steel.

Gut health

Gut health is important when it comes to endometriosis. Endometriosis is an inflammatory, estrogen-dependent disease, so our digestive system including our liver, needs to be efficiently eliminating estrogen we don't need.

There is also a link between irritable bowel syndrome (IBS) and endometriosis, which means you can experience food intolerances and a wide range of digestive symptoms, such as bloating and constipation.

If you're struggling with digestive issues, see a nutritionist to guide you and to find the root cause.

Meal plan

Breakfast

Lunch

Dinner

Snacks

Monday

Blueberry smoothie with granola

Vegan nourish bowl

Warm roast vegetable salad

A piece of fruit + sugar free choc bliss ball

Tuesday

Overnight oats

Leftover warm roast vegetable salad

Coconut vegetable curry

A piece of fruit + sugar free choc bliss ball

Wednesday

Blueberry smoothie with granola

Leftover coconut vegetable curry

Teriyaki salmon nourish bowl

A piece of fruit + celery and carrot sticks with nut butter

Thursday

Overnight oats

Goats cheese, tomato + rocket toasts

Green vegetable + chicken stir fry

A piece of fruit + granola bar

Friday

Avocado on toast

Leftover green vegetable + chicken stir fry

Pumpkin, rocket + goats cheese pizza

A piece of fruit + raspberry chocolate bark

Saturday

Baked beans

Goats cheese, tomato + rocket toasts

Fish + chips

A piece of fruit + raspberry chocolate bark

Sunday

Paw paw pancake

Grilled lamb nourish bowl

Spiced pumpkin soup

A piece of fruit + granola bar

Goats cheese can be replaced with vegan nut cheese
Meat and fish can be replaced with pulses, legumes and beans

Recipes

Monday

Blueberry smoothie with granola

Serves 1 - vg, gf



- 1/3 cup of blueberries
- 1/4 pawpaw or papaya chopped
- 1 cup of calcium enriched rice milk (or another type of plant based milk)
- 1 tbsp protein powder (I use hemp protein powder)
- 1 tbsp chia seeds
- A few macadamia nuts
- 1/3 cup of granola (see recipe)

Place all ingredients except the granola in a blender and blend until smooth. Top with granola and serve.

Gluten free granola

Serves 7 - vg, gf



- 1/2 cup of millet
- 1 cup of amaranth puffs
- 1 cup of buckwheat groats (I use activated buckwheat)
- 1/2 cup of coconut flakes
- 1 vanilla pod scraped
- 1 tbsp of coconut oil
- 1/4 cup of brown rice syrup
- 1/4 tsp sea salt
- 1/2 tsp cinnamon

Preheat the oven to 160 degrees (fan forced). Combine the millet, amaranth, buckwheat and coconut flakes in a large bowl. Combine the coconut oil and vanilla and pour over the dry ingredients. Pour the brown rice syrup and stir. Add the sea salt and cinnamon and combine thoroughly. Add the mixture to a baking tray lined with baking paper, flatten the mixture into the pan so it's evenly distributed and not too thick. Place in the oven and cook for 20 to 25 minutes.

Vegan nourish bowl

Serves 2 - vg, gf



- 1 cup of cooked quinoa or wild rice (I usually cook a large batch and leave it in the fridge for meals like this)
- 2/3 cup of tinned chickpeas (rinsed)
- 1 small sweet potato chopped into bite sized pieces
- 1/4 cauliflower chopped into florets (or broccoli if cauliflower gives you IBS symptoms)
- 2 handfuls of rocket or torn kale
- 1 tbsp olive oil or avocado oil
- 1/4 tsp cinnamon and 1/4 tsp tumeric powder
- Sea salt and pepper to taste (s+p)
- Dressing:
 - 1 tsp hulled tahini
 - 1 tbsp garlic infused extra virgin olive oil (evoo)
 - 1/2 a lemon, juiced

Preheat the oven to 190 degrees (fan forced). Coat sweet potato and cauliflower in olive oil, s+p, cinnamon and turmeric. Place the sweet potato in the oven first, after 10 minutes add the cauliflower and bake for about another 20 minutes. Make the dressing by combining the tahini, evoo and lemon, s+p in a jar or a bowl, set aside. Divide the ingredients into 2 bowls, start by placing the quinoa in first, then add the cooked sweet potato, cauliflower, chickpeas and rocket. The pour the dressing over the top.

