

The Hormone Loving Salad eBook



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These 10 Mediterranean-inspired salads are designed to complement the main source of protein and carbohydrates in your meal, all while supporting your hormones, digestion, and overall vitality.

Fennel & Orange Sunshine Salad



A crisp, zesty bowl for hormonal balance & Mediterranean joy

Serves: 2-3

Ingredients

For the Salad:

2 cups mixed green leaves

1/2 fennel bulb, thinly sliced

4 radishes, thinly sliced

1/2 orange, peeled and segmented or cut into thin rounds

1/2 tablespoon toasted sunflower seeds

1/2 tablespoon toasted pumpkin seeds

1/2 tablespoon chopped fresh dill

1/2 tablespoon chopped fresh mint

For the vinaigrette:

1 tablespoon extra-virgin olive oil

2 teaspoons apple cider vinegar

1/2 teaspoon (preservative free) Dijon mustard

1/2 teaspoon of raw honey

1/4 teaspoon sea salt

Instructions:

Make the vinaigrette: Whisk together olive oil, apple cider vinegar, mustard, honey, and salt until smooth and emulsified.

Assemble the Salad: On a platter or salad bowl, layer the greens, fennel, cucumber, radish, and orange.

Add toppings: Sprinkle over the toasted seeds, (see ‘How to toast Nuts & Seeds Appendix on page 22) dill, and mint.

Dress and toss: Drizzle with vinaigrette and toss gently to combine.

Quick Pickle Beauty Bowl



A crisp, refreshing bowl with dill & zing- light and hydrating

Serves: 2-3

Ingredients

For the Salad:

1/2 cucumber, very thinly sliced

6-8 radishes, very thinly sliced

1/4 fennel bulb, shaved thin (optional but lovely)

1 tablespoon fresh dill, chopped

For the Vinaigrette:

1 tablespoon extra-virgin olive oil

1.5 tablespoons apple cider vinegar

1 teaspoon maple syrup

¼ teaspoon sea salt

Pinch of black pepper

Instructions:

Make the vinaigrette: In a small bowl or jar, whisk together apple cider vinegar, olive oil, maple syrup, sea salt and pepper.

Toss the veggies: In a medium bowl, combine cucumber, radish, fennel, and dill.

Dress and chill: Pour the vinaigrette over the salad and toss gently. Let sit for 10-15 minutes to absorb flavour and develop a light pickle effect.

Carrot & Apple Zen Salad



A fibre-rich hormone-loving salad with sweet earthy tones

Serves 2-3

Ingredients

For the Salad:

2 medium carrots, peeled and shredded

1 crisp red apple, thinly sliced

1 tablespoon sesame seeds

2 tablespoons walnuts, roughly chopped

For the vinaigrette:

1 tablespoon extra-virgin olive oil

1 tablespoon tahini

1 teaspoon apple cider vinegar

1 teaspoon honey

1/2 teaspoon freshly grated ginger

1/4 teaspoon sea salt

Water to thin, if needed

Instructions:

Make the vinaigrette: In a small bowl or jar, whisk together olive oil, tahini, vinegar, honey, grated ginger, and salt. Add a little water to reach smooth pourable consistency.

Prepare the salad: Combine shredded carrot, apple, sesame seeds and walnuts in a bowl.

Toss & serve: Drizzle the dressing over the salad and toss gently. Serve immediately for a fresh, crunchy bite.

Green Mango Vitality



A vibrant and refreshing medley of tangy, creamy and crisp flavours.

Ingredients

For the Salad

2 cups mixed salad leaves

1/2 ripe avocado

1/2 unripe mango, julienned or thinly sliced

1/4 cucumber, thinly sliced

2 tablespoons crumbled goat cheese or feta

A handful of cherry tomatoes, halved

1 tablespoon sesame seeds, lightly toasted

For the vinaigrette:

1 tablespoon extra-virgin olive oil

1 teaspoon tahini

1 tablespoon lemon juice

1/4 teaspoon sea salt

Instructions

Prepare the vinaigrette: In a small bowl, whisk together olive oil, tahini, lemon juice, and salt until smooth and creamy.

