

The Thriving Fork a 7-Day Menopause Meal Plan
by Thrive By Design
For Energy, Strength & Hormone Balance

A Menopausal Survival Series
by Virginia Crowe
Thrive by Design

About Thrive by Design w/ Virginia Crowe

Thrive by Design was born out of my own personal journey through menopause and a deep desire to change the experience for other women. After facing a terrifying panic attack on a hike—one that resulted in me being airlifted off a mountain—I realized how little support and information was available for women going through such a major transition. My doctor brushed it off as “just perimenopause,” offering no guidance or solutions. She didn’t even share with me that hormone fluctuations could cause panic attacks! That moment changed everything for me. I set out on a mission and created my program so women could have a safe place to find answers, or at least be pointed in the proper direction.

With years of experience as a personal trainer, wellness coach, art for healing facilitator, and nutrition coach, I had many of the tools—but I knew I needed to understand menopause on a deeper level. That’s why I sought out an excellent certification program and I became a Certified Menopause Coaching Specialist. Thrive by Design is the program I wish I had: a fully customizable blend of fitness, nutrition, mindset, and creative healing, tailored to support the unique and complex needs of women in midlife. Whether online or in person, this program is designed to help you feel informed, empowered, and truly supported. If you’ve ever felt confused, dismissed, or alone during this transition—you’re not. I’m here, and so is Thrive by Design. Reach out if you have questions. Let’s change the narrative together.

Reach out to Virginia directly.

Email: thrivewithvirginia@gmail.com

Table of Contents

01 Welcome & Why Nutrition Matters

02 Label Reading & Planning Tips

03 What to Eat in Menopause

04 7-Day Sample Meal Plan

05 High-Protein Snack Guide

06 Meal Prep Tips for Busy Weeks

07 Continue Your Journey with Thrive by Design

08 Bonus recipe section with a selection of recipes from the weekly plan.

Welcome to Your Hormone-Smart Eating Plan

This plan is designed to support:

- ✓ Muscle maintenance
- ✓ Belly fat
- ✓ Mood and energy
- ✓ Blood sugar stability
- ✓ Fewer hot flashes and night sweats

Whether you're plant-based or eat everything, each day includes protein-rich, fiber-filled, and inflammation-reducing meals tailored for perimenopausal and menopausal women.

Smart Shopping & Label Reading

 Look for:

- 20–30g protein per meal
- At least 5g fiber per serving
- Healthy fats like olive oil, nuts, avocado
- Whole foods you recognize






 Avoid:

“Natural flavors” (they're often synthetic)

- Added sugars and artificial sweeteners
- Highly processed vegetable oils
- Anything with more than 8 unfamiliar ingredients

The Thrive by Design Food Framework

Each meal in this plan includes:

-  **Protein:** 25–35g
-  **Fiber:** 5–10g
-  **Healthy fats** to support hormones
-  **Colorful veggies or fruits**
-  **Hydration goal:** 70–100 oz/day



7-Day Menopause Meal Plan

(All meals provide vegetarian and omnivore options. Choose based on your preference.)

Disclaimer & Customization Note

This 7-Day Meal Plan Guide is intended to serve as an **example** of the supportive nutrition strategies offered through the **Thrive by Design** program. While the meals included are balanced, hormone-friendly, and designed with midlife women in mind, this guide is **not a personalized plan**.

Every woman's body, preferences, and needs are unique. That's why our program includes **multiple levels of support**—from general guidance to fully personalized plans—so you can choose the approach that works best for your lifestyle, goals, and health concerns.

When working with clients more closely, we take into account:

- ✓ Food allergies and sensitivities
- ✓ Medical conditions and medications
- ✓ Cultural or religious preferences
- ✓ Dietary choices (vegetarian, paleo, gluten-free, etc.)
-) ✓ Digestive issues or hormonal imbalances

If you are seeking a customized experience with tailored nutrition support, we invite you to explore the full **Thrive by Design** program. Together, we'll create a plan that helps you feel strong, clear, and balanced—your way.



