



EATING FOR ENDO

DOES NOT HAVE

to Suck

150 healing anti-inflammatory
hormone balancing recipes
without the guilt

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EATING FOR ENDO DOES NOT HAVE TO SUCK!

150 healing anti-inflammatory hormone balancing recipes without the guilt

When you suffer from endometriosis and want to try more natural ways to help relieve your symptoms, you learn that one of the first and most common recommendations is to follow an anti-inflammatory diet.

Resistance to the anti-inflammatory diet often arises when people learn of the list of all the major food groups that are advised to remove from their diet.

'..... I feel like the diet is so restrictive' 'I could not give up on my cheese or my coffee' 'so that leaves us eating water and fresh air!' These are typical comments that women often make. Who can blame them ... who does not like their cookies when feeling pre-menstrual, or need some comfort food when feeling poorly?

BUT you don't have to go without your favourite foods when following a healing, hormone balancing, anti-inflammatory diet.

The availability of alternative ingredients and the development of creative recipes means that it is possible to have many of your favourite dishes without compromising your health.

That is the basis of this cookbook

The compilation of recipes in this cookbook provides you with dishes that contain some all-time classics and favourites without undermining your health.

As a nutritionist and previous sufferer of endometriosis I am aware of the specific diet and health needs of women with endometriosis and have put together this collection of recipes that addresses the need to be eating safe healthy dishes that also appeal to your appetite.



TABLE OF CONTENTS

Eating for Endo Introduction
The Importance of having a Healthy Gut
Aim of Diet to Reduce your Symptoms
Foods Advised to Remove
Prostaglandins Pain and Diet
Hormones, Digestion and Endometriosis
Endometriosis and Estrogen in your Diet
The Red Meat Debate
A Special Note about Iron
Nutrients to Boost Progesterone
Reduce the Bloat

ALTERNATIVE INGREDIENTS

Going Gluten-free to Help Endometriosis
Replacing Eggs in your Baking
Dairy Alternatives
Use the Right Oils in your Diet
Aiding Digestion of Beans and Pulses
Probiotics for a Healthy Gut Flora
The Importance of Digestive Enzymes
Support your Liver to Help Endometriosis
Extra Goodies to Include in Your Diet
Superfoods for a Nutritious Boost
Endo Friendly Snack Ideas
Simple Breakfast Ideas
Why Gut Health and Diet are so Important
Tracking Your Symptoms



RECIPES

DRINKS & SMOOTHIES

Anti-belly Bloat Smoothie
Anti-inflammatory Liver Cleans Juice
Anti-inflammatory Pineapple Smoothie
Estrogen Reducing Smoothie
Berry Coconut Protein Smoothie
Energy Boosting Smoothie
Healing Turmeric Smoothie
Iron Boosting Smoothie
Magnesium Rich Mango Smoothie
Matcha Cacao Morning Booster Drink
Cacao Hemp Almond Drink
Best Green Juice
Stomach Soother Tea
Soothing Herbal Tea
Post-surgery Recovery Tea

BREAKFASTS

Berry Chia Breakfast Smoothie
Matcha Breakfast Smoothie
Papaya Healing Breakfast Smoothie
Chia Cacao Breakfast Pudding
Apple Overnight Oats
Breakfast Rice and Fruit
Breakfast Pancakes
Cacao Matcha Power Bars

SOUPS

Beet Zucchini/Courgette Soup
Spiced Carrot Anti-inflammatory Soup
Herby Creamy Coconut Cauliflower Soup
Tomato Avocado and Chilli Soup
Sweet Potato Ginger and Coconut Soup
Spicy Veggie Soup
Lemony Chicken Soup
Thai Curried Mango Soup
Tomato Turmeric Anti-inflammatory Soup
Beet Detox Soup
Spicy Butternut Squash Soup

BURGERS PATTIES & FRITTERS

Walnut Lentil Burgers
Quinoa Lentil Hemp-seed Meatballs
Zucchini/Courgette Fritters
Sweet Potato and Seed Burgers
Crispy Baked Falafel
Baked Pakora Bites
Tuna Avocado Fish-cakes
Crab Cakes
Cauliflower Hash Browns
Carrot Fritters
Turkey Burgers

TIME FOR THE MAIN COURSE

Avocado Stuffed Mushrooms
Pumpkin Chickpea Coconut Curry
Tangy Lime Coconut Quinoa

