

Created by Menolux Health & Wellness Coaching & Consultancy
Let's Normalize Menopause



Welcome

Hi, I'm Patrice Rolle, founder of Menolux. This guide supports women through menopause with recipes designed to balance hormones, boost energy, and nourish your body. No food rules here—just real, supportive meals. If something doesn't work for you, skip it!

Hydration Tips for Hormonal Balance

Staying hydrated supports mood, digestion, and hot flash reduction.

Aim for:

- 8–10 glasses of water daily
- Herbal teas (peppermint, hibiscus, ginger)
- Electrolytes from coconut water or lemon water
- Limit caffeine & alcohol which can dehydrate

Pro tip: Start your day with a tall glass of room-temperature water with lemon!

COMPLETE 7-DAY MEAL PLAN

Day 1:

- Veg: Overnight Oats with Chia & Berries / Quinoa Chickpea Salad / Coconut Lentil Curry
- Flex: Add Greek yogurt to breakfast / Boiled Egg at lunch
- Omni: Turkey Breakfast Patties / Grilled Chicken Salad / Sheet Pan Salmon & Veg

Day 2:

- Veg: Tofu Scramble / Sweet Potato Power Bowl / Black Bean Chili
- Flex: Add feta to lunch / Yogurt-based dressing at dinner
- Omni: Scrambled Eggs / Tuna Salad Wrap / Beef Stir Fry

Day 3:

- Veg: Green Smoothie Bowl / Hummus Veggie Wrap / Lentil Stew
- Flex: Add boiled egg or Greek yogurt
- Omni: Egg Muffins / Chicken & Avocado Wrap / Baked Fish with Couscous

Day 4:

- Veg: Chia Pudding / Buddha Bowl / Zucchini Noodles with Pesto
- Flex: Add cheese or hard-boiled egg
- Omni: Omelet with Veggies / Turkey Wrap / Grilled Shrimp with Quinoa

Day 5:

- Veg: Almond Butter Toast & Berries / Black Bean Salad / Vegetable Stir Fry
- Flex: Add hard-boiled egg / Greek yogurt snack
- Omni: Eggs & Toast / Chicken Quinoa Bowl / Beef & Broccoli Stir Fry

Day 6:

- Veg: Smoothie with Flax & Spinach / Chickpea Shawarma Wrap / Stuffed Bell Peppers
- Flex: Add cheese or yogurt
- Omni: Turkey Sausage / Tuna Nicoise Salad / Chicken Fajitas

Day 7:

- Veg: Avocado Toast / Kale & Quinoa Salad / Mushroom Stroganoff
- Flex: Add egg to toast / Add cheese to stroganoff
- Omni: Egg & Avocado Toast / Grilled Chicken Bowl / Baked Salmon with Greens

SHOPPING LIST

Produce:

- Spinach,
- kale,
- berries,
- bananas,
- sweet potatoes,
- tomatoes,
- cucumbers,
- lemons,
- garlic,
- avocado,
- zucchini,
- bell peppers,
- mushrooms,
- onion,
- celery,
- carrots

Grains:

- Rolled oats,
- quinoa,
- brown rice,
- whole grain wraps,
- whole wheat noodles

Protein:

- Chickpeas,
- black beans,
- tofu,
- lentils,
- tuna,
- turkey,
- salmon,
- eggs,

- chicken breast

Pantry:

- Olive oil,
- chia seeds,
- flaxseed,
- spices (turmeric, cinnamon, cumin, paprika, garlic powder)

Dairy/Alt:

- Almond milk,
- Greek yogurt,
- feta cheese

Extras:

- Herbal teas,
- coconut water,
- tahini,
- hummus

Recipe: Meno-Magic Overnight Oats

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1/2 cup almond milk
- 1/2 cup mixed berries
- 1 tsp flaxseed

Instructions: Combine all in jar. Refrigerate overnight. Top with nuts or yogurt.

Recipe: Zesty Quinoa Chickpea Salad

- 1 cup cooked quinoa
- 1/2 cup chickpeas
- 1/4 cup cucumber
- 1/4 cup cherry tomatoes
- 1 tbsp olive oil
- Lemon juice
- Parsley, salt, pepper

Instructions: Mix all ingredients. Serve chilled.

