

7 - DAY MEAL PLAN

To help with
menopause symptoms

In general, it's important to focus on a balanced diet that includes plenty of fruits, vegetables, lean proteins, whole grains, and healthy fats. Additionally, it's recommended to avoid caffeine, alcohol, spicy foods, and processed foods, which can exacerbate menopause symptoms. Consult with a healthcare professional or registered dietitian for personalized nutrition advice.



DAY 1

Breakfast

Porridge with plant based milk, chia and linseed seeds, berries

Lunch

Tofu/egg salad with avocado

Dinner

Grilled chicken/crispy chickpeas with vegetables tray bake

Snack

Plain full fat yogurt with one piece of fruit or humous with carrots/celery



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DAY 2

Breakfast

Poached eggs with spinach and wholegrain bread



Lunch

Bean soup and mixed vegetables salad



Dinner

Grilled salmon/crispy tofu with baked sweet potato



Snack

One piece of fruit with nut butter or tzatziki with carrots/celery



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DAY 3

Breakfast

Full fat yogurt with granola and fruit



Lunch

Tuna/Jackfruit salad with crunchy vegetables



Dinner

Baked turkey/temppeh with broccoli and brown rice



Snack

Boiled egg with one pepper or humous with wholegrain crackers



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DAY 4

Breakfast

Smoothie with kale, milk, pumpkin seeds and mango

Lunch

Mixed bean/chicken bowl with quinoa, peppers and avocado

Dinner

Grilled prawn/tofu skewers with mixed veg and brown rice

Snack

Mixed nuts or one piece of fruit with cottage cheese



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DAY 5

Breakfast

Avocado on wholegrain toast with smoked salmon/tofu



Lunch

Wholegrain wrap with chicken/falafel, crunchy veg and avocado



Dinner

Beef/chickpeas stir fry with brown rice and mixed veg



Snack

Cucumber and humous or plain yogurt with one piece of fruit



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DAY 6

Breakfast

Wholegrain pancakes with full fat plain yogurt and fresh fruit

Lunch

Grilled salmon/lentils with mixed greens and quinoa

Dinner

Baked chicken/falafel with root vegetables

Snack

One piece of fruit with nut butter or humous with carrots/celery



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DAY 7

Breakfast

Smoothie with fresh spinach, plain yogurt, milk and fresh fruit

Lunch

Wholegrain wrap with turkey/smoked tofu and crunchy veg and avocado

Dinner

Grilled cod/tempeh with roasted butternut squash and mixed veg

Snack

Boiled egg with mixed nuts or tratziki with one pepper



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