



Menu

for Menopausal Women

Breakfast

Greek Yogurt Parfait

Ingredients: Greek yogurt, ground flaxseeds, mixed berries, walnuts

2 Cups Red Clover Tea

Benefits: high fiber, omega-3 fatty acids, & antioxidants

Mid-Morning Snack

Apple Slices w/ Almond Butter

Ingredients: Sliced apple, almond butter

1 Glass of Water

Benefits: Fiber, healthy fats, & protein

Lunch

Quinoa Salad

Ingredients: Quinoa, chickpeas, mixed greens, avocado, cherry tomatoes, cucumber, olive oil, balsamic vinegar

2 Glasses of Soy Milk

Benefits: High protein, fiber, & healthy fats



Afternoon Snack

Hummus and Carrot Sticks

Ingredients: Hummus, carrot sticks

1 Glass of Water

Benefits: Fiber, healthy fats, & protein

Dinner

Chicken and Vegetable Stir Fry

Ingredients: Chicken breast, bell peppers, broccoli, edamame beans, carrots, garlic, ginger, soy sauce over brown rice

2 Glasses of Lemon Water

Benefits: Lean protein, fiber, & vitamins

Dessert

Dark Chocolate

Ingredients: A small piece of dark chocolate

Benefits: Antioxidants & a sweet treat!

HEALTH TIPS FOR MENOPAUSAL WOMEN

- HYDRATION: AIM TO DRINK PLENTY OF WATER THROUGHOUT THE DAY.
- CALCIUM AND VITAMIN D: ENSURE ADEQUATE INTAKE FOR BONE HEALTH.
- PHYTOESTROGENS: INCLUDE FOODS LIKE FLAXSEEDS, SOY, AND EDAMAME TO HELP BALANCE HORMONES.
- HEALTHY FATS: INCORPORATE SOURCES LIKE AVOCADO, NUTS, AND OLIVE OIL TO SUPPORT HEART HEALTH.
- REGULAR EXERCISE: COMBINE WITH A BALANCED DIET FOR OPTIMAL HEALTH BENEFITS.

HAPPY SHOPPING

List

**“You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”
– Julia Child**

Greek Yogurt Parfait

Greek yogurt
Ground flaxseeds
Mixed berries (strawberries,
blueberries)
Walnuts

Hummus & Carrot Sticks

Hummus (store-bought or ingredients to make
your own: chickpeas, tahini, lemon juice, garlic,
olive oil)
Carrots

Apple Slices w/ Almond Butter

Apples
Almond butter

Chicken & Vegetable Stir-Fry

Chicken breast
Bell peppers (variety of colors)
Broccoli
Edamame beans
Carrots
Garlic
Fresh ginger
Soy sauce
Brown rice

Quinoa Salad

Quinoa
Chickpeas (canned)
Cherry tomatoes
Cucumber
Red onion
Feta cheese
Olive oil
Lemon juice
Fresh parsley

Dark Chocolate

Dark chocolate (70% cocoa or higher)

Red Clover

Soy Milk

**“Let food be thy medicine and medicine be thy food.”
– Hippocrates**

Highlighted Nutrients



Fiber



Iron



Calcium



Vit.A



Vit.C



Vit.B12



Folate



Potassium



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