Veg and Quinoa Casserole
Shrimp and Rice Persian Style
Tuna with Nut Crust
Grilled Salmon Kebabs with Tahini Dressing
Salmon and Veggie Loaf
Lentil Nutty Loaf
Caribbean Fish Curry
Salmon and Potato Curry
Leek and Salmon Quiche
Smoked Mackerel in Potato Jackets and Dill Yoghurt
Spiced Mackerel with Shallots and Lemon Chickpea
Fish Pie with Oat Topping
Spicy Chicken Kebabs
Chicken Baked with Lime and Mustard
Creamy Chicken Tuscan Style
Chickpea Masala
Lemon Chicken with Sweet Potatoes

PASTA DISHES

Creamy Mushroom Alfredo
Mac and Cheese
Smoked Mackerel Tomato Pasta
Spicy Italian Tuna Pasta
Spicy Crab Pasta
Lentil Spaghetti Bolognese
Tuna Pasta Bake
Cheesy Broccoli Cauliflower Pasta Bake

SALAD TIME

What to Include in Your Salad?

Smoked Mackerel Salad

Paprika and Chilli Prawn Salad

Crunchy Mackerel Salad with Horseradish Dressing

Power Avocado Salad

Chicken Peach and Toasted Cashew Nut Salad

Mango Avocado Coconut Spicy Salad

Carrot Quinoa Salad

Tuna Avocado Rice Salad

Crab Stuffed Avocados

Beet Citrus Salad

Crab Mango Salad

DESSERTS

Raspberry Cheesecake

Chocolate Cheesecake

Lemon Tart with Oat Crust

Cherry Crumble

Chocolate Mousse

Peach Cobbler

Key Lime Pie

Banana Cream Pie

Chia Cacao Pudding

Chocolate Torte/Cake

Vegan Crème Brulee

Mango Ice-Cream

Chocolate Mint Ice-Cream

Cacao Coconut Ice-Cream

Banana and Blueberry Ice-Cream

Peach Sorbet

Raspberry Frozen Yogurt

Cacao Almond Ice-Cream

BAKED GOODIES

Herby Garbanzo/Chickpea Flatbreads

Avocado Almond Flour Flatbreads

Almond Flour Pizza

Nut Based Pizza

Gluten free Pizza Base

Chocolate Chip Oatmeal Pancakes

Crumble Topping Mix

Carrot Nut and Sultana Cookies

Almond Date Cookies

Blackstrap Molasses and Ginger Cookies

Chocolate Chip Cookies

Carrot Orange Muffins

Banana Coconut Almond Muffins

Chocolate Brownies

Orange Cake

Carrot Cake

Apple Layer Cake

Banana and Hazelnut Cake

SWEETS TREATS AND SNACKS

Spicy Roasted Chickpeas

Kale Chips

Spicy Sweet Potato Chips

Peanut Butter Cacao Bites

Cacao Maca Energy Bites
Iron Rich Peanut Butter Bites
Chocolate and Walnut Energy Bars
Date and Nut Snacks
Cacao Nutty Fudge Bars
Lemony Nutrient Rich Treats
Cacao Tahini Collagen Bites
Endo Friendly Chocolate

SAUCE DRESSINGS DIPS CHEESES AND BITS

Tuna Pate
Avocado Hummus
Beetroot Hummus
Salmon Avocado Dip
Roasted Red Pepper and Walnut Dip
Almond Satay Sauce
'Cheddar Cheese' Sauce
Garlic Herb Cream Cheese Spread
Dairy Free Parmesan Cheese
Nutty Cheese
Cashew Mayo
Alfredo Sauce - Vegan
Tomato Sauce
Mango Salsa
Tahini Dressing
Honey Mustard Black-seed Oil Dressing
Ginger Orange Sesame Dressing
Ranch Dressing - Dairy Free
Teriyaki Sauce

Coconut Lime Chilli Dressing

Berry Chia Jam

Coconut Cream

TIPS AND TECHNIQUES

Utensils for Cooking

Sprouting Seeds and Grains

Beans and Pulses – Dries or Tinned!

Shopping List for your Store Cupboard

Conversion Charts

To Sum Up Your Diet

All the recipes are gluten, dairy, sugar, soy, wheat free

All designed to be safe for a healing anti-inflammatory diet

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