Warm veggie salad



Serves 4 - vg, gf

500g pumpkin chopped
1 small head of broccoli (or cauliflower) chopped into florets
1/3 cup of chickpeas washed
1 bunch of coriander leaves picked
1 cup of quinoa washed
2 cups of vegetable stock
2 green onions sliced
1 tbsp olive oil (for baking)
2 tbsp hemp seeds (optional)
100g crumbled goats or sheeps milk cheese (optional)
Dressing:
2 tbsp of garlic infused extra virgin olive oil (evoo)
1/2 a lemon, juiced
1/4 tsp of salt and 1/4 tsp pepper

Preheat the oven to 190 degrees (fan forced). Coat the pumpkin and broccoli in olive oil and sprinkle with some salt, place on a baking tray. Place the pumpkin in the oven for about 10 minutes, then place the broccoli in the oven for about 15 minutes. While the pumpkin and broccoli are cooking, wash the quinoa thoroughly, add to a small pot with the stock, cover with a lid and bring to the boil, then turn down to simmer for 12 minutes. Once it's done, fluff with a fork and allow to stand for 5 minutes and start preparing the remaining ingredients. Remove the pumpkin and broccoli from the oven and set aside. Place the quinoa in a large salad bowl and place in the fridge for about 5 minutes. Add all ingredients in a salad bowl and gently toss. Serve with a piece of grilled fish or some flaked tuna.

Sugar free choc chia bliss balls



Serves 4-6 - vg, gf

3 tbsp LSA mix (linseed, sunflower and almond meal)
1 tbsp of cacao powder
3 tablespoons of chia seeds
1 vanilla pod scraped
10 drops of liquid stevia
1/4 cup of coconut milk
2 tablespoons of almond butter (or any nut butter)

Combine all ingredients using a food processor. Once combined the mixture should easily roll into balls using your hands, coat in either cacao powder or desiccated coconut.

Tuesday

Overnight oats



Serves 1 - vg

1/3 cup oats
1 tbsp chia seeds
1 tablespoon of nut butter
1/2 cup of plant based milk (I like calcium enriched rice milk)
1 tbsp coconut cream
1/2 cup of berries

Combine oats, chia, nut butter, coconut cream and milk in a glass jar (or just a glass). Stir to thoroughly combine. Top with berries, cover and refrigerate overnight before serving.

Coconut vegetable curry

Serves 4 - vg, gf



- 400g of pure coconut milk
- 1 tsp coconut oil
- 2 tsp ginger finely grated
- 1 tbsp turmeric ground
- 2 tsp cumin ground
- 1 tsp cardamom ground
- 1 cinnamon quill
- 1/4 tsp chilli powder
- 1/4 tsp black pepper
- A sprinkle of sea salt
- 1 medium sweet potato chopped (or 1/2 a small pumpkin)
- 1 white potato chopped
- 2 zucchini chopped
- 2 cups kale torn
- 1/2 a small cauliflower chopped into small florets (use broccoli if you have IBS)
- A handful of fresh coriander leaves to serve
- 1 lime to squeeze over when serving

Take a slow cooker pan and add the coconut oil, heat it over the stove top on a medium heat, add the spices (including the fresh ginger) and when they are fragrant slowly add the vegetables and cook stirring for about 2 minutes. Next, add the coconut milk and heat through (but don't let it boil).

Place the pan back into the slow cooker and cook on the lowest setting for about 2 hours. About 20 minutes before it's ready stir the kale through.

I like to sprinkle hemp seeds or almond flakes on top when serving. Garnish with fresh coriander and squeeze some lime juice over each bowl before serving.

Serve with cooked quinoa and a sliced hard boiled egg.

Wednesday

Teriyaki salmon bowl

Serves 2 - gf



Sauce:

- 1/4 cup of coconut aminos (you can get this at the health food shop)
 - 1 tsp sesame oil
 - 3 drops of stevia (or a tsp of honey or rice malt syrup)
 - 1 tsp of grated ginger
 - 1 tsp of Dijon mustard
 - Sea salt and pepper
- Whisk ingredients in a bowl until combined

Bowl:

- 2 salmon fillets
- 1 cup of quinoa uncooked
- 2 cups of stock
- 1 piece of baby bok choy (or pak choy)
- 1 tsp coconut oil (for pan frying the salmon)
- 1 tsp of turmeric powder
- 1 spring onion finely chopped
- A sprinkle of sesame seeds (optional)
- Salt and pepper

Rinse quinoa then place in a saucepan and add stock. Cover and bring to boil then turn down to simmer gently for 12 minutes, fluff with a fork then stand partially covered.