Day 1

Breakfast

- Scrambled eggs with sautéed spinach and feta (Reg)
- Tofu scramble with turmeric and avocado (Veg)

Lunch

- Hormone-Supporting Salmon Bowl (Reg)
- Baked tofu bowl with quinoa & greens (Veg)

Dinner

- Grilled chicken breast, roasted carrots & farro (Reg)
- Lentil patties with sweet potato mash & arugula salad (Veg)

Snacks

- Greek yogurt with chia seeds and berries
- Almond butter on rice cakes



Day 2

Breakfast

- Overnight oats with chia, berries, and protein powder (Both)

Lunch

- Tuna salad lettuce wraps with boiled eggs (Reg)
- Chickpea salad with tahini dressing (Veg)

Dinner

- Veggie-Powered Lentil Soup (Both)

Snacks

- Hard-boiled eggs & carrots
- Edamame with sea salt



Day 3

Breakfast

- Protein smoothie with spinach, banana, nut butter, almond milk (Both)

Lunch

- Turkey lettuce wraps with avocado & slaw (Reg)
- Tempeh lettuce wraps with ginger soy glaze (Veg)

Dinner

- Grilled salmon, wild rice, and sautéed zucchini (Reg)
- Stuffed bell peppers with quinoa, beans, and spinach (Veg)

Snacks

- Cottage cheese with pineapple
- Pumpkin seeds and dark chocolate square



Day 4

Breakfast

- *Power Smoothie with protein, chia, spinach, and almond butter* (Both)

Lunch

- Chicken Caesar salad (Reg)
- Kale & white bean salad with lemon vinaigrette (Veg)

Dinner

- Shrimp stir-fry with broccoli, carrots, and brown rice (Reg)
- Tofu stir-fry with edamame and brown rice (Veg)

Snacks

- Turkey jerky or veggie jerky
- Protein bar (look for >15g protein, <6g sugar)



Day 5

Breakfast

- Egg and veggie muffin cups (Reg)
- Chia pudding with berries & hemp seeds (Veg)

Lunch

- Grilled chicken wrap with hummus & veggies (Reg)
- Falafel wrap with tzatziki and greens (Veg)

Dinner

- Sheet Pan Chicken with roasted sweet potatoes & Brussels sprouts (Reg)
- Roasted chickpeas, veggies & tahini drizzle (Veg)

Snacks

- Roasted almonds and dried apricots
- Hummus with red pepper strips



Day 6

Breakfast

- Protein pancakes with Greek yogurt & berries (Both)

Lunch

- Tuna-stuffed avocado (Reg)
- Quinoa-stuffed avocado with black beans (Veg)

Dinner

- Chickpea & Spinach Shakshuka with eggs (Reg)
- Shakshuka with tofu or vegan egg alternative (Veg)

Snacks

- Boiled eggs + cucumber
- Rice cakes with hummus



Day 7

Breakfast

- Greek yogurt parfait with granola & seeds (Reg)
- Coconut yogurt parfait with protein granola (Veg)

Lunch

- Chicken taco bowl with black beans, avocado, and salsa (Reg)
- Lentil taco bowl with avocado and mango salsa (Veg)

Dinner

- Zucchini noodles with pesto & grilled shrimp (Reg)
- Zucchini noodles with pesto & grilled tempeh (Veg)

Snacks

- Nut butter + celery
- Smoothie with almond milk + protein powder

High-Protein Snack Ideas (10–20g Protein)

- Cottage cheese with flaxseeds
- Chia pudding with protein powder
- Protein shake with nut butter
- Edamame or roasted chickpeas
- Veggie sticks with hummus + hemp seeds
- Hard-boiled eggs
- Greek yogurt with nuts
- Turkey or veggie jerky

Planning for Busy Weeks

Top Tips:

- Cook once, eat twice: double recipes for leftovers
- Keep easy protein on hand: boiled eggs, canned tuna, protein bars
- Prep smoothie bags: freeze fruit + greens for daily shakes
- Chop veggies for the week on Sunday

Batch Cook:

- Grains (quinoa, farro, rice)
- Roasted veggies
- Protein: grilled chicken, baked tofu, lentils
- Boil 6–8 eggs for the week



Want More Help?

Your body is unique—and so is your journey. The **Thrive by Design** program offers personalized nutrition plans, fitness, and wellness coaching to help you move through perimenopause and menopause with confidence, clarity, and strength.