Assemble the salad: In a large serving platter, layer the mixed greens, mango, cucumber, tomatoes, and avocado.

Add toppings: Sprinkle over the goat cheese and toasted sesame seeds. (See 'How to toast Nuts & Seeds appendix on page 22)

Dress and serve: Drizzle the vinaigrette just before serving and toss gently to combine.

Strawberry & Beetroot Bloom



A sweet and earthy celebration of summer's boldest flavours.

Serves 2-3

Ingredients

For the Salad:

1 cup mixed salad leaves

1 medium sized roasted beetroot, peeled and sliced into wedges

5-6 fresh strawberries, halved or quartered

2 tablespoons goat cheese or feta, crumbled

2 tablespoons pecan nuts, lightly toasted and chopped
Handful of fresh mint leaves

For the vinaigrette:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 teaspoon honey (optional)
1/4 teaspoon sea salt

Instructions

Roast the beetroot: Wash and scrub beetroot, then cut into wedges. Toss with little olive oil and roast in a pre-heated oven at 200C for 30 minutes or until tender and caramelised at the edges.

Toast the pecan nuts: (See appendix on page 22 for instructions)

Make the vinaigrette: Whisk olive oil, balsamic vinegar, honey if using, and salt until smooth.

Assemble the salad: On a platter or shallow bowl layer mixed greens, roasted beetroot, and strawberries. Scatter over the cheese, toasted pecan, and fresh mint.

Dress and serve: Drizzle the vinaigrette just before serving and toss gently.

Mediterranean Rainbow Caprese



A colourful twist on the classic, with vibrant roasted flavours.

Serves 2-3

Ingredients

For the Salad:

1/2 cup cherry tomatoes, halved

1 small red bell pepper, roasted (or grilled) and sliced into strips

1 small green bell pepper, roasted (or grilled) and sliced into strips

1/2 cup small mozzarella (bocconcini)

A handful of black or green olives, pitted

A few fresh basil leaves, torn

For the vinaigrette:

1 tablespoon extra-virgin olive oil

2 teaspoons balsamic vinegar

Optional: 1/2 clove of garlic, finely grated or crushed

1/4 teaspoon sea salt

Pinch of black pepper

Instructions

Roast the peppers: Pre-heat oven to 200C. Place whole peppers on a parchment lined tray and roast for 25-30 minutes, turning half way, until blistered. Once cooled slightly, peel, deseed, and slice into strips.

(If you prefer to grill the peppers: Slice them into wide strips, brush lightly with olive oil, and grill skin side down until charred and soft- about 5-7 minutes. Let cool slightly, then peel off the charred skin for a sweet, smoky finish).

In a salad bowl, combine the cherry tomatoes, roasted pepper strips, olives, and mozzarella.

Sprinkle over dried oregano.

Whisk the vinaigrette ingredients until emulsified, then drizzle over the salad and top with fresh basil.

Minted Watermelon Delight



Sweet melon, salty feta & fresh herbs in perfect harmony

Serves 2-3

Ingredients

For the Salad:

2 cups rocket or mixed baby greens

1 cup watermelon, cubed (seedless preferred)

1/2 cup feta cheese, crumbled

1 tablespoon fresh mint, finely chopped

1 tablespoon toasted sunflower seeds

Zest or 1/2 lime

For the vinaigrette:

1 tablespoon extra-virgin olive oil

1 teaspoon fresh lime juice

¼ teaspoon sea salt

Instructions

Make the vinaigrette: In a small bowl, whisk together olive oil, lime juice and sea salt.

Assemble the salad: In a large bowl arrange rocket, watermelon cubes, and crumbled feta.

Top and finish: Scatter chopped mint and toasted seeds (see ‘How to toast Nuts & Seeds Appendix on page 22) over the top. Drizzle with vinaigrette and toss gently right before serving.

