



Estrogen Male's

Personalized Hormone Balancing
Nutrition Plan

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YOUR BODY TYPE: ESTROGEN DOMINANCE

Dear Estrogen Male

Age: 40

Sex: Male

Plan Issued Date: 25/05/2021

Your plan is based on the answers you provided.

Supporting liver detoxification may be helpful for individuals who have imbalanced levels of sex hormones such as estrogen, testosterone, and progesterone. In fact, some hormonal conditions such as premenstrual syndrome (PMS), menopause, and even estrogen-responsive cancers (breast, ovarian, and prostate cancer) may be associated with the body's inability to adequately break down and eliminate these hormones.

It is important to note that the breakdown of hormones such as estrogen use liver pathways similar to that of toxins before being excreted from the body. Estrogen plays a critical role in the health and development of the body. This tends to be more commonly discussed in relation to women vs men. In women, estrogen helps with reproductive development, body composition, brain health, bone health, skin health, libido and is intimately tied to a women's monthly rhythm. There are three main types of estrogen (estrone, estradiol and estriol) that play different roles; it is important to understand how they interact with one another, with the other hormones and how they are metabolized in the body.



Many men today are also dealing with estrogen imbalance as a result of environmental toxicity and food choices. As estrogen bioaccumulates in the body it can create a significant disruption to the operation of other hormones in the body, such as testosterone. These imbalances can lead to problems in the prostate, libido and sexual health, confidence, mental health and overall energy and vitality.

Your plan focuses on optimizing metabolic detoxification to improve energy levels and mood, boost immunity, enhance cognitive function and optimize sleep cycles. Many people are not aware of the connection between foreign hormone exposure (eg. xenoestrogens such as heavy metals, plastics, pesticides, and various other environmental pollutants) and weight gain, food triggers, gut issues and metabolic dysfunction. As a result of ongoing exposure and bioaccumulation, the body may become depleted of many key vitamins and minerals in an effort to detoxify the excess hormone load. It is important to select nutrient-dense organic foods and those that may support detoxification pathways in the liver.

Integrating detoxifying and phytonutrient-rich foods to your diet helps to reduce the overall burden of toxins on the body and the ensuing nutrient depletion and hormonal disruption.

HIGH-LEVEL NUTRITION PLAN

Macronutrient Chart

Recommendations:

- Prefer animal protein that is lean, free-range, grass-fed, organically grown.
- Choose plant protein that is non-GMO and organic.
- Choose wild-caught, low-mercury fish.



User's Daily Calorie Distribution

- Total : 1729 Cals/day (approximately)
Activity level: Sedentary
Weight goal: Lose Weight



User's Daily Macronutrient Portion

- Carbohydrate: 172 g/day
- Protein: 108 g/day
- Fat: 67 g/day



User's Food Plan Features

- Require Organic Foods
- Support Liver Functions
- Protect Antioxidants
- Support Metabolic Pathways
- Detoxifications
- Reduce Toxin Burden
- Balance Hormone Metabolism

YOUR MEAL PLAN

My food log - Date

Wake-Up

Drink as soon as you wake-up

- Apple Cider Vinegar
- Water
- Lemon Juice

Meal 1

Fat & Oil

Pick any from the shopping list
16 g

Carbohydrates

Pick any from the shopping list
43 g

Animal & Vegan Protein

Pick any from the shopping list
27 g

Meal 2

Fat & Oil

Pick any from the shopping list
16 g

Carbohydrates

Pick any from the shopping list
43 g

Animal & Vegan Protein

Pick any from the shopping list
27 g

Meal 3

Fat & Oil

Pick any from the shopping list
16 g

Carbohydrates

Pick any from the shopping list
43 g

Animal & Vegan Protein

Pick any from the shopping list
27 g

Meal 4

Fat & Oil

Pick any from the shopping list
16 g

Carbohydrates

Pick any from the shopping list
43 g

Animal & Vegan Protein

Pick any from the shopping list
27 g

*Note: Maintaining recommended portion sizes as well as ratios of macronutrients (P,C,F) is important to optimizing your health/weight/hormones.