Recipe: Coconut Lentil Curry

- 1 cup red lentils
- 1 can coconut milk
- 1 tbsp curry powder
- 1 clove garlic
- 1/2 onion

Instructions: Sauté onion/garlic, add curry, lentils, and coconut milk. Simmer 20 mins.

Recipe: Sheet Pan Salmon & Veg

- 1 salmon fillet
- Broccoli, carrots, bell peppers
- Olive oil, lemon, herbs

Instructions: Toss veggies in oil/herbs. Bake at 375°F for 20 mins.
Add salmon and bake 10–12 mins more.

Recipe: Hormone-Supporting Smoothie

- 1 cup almond milk
- 1 scoop plant protein
- 1/2 banana
- Handful spinach
- 1 tbsp flaxseed

Instructions: Blend all ingredients until smooth.

Recipe: Sweet Potato Power Bowl

- Roasted sweet potato
- Kale
- Quinoa
- Tahini dressing

Instructions: Layer bowl with all ingredients. Drizzle dressing.

Recipe: Tofu Scramble

- 1/2 block firm tofu
- Turmeric, cumin, garlic
- Spinach, tomato

Instructions: Sauté crumbled tofu with spices and veggies for 5–7 mins.

Recipe: Beef Stir Fry

- Lean beef strips
- Bell peppers, broccoli
- Soy sauce, ginger, garlic

Instructions: Stir fry all ingredients over high heat. Serve with rice or quinoa.

Recipe: Black Bean Chili

- 1 can black beans
- 1/2 onion, chopped
- 1 clove garlic
- 1 cup vegetable broth
- 1/2 tsp cumin
- 1/2 tsp paprika

Instructions: Sauté onion and garlic. Add beans, broth, and spices. Simmer for 20 mins.

Recipe: Lentil Stew

- 1 cup green lentils
- 1 carrot, diced
- 1 stalk celery
- 1/2 onion
- 1 garlic clove
- 3 cups broth

Instructions: Sauté vegetables, add lentils and broth, simmer until tender (30–40 mins).

Recipe: Zucchini Noodles with Pesto

- 2 zucchinis (spiralized)
- 2 tbsp pesto
- Cherry tomatoes
- Salt & pepper

Instructions: Toss noodles with pesto and tomatoes. Serve cold or lightly sautéed.

Recipe: Stuffed Bell Peppers

- 2 bell peppers, halved
- 1/2 cup quinoa
- 1/2 cup black beans
- Salsa, cheese (optional)

Instructions: Mix filling, stuff peppers. Bake at 375°F for 20 mins.

Recipe: Mushroom Stroganoff

- 1 cup mushrooms
- 1/2 onion
- 1/2 cup veggie broth
- 1/4 cup Greek yogurt
- Whole wheat noodles

Instructions: Sauté mushrooms/onion, add broth. Stir in yogurt. Serve over noodles.

Recipe: Green Smoothie Bowl

- 1 banana
- 1/2 cup spinach
- 1/2 cup almond milk
- 1 tbsp chia seeds

Instructions: Blend ingredients, pour into bowl. Top with berries, nuts, or coconut.

Recipe: Hummus Veggie Wrap

- 1 whole grain wrap
- 2 tbsp hummus
- Sliced cucumber, spinach, carrot

Instructions: Spread hummus, layer veggies, roll up and slice.

Recipe: Buddha Bowl

- 1/2 cup quinoa
- 1/4 cup chickpeas
- Roasted sweet potato
- Spinach, avocado, tahini dressing

Instructions: Assemble bowl and drizzle dressing.

Recipe: Chickpea Shawarma Wrap

- 1/2 cup chickpeas
- Shawarma spices (cumin, paprika, turmeric)
- Lettuce, tomato, tahini

Instructions: Roast chickpeas with spices. Serve in wrap with toppings.

Recipe: Tuna Nicoise Salad

- 1 can tuna
- 1/2 cup green beans
- 1 boiled egg
- Lettuce, olives, vinaigrette

Instructions: Assemble all ingredients over greens and drizzle with dressing.