

ENDO EATS: 20 SIMPLE AND SOOTHING RECIPES FOR MANAGING ENDOMETRIOSIS



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VOL. 1

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01

Smoothies



Each smoothie makes Approximately 2 servings.
servings can vary depending on the size of the
glasses or containers you use

Berry Bliss Smoothie

Ingredients:

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup yogurt
- 1 tablespoon honey
- 1 cup almond milk

Instructions:

- Combine the mixed berries, yogurt, and honey in a blender.
- Blend until smooth and creamy.
- Pour into a glass and enjoy!

Berry Bliss Smoothie: This smoothie is rich in antioxidants and vitamin C, which can help reduce inflammation and support the immune system, both of which are important for managing endometriosis symptoms.



Green Goddess Smoothie

Ingredients:

- 2 cups fresh spinach
- 1 banana
- 1 cup almond milk
- 1/2 cup of ice

Instructions:

- Place fresh spinach, banana, ice and almond milk in a blender.
- Blend until the mixture is smooth.
- Pour into a glass and savour the nutrient-packed goodness.

Green Goddess Smoothie: Packed with spinach and banana, this smoothie provides essential nutrients and iron, which can aid in managing fatigue often associated with endometriosis. The spinach also contains folate, which may reduce the risk of certain complications.



Tropical Paradise Smoothie

Ingredients:

- 1 cup pineapple chunks
- 1/2 cup frozen mango chunks
- 1 cup coconut milk

Instructions:

1. Add pineapple, mango, and coconut milk to a blender.
2. Blend until it reaches a smooth consistency.
3. Pour into a glass, transport yourself to the islands, and enjoy!

Tropical Paradise Smoothie: The tropical fruits in this smoothie, like pineapple and mango, are not only delicious but also contain vitamins, minerals, and fibre, which can support digestion and overall health for those with endometriosis.



Chocolate Peanut Butter Power Smoothie

Ingredients:

- 1 tablespoon cocoa powder
- 2 tablespoons peanut butter
- 1 banana
- 1/2 cup ice
- 1 cup almond milk

Instructions:

1. Combine cocoa powder, ice, peanut butter, banana, and almond milk in a blender.
2. Blend until the mixture is creamy and all ingredients are well incorporated.
3. Pour into a glass and indulge in the rich and satisfying flavour.

Chocolate Peanut Butter Power Smoothie: While it satisfies cravings for something sweet, this smoothie provides a protein boost from peanut butter, which can help maintain muscle health, which is particularly important for individuals with endometriosis dealing with chronic pain.



Ingredients:

- 1 cup cherries (frozen or fresh)
- 2 tablespoons chia seeds
- 1 cup almond milk
- Honey (optional for sweetness)

Instructions:

1. In a glass or jar, mix cherries, chia seeds, and almond milk.
2. Stir well and refrigerate overnight or for at least 3 hours to allow chia seeds to expand.
3. Sweeten with honey if desired and enjoy the fiber-rich delight!
- 4.

Chia Cherry Delight: Chia seeds are a great source of omega-3 fatty acids and fibre. They can help regulate hormones and improve digestion, which can be especially beneficial for those with endometriosis.



CHAPTER

02

Breakfast



Avocado and Egg Breakfast Toast:

Ingredients:

- 2 slices of whole-grain bread or Gluten free bread
- 1 avocado, sliced
- 2 poached or fried egg

Instructions:

1. Toast the whole-grain bread to your preferred level of crispiness.
2. Top the toast with sliced avocado and a poached or fried egg.
3. Season with salt and pepper to taste. Enjoy your nutritious breakfast!

[Click here to see how to make a poached egg in the microwave](#)

Avocado and Egg Breakfast Toast: Avocado is a source of healthy fats and fibre, which can help balance hormones and support digestive health, two key aspects of managing endometriosis.



Greek Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- 2 tablespoons honey
- 1/4 cup granola
- Fresh berries (e.g., strawberries, blueberries)

Instructions:

1. In a glass or bowl, layer Greek yogurt, honey, granola, and fresh berries.
2. Repeat the layering as desired.
3. Savour the delightful parfait!

Greek Yogurt Parfait: Greek yogurt provides probiotics that promote gut health, while the berries offer antioxidants. A healthy gut can help alleviate symptoms, including bloating and pain.



Oatmeal with Almond Butter and Berries

Ingredients:

- 1 cup rolled oats or if celiac use gluten-free rice oats
- 2 cups almond milk
- 2 tablespoons almond butter
- Mixed berries (e.g., raspberries, blackberries, and blueberries)
- Honey (optional for sweetness)

Instructions:

1. Cook rolled oats in almond milk according to the package instructions.
2. Once cooked, top with almond butter, mixed berries, and a drizzle of honey.
3. Stir and enjoy the creamy oatmeal with a burst of flavour.

