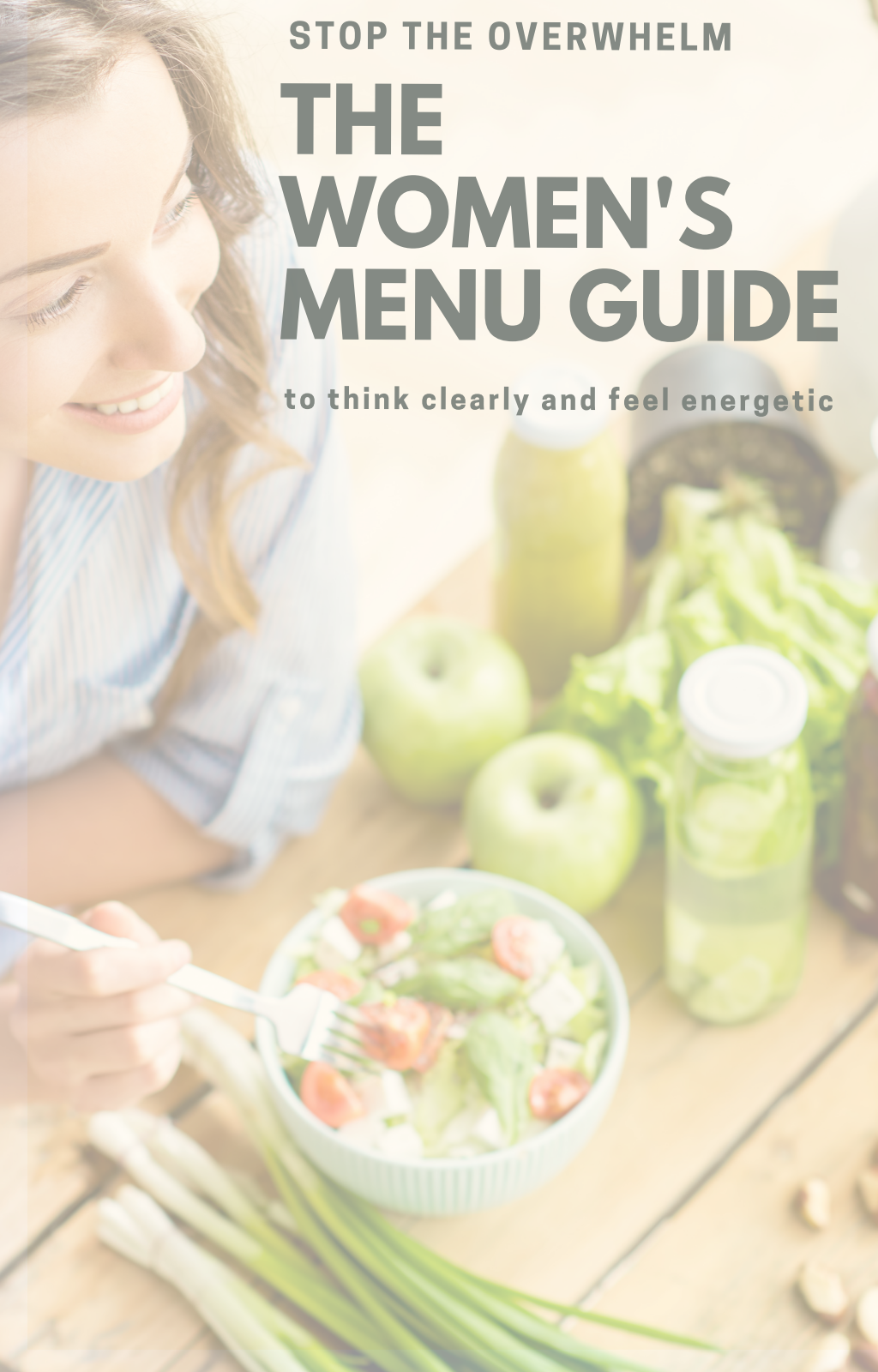


STOP THE OVERWHELM

# THE WOMEN'S MENU GUIDE

to think clearly and feel energetic



# THE WOMEN'S MENU GUIDE

*to think and feel energetic*



**Hello, my name is Helga Dalla, and I believe disease can be prevented and reversed through what people eat and what they think.**

I am passionate about helping middle aged women reverse their nagging health issues with natural solutions and reclaim their lives so they can gain peace, energy and renewed health and longevity.