Email me at thrivewithvirginia@gmail.com or

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Created by Virginia Crowe

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Art for Healing Facilitator

Strong Body. Sharp Mind. Balanced Hormones. Thrive by Design.



BONUS RECIPE SECTION

*7 Simple & Delicious Meals to Fuel
Your Hormones*

One Veg + One Omni Recipe From Each Day of the Meal Plan



DAY 1

Vegetarian

Baked Tofu Power Bowl

Protein: ~28g**Ingredients:**

- 1/2 block firm tofu (20g)
- 1/2 cup cooked quinoa (4g)
- 1 cup steamed kale or broccoli
- 1/4 avocado
- Olive oil + lemon juice
- **Instructions:** Slice and bake tofu at 400°F for 20 minutes. Serve over quinoa and greens. Top with avocado and drizzle with olive oil + lemon.

Omnivore

Hormone-Supporting Salmon Bowl

Protein: ~32g**Ingredients:**

- 4 oz wild salmon
- 1/2 cup cooked quinoa
- 1 cup steamed broccoli
- 1/4 avocado
- Olive oil + lemon dressing

Instructions: Bake salmon at 400°F for 12–15 minutes. Assemble bowl and top with dressing.



DAY 2

Vegetarian

Chickpea Salad with Tahini Dressing

Protein: ~22g

Ingredients:

- 3/4 cup canned chickpeas (10g)
- 2 tbsp tahini (5g)
- Chopped cucumber, tomato, red onion, parsley
- Lemon juice, olive oil
- Optional: 2 tbsp hemp seeds (add 6g protein)

Instructions: Mix all ingredients. Let sit 10 minutes before serving.

Omnivore

Lentil Soup with Turkey Sausage

Protein: ~30g

Ingredients:

- 1 cup cooked lentils (18g)
- 3 oz cooked turkey sausage (12g)
- Carrots, celery, onion
- Garlic, thyme, broth

Instructions: Sauté veggies and sausage, then add lentils and broth. Simmer for 20 minutes.



DAY 3

Vegetarian

Stuffed Bell Peppers with Quinoa & Beans

Protein: ~26g**Ingredients:**

- 2 bell peppers, halved
- 1/2 cup cooked quinoa (4g)
- 1/2 cup black beans (7g)
- Corn, spinach, onion
- Optional: shredded cheese or nutritional yeast
- 2 tbsp hemp seeds (6g)

Instructions: Mix filling and stuff peppers. Bake at 375°F for 25 minutes.

Omnivore:

Turkey Lettuce Wraps

Protein: ~30g

Ingredients:

- 4 oz ground turkey
- Garlic, ginger, coconut aminos
- Romaine leaves
- Carrots, purple cabbage, green onion

Instructions: Cook turkey with seasoning. Spoon into lettuce leaves and top with veggies.



DAY 4

Vegetarian

Green Power Smoothie

Protein: ~30g

Ingredients:

- 1 scoop plant protein powder (20–25g)
- 1 tbsp chia seeds (3g)
- 1 tbsp almond butter (3g)
- 1/2 banana
- 1 cup almond milk
- Handful of spinach

Instructions: Blend all ingredients until smooth.

Omnivore

Chicken Caesar Salad

Protein: ~35g

Ingredients:

- 4 oz grilled chicken breast
- 2 cups romaine lettuce
- 1 tbsp grated parmesan
- Caesar-style dressing (light)
- Optional: 1 boiled egg (adds 6g)

Instructions: Toss everything together and serve chilled.



DAY 5

Vegetarian

Falafel Wrap with Tzatziki & Greens

Protein: ~22g

Ingredients:

- 3 baked falafel balls (~12g)
- Whole grain wrap
- 2 tbsp tzatziki or plain Greek yogurt
- Mixed greens

Instructions: Wrap ingredients and serve cold or lightly warmed.

Omnivore:

Sheet Pan Chicken & Roasted Veggies

Protein: ~30g

Ingredients:

- 4 oz chicken breast
- Brussels sprouts, sweet potatoes, red onions
- Olive oil, rosemary, salt

Instructions: Roast all ingredients at 400°F for 25–30 minutes.