SHOPPING LIST

Vegetables

- Arugula, raw
- Asparagus, raw
- Beans, fava
- Broccoli, raw
- Cabbage, raw
- Celery, raw
- Chard, swiss
- Collards, raw
- Cucumber, with peel
- Edamame, frozen
- Eggplant, raw
- Kale, raw
- Leeks, (bulb and lower-leaf portion)
- Mushroom, white
- Okra, raw
- Peas, green
- Radicchio, raw
- Shallots, raw
- Tomatoes, red
- Yam, raw

Fruits

- Apples, raw
- Avocados, raw
- Bananas, raw
- Blackberries, raw
- Dates, medjool
- Figs, raw
- Grapefruit juice, pink
- Juice, apple
- Kiwifruit, green
- Lemons, raw
- Limes, raw
- Mangos, raw
- Melons, cantaloupe
- Nectarines, raw
- Olives, ripe
- Orange juice, raw
- Papayas, raw
- Raspberries, raw
- Strawberries, raw
- Watermelon, raw

Animal Protein

- Bacon, turkey
- Beef sausage, fresh
- Beef, brisket
- Beef, grass-fed
- Beef, rib eye
- Beef, tenderloin
- Chicken, broiler
- Crustaceans, lobster
- Duck, domesticated
- Fish, butterfish
- Goat, raw
- Ground turkey, raw
- Lamb, domestic
- Mollusks, scallop
- Pate, liver
- Pork loin, fresh
- Pork, bacon
- Salmon, sockeye
- Turkey from whole, dark meat
- Veal, ground

Dairy & Egg Products

- Butter oil, anhydrous (ghee)
- Butter, organic
- Cheese, blue
- Cheese, brie
- Cheese, cheshire
- Cheese, edam
- Cheese, feta
- Cheese, goat
- Cheese, gouda
- Cheese, gruyere
- Cheese, mozzarella
- Egg, whole
- Egg, yolk
- Kefir, lowfat
- Milk, goat
- Milk, whole
- Yogurt, Greek
- Yogurt, plain
- Butter, without salt
- Cheese, limburg

Use this list of ingredients to prepare meals using any recipe of choice.

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SHOPPING LIST

Cereal Grains and Pasta

- Barley, pearled
- Couscous, cooked
- Oats
- Pasta, homemade
- Quinoa, uncooked
- Rice, brown
- Wheat, sprouted
- Wild rice, raw
- Amaranth grain, uncooked
- Barley flour or meal
- Buckwheat
- Bulgur, dry
- Millet flour
- Oat bran, cooked
- Rice, white
- Rye flour, dark
- Semolina, enriched
- Spaghetti, spinach
- Spelt, uncooked
- Wild rice, cooked

Legumes

- Beans, adzuki
- Beans, black
- Beans, french
- Beans, kidney
- Chickpeas (garbanzo beans, bengal gram)
- Lentils, raw
- Mung beans, mature seeds
- Peas, green
- Soybeans, mature cooked
- Tempeh
- Beans, navy
- Beans, pinto
- Broadbeans (fava beans), mature seeds
- Cowpeas, common (blackeyes)
- Hummus, home prepared
- Lima beans, large
- Miso
- Peanut butter, chunky
- Peas, split
- Pigeon peas (red gram), mature seeds

Spices & Herbs

- Basil, fresh
- Dill weed, fresh
- Peppermint, fresh
- Rosemary, fresh
- Spearmint, fresh
- Spices, allspice
- Spices, basil
- Spices, cardamom
- Spices, chili powder
- Spices, dill seed
- Spices, fennel seed
- Spices, garlic powder
- Spices, nutmeg
- Spices, oregano
- Spices, paprika
- Spices, rosemary
- Spices, sage
- Spices, tarragon
- Thyme, fresh
- Vinegar, cider

Beverage

- Beverages, Apple juice drink
- Beverages, Coconut water
- Beverages, Orange juice
- Beverages, almond milk
- Beverages, coconut milk
- Beverages, coffee
- Beverages, tea
- Beverages, water
- Beverages, Acai berry drink
- Beverages, Clam and tomato juice
- Beverages, aloe vera juice drink
- Water, bottled
- Beverages, Kiwi Strawberry Juice Drink
- Beverages, carbonated
- Beverages, chocolate powder
- Beverages, cranberry-apple juice drink
- Beverages, cranberry-apricot juice drink
- Beverages, cranberry-grape juice drink
- Beverages, vegetable and fruit juice blend
- Beverages, Protein powder whey based

Use this list of ingredients to prepare meals using any recipe of choice.

