

# Naturopathic Quinoa Lunch Bowl (Gut & Hormone & Blood Sugar Friendly)

## Why this works (benefits)

- Steady energy & fewer cravings: Quinoa is a fibre-rich carb with complete protein (all essential amino acids). Pairing it with extra protein & healthy fats helps keep blood sugar stable.
  - Gut support: Lots of colourful plants = prebiotic fibre to feed beneficial gut bacteria, plus polyphenols that calm inflammation.
  - Hormone & liver support: Cruciferous veg (like broccoli/rocket) & lemon help support the body's natural detox pathways involved in hormone metabolism.
  - Minerals for mood & muscle: Quinoa provides magnesium, & adding seeds boosts zinc & omega-3s (helpful for skin, immunity, & hormonal balance).
  - Anti-inflammatory: Olive oil, herbs, & optional turmeric/ginger support a calmer inflammatory tone.
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## Ingredients (1 big lunch bowl)

### Base

- 75g dry quinoa (or ~185g cooked quinoa)
- 1 big handful spinach/rocket (or mixed leaves)

### Veg (pick 3–5)

- 1/2 cucumber, chopped
- 8–10 cherry tomatoes, halved
- 1/2 red pepper, diced
- 1 small carrot, grated
- 1 small courgette, ribboned (optional)
- 1/2 cup cooked broccoli or roasted veg (optional)

### Protein (choose 1)

- 1 tin tuna or salmon (drained), or
- 120–150g cooked chicken, or
- 150g chickpeas/lentils, or
- 100–150g halloumi/feta (if you want a more Mediterranean bowl)

### Healthy fat

- 1/2 avocado or 1 tbsp extra virgin olive oil

## Seed boost (optional but very “naturopathic”)

- 1 tbsp pumpkin seeds or hemp seeds
- Optional: 1 tsp ground flax/chia (extra fibre & omega-3)

## Lemon-Tahini Dressing

- 1 tbsp tahini
- 1 tbsp lemon juice (plus zest if you like)
- 1 tbsp extra virgin olive oil
- 1–2 tbsp water (to thin)
- 1/2 tsp Dijon mustard (optional)
- Pinch sea salt & black pepper
- Optional: 1 small garlic clove (crushed) or 1/4 tsp garlic powder

## Optional “healing extras”

- Fresh parsley/coriander/mint
  - Pinch chilli flakes
  - 1/4 tsp turmeric & pinch black pepper (anti-inflammatory)
  - A spoon of sauerkraut on the side (if tolerated)
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## Method

### 1) Cook the quinoa

1. Rinse quinoa well in a sieve (helps remove bitterness).
2. Add 1 part quinoa : 2 parts water (e.g., 75g quinoa & ~150ml water).
3. Bring to the boil, then reduce to a low simmer, lid on, for 12–15 minutes until water is absorbed.
4. Turn off heat and steam for 5 minutes, then fluff with a fork.

### 2) Prep the bowl

- Add leaves to a bowl.
- Top with warm or cooled quinoa.
- Add chopped/grated veg.
- Add your chosen protein & avocado (or drizzle olive oil).

### 3) Make the dressing

- Whisk tahini, lemon, olive oil, salt/pepper, mustard/garlic.
- Add water a splash at a time until it becomes pourable.

### 4) Assemble

- Drizzle dressing over the bowl.

- Finish with seeds & herbs & optional turmeric/chilli.
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## 2 quick variations

### Hormone-happy “Mediterranean”

Quinoa & rocket & cucumber & tomatoes & olives & feta & parsley & lemon/olive oil dressing.

### High-protein “Power Bowl”

Quinoa & spinach & roasted peppers & broccoli & chicken/tuna & avocado & hemp seeds & tahini dressing.