

TOTM

PERIOD SELF-CARE

Recipes

PREPARED FOR TOTM  
BY KELLY MULHALL, NUTRITIONAL THERAPIST

# A note from Kelly...



"When it comes to preparing for your period, you may not realise that there are some great foods which can help support you through that phase of your menstrual cycle.

Whilst eating a healthy balanced diet throughout the month will go a long way to preventing menstrual pain and cramping, PMS and mood swings, there are definitely some important foods that can help during your bleed."

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Kelly is a Nutritional Therapist and the founder of The Natural Balance, a one-stop, wellness shop for private Nutritional Therapy and Corporate Wellness.

# Recipe 1

## Spinach and Lentil Curry

A nutritious and comforting curry that's ready in 25 minutes!

### Ingredients

15 milliliters Extra Virgin Olive Oil  
1 Yellow Onion (large, chopped)  
3 Garlic (clove, minced)  
6 grams Ginger (peeled and grated)  
13 grams Curry Powder  
2 grams Cumin  
3 grams Sea Salt  
450 milligrams Red Pepper Flakes  
1 Lime (juiced)  
119 milliliters Vegetable Broth  
242 milliliters Canned Coconut Milk  
396 grams Lentils (cooked)  
8 grams Cilantro (optional, roughly chopped)  
180 grams Baby Spinach  
184 grams Brown Rice  
13 grams Maple Syrup  
2 tbsps Pumpkin Seeds

### Directions

1. In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
2. Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
3. Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
4. Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
5. When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!
6. Sprinkle the pumpkin seeds on the top once ready to serve

### Notes

- No Rice? Serve alone or with quinoa, couscous or potatoes instead.
- If you have leftovers, keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.
- If the curry gets too thick, add extra vegetable broth to thin it.
- If you want even more flavour, add extra cilantro and lime.





# Recipe 2

## Overnight Bircher Muesli

Prepare the night before for a tasty and healthy start to the day!

### Ingredients

162 grams Oats (rolled)  
20 grams Unsweetened Shredded Coconut  
36 grams Sliced Almonds  
13 grams Ground Flax Seed  
41 grams Raisins  
1 gram Cinnamon  
240 milliliters Unsweetened Almond Milk  
450 grams Unsweetened Coconut Yogurt  
1 Apple (medium, grated)

### Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!



### Notes

- Refrigerate leftovers in an airtight container for up to four days.
- The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.
- Serve with fresh berries and/or a drizzle of maple syrup or honey to add sweetness
- For added protein, make with Greek yogurt instead of coconut yogurt.

9 ingredients · 8 hours · 4 servings

# Recipe 3

## One Pan Salmon, Kale & Cabbage

Boost your omega 3 intake with this easy, one pan dish.

### Ingredients

534 grams Green Cabbage (roughly chopped)  
84 grams Kale Leaves (roughly chopped)  
45 milliliters Avocado Oil  
227 grams Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
2 grams Fresh Dill (finely chopped)  
29 milliliters Apple Cider Vinegar  
5 grams Dijon Mustard  
184 grams Brown Rice

### Directions

1. Preheat oven to 450°F (232°C) and line a baking pan with foil.
2. Cook rice according to packet.
3. Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
4. Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
5. Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
6. Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!



### Notes

- No Avocado Oil? Use olive oil instead.
- No Apple Cider Vinegar? Use lemon juice instead.
- Keep leftovers covered in the fridge up to two days.



# Recipe 4



## Black Bean Chili

A warming chili that's full of flavour and nutrients – a period self-care staple!

### Ingredients

400 grams Wild Rice  
15 milliliters Avocado Oil  
1 Yellow Onion (chopped)  
1 Jalapeno Pepper (seeds removed and finely chopped)  
4 Garlic (large cloves, minced)  
36 grams Taco Seasoning  
4 grams Cocoa Powder  
32 grams Tomato Paste  
688 grams Black Beans (cooked, rinsed well)  
363 grams Diced Tomatoes (from the can)  
475 milliliters Vegetable Broth  
Sea Salt & Black Pepper (to taste)

### Directions

1. Heat the oil in a pot over medium heat. Add the onions and jalapeno and cook for about five minutes or until the onion begins to soften. Stir in the garlic, taco seasoning, and cocoa powder, and cook for another minute.
2. Cook rice as per packet instructions.
3. Add the tomato paste and black beans and mix well to combine, then add the diced tomatoes and vegetable broth. Season with salt and pepper to taste.
4. Bring the chili to a gentle boil then reduce the heat slightly and simmer for 15 to 20 minutes or until the chili has thickened.
5. Season with additional salt and pepper, if needed, and divide between bowls. Enjoy!

### Notes

- Refrigerate leftovers in an airtight container for up to four days.
- One serving is approximately 1 1/4 cups of chili.
- Additional Topping options: Lime wedges, avocado, cheese, sour cream, tortilla chips, and/or hot sauce.
- No taco seasoning? Use a combination of chili powder and cumin

12 ingredients · 35 minutes · 4 servings