

Weekend Recipes

ENDOMETRIOSIS
EDITION



Well College
Global

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Endo & food

We hope you enjoy this tasty weekend menu. Each recipe is designed for one person, however, these are nourishing meal ideas for the whole family! Simply increase the quantities for each additional hungry mouth.

Each of the ingredients and meals within are designed to be healthy and balanced and are also ideal for those experiencing endometriosis symptoms. We have prioritised anti-inflammatory foods and foods rich in antioxidants. You'll also notice the inclusion of herbs, they've been selected for their potential antispasmodic effect. Visiting a qualified herbalist can be a great option if you're keen to explore holistic remedies. And, of course, we've included foods to support gut health and wellbeing.

When you buy your yoghurt be sure to check the label. A good guide is to choose a probiotic that has 100 million CFU at opening, and it shouldn't have any added sugars.

While studies around herbal remedies and endometriosis are mounting, one of the interesting areas of study has been in the beneficial effects of green tea, or more specifically epigallocatechin gallate (EGCG). Studies suggest that as EGCG reduces small vessel production in endometrial lesions, it may prove helpful (it appears this is also how EGCG can be beneficial in some cancers).

Remember, ensure your diet remains full of colour, unprocessed foods and variety, avoid reducing your diet down to a limited number of foods as this can reduce your nutrient and health compound status and health.



It's important to keep in mind that there is no one approach to endometriosis support as each individual's signs and symptoms and own experience of their condition is what determines the approach, not the disease.

We've taken a few of the top most commonly noted dietary supports from our [Women's Health and Hormones](#) course and listed them below for you. This is just a short list; remember, each women's journey to wellbeing is individual. Always seek qualified support to manage complex health challenges.

- Omega 3 fatty acids are recommended to address inflammation and reduce oxidative factors in our food and around us such as environmental pollutants. Foods rich in omega 3's include salmon, chia seeds, walnuts, and other nuts and seeds.
- Avoid winterised oils and in particular hydrogenated oils and foods containing trans-fatty acids (generally foods with oils that have been highly processed especially by heat) and instead use cold-pressed oils.
- Herbs and spices like turmeric (with the active component curcumin), ginger, cinnamon, peppermint, and chamomile have antioxidant capacity, and may also be antispasmodic and toning to the reproductive area which many help with symptoms like cramping.
- Green tea as mentioned earlier.
- Meals that include leafy greens, and a variety of colourful fruit and vegetables are rich in phytonutrients (the coloured pigment in plant foods) that have powerful antioxidant capacity, fight inflammation, and also have natural antibacterial and antiviral potential to support immunity.
- Pre and probiotic foods that support gut health like kefir, natural yogurts, fermented foods such as kombucha, sauerkraut, and kimchi, and those high in dietary fibre are also important.
- This menu is notably low in inflammatory foods such as processed foods, and inflammatory fats.

This information is taken from both our wonderful [Women's Health and Hormones](#) text and our [Gut and Microbiome](#) course, both of which form part of our [Women's Health Coaching Program](#). We love empowering women to take agency over their health and wellbeing choices and to feel confident in working with medical professionals.

If you are looking to better understand your body and make changes in your life to support your wellbeing, why not enrol into one or both of these courses?

Or, chances are you have lived with endometriosis and your journey could be shared with others to help support them.

Try our [free wellbeing coaching subject samplers](#) and start your women's health coaching career today!



Day 1

BREAKFAST
LUNCH
DINNER





Choc Berry Chia Pudding + Green or Peppermint Tea



1 serving



5 minutes +
3 hrs to set

INGREDIENTS

- 3 tbsp chia seeds
- 1 Tbsp cacao powder
- 1 C milk of your choice
- 1 tsp maple syrup
- 1 C mixed berries
- 1/4 C granola

DIRECTIONS

1. Mash half of the berries in a jar. Add chia, cacao, milk, and maple syrup.
2. Close with lid and shake well until mixed. Wait 5 mins and shake again.
3. Place in the fridge for at least 3 hours (overnight is great!) to set.
4. Top with granola, remaining berries, and serve.





Immune Boosting Hummus



1 serving



10 minutes



INGREDIENTS

220g organic chickpeas

(400g tin, drained)

1 lime, juiced

1 clove garlic

1/4 teaspoon of matcha

1 - 2 cm piece ginger

2 tablespoons mint

¼ cup extra virgin olive oil

DIRECTIONS

1. Rinse and drain chickpeas. Grate ginger.
2. Add chickpeas, lime juice, garlic, matcha, ginger, mint, and olive oil to a food processor.
3. Blitz for a few minutes, stopping to scrape the sides and check consistency.
4. Continue to blitz, adding additional olive oil or water if desired, until smooth and creamy.
5. Enjoy with veggie sticks and seed crackers.