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FOOD CHART

Foods To Avoid

This is a list of foods you should not eat.



- Added sweeteners
- Alcohol
- All processed foods (packaged, canned & frozen meats)
- Caffeinated beverages
- Fast foods
- Fructose
- Fruit juices
- High amounts of saturated fats such as cream, full-fat cheeses, margarine & fatty meat
- Over-cooked food
- Refined carbohydrates such as white flour bread, pasta, baked goods
- Saturated animal fat
- Soft drinks
- Sucrose
- Trans fats
- Use of oils in high-heat cooking

FOOD CHART

Core Foods To Enjoy

This is a list of foods you can enjoy at anytime.



- Almonds
- Blueberries
- Chia seeds
- Greek yogurt
- Lettuce, all
- Organic Soy
- Shallots
- Tofu
- Artichoke
- Brazil nuts
- Chinese cabbage
- Hazelnuts
- Microgreens
- Parsley
- Soy milk
- Tomato
- Avocado
- Cashews
- Edamame
- Hemp seeds
- Natto
- Pecan halves
- Soy nuts
- Walnuts
- Beets
- Celery
- Fenugreek seeds
- Kefir
- Nut and seed butter
- Pistachios
- Soy yogurt
- Watercress
- Bitter melon
- Chard, Swiss
- Fish, Shellfish; halibut, herring, mackerel, salmon, sardines, tuna
- Kohlrabi
- Olives
- Pomegranate seeds
- Spinach
- Black soybeans
- Chervil
- Flaxseed, ground
- Leeks
- Onions
- Scallions
- Tempeh

FOOD CHART

Herbs & Spices

This is a list of herbs and spices that add flavour, taste and nutrients to your diet.



- Basil
- Cinnamon
- Dill
- Onion powder
- Sage
- Bay leaf
- Cloves
- Fenugreek
- Oregano
- Sea salt
- Black Pepper
- Cacao powder (100% raw)
- Garlic powder
- Parsley
- Thyme
- Cayenne pepper
- Coriander seeds
- Ginger
- Paprika
- Turmeric
- Chili powder
- Cumin
- Himalayan salt
- Red curry paste
- Cilantro
- Curry powder
- Nutmeg
- Rosemary

FOOD CHART

What foods are important to eat organically? Organic meats and dairy appear to be the least contaminated with hormones, pesticides, and herbicides. Produce can be quite variable. If you are unable to eat organic produce, it is wise to be aware of those products that are the least contaminated with pesticides. The Environmental Working Group publishes a list of “Dirty Dozen and Clean Fifteen. They are updated annually. Foods are listed in order of importance. Refer to EWG.org for the latest information.



EWG’s Dirty Dozen

- Strawberries
- Kale, Collard & Mustard Greens
- Apples
- Cherries
- Pears
- Celery
- Spinach
- Nectarines
- Grapes
- Peaches
- Bell & Hot Peppers
- Tomatoes

EWG’s Clean Fifteen

- Avocados
- Pineapple
- Papaya
- Eggplant
- Broccoli
- Kiwi
- Mushrooms
- Cantaloupe
- Sweet Corn
- Onions
- Sweet Peas (Frozen)
- Asparagus
- Cabbage
- Cauliflower
- Honeydew Melon



EXERCISE RECOMMENDATIONS

Choose activities that you enjoy to improve compliance and results. Studies show that resistance training improves insulin sensitivity, brain oxygenation, learning and memory.