Women feeling tired, suffering brain fog, no energy, sluggish, aching joints, overweight, demotivated, overwhelmed or simply fed up feeling unwell and just don't know where to start.

**If you are tired, stressed and find your health is declining part of the solution is the food you are eating and to get you started I'm going to give you a whole food meal guide.**

# GUIDELINES

FOR A WEEK WE EAT ONLY HEALTHY FRUITS AND VEGETABLES.

# WHOLE FOODS

FOR BEST RESULTS, FOLLOW THE GUIDE I HAVE SUPPLIED FOR THE WHOLE 7 DAYS. MIX, MATCH AND EXPERIMENT. THIS PERIOD OF TIME IS THE BEST TO SET GOOD HEALTHY EATING HABITS.

THE INITIAL WEEK OF CLEAN EATING WILL BRING YOU SIGNIFICANT RESULTS.

ANOTHER ALTERNATIVE IS ONE CLEANSE DAY PER WEEK WITH JUST JUICE OR WATER.



# MENU GUIDE

## Morning Ritual, Breakfast, Mid-Morning

Early Morning Ritual	Large Glass of Celery Juice	Lemon-Ginger Water	Barley grass juice with water or coconut water
<b>Breakfast</b> Also see 'Heavy Metal Detox Smoothie' and 'Vegan Paleo Bread' Recipes	<b>Mixed Fruit Bowl</b> (honeydew melon, bananas, pear, grapes, mandarin etc)	<b>Smoothie</b> 2-3 bananas 2 dates ½ cup berries of your choice teaspoon Spirulina Powder ¼ cup coriander leaves	<b>Smoothie</b> 2-3 bananas papaya, strawberries teaspoon Spirulina Powder fresh aloe leaf gel ¼ cup coriander
<b>Morning Tea</b> Also see 'Heavy Metal Detox Smoothie'	1-2 bananas 2-4 celery sticks	<b>Smoothie</b> 2-3 bananas handful of grapes ½ cup melon pieces - your choice teaspoon Spirulina Powder ¼ cup coriander leaves	<b>Smoothie</b> 1 banana, ½ avocado 2 dates 1 tsp ground cardamom, 1 tsp fresh ginger + 1 <u>tbsp</u> tahini ½ cup raspberries & blackberries 250ml almond milk or coconut water

# MENU GUIDE

## Lunch Ideas

<p><b>Lunch</b> Also see 'Black Quinoa &amp; Kale Salad' Recipe</p> <p><b>Dressing</b> Also see 'Salad Dressing Ideas'</p>	<p><b>Salad</b> Baby Spinach Handful of <u>Mesculin</u> Mix Cucumber, tomatoes Papaya, coriander, sprinkle of sprouts of your choice (Alfalfa, Broccoli, Clover, Mung) <b>Dressing</b> juice of 1 x lime ½ cup coriander 1 clove garlic 1 avocado Blend and pour over Salad</p>	<p><b>Salad</b> Baby Spinach Rocket &amp; Kale Mix Cauliflower &amp; Apple (blended) Orange or Grapefruit Segments Cucumber <b>Dressing</b> juice of 1 x lime ½ cup coriander 1 clove garlic Jalapeno ½ 1 <u>tspr</u> Hemp Seeds 1 avocado leaves</p>	<p><b>Salad</b> Baby Spinach Baby Kale Cucumbers, tomatoes Red Onions Pear or Mandarin <b>Dressing</b> juice of 1 x orange 1 clove garlic 1 avocado 1/3 chilli pinch of Dulse Flakes</p>
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## Afternoon Tea

<p><b>Afternoon Tea</b> Also see 'Heavy Metal Detox Smoothie' at the bottom</p>	<p><b>Coconut Water</b> With spirulina drink Handful of grapes &amp; couple stalks of celery</p>	<p><b>Coconut Water</b> With Barley Grass drink Pear slices (plenty of them) Couple of stalks of celery</p>	<p><b>Fruit</b> Herbal Tea of your choice Apple or Slices Peaches With strawberries and raspberries</p>
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# MENU GUIDE