In a large frypan, heat a tbsp of oil, once hot add the salmon, cook one side for about 3 minutes. Then flip the salmon and add the bok choy to the pan. Cook for about 3 minutes.

Arrange ingredients in a bowl and drizzle sauce, spring onion and sesame seeds over.

Goats cheese, tomato + rocket toasts

Serves 1 - vg, gf



2 pieces of quality wholegrain bread, toasted. Preferably gluten free and organic. I use homemade or I buy a loaf made with buckwheat.

2 tbsp goats cheese or vegan nut cheese (macadamia cheese is delicious!)
1/2 avocado
1 tomato sliced
A handful of rocket
Salt and pepper to taste

Toast the bread and mash the avocado on both slices, add some salt and pepper. Top with crumbled cheese, sliced tomato and rocket leaves.

Green chicken and vegetable stir fry

Serves 4 - gf



500g free range chicken mince
2 tsp coconut oil
1 tsp fresh ginger grated
1 tsp turmeric dried powder
4 tbsp of coconut aminos
1 tsp sesame oil
1/2 tsp sea salt
1/4 tsp pepper
1/4 tsp chilli flakes
1/2 cup of bamboo shoots (or water chestnuts)
20 green beans chopped into bite size pieces
3 pak choy roughly chopped (at the grocer they usually come in bundles of 3)
4 spring onions chopped
A large handful of coriander leaves, washed
1/4 cup of Vietnamese mint leaves, washed
1 lime

Add the coconut oil to a wok and heat to high. Once hot, add the chicken mince, break up the mince and brown it all over. Add the ginger and turmeric, coat the mince and stir-fry for about 1 minute. Add the coconut aminos, salt, sesame oil, pepper and chilli flakes, coat the mince in these ingredients, stir-fry for 1 minute. Add the green beans, stir-fry for about 30 seconds. Add the bamboo shoots, then the pak choy, stir-fry for about 30 seconds until it softens. Turn the heat off and add the spring onions, upon serving garnish with coriander, Vietnamese mint and a wedge of lime which can be squeezed over just before eating.

Serve with rice of your choice.

Granola bars

Serves 14 - vg, gf



- 1/2 cup millet
- 1 cup buckwheat
- 1/2 cup of coconut flakes
- 1 cup puffed amaranth
- 2 tbsp chia seeds
- 1/2 cup of chopped macadamias
- 1 tbsp tahini
- 1/4 tsp sea salt
- 1/3 cup rice malt syrup
- 1/2 tsp cinnamon
- 1 tbsp coconut oil

Preheat a fan-forced oven to 160 degrees Celsius.

Place the chia seeds in 6 tbsp of water for 15-20 minutes until the chia becomes gel-like.

Place buckwheat and millet in a baking tray lined with baking paper in the oven for about 10 minutes. Remove from the oven and pour into a large bowl.

Add the remaining dry ingredients to the bowl and combine.

Add the chia seeds to the bowl and combine with the dry mixture using your hands to de-clump the chia. Add the coconut oil, tahini and the rice malt syrup and thoroughly mix through.

Place the mixture on a baking tray lined with paper and flatten with a spatula, the mixture should be around 1.5 - 2 cm in thickness.

Place in the oven and bake for 25 minutes. The granola bars should be golden brown in colour. Allow to cool before cutting into squares. Makes approximately 14 squares.

Friday

Avocado on toast

Serves 1 - vg, gf



- 1/2 avocado
- 2 pieces of quality wholegrain, gluten-free bread
- 1 tsp hemp seeds
- 1 tbsp crumbled goats cheese or vegan nut cheese (optional)
- Handful of rocket
- A squeeze of lemon
- Salt and pepper to taste

Toast the bread then slice or mash the avocado on each piece of toast. Sprinkle on cheese and hemp seeds, followed by salt, pepper, lemon and rocket to serve.

