

NOTES

NOTES

The Mindful Menopause Plan - Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Avocado Toast with Hard Boiled Eggs & Strawberries	Overnight Vanilla Protein Oats	Avocado Toast with Hard Boiled Eggs & Strawberries	Cinnamon Protein Oats	Overnight Vanilla Protein Oats	Avocado Toast with Hard Boiled Eggs & Strawberries	Cinnamon Protein Oats
Snack 1	Smoked Salmon Crackers	Egg & Apple Snack Plate	Smoked Salmon Crackers	Yogurt & Orange Slices	Egg & Apple Snack Plate	Smoked Salmon Crackers	Egg & Apple Snack Plate
				Pistachios			
Lunch	Avocado Tuna Salad	Couscous Bowl with Rosemary Chicken	Couscous Bowl with Rosemary Chicken	Thai Chopped Chicken Salad with Peanut Sauce	Avocado Tuna Salad	Thai Chopped Chicken Salad with Peanut Sauce	Avocado Tuna Salad
Snack 2	2 Coconut Banana Energy Bites	Yogurt & Orange Slices	2 Coconut Banana Energy Bites	Dried Apricots & Almonds	2 Coconut Banana Energy Bites	Yogurt & Orange Slices	Dried Apricots & Almonds
Dinner	Couscous Bowl with Rosemary Chicken	Salmon, Rice & Arugula	Pan Seared Haddock with Pineapple Salsa	Salmon, Rice & Arugula	Pan Seared Haddock with Pineapple Salsa	Salmon, Rice & Arugula	Pan Seared Haddock with Pineapple Salsa
			Steamed Corn on the Cob		Steamed Corn on the Cob		Steamed Corn on the Cob

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1407	Calories 1457	Calories 1519	Calories 1574	Calories 1439	Calories 1381	Calories 1575
Fat 67g	Fat 42g	Fat 64g	Fat 67g	Fat 67g	Fat 54g	Fat 74g
Carbs 134g	Carbs 175g	Carbs 148g	Carbs 151g	Carbs 139g	Carbs 144g	Carbs 145g
Fiber 36g	Fiber 22g	Fiber 34g	Fiber 24g	Fiber 36g	Fiber 27g	Fiber 35g
Protein 85g	Protein 102g	Protein 104g	Protein 108g	Protein 86g	Protein 96g	Protein 102g
Sodium 1548mg	Sodium 722mg	Sodium 1176mg	Sodium 1240mg	Sodium 1600mg	Sodium 1521mg	Sodium 1612mg
Vitamin C 160mg	Vitamin C 154mg	Vitamin C 222mg	Vitamin C 183mg	Vitamin C 114mg	Vitamin C 282mg	Vitamin C 106mg
Calcium 318mg	Calcium 1099mg	Calcium 348mg	Calcium 820mg	Calcium 705mg	Calcium 804mg	Calcium 533mg
Iron 9mg	Iron 7mg	Iron 9mg	Iron 9mg	Iron 10mg	Iron 8mg	Iron 10mg
Vitamin D 311IU	Vitamin D 180IU	Vitamin D 307IU	Vitamin D 76IU	Vitamin D 178IU	Vitamin D 347IU	Vitamin D 115IU
Vitamin B6 2.3mg	Vitamin B6 2.5mg	Vitamin B6 2.6mg	Vitamin B6 2.3mg	Vitamin B6 1.8mg	Vitamin B6 2.7mg	Vitamin B6 1.9mg
Folate 311µg	Folate 195µg	Folate 315µg	Folate 232µg	Folate 254µg	Folate 369µg	Folate 255µg
Vitamin B12 3.8µg	Vitamin B12 5.2µg	Vitamin B12 5.2µg	Vitamin B12 4.4µg	Vitamin B12 7.0µg	Vitamin B12 5.3µg	Vitamin B12 7.3µg
Zinc 4mg	Zinc 6mg	Zinc 4mg	Zinc 6mg	Zinc 6mg	Zinc 4mg	Zinc 7mg

Avocado Toast with Hard Boiled Eggs & Strawberries

4 ingredients · 15 minutes · 1 serving



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
2. Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free

Use gluten-free bread instead of whole grain bread.