Crunchy Cabbage Slow



Gut-loving, antioxidant- rich slaw with a zesty twist

Serves 2-3

Ingredients

For the Salad:

2 cups finely shredded white cabbage

1 cup finely shredded red cabbage

1 medium carrot, grated or julienned

2 spring onions, finely diced

1 small handful of fresh parsley, chopped

For the vinaigrette:

1 tablespoon extra-virgin olive oil

1 tablespoon apple cider vinegar or lemon juice

1 teaspoon (preservative free) Dijon mustard

1 teaspoon maple syrup

¼ teaspoon sea salt

Black pepper to taste

Instructions

Make the vinaigrette: In a jar or small bowl whisk together the olive oil, vinegar, mustard, maple syrup, salt, and pepper until emulsified.

Assemble the salad:

Add the shredded cabbage to a large bowl and massage with a pinch of salt for 1-2 minutes to soften the texture and release its natural juice – perfect for tender flavourful slaw.

Fold in the grated or julienned carrot, spring onions, and parsley.

Top and finish: Pour the dressing over the slaw and toss well to coat. Let sit for 10 minutes before serving to allow the flavours to blend.

Rustic Potato & Egg Salad



A more filling salad, higher in carbs, perfect as a base to pair with extra protein.

Serves 2-3

Ingredients

For the Salad:

350g raw baby potatoes, boiled and halved

2 celery stalks, thinly sliced

1/4 red or white onion, thinly sliced

2 boiled eggs

1 tablespoon chopped fresh parsley

For the Vinaigrette:

2 tablespoons extra-virgin olive oil

1 tablespoon apple cider vinegar

1 teaspoon (preservative free) Dijon mustard

1 small garlic clove, minced (optional)

1/2 teaspoon honey

1/4 teaspoon sea salt

Black pepper to taste

Instructions

Boil the potatoes: Boil the potatoes in salted water until just tender. Drain and let cool slightly.

Make the Vinaigrette: In a small bowl, whisk together olive oil, vinegar, mustard, garlic if using, honey, salt, and peppers until creamy.

Assemble the salad: In a large bowl, combine the warm potatoes, with celery and onion. Gently fold in the boiled eggs.

Top and finish: Toss with the vinaigrette while still warm and sprinkle with chopped parsley. Serve at room temperature.

Melon & Parma Harmony



A classic Mediterranean duo, with a refreshing twist

Serves 2-3

Ingredients

For the Salad:

1 cup rocket salad

A few cherry tomatoes, halved

6 generous Cantaloupe melon slices

6 Parma ham slices

1 tablespoon toasted pine nuts (See 'How to toast Nuts & Seeds Appendix on page 22)

Optional: a few curls of shaved Parmigiano

For the vinaigrette:

1/2 tablespoon extra-virgin olive oil

1 teaspoon balsamic vinegar

Pinch of sea salt

Cracked pepper to taste

Instructions

Prepare the vinaigrette: Whisk together olive oil, vinegar, salt, and pepper.

Assemble the salad: Layer greens with cherry tomatoes on a large serving plate, add melon, wrapped around Parma ham.

Finish: Sprinkle over toasted nuts, and shave cheese if using.

Dress and serve: Drizzle with vinaigrette just before serving.

How to Toast Nuts & Seeds

Low and slow toasting preserves nutrients and protects their delicious oils whilst enhancing flavour.

Seeds (sesame, sunflower, pumpkin etc)

Dry toast in a skillet over low heat for 3-5 minutes. Stir often and remove as soon as they start to pop or turn golden.

(Avoid browning too much, light golden is ideal).

Nuts (walnuts, almonds, hazelnuts etc)

Oven roast: Spread in a single layer on a parchment-lined baking tray and roast at 150C for 6-8 minutes.

Stir halfway and let cool before adding to salads to maintain texture.

Inspired by these salads?

Let this be just the beginning of your
hormone supportive journey!

I support women at every stage – from preconception
to postpartum- with personalised nutrition
and lifestyle plans.

Visit my website to work with me:

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