Pumpkin + chickpea pizza with tahini sauce

Serves 2 - vg, gf



- 500 g pumpkin chopped
- 1 tbsp olive oil for roasting
- 1 large pizza base (I use an organic spelt base from my health food store, however this contains small amounts of gluten, so if you're coeliac choose a gluten free base)
- 1/3 heaped cup of chickpeas rinsed
- A handful of coriander leaves washed
- A handful of rocket washed
- Sauce:
 - 1 heaped tsp hulled tahini
 - 1/4 cup of garlic extra virgin olive oil
 - salt and pepper to taste
 - 1/4 tsp of ground cumin
 - 1/2 lemon juiced

Preheat the oven to 200 degrees fan forced. Place the pumpkin in a baking tray and coat with olive oil and a sprinkle of salt. Bake for about 25 minutes or until cooked. After about 15 minutes place the base, the chickpeas (sprinkled in salt + olive oil) on a tray in the oven. Remove the pumpkin, chickpeas and base from the oven and mash the pumpkin with a fork onto the base. Top with chickpeas, coriander, tahini sauce and rocket leaves. Serve immediately

Raspberry chocolate bark

Serves 12 - vg, gf



- 1/3 cup of frozen raspberries roughly chopped
- 1/2 cup of coconut oil
- 1/2 cup of cacao butter (find cacao butter in the health food section / health food store on the shelf)
- 1/4 cup of quality honey (maple syrup or rice malt syrup will also work)
- 1/2 cup of raw cacao powder

In a small pot add coconut oil and cacao butter, heat and combine. Remove from the stove and stir in honey, then add cacao powder and stir to combine.

In a silicone tray or a small baking tray lined with baking paper, pour in the cacao mixture and sprinkle the raspberries in.

Place in the freezer for about 2 hours or until completely solid. Then use a knife to cut into pieces. Can be stored in the fridge or freezer.

Saturday

Baked beans

Serves 6 - vg, gf



- 2 x 400g tins of butter beans, drained and rinsed
- 1 bay leaf
- 1/3 cup of olive oil
- 2 celery sticks sliced
- 3 garlic cloves minced (if you're sensitive to garlic omit and replace with garlic infused olive oil)
- 2 x 400g tinned tomatoes
- 1/4 cup of parsley chopped
- 1 large red onion finely chopped (swap with 4 green onions if you're sensitive to onion)
- 1 1/2 cups vegetable stock

Preheat the oven to 180 degrees celsius (fan forced).

Heat 2 tablespoons of olive oil in a frying pan. Gently saute the onion until golden and softened. Remove from the pan and mix with celery, garlic, bay leaf, tomatoes, parsley and remaining olive oil. Season with a little sea salt and pepper. In a large ceramic baking dish combine beans, vegetable stock and tomato mixture, combine well. Cover with foil and bake for 45 minutes. Remove the foil, stir and add some water if it appears to be drying out, bake uncovered for a further 25 minutes.

The beans should be golden on top with a thick sauce. Serve warm with toast.

Fish and chips

Serves 2 - gf



- 1 fillet of firm white fish such as snapper
- 2 tablespoons of coconut flour
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 1 lemon wedge
- 1 small sweet potato chopped into cubes or chips
- 1/4 tsp cinnamon
- 2 tbsp olive oil

Preheat the oven to 200 degrees celsius fan forced. Coat the sweet potato in olive oil, salt and cinnamon. Bake for about 25 minutes and turn once and remove when edges start to turn crispy.

Combine the flour, salt and pepper then lightly dust and coat the fish.

Heat an oiled pan on medium to high heat, once the pan is hot place the fish in and cook for 2 minutes each side (cooking time may vary slightly depending on the thickness of the fish). Serve with lemon wedge, chips and a salad.

