



# Hormora

## Food List

A curated guide to hormone-supportive foods for metabolic balance, energy, & vitality





The foods in this document have been carefully selected to help support digestion, prioritize micronutrient consumption, enhance hormone balance, and optimize health. These are some of the **most nutrient dense** foods a person can eat.

Please understand though, that everyone is unique and different. The majority of these foods will be tolerated well with most people, but others may have issues.

**Carefully analyze** how you feel in response to consuming the foods on this list. *If you experience any of the following symptoms, discontinue eating the suspected food:*

- Heartburn
- Constipation
- Skin issues and poor skin complexion
- Ulcers
- Low energy
- Brain fog
- Gas or burping
- Getting sick very easily
- Mood issues
- Dandruff
- Overeating
- Low testosterone
- Issues related to bone density and oral health
- Liver issues
- Excessive simple carb cravings

## Additional Recommendations

Prioritize Column	Consume these foods <b>80-100%</b> of the time
Neutral Column	Consume these foods <b>0-20%</b> of the time
Avoid Column	Consume these foods <b>0%</b> of the time

# Protein

## PRIORITIZE

- Bovine serum
- Colostrum
- Grass-fed beef
- Grass-fed beef bone broth
- Grass-fed bison
- Grass-fed elk
- Grass-fed lamb
- Organic grass-fed collagen
- Organic grass-fed gelatin
- Pasture-raised eggs
- Pastured chicken/pork (not raised on grains)
- Pasture-raised chicken bone broth
- Grass-fed organ meats
  - Beef liver
  - Beef heart
  - Beef Kidney
- Oysters
- Scallops
- Shellfish
- Wild caught seafood (calamari/squid, crab, lobster, mussels, shrimp, etc.)

## NEUTRAL

- A2 Dairy
- Organic grass-fed whey
- Low-mercury wild caught fish (Anchovies, haddock, petrale sole, sardines, salmon, summer flounder, trout)

## AVOID

- Beans
- Cage free eggs
- Cheese and other pasteurized or cooked dairy (except butter)
- Factory or conventionally farmed eggs
- Factory/conventionally raised/grain fed/vegetarian fed meat (chicken, turkey, beef, pork, fish)
- Farmed seafood
- Heated whey
- Hemp protein
- High mercury seafood
- Rice and pea protein
- Soy protein
- Wheat protein

# Starchy Carbohydrates

## PRIORITIZE

- Butternut squash
- Cassava
- Pumpkin
- Sprouted rice
- Sweet Potato
- Taro
- Yam

## NEUTRAL

- Well cooked potatoes
- White rice

## AVOID

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"><li>• Alcohol</li><li>• Barley grass</li><li>• Black rice</li><li>• Brown rice</li><li>• Bread (All)</li><li>• Buckwheat</li><li>• Bulgar</li><li>• Cereal</li><li>• Cookies</li><li>• Corn and corn products</li><li>• Corn starch</li></ul> | <ul style="list-style-type: none"><li>• Crackers</li><li>• Flour products</li><li>• Gluten-free powders &amp; products</li><li>• Maltodextrin</li><li>• Millet</li><li>• Oats/oatmeal</li><li>• Other grains</li><li>• Pasta</li><li>• Popcorn</li><li>• Potato chips</li><li>• Potato starch</li></ul> | <ul style="list-style-type: none"><li>• Quinoa</li><li>• Rye</li><li>• Spelt</li><li>• Tortilla chips</li><li>• Tortillas</li><li>• Wheat</li><li>• Wheatgrass</li><li>• Wheat einkorn</li><li>• Wheat kamut</li><li>• Whole grains</li><li>• Wild rice</li></ul> |
|---|---|---|

# Fruit

## PRIORITIZE

- Acerola Cherries
- Banana (Ripe)
- Blackberries
- Blueberries
- Cantaloupe
- Coconut
- Cranberries
- Cucumber (peeled/deseeded)
- Grapefruit
- Honeydew
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Olives
- Orange
- Papaya
- Peach
- Pineapple
- Plums
- Pomegranate
- Raspberry
- Strawberry
- Watermelon

## NEUTRAL

- Apple (skin peeled)
- Apricot
- Avocado
- Dates
- Dried fruit
- Figs
- Grapes
- Guava
- Passion fruit
- Pears
- Persimmon
- Plantain
- Raisins

## AVOID

- Canned fruit
- Fruit leather
- Jam
- Jelly

# Veggies

## PRIORITIZE

- Acerola Cherries
- Banana (Ripe)
- Blackberries
- Blueberries
- Cantaloupe
- Coconut
- Honeydew
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Peach
- Pineapple
- Plums
- Pomegranate
- Raspberry
- Strawberry

## NEUTRAL

- Algae
- Artichokes
- Arugula
- Asparagus (cooked)
- Basil
- Bok choy (cooked)
- Broccoli (cooked)
- Brussels sprouts (cooked)
- Cabbage (cooked)
- Cauliflower (cooked)
- Celery (cooked)
- Chicory (cooked)
- Chives (cooked)
- Cilantro
- Collards (cooked)
- Endive
- Fennel
- Green Beans
- Green onion
- Kale (cooked)
- Kimchi
- Leeks
- Lettuce
- Mint
- Mixed greens
- Okra
- Onion
- Parsley
- Radishes
- Sauerkraut
- Romaine
- Seaweed
- Shallots
- Spinach (cooked)
- Swiss chard
- Winter squash
- White rice (organic)
- Zucchini

