



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