More Flavor

Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1 cup Strawberries

Nutrition

Amount per serving

Calories	388	Calcium	105mg
Fat	22g	Iron	3mg
Carbs	38g	Vitamin D	41IU
Fiber	13g	Vitamin B6	0.5mg
Protein	15g	Folate	166µg
Sodium	237mg	Vitamin B12	0.5µg
Vitamin C	95mg	Zinc	2mg

Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 1 serving



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers

Keep well in the fridge for 3 to 4 days.

Serving Size

One serving is approximately 1 1/2 cups.

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1/2 cup Oats (quick or traditional)
- 1 1/2 tsps Chia Seeds
- 2/3 cup Unsweetened Almond Milk
- 2 tsps Vanilla Protein Powder
- 2 tsps Raspberries
- 2 tsps Blueberries
- 1 1/2 tsps Almond Butter

Nutrition

Amount per serving

Calories	311	Calcium	425mg
Fat	11g	Iron	3mg
Carbs	37g	Vitamin D	63IU
Fiber	9g	Vitamin B6	0.1mg
Protein	18g	Folate	25µg
Sodium	123mg	Vitamin B12	0.3µg
Vitamin C	6mg	Zinc	3mg

Cinnamon Protein Oats

4 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
2. Transfer the cooked oats to a bowl and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Fruit, nuts, or seeds.

Ingredients

- 1 cup Water
- 1/2 cup Oats
- 1/4 cup Vanilla Protein Powder
- 1/8 tsp Cinnamon

Nutrition

Amount per serving

Calories	240	Calcium	162mg
Fat	3g	Iron	2mg
Carbs	29g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.2mg
Protein	24g	Folate	21µg
Sodium	45mg	Vitamin B12	0.6µg
Vitamin C	0mg	Zinc	3mg

Smoked Salmon Crackers

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the greek yogurt evenly onto each crispbread. Top with the smoked salmon slices and fresh dill. Enjoy!

Notes

Leftovers

Best enjoyed immediately as the crispbread will soften over time.

Serving Size

One serving is equal to two topped crispbreads.

Additional Toppings

Capers, red onion, or cucumber.

No Crispbread

Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

No Greek Yogurt

Use coconut butter, cottage cheese, or cream cheese instead.

Ingredients

- 1/4 cup** Plain Greek Yogurt
- 2 slices** Light Rye Crisp Bread
- 30 grams** Smoked Salmon (sliced)
- 2 tsps** Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	120	Calcium	138mg
Fat	3g	Iron	1mg
Carbs	14g	Vitamin D	230IU
Fiber	4g	Vitamin B6	0.1mg
Protein	13g	Folate	1µg
Sodium	307mg	Vitamin B12	1.0µg
Vitamin C	4mg	Zinc	0mg

Egg & Apple Snack Plate

3 ingredients · 15 minutes · 1 serving



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
3. Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

Notes

Leftovers

Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

More Flavor

Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

No Apple

Use berries, banana, or pear instead.

No Coconut Yogurt

Use Greek yogurt instead.

Meal Prep

Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.

Ingredients

- 1 Egg
- 1 Apple (sliced)
- 1/4 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	194	Calcium	164mg
Fat	7g	Iron	1mg
Carbs	28g	Vitamin D	41IU
Fiber	5g	Vitamin B6	0.2mg
Protein	7g	Folate	29µg
Sodium	85mg	Vitamin B12	1.1µg
Vitamin C	8mg	Zinc	1mg

Yogurt & Orange Slices

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve the orange slices alongside the yogurt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use coconut yogurt instead.

Additional Toppings

Add cinnamon, honey, maple syrup, or granola to the yogurt.

