



DR GRACE MARSHALL
WOMENS HEALTH NUTRITION
CONSULTANCY

Hormone-Friendly Breakfast Guide: Start Your Day Balanced & Energised

Created by Dr Grace Marshall, Medical Doctor & Certified Nutrition Advisor

drgmnutrition.com

[@drgracemarshall](https://www.instagram.com/drgracemarshall)

gm.womensnutrition@gmail.com

Introduction

Who this guide is for:

Women who feel tired, bloated, moody, or those struggling with PMS, irregular cycles, low energy or cravings. It's also a great starting point for women entering the menopause and those in the post-partum phase!

Why breakfast matters:

Breakfast is the most commonly missed meal of the day, but arguably the most important. Good morning nutrition is important, not only to provide energy to start the day and reduce cravings later on, but it also directly impacts hormones, and therefore symptoms related to hormone dysregulation. Cortisol (stress hormone) peaks in the morning, and a nourishing breakfast helps balance this. Conversely blood sugars are often lower in the morning after not eating overnight, therefore slow-release breakfast stabilises this. This first meal also helps support oestrogen and progesterone which directly impact PMS symptoms.

Promise of this guide:

By the end, you will know **exactly what to eat in the morning** to support hormone balance, with simple recipes and templates.

Section One – What a Hormone-Friendly Breakfast Actually Looks Like:

ONE = PROTEIN (20-30g minimum)

Why? Reduces cortisol, stabilises blood sugar, supports ovulation, reduces cravings.

Examples: Eggs, Greek yoghurt, Turkey, Tofu, Protein Powder

TWO = FIBRE & COMPLEX CARBS

Why? Supports gut health, oestrogen detoxification, steady energy throughout the day,

Examples: Oats, Chia Seeds, Wholegrains, Berries, Apples

THREE = HEALTHY FATS

Why? Essential for hormone production, anti-inflammatory properties.

Examples: Avocado, Nuts, Seeds, Olive Oil

FOUR = MICRONUTRIENTS

Why? Foundation for energy and hormone health (Magnesium, B vitamins, Omega-3s).

Section Two – The Breakfast Formula

PROTEIN
+
FIBRE/COMPLEX CARB
+
HEALTHY FAT
+
COLOUR

EGGS
+
WHOLEGRAIN
TOAST
+
AVOCADO
+
SPINACH

GREEK YOGHURT
+
MIXED
BERRIES
+
CHIA SEEDS
+
NUTS

Section Three – 5 HORMONE-FRIENDLY BREAKFAST RECIPES

Hormone-friendly Loaded Smoothie

- 150g berries (fresh or frozen)
- 1 scoop protein powder
- 1 tbsp flaxseed
- ¼ avocado
- 250 unsweetened almond milk

Why? Magnesium, fibre, healthy fats = reduces symptoms associated with hormone dysregulation!

Plus GREAT for on-the-go!

Anit-inflammatory Eggs

- 2 eggs
- Handful of spinach
- 6 cherry tomatoes
- Tsp olive oil
- 1 slice wholegrain toast

Why? Protein + anti-inflammatory healthy fats = support hormone production and regulation!.

Plus GREAT a weekend brunch!

Quick Breakfast Wrap

- 1 wholegrain wrap
- 2 tbsp hummus
- 2 boiled eggs or 120g tofu
- 1 handful of spinach
- Squeeze of lemon
- Tsp olive oil

Why? Balanced macronutrients with fibre supports the gut and the hormones simultaneously!

Plus GREAT for the savoury food lovers out there!

Balancing Yoghurt Bowl

- 200g Greek Yoghurt
- 75g mixed berries
- 1 tbsp chia seeds
- 1 tbsp nut butter

Why? High protein PLUS fibre = stable energy release and fewer cravings!

Plus GREAT for a breakfast or snack!

Oestrogen-Friendly Oats Bowl

- 50g oats
- 1 scoop protein
- Dash cinnamon
- 1 tbsp chia seed / flaxseed
- 75g mixed berries
- 200ml milk of choice

Why? High protein oats reduce insulin spikes, crucial in conditions such as PCOS or obesity.

Section Four – What to AVOID in the Morning (IMPORTANT!)

ONE – ZERO PROTEIN (eg: cereal alone, fruit alone, pastries)

→ causes a mid-morning crash!

TWO – CAFFEINE BEFORE FOOD

→ raises cortisol further, worsening anxiety, PMS and cravings!

THREE – HIGH-SUGAR SMOOTHIES (fruit only)

→ blood sugar rollercoaster!

FOUR – “LOW FAT “ BREAKFAST FOODS

→ often high in sugar, and not filling

→ increases hunger and cravings

Section Five – 7-Day Hormone Friendly Breakfast Plan

Day 1 = Greek Yoghurt Bowl

Day 2 = Anti-inflammatory eggs

Day 3 = Loaded Smoothie

Day 4 = Oestrogen friendly oats

Day 5 = Breakfast wrap

Day 6 = Protein Chia Pudding

Day 7 = Protein smoothie bowl

Section Six = Quick Shopping List

- ✓ Proteins: Eggs, Greek Yoghurt, protein powder, nut butter, (optional tofu)
- ✓ Fibre/Carbs = Oats, Wholemeal bread, frozen or fresh mixed berries, cherry tomatoes, spinach
- ✓ Healthy Fats = Avocado, olive oil, nuts, seeds
- ✓ Extras = cinnamon, chia seeds, flaxseeds, almond milk, hummus

About the Author

Dr Grace Marshall (*Medicine & Surgery MBChB. International Health BSc (hons). Level 4 Nutrition Diploma*)

As an AfN Certified Nutritional Advisor and Medical Doctor, I offer tailored nutritional support to women. Using a consultation-style approach, we will take a deep dive into your health and nutrition, reflect on your habits, lifestyle choices and relationship with food; and together create recommendations to prioritise and optimise your wellbeing.

Specifically focusing on Women's Health Nutrition, I use the latest research and scientific evidence alongside my knowledge and experience as a medical doctor to inform my practice. I offer consultations to reproductive-age women, including pre-conception, fertility-support, pregnancy and post-partum; alongside women in their menopausal years and those with pre-existing gynaecological diagnoses including endometriosis, polycystic ovarian syndrome and more.

Message me on Instagram, email me or book a free initial consultation directly via my website!



