

Hormone Balancing Diet Grocery List

This printable grocery list makes it easy to shop for foods that support balanced hormones, better energy, mood, sleep, and weight management.

Healthy Fats

- Avocados
- Extra virgin olive oil
- Coconut oil (in moderation)
- Almonds, walnuts, cashews
- Flaxseeds, chia seeds, sunflower seeds
- Fatty fish (salmon, sardines, mackerel)

Fiber-Rich Vegetables

- Broccoli, kale, Brussels sprouts, cauliflower
- Spinach, Swiss chard, collard greens
- Zucchini, carrots, beets
- Sweet potatoes
- Cucumbers, celery

Lean Proteins

- Organic chicken breast or thighs
- Turkey
- Eggs (free-range if possible)
- Greek yogurt (unsweetened)
- Lentils, chickpeas, black beans
- Tofu or tempeh

Fruits for Antioxidants

- Blueberries, raspberries, strawberries
- Oranges, lemons, grapefruits
- Apples and pears
- Pomegranates
- Bananas

Fermented Foods (Probiotics)

- Plain yogurt with live cultures
- Kefir
- Sauerkraut
- Kimchi
- Miso paste

Nuts, Seeds & Whole Grains

- Pumpkin seeds, sunflower seeds
- Oats
- Quinoa
- Brown rice
- Whole grain bread or pasta (moderation)

Minerals & Extras for Stress and Sleep

- Pumpkin seeds (magnesium boost)
- Dark chocolate (70%+ in small portions)
- Cashews and Brazil nuts (selenium and zinc)
- Herbal teas (chamomile, peppermint, green tea in moderation)