## AVOID

- Beets
- Bell peppers  
(unless peeled/deseeded)
- Canned veggies
- Chickpeas
- Chili peppers  
(unless peeled/deseeded)
- Corn (all types)
- Eggplant
- Peas
- Peppers
- Raw chard
- Raw collards
- Raw kale
- Raw spinach
- Soy
- Sprouts
- Sugar snap peas
- Summer squash
- Tofu
- Tomatoes  
(unless peeled/deseeded)

*If consuming veggies, they should be cooked*

# Dairy

## PRIORITIZE

- Colostrum
- Grass-fed ghee or butter
- Organic grass-fed butter
- Organic grass-fed cream
- Organic grass-fed ghee
- All Raw Dairy (Organic)
  - Raw Milk
  - Raw Cheese
  - Raw Cottage Cheese
  - Raw Cream
  - Raw Kefir
- All Raw Dairy (Organic)
  - Raw Half/Half
  - Raw Yogurt
  - Goat Dairy

## NEUTRAL

- A2 Dairy
- Grain-fed butter
- Grain-fed ghee
- Organic grass-fed full-fat raw milk
- Organic grass-fed full-fat raw yogurt

## AVOID

- Most Pasteurized Cheese
- Casein protein powders
- Condensed or evaporated milk
- Pasteurized Cottage cheese
- Conventional ice-cream
- Dairy replacer
- Factory dairy
- Fake butter/margarine
- Frozen yogurt
- Greek yogurt
- Pasteurized Ice cream
- Kefir
- Non-organic grass-fed full-fat raw milk or yogurt
- Pasteurized non-organic milk or yogurt
- Powdered milk
- Skim or low-fat milk

# Nuts, Seeds, and Legumes

## AVOID

- All beans
- All legumes
- All nuts
- All seeds
- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Coconut
- Corn nuts
- Dried peas
- Flaxseeds
- Garbanzo beans
- Hazelnuts
- Hemp seeds
- Hummus
- Lentils
- Macadamia nuts
- Most legumes
- Peanuts
- Pecans
- Pecans
- Pine nuts
- Pistachios
- Psyllium
- Sesame seeds
- Soy
- Soy nuts
- Sprouted legumes
- Walnuts

# Oil & Fats

## PRIORITIZE

- Coconut oil
- Grass-fed butter
- Grass-fed ghee
- Grass-fed tallow
- Grass-fed red meat fat, and marrow
- Organic Olives
- Red Palm Oil
- Tallow

## NEUTRAL

- Avocado
- Avocado oil
- Coconut milk (no additives)
- Duck fat (pastured)
- Extra virgin olive oil (if pure/organic)
- Goose fat (pastured)
- Grain-fed butter

## AVOID

- Canola oil
- Cashew butter
- Commercial lard
- Conventionally farmed chicken fat
- Corn oil
- Cottonseed oil
- Fish oil
- Grapeseed oil
- Hazelnuts
- Heated nuts and oils (roasted nut butters & roasted nuts)
- Krill oil
- Peanut oil
- Safflower oil
- Sesame oil
- Soybean oil
- Soy lecithin
- Sunflower oil
- Vegetable oil
- Virgin olive oil
- All refined/seed oils

# Sweeteners

## PRIORITIZE

- Organic maple syrup
- Raw honey

## NEUTRAL

- Erythritol
- Stevia
- Xylitol

## AVOID

- Acesulfame potassium
- Aspartame (NutraSweet)
- Agave
- Coconut sugar
- Fructose
- High-fructose corn syrup
- Fruit juice concentrate
- Honey
- Maltitol
- Maple syrup
- Non-GMO dextrose
- Sucralose (Splenda)
- Sugar (white, brown)
- Sorbitol
- All other sugar alcohols

# Spices & Flavorings

## PRIORITIZE

- Apple cider vinegar
- Cacao powder
- Cilantro
- Coffee
- Ginger
- Lavender
- Oregano
- Paprika/Smoked Paprika
- Parsley
- Rosemary
- Sea salt
- Thyme
- Turmeric
- Vanilla extract

## NEUTRAL

- All-spice
- Black Pepper
- Cinnamon
- Cloves
- Garlic
- Mustard seed
- Nutmeg
- Onion Powder
- Organic mustard with no additives
- Table salt

## AVOID

- Anything labeled “enzyme modified”
- Bouillon and broth
- Caseinate
- Commercial salad dressing (Vegetable oils)
- Commercial salad dressing (EVOO and avocado)
- Commercial spices and extracts
- Hydrolyzed gluten
- Miso
- MSG
- Tamari
- Textured protein
- Tofu
- Yeast

# Beverages

## PRIORITIZE

- Coconut milk
- Coconut water (bottle/box/whole coconut)
- Filtered (reverse osmosis) water
- Mineral water in glass bottle
- Organic Coffee
- Raw milk
- Tea - Chamomile
- Tea - Green
- Tea - White Willow Bark
- Water with lemon/lime

## NEUTRAL

- Fresh squeezed fruit juice
- Kombucha

## AVOID

- Aspartame drinks
- All Alcohol
- Bottled iced tea (all types)
- Bottled or boxed nut milks
- Diet drinks/soda
- Fresh brewed iced tea
- Fresh vegetable juice
- Packaged juice
- Pasteurized milk
- Soda
- Soy milk
- Sport drinks
- Sweetened drinks
- Tap Water