Oatmeal with Almond Butter and Berries: Oats are a good source of fibre, which supports regular bowel movements and can help reduce bloating, a common issue for individuals with endometriosis.



Quinoa Breakfast Bowl

Ingredients:

- 1 cup cooked quinoa
- 1/2 banana, sliced
- Chopped walnuts
- A drizzle of honey
- Fresh berries (optional)

Instructions:

1. Cook quinoa according to the package instructions.
2. Once cooked, In a bowl, layer cooked quinoa, sliced banana, chopped walnuts, and a drizzle of honey.
3. Enjoy a nutty and nutritious breakfast bowl.

Quinoa Breakfast Bowl: Quinoa is a high-protein grain, that offers amino acids that are crucial for hormone regulation and overall well-being for individuals with endometriosis.



Ingredients:

- 3 eggs
- Chopped bell peppers (various colours)
- 1 cup Chopped spinach
- Crumbled feta cheese
- tomatoes (optional)

Instructions:

1. Whisk the eggs in a bowl.
2. Heat a non-stick skillet and add bell peppers and spinach.
3. Pour the whisked eggs over the veggies.
4. Sprinkle crumbled feta cheese on top.
5. Cook until the eggs are set and the cheese is melted. Fold in half and serve.

Veggie Omelette: This omelette is packed with protein from eggs and vegetables like bell peppers and spinach. Protein aids in muscle strength, which can be helpful for those with endometriosis who may experience fatigue and pain.



CHAPTER

03

Lunch



Lentil and Vegetable Soup

Ingredients:

- 1 cup green or brown lentils
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste
- Fresh parsley for garnish



Instructions:

1. In a large pot, sauté the onion, garlic, carrots, and celery until they start to soften.
2. Add the lentils, vegetable broth, cumin, and paprika. Bring to a boil, then reduce heat and simmer for about 25-30 minutes or until lentils are tender.
3. Season with salt and pepper to taste.
4. Serve hot, garnished with fresh parsley.

Lentils are a fantastic source of plant-based protein and fibre. They may help regulate blood sugar levels, reduce inflammation, and support digestive health, all of which can be beneficial for individuals with endometriosis.

Tip: This makes 4-5 servings so you can make this and have it for lunch over the week, or freeze it to have for lunch or dinner another time.

Quinoa Salad with Lemon-Tahini Dressing

Ingredients:

- 1 cup quinoa, rinsed and cooked
- 1 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 2 tbsp tahini
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper to taste



Instructions:

1. In a large bowl, combine the cooked quinoa, cucumber, cherry tomatoes, red onion, and parsley.
2. In a small bowl, whisk together the tahini, lemon juice, olive oil, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine.
4. Serve chilled.

Quinoa is a gluten-free, high-protein grain. It's rich in essential amino acids, vitamins, and minerals, offering a nutritious and satisfying option. The lemon-tahini dressing adds a burst of flavour and healthy fats.

A quinoa salad like this can typically serve around 4 to 6 servings, depending on portion sizes.

Salmon and Asparagus Foil Pack

Ingredients:

- 2 salmon fillets
- 1 bunch of asparagus
- 1 lemon, sliced
- Fresh dill
- Salt and pepper to taste
- Olive oil



Instructions:

1. Preheat the oven to 375°F (190°C).
2. Place each salmon fillet on a sheet of aluminium foil.
3. Arrange asparagus around the salmon. Top with lemon slices, dill, salt, and pepper.
4. Drizzle with olive oil, then fold the foil to create a packet.
5. Bake for 15-20 minutes or until the salmon flakes easily.

The number of servings for salmon and asparagus foil packets will depend on the number of packets you prepare.

Why it's great for endometriosis: Salmon is a fatty fish rich in omega-3 fatty acids, which have anti-inflammatory properties and may help manage pain associated with endometriosis.

Mediterranean Chickpea Bowl

Ingredients:

- 1 can chickpeas, drained and rinsed
- Kalamata olives
- Feta cheese
- Cherry tomatoes
- Cucumber, diced
- Red onion, finely chopped
- Fresh parsley, chopped
- Lemon juice
- Olive oil
- Salt and pepper to taste



Instructions:

1. In a bowl, combine chickpeas, olives, feta cheese, cherry tomatoes, cucumber, red onion, and parsley.
2. Drizzle with lemon juice and olive oil.
3. Season with salt and pepper.
4. Toss to combine and serve.

A typical batch of a Mediterranean chickpea bowl can serve around 4 to 6 people, depending on serving sizes.

Why it's great for endometriosis: This Mediterranean-inspired dish is packed with nutrients, including fibre from chickpeas, healthy fats from olives and olive oil, and the anti-inflammatory properties of tomatoes and onions.