DAY 6

Vegetarian

Tofu Shakshuka

Protein: ~26g

Ingredients:

- 1/2 block tofu, crumbled
- 1/2 cup chickpeas (7g)
- Crushed tomatoes
- Onion, garlic, paprika, cumin
- Spinach

Instructions: Sauté onions and spices. Add tomatoes and simmer. Stir in tofu and chickpeas, simmer 10 min.

Omnivore

Chickpea & Spinach Shakshuka (with Eggs)

Protein: ~27g**Ingredients:**

- 2 eggs (12g)
- 1/2 cup chickpeas (7g)
- Crushed tomatoes
- Spinach, onions, garlic, cumin

Instructions: Simmer sauce, add chickpeas, and crack in eggs. Cover and cook until eggs are set.



DAY 7

Vegetarian

Zucchini Noodles with Pesto & Tempeh

Protein: ~26g

Ingredients:

- 1 cup zucchini noodles
- 1/4 cup pesto (2–3g)
- 4 oz grilled tempeh (~20g)
- Cherry tomatoes
- Instructions: Lightly sauté noodles and tempeh. Toss with pesto and tomatoes.

Omnivore

Zucchini Noodles with Pesto & Shrimp

Protein: ~30g**Ingredients:**

- 1 cup zucchini noodles
- 1/4 cup pesto
- 4 oz grilled shrimp
- Cherry tomatoes

Instructions: Sauté shrimp and zucchini noodles, toss in pesto, and garnish with tomatoes

💡 **Pro Tip:** For more customizable meal options, full recipes, and tailored plans for your unique journey, check out the **Thrive by Design** program.

Paleo Recipes

(Bonus section)

Highly requested Paleo friendly recipes

Why Might Paleo Work Well for Women in Menopause?

1. **Balancing Blood Sugar**

Less sugar and fewer processed carbs = fewer energy crashes, better mood, and fewer cravings.

2. **Reducing Inflammation**

Removing common triggers like gluten, dairy, and seed oils can help calm joint pain, skin flare-ups, and bloating.

3. **Supporting Muscle & Metabolism**

Paleo is naturally high in **quality protein**, which helps preserve muscle (especially important during midlife!) and supports a healthy metabolism.

4. **Helping You Think More Clearly**

Many women report improved focus and mental clarity when they cut out processed foods and sugar.

During menopause, your body's hormonal shifts can make you more sensitive to things like sugar, processed carbs, and inflammatory foods. These changes can lead to:

- **Stubborn belly fat**
- **Fatigue or brain fog**
- **Joint pain**
- **Digestive issues**
- **Insulin resistance or blood sugar spikes**

7-Day Paleo Recipe Guide

Clean, Hormone-Friendly Meals to Help You Thrive

These Paleo-friendly recipes are crafted for women in **perimenopause** and **menopause** who want to feel strong, balanced, and energized—without grains, dairy, or processed ingredients.

Each meal is:

- ✓ High in protein
- ✓ Blood sugar-friendly
- ✓ Gluten-free & dairy-free
- ✓ Full of flavor and fiber



Day 1:

Lemon Garlic Chicken Thighs with Roasted Vegetables

Protein: ~35g per serving

Why It Works: Supports collagen production and muscle repair with iron-rich chicken and cruciferous veggies that support estrogen detox

Ingredients:

- 2 bone-in, skin-on chicken thighs
- 1 tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 cup Brussels sprouts, halved
- 1/2 cup chopped carrots
- 1/2 cup broccoli florets
- 1 tsp fresh rosemary or thyme
- Sea salt & pepper

Instructions:

Preheat oven to 400°F.

In a small bowl, mix olive oil, lemon juice, garlic, salt, and herbs.

Rub mixture onto chicken.

Arrange chicken and vegetables on a sheet pan.

Roast for 35–40 minutes or until chicken is golden and fully cooked

Day 2:

Wild Salmon & Avocado Salad

Protein: ~30g per serving

Why It Works:

Packed with omega-3s and antioxidants to fight inflammation and hot flashes.

Supports: Anti-inflammation, hot flash reduction, brain health

Ingredients:

- 4 oz wild-caught salmon
- 1/2 avocado, sliced
- 2 cups mixed greens
- 1/4 cucumber, sliced
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- Fresh dill, salt, pepper

Instructions:

1. Bake or grill salmon at 400°F for 12–15 minutes.
2. Toss greens, cucumber, and avocado.
3. Mix olive oil, vinegar, and dill for dressing.
4. Top salad with salmon and drizzle with dressing.