Types of exercises

- Weight training
- Swimming
- Hiking
- Outdoor walking
- Aerobic exercises
- Interval training
- Jogging
- Kickboxing
- Inferred hot yoga



Duration

- 30-60 mins / day



Time

- At time of the day according to your schedule.



Intensity

- High-intensity interval training is highly recommended.



FAQ



How much fish should be eaten per week?

The Environmental Protection Agency makes the following recommendations for fish consumption;

- Do not eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury.
- Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.
- Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
- Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. Eat up to 6 ounces (1 average meal)of albacore tuna per week.
- Check local advisories about the safety of fish caught by family and friends in local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces (1 average meal) per week of fish caught from local waters, but don't consume any other fish during that week.

How can vegans allergic to soy get quality protein?

As previously mentioned, protein is an essential component of detoxification processes. If an individual does not eat animal protein and does not eat soy protein for personal or health reasons, they can choose nuts, seeds, and other legumes, all of which provide quality protein for detoxification.

What sweeteners can be eaten on this plan?

Ideally, it is best to reduce the intake of added sugars as they tend to stress the body systems and create more inflammation, making it more difficult for the body to effectively clear toxins. Modest amounts of brown rice syrup, stevia, honey, maple syrup, and ripe fruit can be used.

FAQ

Can bread be eaten?

Bread is not included on your food chart, but it would be acceptable to make bread from gluten-free flours (especially legume flours) with added protein (e.g., egg white, nut meal, flaxseeds, sesame seeds) and fiber (e.g., using whole grains like brown rice flour) as part of the plan.

Is food packaging important?

Food packaging is an essential aspect to consider in this plan. Nowadays, many foods are packaged in cans, cellophane, foil, boxes, cardboard, metal, and plastic, all of which can impart chemicals to what we eat and drink. Aim for whole foods with minimal packaging or in higher-quality materials (e.g., non-BPA lined cans). Special attention should be placed on keeping plastic water bottles out of the heat.

Is fasting beneficial for metabolic detoxification?

When it comes to detox, many forms of fasting have been tried—juice fasting, abstaining from solid food and only having smoothies and nutritional shakes, intermittent fasting where less food is eaten every other day, daily or nighttime fasting, caloric restriction, and food restriction. We recommend, continue to include quality protein during a break from ingesting food as protein is key to healthy detoxification for balancing hormones.

Are organically grown foods really that important to buy? They are expensive.

Minimizing exposure to pesticides, insecticides, herbicides, and GMOs is the reason to buy organically grown food, especially when it comes to animal-based foods. They may be more expensive; however, the health effects from these toxins can be far more costly. Buy foods in season and from local farmers to keep the costs down. Making purchase decisions according to the annual “Dirty Dozen” and “Clean 15” lists from the Environmental Working Group ([www. EWG.org](http://www.EWG.org)) can also help people make informed and cost-effective grocery purchases.

HOW TO IMPROVE STOMACH ACID

If you experience acid reflex, burping, bloating, or internal gas, we suggest following below the tips that help improving your digestive system.

Before starting your plan, it is important to have everything requires in the home as planning ahead and strategizing will greatly improve your chance of successful results. Prepare your meals in advance. For instance, pick 1 day to cook your meals and keep it in a freezer.

Be sure to eat enough vegetables to avoid hunger. If you get bloated after eating certain vegetable, please avoid them such as night shade, high histamine, fermented food.

Check the "Ingredients" list for various food and ingredients to avoid.

Whenever possible, select fresh foods and organically grown fruit and vegetables to reduce the intake of pesticides and chemical residues. Wash vegetables thoroughly. *See the chart - Dirty Dozen and Clean Fifteen



DISCLAIMER

The assessment result and recommendations are not intended to be used by user for any diagnostic purpose and it is not a substitute for professional medical advice. For any medical advice, you should seek your physician or other health care providers with any questions you may have regarding diagnosis, treatment, cure, or prevention of any disease or other medical condition. Before making any changes in diet and lifestyle, or before taking nutritional supplements, please consult with your physician.