Sweet Potato and Black Bean Tacos

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 can black beans, drained and rinsed
- 1 tsp chilli powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 6 Corn tortillas
- Avocado, tomatoes and cilantro for toppings (optional)



Instructions:

1. Preheat the oven to 200°C
2. Toss Kūmarawith chilli powder, cumin, paprika, and olive oil.
3. Roast for about 20-25 minutes or until tender.
4. Warm the black beans and corn tortillas.
5. Assemble tacos with sweet potatoes, black beans, and desired toppings.

Sweet Potato and Black Bean Tacos: The number of servings of sweet potato and black bean tacos will depend on the number of tacos you make and portion sizes. A typical batch might provide 4 to 6 servings.

Why it's great for endometriosis: Kūmaraare rich in beta-carotene and fibre, which may help reduce inflammation. Black beans provide protein and fibre, making this a satisfying and nutritious choice for those with endometriosis.

CHAPTER

04

DINNER



Grilled Lemon Herb Chicken

Ingredients

- 4 boneless, skinless chicken breasts
- 1/4 cup olive oil
- 2 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and black pepper to taste



Instructions:

1. In a bowl, combine olive oil, garlic, lemon zest, lemon juice, rosemary, thyme, salt, and pepper.
2. Marinate chicken breasts in the mixture for at least 30 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the chicken for 6-7 minutes on each side until fully cooked.
5. Serve hot.

Tip: Serve with Mediterranean Chickpea Bowl Salad

This Typically serves 4 people

Why it's great for endometriosis: Grilled lemon herb chicken is a low-inflammatory protein source that's gentle on the digestive system. The lemon and herbs provide a burst of flavour without relying on heavy spices or sauces that may trigger discomfort. Plus, lean protein helps support muscle health and overall well-being.

Ingredients:

- 227 grams whole wheat pasta
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 cup low-fat cream
- Salt and black pepper to taste
- Fresh basil leaves for garnish
- 2 cups mixed vegetables (e.g., bell peppers, broccoli, cherry tomatoes)



Instructions:

1. Cook pasta according to package directions; drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add garlic and sauté for 1-2 minutes.
3. Add mixed vegetables and sauté until tender.
4. Stir in the low-fat cream, salt, and black pepper.
5. Toss the cooked pasta in the sauce.
6. Garnish with fresh basil leaves.

Pasta Primavera recipe typically serves about 4 to 6 people, depending on portion sizes and whether it's served as a main course or a side dish.

Why it's great for endometriosis: Pasta Primavera offers a comforting and flavorful option with a gentle cream sauce. Whole wheat pasta provides fibre, and the mix of sautéed vegetables adds essential nutrients. This dish is easy on the stomach and can provide a sense of satiety without causing digestive distress.

Baked Salmon with Dill Sauce

Ingredients:

- 2-4 salmon fillets
- 1/4 cup plain Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon fresh dill, chopped
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste



Instructions:

1. Preheat your oven to 190°C
2. Place the salmon fillets on a baking sheet lined with parchment paper or aluminium foil.
3. In a small bowl, mix the Greek yogurt, mayonnaise, fresh dill, lemon juice, minced garlic, salt, and pepper to create the dill sauce.
4. Spread the dill sauce over the salmon fillets.
5. Bake in the preheated oven for about 15-20 minutes or until the salmon flakes easily with a fork.
6. Serve the baked salmon with extra dill sauce on top. Enjoy!

Tip: Serve with Pasta Primavera

Typically serves 4 people, with one salmon fillet per serving.

Why it's great for endometriosis: Salmon is a fantastic source of omega-3 fatty acids, which can help reduce inflammation and alleviate some endometriosis symptoms. The creamy dill sauce adds a burst of flavour without being too heavy on the stomach, making it an ideal and nutritious option for those with endometriosis.

Vegetable Stir-Fry

Ingredients:

- 2 cups mixed vegetables (e.g., bell peppers, broccoli, carrots, snap peas) Can use frozen vegetables.
- 1 block of firm tofu or boneless

chicken breast, cubed

- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 1 tablespoon honey or a sweetener

of your choice

- 1 teaspoon fresh ginger, minced
- Cooked brown rice or quinoa for serving



Instructions:

1. Heat the vegetable oil in a large skillet or wok over medium-high heat.
2. Add minced garlic and ginger, and stir-fry for about 30 seconds.
3. Add tofu or chicken, and cook until browned and fully cooked.
4. Add the mixed vegetables and stir-fry until they're tender yet crisp.
5. In a small bowl, whisk together the soy sauce and honey. Pour this mixture over the stir-fry and toss to combine.
6. Serve the stir-fry over cooked brown rice or quinoa.

Serves 4 people, with a serving of tofu or chicken and vegetables over rice or quinoa.