## Dinner Ideas

<p><b>Dinner</b> Also see   'Vegan Pasta Pesto with Roasted Cauliflower' And 'Sesame Seed Salmon Bowl'</p>	<p><b>Spinach Soup</b> Spinach, Coriander Tomatoes, Celery Juice of 1 orange <b>Serve</b> Cucumber noodles Or Drizzle over a nice mixed salad (see Lunch ideas above)</p>	<p><b>Mango Salsa</b> Mangos, Tomatoes Celery, Cucumbers, Coriander, Garlic <b>Serve</b> Over bed of <b>Mesculin Mix</b> Or leaf lettuce and baby Kale Dressing of your choice (see lunch Menu)</p>	<p><b>Salad Mix</b> Baby Kale &amp; Spinach Blended Cabbage &amp; Pear Celery, Cucumbers, Coriander, Tomato &amp; Strawberries <b>Dressing</b> juice of 1 x orange 1 clove garlic 1 avocado, 1/3 chilli</p>
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## Snack Ideas

<p><b>Evening</b></p>	<p><b>Snack</b> Herbal Tea of Your Choice 2 Medjool dates chopped &amp; Strawberries &amp; pear slices</p>	<p><b>Snack</b> Herbal Tea of Your Choice Apple Slices &amp; Medjool Dates</p>	<p><b>Snack</b> Herbal Tea of Your Choice 2 Medjool dates with a chopped Banana and Raspberries</p>
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# MENU GUIDE

## Heavy Metal Detox Smoothie

This smoothie is not only delicious, it's also perfectly designed to include five key ingredients that work together in synergy to pull heavy metals like mercury, lead, aluminium, nickel, copper and cadmium out of your organism where they accumulate.

### Ingredients:

- 2 bananas, 2 cups wild blueberries,
- 1 cup cilantro,
- 1 cup orange juice , 1 tsp barley grass juice powder, 1 tsp spirulina,
- 1 small handful of Atlantic dulse
- Optional: water to blend



## Salad Dressing Ideas

Salad Dressing Ideas	Lemon Vinaigrette	Mustard	Sesame-Ginger
	<ul style="list-style-type: none"> <li>¼ cup red wine vinegar</li> <li>2 <b>tbsp</b> Dijon mustard</li> <li>½ cup extra virgin olive oil</li> <li>Zest &amp; juice of 1 lemon</li> <li>1 clove garlic minced</li> <li>1 <b>tbsp</b> organic honey</li> <li>1 <b>tspn</b> rock salt</li> <li>¼ <b>tsp</b> black pepper</li> <li>1 <b>tbsp</b> fresh minced oregano</li> </ul> <p><i>(Combine all in a jar, shake well, refrigerate for 30 mins to 2 hours before serving)</i></p>	<ul style="list-style-type: none"> <li>¼ cup Dijon mustard</li> <li>¼ cup organic honey</li> <li>¼ cup apple cider vinegar (MOTHER)</li> <li>¼ cup extra virgin olive oil</li> <li>1 <b>tspn</b> sea salt</li> <li>¼ <b>tspn</b> black pepper</li> </ul> <p><i>(Combine all in a jar, shake well, refrigerate for 30 mins to 2 hours before serving)</i></p>	<ul style="list-style-type: none"> <li>1/3 cup extra virgin olive oil</li> <li>2 <b>tbsp</b> toasted sesame oil</li> <li>¼ cup seasoned rice vinegar</li> <li>1 clove garlic, minced</li> <li>2 <b>tbsp</b> gluten free soy sauce</li> <li>1 <b>tbsp</b> organic honey</li> <li>2 <b>tbsp</b> grated fresh ginger</li> </ul> <p><i>(Combine all in a jar, shake well, refrigerate for 30 mins to 2 hours before serving)</i></p>





# Next Step

If you liked this menu guide it's one part of a bigger solution and there are actually more components.

In this eBook I've shown you how to start to clean up your body internally but now I'd like to show you the **top 3 killers** that are:

- destroying peoples confidence and enjoyment, and
- causing brain fog and making you sluggish.

Book the call and I'll tell you what those are and at the end you'll know what to do.

**Book now!**

*Click here*