Day 3: Sweet Potato & Chicken Sausage Hash

Protein: ~28g per serving

Why It Works: Provides hormone-friendly carbs + clean protein for energy and balance

Ingredients:

- 2 organic chicken sausages, sliced
- 1/2 medium sweet potato, cubed
- 1/2 red bell pepper, diced
- 1/4 red onion, chopped
- 1 cup baby spinach
- 1 tbsp coconut oil
- Sea salt, black pepper

Instructions:

1. Heat coconut oil in a skillet over medium heat.
2. Add sweet potato and cook for 8–10 minutes until softened.
3. Add sausage, peppers, and onion; cook another 5–7 minutes.
4. Stir in spinach until wilted. Season to taste and serve warm.

Day 4: Coconut Curry Shrimp Bowl

Protein: ~30g per serving

Why It Works Boosts metabolism with thermogenic spices and supports gut and brain health with MCT-rich coconut

Supports: Gut health, metabolism, immune balance

Ingredients:

- 5 oz raw shrimp, peeled & deveined
- 1/2 cup full-fat canned coconut milk
- 1 tsp curry powder
- 1 cup cauliflower rice
- 1/2 zucchini, spiralized or chopped
- 1 tbsp avocado oil
- Fresh lime and cilantro

Instructions:

1. Heat avocado oil in a skillet. Add shrimp and curry powder.
2. Cook for 2–3 minutes per side. Add coconut milk and simmer for 5 mins.
3. In a separate pan, sauté cauliflower rice and zucchini.
4. Serve shrimp and sauce over veggies, garnished with lime and cilantro.

Day 5: Turkey Burger Lettuce Wraps

Protein: ~30g per serving

Why It Works: A low-carb, high-protein meal that stabilizes blood sugar and supports lean muscle.

Supports: Muscle repair, blood sugar control, light digestion

Ingredients:

- 1/4 lb ground turkey
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp sea salt
- 2 large butter lettuce leaves
- 2 tomato slices
- 2 pickle slices
- 1 tbsp avocado mayo or paleo aioli

Instructions:

Form turkey into a patty and season with spices.

Grill or pan-fry for 5–6 minutes per side until cooked through.

Wrap patty in lettuce with tomato, pickles, and may

Day 6: Hearty Paleo Beef & Veggie Stew

Protein: ~32g per serving

Why It Works: Bone broth supports joints and gut health. Rich in iron and collagen-supporting nutrients.

Supports: Joint health, collagen, immune support

Ingredients:

- 6 oz grass-fed stew beef, cubed
- 1 cup beef bone broth
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup chopped zucchini
- 1/4 onion, diced
- 1 tbsp tomato paste
- 1 tsp dried thyme
- 1 bay leaf
- Salt & pepper to taste

Instructions:

1. Sear beef in a pot until browned. Remove and set aside.
2. Sauté onion, carrots, celery in the same pot.
3. Return beef, add tomato paste, herbs, broth, and bay leaf.
4. Simmer covered on low for 60–90 minutes or until beef is tender.

Day 7: Zucchini Noodles with Pesto & Grilled Chicken

Protein: ~35g per serving

Why It Works: Low in carbs but rich in flavor and nutrients—great for post-workout recovery or light dinner.

Supports: Muscle recovery, light detox, low-inflammation

Ingredients:

- 4 oz grilled chicken breast, sliced
- 1 cup zucchini noodles
- 2 tbsp homemade or clean paleo pesto (olive oil, basil, garlic, walnuts)
- Handful of cherry tomatoes, halved
- Salt & pepper

Instructions:

Grill chicken and let rest.

Lightly sauté zucchini noodles in a pan for 1–2 minutes.

Toss with pesto and cherry tomatoes.

Top with sliced chicken and serve warm. 🧘 Thrive Tip:



Want a fully customized Nutrition Program that supports your individual needs?

Join me inside **Thrive by Design** for personalized support that fits *your* life, preferences, and hormonal needs.

Reach out by Email thrivewithvirginia@gmail.com

text 949-290-9445