Why it's great for endometriosis: This vegetable stir-fry is rich in antioxidants and fibre from colourful vegetables, making it a gentle and nutritious choice for endometriosis sufferers. Additionally, tofu and lean chicken provide protein without adding excess saturated fat, which can help manage inflammation associated with endometriosis.

Quinoa-Stuffed Bell Peppers

Ingredients:

- 4 large bell peppers, any colour
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 can black beans, drained and rinsed
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Shredded cheese (optional, for topping)



Instructions:

1. Preheat your oven to 350°F (175°C).
2. Cut the tops off the bell peppers, remove the seeds, and blanch them in boiling water for 2-3 minutes. Drain and set aside.
3. In a saucepan, combine the quinoa and vegetable broth. Bring to a boil, then reduce heat and simmer for 15-20 minutes, until quinoa is cooked.
4. In a large bowl, mix the cooked quinoa, black beans, chilli powder, cumin, salt, and pepper.
5. Stuff each bell pepper with the quinoa mixture.
6. Place the stuffed bell peppers in a baking dish, add a bit of water to the bottom of the dish, cover with foil, and bake for 25-30 minutes.
7. If desired, top with shredded cheese and bake for an additional 5 minutes until melted.

Serves 4 people, with one stuffed bell pepper per serving.

Why it's great for endometriosis: These quinoa-stuffed bell peppers offer a balanced and nutrient-rich meal for those with endometriosis. Quinoa is an excellent source of protein and fibre, while black beans add additional fibre and essential nutrients. The spices used are flavorful without being overly spicy, making it easy on the digestive system and a great choice for endometriosis management.

Shopping List

Here's a for the ingredients needed to prepare the recipes in this ebook, with approximate quantities. **Please double-check your pantry for any items you may already have to avoid over-purchasing.**

Adjust the quantities based on the number of servings you plan to make and your personal preferences

Smoothies:

- Mixed berries (250 grams)
- Spinach (200 grams)
- Banana (3 bananas)
- Almond milk (1.5 liter)
- Cocoa powder (50 grams)
- Peanut butter (2 tablespoons)
- Chia seeds (2 tablespoons)
- Cherries (frozen or fresh (250 grams))

Lunch:

- Lentils (250 grams)
- Carrots (2 carrots)
- Frozen Stir fry mixed vegetables
- Celery (2 stalks)
- Cucumber (1 cucumber)
- Salmon fillets (4 fillets)
- Asparagus (1 bunch)
- Chickpeas (2 cans)
- Olives (250 grams)
- Kūmara(2 Kūmara)
- Black beans (2 cans)

Breakfast:

- Whole-grain bread (2 slices per serve)
- Greek yogurt (500 grams)
- Honey (1 bottle)
- Granola (250 grams)
- Oatmeal (250 grams)
- Almond butter (250 grams)
- Quinoa (500 grams used in dinner as well)
- Walnuts (100 grams)
- Eggs (3 eggs)
- Avocado (2 avocados)
- Feta cheese (200 grams)

Dinner:

- Boneless chicken breast or firm tofu (1 block or 500 grams)
- Vegetable oil
- Garlic (5 cloves or minced garlic)
- Soy sauce
- Ginger (1 piece)
- Bell peppers (4 peppers)
- Cumin (1 small container)
- Chili powder (1 small container)

The recipes provided in this eBook, "Endo Eats: 20 Simple and Soothing Recipes for Managing Endometriosis," are designed with the dietary considerations of individuals with endometriosis in mind. However, it is essential to note that dietary needs can vary from person to person, and the impact of specific ingredients on endometriosis symptoms may differ. These recipes are intended to provide inspiration and guidance for creating flavorful and nourishing meals.

While we have taken care to include ingredients that are generally considered suitable for endometriosis-friendly diets, we recommend that individuals consult with a healthcare professional or registered dietitian for personalized dietary advice. Additionally, individuals may have specific food sensitivities or allergies that are not addressed in this eBook. Always be mindful of your unique dietary requirements and make adjustments as necessary.

The recipes are not a substitute for medical advice, diagnosis, or treatment. Any changes to your diet or healthcare plan should be made in consultation with a qualified healthcare provider. Endometriosis is a complex condition, and its management may require a multidisciplinary approach.

By using these recipes, you acknowledge and agree that you are responsible for your own health and dietary choices. The author and publisher are not liable for any adverse effects, allergic reactions, or health issues that may arise from the use of these recipes or the ingredients included. Always exercise caution and make informed decisions when selecting and consuming foods.

The recipes are intended to support those with endometriosis by offering delicious, balanced meal options. We hope that they bring joy and comfort to your meals, but your health should always be your top priority.

Including this disclaimer in your eBook helps to ensure that readers are aware of the intended purpose of the recipes and encourages them to seek professional guidance for their specific dietary needs.