Ginger Soy Salmon with Greens



1 serving



35 minutes

INGREDIENTS

1 salmon fillet

3 spears broccolini

100g green beans

½ bok choy

1 small piece ginger, grated

1 clove garlic

1 tsp maple syrup

2 tsp soy sauce

½ lemon

¾ C cooked brown rice



DIRECTIONS

1. Heat oven to 200°C.
2. Arrange broccolini, beans, and bok choy in a lined baking dish. Place salmon on top and scatter with ginger and crushed garlic. Drizzle with soy sauce, maple, juice from half of the lemon.
3. Cover with foil and bake for 10 mins. Remove foil and bake for another 10 mins until salmon is cooked and veggies softened.
4. Remove from oven and serve with rice and remaining lemon wedge





Day 2

BREAKFAST

LUNCH

DINNER





Banana Chia Pancake + Green or Peppermint Tea



1 serving



15 minutes

INGREDIENTS

1 banana, mashed

1 egg

1 Tbsp chia

1/4 C rolled oats or buckwheat

Topping:

1 Tbsp Greek yogurt

1 C sliced fruit

1 Tbsp chopped walnuts

Olive oil or butter to cook

DIRECTIONS

1. Combine all pancake ingredients in a bowl and beat well to combine, or place in a blender for 30 seconds. Allow to rest for 5 mins.
2. Heat a little oil or butter in a pan over medium heat.
3. Use a large spoon or ladle to cook pancakes in batches, flipping when golden and small bubbles appear on the surface.
4. Once cooked, transfer to a plate and top with a dollop of yogurt, sliced fruit, and sprinkle with walnuts to serve.





Pumpkin and Quinoa Tabbouleh



1 serving



30 minutes

INGREDIENTS

2/3 C cooked quinoa

1/2 tomato, diced

1/2 medium cucumber, diced

1/4 red onion, finely diced

1/2 C fresh parsley, chopped

1 C pumpkin, cubed

Extra virgin olive oil

1/2 lemon

1 handful baby spinach leaves

2 Tbsp crumbled feta (optional)

DIRECTIONS

1. Heat oven to 180°C. Prepare vegetables as per the ingredients list.
2. Toss pumpkin cubes in olive oil and roast until golden and cooked through.
3. Combine quinoa, tomato, cucumber, onion, pumpkin, and parsley in a large bowl. Drizzle with olive oil, juice from half of the lemon and toss well to combine.
4. Place spinach leaves in a wide bowl or plate and spoon quinoa mix on top. Serve topped with feta and an extra big squeeze of lemon.





Sweet Potato and Chickpea Bake



1 serving



10 minutes

INGREDIENTS

1 medium sweet potato

1/2 red onion

2 tsp mustard seeds

1/2 tsp turmeric

1/2 tsp cardamom powder

1 tsp balsamic vinegar

1 clove garlic

115 g chickpeas

(half a tin, drained)

Extra virgin olive oil

Topping:

1/4 C Greek or natural yoghurt

1/4 lime

1/4 C fresh coriander or mint

1 Tbsp pumpkin seeds

DIRECTIONS

1. Preheat oven to 180°C. Wash sweet potato and halve lengthways. Place in a baking dish. Slice onion in wedges and scatter around sweet potato. Drizzle well with olive oil and toss to coat. Bake until sweet potato is tender and golden, around 30-40 minutes.
2. In a small baking dish add 2 Tbsp olive oil and heat in oven for a few minutes. Add rinsed chickpeas, mustard seeds, cardamom, turmeric, balsamic, and chopped garlic. Toss well and bake for around 15 minutes. Chickpeas should change colour but not dry out.
3. Transfer sweet potato to a plate, flesh side up. Top with onions and chickpeas. Finish with a big squeeze of lime, a dollop of yoghurt, pumpkin seeds, and coriander.



Snacks





Snack Ideas

BEVERAGES

Green Tea
Peppermint Tea
Turmeric Tea
Organic Herbal Tea with Echinacea and Ginger
Kefir with honey

SIMPLE SNACKS

Turmeric Golden Milk



1 serve



5 minutes

Add all ingredients to a saucepan and bring to a simmer. Serve hot, or allow to cool and serve over ice.

1 C milk of your choice
1 tsp turmeric
¼ tsp cinnamon
¼ tsp ground ginger
pinch of black pepper
½ tsp maple syrup

Cashew & Cranberry Bliss Balls



16 Balls



10 minutes

Soak cranberries and dates for a few minutes in hot water to soften. Blitz cashews, dates, cranberries, and cacao together in a food processor until crumbly. If too dry, add a splash of water, the mix should hold together when pressed. Scoop with a tablespoon and roll into balls. Roll in desiccated coconut to finish. Store in the fridge or freezer until ready to eat.

1 C cashews
1 C dried cranberries
½ C pitted dates
1 Tbsp chia seeds
1 Tbsp cacao powder
1 Tbsp desiccated coconut

Green Goodness Smoothie



1 serve



5 minutes

Blend all ingredients together until smooth and creamy. Enjoy.

1 frozen banana
1 C spinach or kale
½ C mango or pineapple
¼ avocado
1 handful cashews
¾ C milk or coconut water

Figs & Yoghurt



1 serve



5 minutes

Quarter two fresh figs and simply dip them into a natural unflavoured yoghurt.

2 fresh figs
1 small pot of natural yoghurt





My Weekend Meal Planner

	Saturday	Sunday
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

Repeat each weekend. Start with three weekends then add weekdays, progressively creating your very own Endo meal planner.



♥♥♥
My Notes





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