Pawpaw pancake

Serves 1 - vg opt, gf

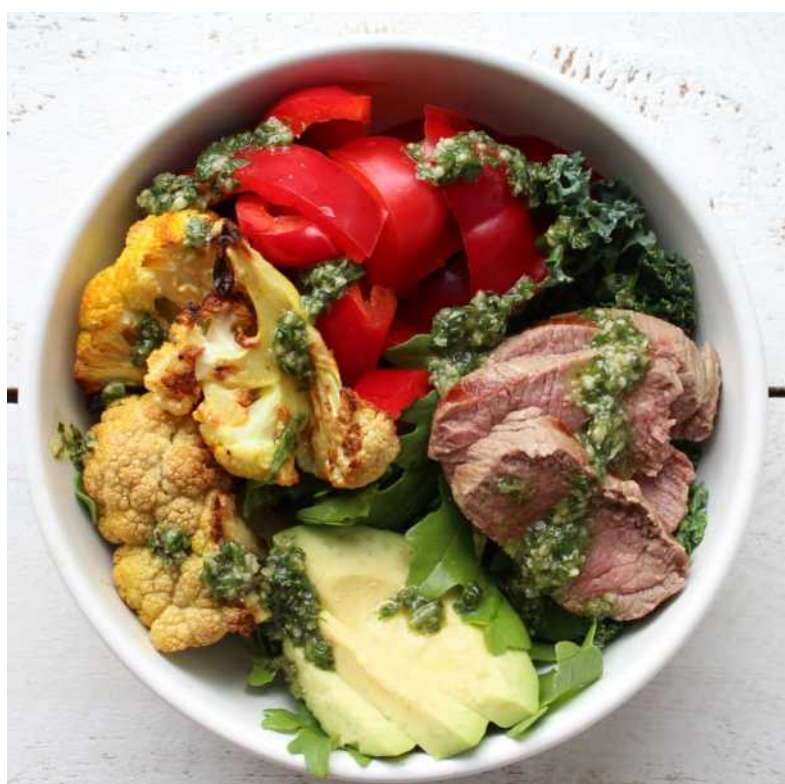


2 eggs whisked
1 tbsp buckwheat flour
1/4 tsp baking powder
1 tbsp plant-based milk
1 tsp coconut oil for frying
Topping:
1 cup of sliced paw paw
1 tbsp nut butter mixed with 1 tsp rice malt syrup
1 tbsp almond flakes
1/2 tsp blackstrap molasses (optional).

Whisk the eggs, then start to whisk in the buckwheat flour, baking powder and milk. Heat a frying pan with coconut oil. Once hot, add the pancake mixture, once the pancake starts to cook through around the edges it's ready to flip. Carefully turn it and cook for about another minute. Add the toppings and serve.

Grilled lamb nourish bowl

Serves 1 - vg opt, gf



100g of lamb backstrap (can substitute with another source of protein such as chickpeas)
1/2 cup of quinoa
1 cup of stock
1/2 avocado sliced
1/4 head of cauliflower chopped into florets
1/4 tsp turmeric
1 tbsp of olive oil
1/4 red capsicum washed and sliced
Salt and pepper
A handful of kale torn
Pistou sauce:
A small bunch of basil leaves washed
1 tbsp hemp seeds
1/4 cup garlic infused extra virgin olive oil
Salt and pepper
1/2 lemon juiced

Preheat the oven to 180 degree celcius fan forced. Coat the cauliflower in turmeric and olive oil and sprinkle some salt and pepper and place in the oven for about 25 minutes or until slightly browned.

Wash the quinoa and place in a saucepan with the stock, bring to the boil and cook for about 12 minutes with the lid on. After 12 minutes the liquid should be absorbed - fluff with a fork and allow to stand.

Blend the basil, hemp seeds, lemon juice, some salt and pepper and garlic infused olive oil. Add some olive oil to a frypan or griddle and heat to medium. Place the lamb in the frypan and cook for about 3 minutes each side. Allow the lamb to stand covered for a few minutes then slice.

Place the quinoa in a bowl then arrange the other ingredients on top, drizzle over some of basil pistou. Serve warm.

Spiced pumpkin soup

Serves 4 - gf, vg



- 1/3 Kent or Jap pumpkin chopped, skin and seeds removed
- 1 large white potato, skin removed and chopped
- 1 tbsp turmeric (plus ½ a tsp for dusting)
- 2 tsp cumin
- ¼ tsp chilli powder
- 1 tsp coriander powder
- 2 tbsp coconut oil
- 1 tbsp of olive oil
- Sea salt and pepper to taste
- 600ml of vegetable stock
- 1 tin of coconut milk (BPA free)
- A handful of fresh coriander and toasted sunflower seeds (or pumpkin seeds) to serve

Preheat an oven to a moderate heat, approximately 170 degrees fan forced. Lightly dust the pumpkin in ½ tsp turmeric powder, salt and pepper, toss the pumpkin and potato in olive oil and place on a baking tray. Bake in the oven for about 25 minutes or until cooked.

Heat a saucepan and the coconut oil over a medium heat. Add the spices, heat and stir until fragrant, add the cooked pumpkin and potato, mix through the spice mixture and cook for approximately 3 minutes. Add the stock to cover, bring to the boil then turn the heat down, cover and simmer for 20 minutes.

Turn off the heat and allow to cool for a few minutes. Blend with a stick mixer, blend until smooth or leave a little chunky depending on preference. Stir through coconut milk. Taste and add further salt and pepper if needed. Top with coriander and toasted sunflower seeds. Serve with quality toast (ideally gluten free and homemade) if desired.

DISCLAIMER

This ebook is not designed to diagnose or treat and contains my own personal ideas, which should not replace advice provided to you by your health practitioner. Eating a restricted diet for long periods can result in nutrient deficiencies and should be supervised by a health professional. Always consult your health care practitioner before making changes to your diet.

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