Ingredients

1 Navel Orange (large, sliced)

3/4 cup Plain Greek Yogurt

Nutrition

Amount per serving

Calories	204	Calcium	435mg
Fat	4g	Iron	1mg
Carbs	27g	Vitamin D	75IU
Fiber	3g	Vitamin B6	0.1mg
Protein	18g	Folate	48µg
Sodium	106mg	Vitamin B12	0µg
Vitamin C	94mg	Zinc	0mg

Pistachios

1 ingredient · 1 minute · 1 serving



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1/2 cup Pistachios, In Shell

Nutrition

Amount per serving

Calories	318	Calcium	40mg
Fat	26g	Iron	2mg
Carbs	16g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0mg
Protein	12g	Folate	0µg
Sodium	216mg	Vitamin B12	0µg
Vitamin C	0mg	Zinc	0mg

Avocado Tuna Salad

6 ingredients · 10 minutes · 1 serving



Directions

1. In a medium-sized bowl, add the tuna. Add the avocado and mash well with a fork to combine.
2. Add the celery and apple to the tuna and season with salt. Add the lemon juice and stir to combine. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add additional spices and/or herbs to the salad.

Additional Toppings

Add chopped red onion or shallot.

How to Serve

Serve on large crispbreads, in a wrap or sandwich, or top salads with it.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1/2 can Tuna (drained)
- 1/2 Avocado (medium)
- 1/2 stalk Celery (chopped)
- 1/2 Apple (small, chopped)
- 1/4 tsp Sea Salt
- 1 1/2 tsps Lemon Juice

Nutrition

Amount per serving

Calories	284	Calcium	40mg
Fat	16g	Iron	2mg
Carbs	22g	Vitamin D	39IU
Fiber	9g	Vitamin B6	0.6mg
Protein	18g	Folate	96µg
Sodium	818mg	Vitamin B12	2.1µg
Vitamin C	18mg	Zinc	1mg

Thai Chopped Chicken Salad with Peanut Sauce

16 ingredients · 30 minutes · 2 servings



Directions

1. Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
2. In a blender, add the peanut butter, tamari, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
3. In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

Notes

Leftovers

Store salad and dressing separately in sealed containers in the refrigerator for up to three days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add chili flakes to the sauce for heat.

Additional Toppings

Add chopped cilantro, crushed peanuts and/or sesame seeds.

Make it Vegan

Omit the chicken and use cooked tofu or chickpeas instead.

Ingredients

151 grams Chicken Breast (skinless and boneless)

1/16 tsp Chili Powder

1/16 tsp Smoked Paprika

1/16 tsp Sea Salt

2 tbsps All Natural Peanut Butter

2 tsps Tamari

2/3 tsp Raw Honey

2 tsps Lime Juice

2/3 Garlic (clove, minced)

2/3 tsp Ginger (minced)

1 1/3 tbsps Water

2 cups Green Cabbage (chopped)

1 1/3 Carrot (shredded)

1/3 Red Bell Pepper

1/3 Mango (cubed)

2 stalks Green Onion (chopped)

Nutrition

Amount per serving

Calories	282	Calcium	80mg
Fat	11g	Iron	2mg
Carbs	26g	Vitamin D	1IU
Fiber	6g	Vitamin B6	1.0mg

Protein	24g	Folate	105µg
Sodium	521mg	Vitamin B12	0.2µg
Vitamin C	84mg	Zinc	1mg

Coconut Banana Energy Bites

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
2. Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
3. Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavor

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

Additional Toppings

Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

Make It Vegan

Omit the collagen powder and substitute extra coconut flour instead.

Ingredients

1 cup Unsweetened Coconut Flakes

1/2 Banana (small, very ripe)

1 1/2 tsps Coconut Oil

2 2/3 tbsps Coconut Flour

10 grams Collagen Powder

1/3 tsp Cinnamon

1/8 tsp Ginger

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	127	Calcium	3mg
Fat	10g	Iron	1mg
Carbs	8g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0mg
Protein	3g	Folate	2µg
Sodium	64mg	Vitamin B12	0µg
Vitamin C	1mg	Zinc	0mg

Dried Apricots & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Combine apricots and almonds in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers

Store in an airtight container for up to one month at room temperature, or 6 months in the refrigerator.

Nut-Free

Use sunflower seeds instead of almonds.

Ingredients

2 tbsps Dried Apricots

2 tbsps Almonds

Nutrition

Amount per serving

Calories	143	Calcium	57mg
Fat	9g	Iron	1mg
Carbs	14g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0mg
Protein	4g	Folate	9µg
Sodium	2mg	Vitamin B12	0µg
Vitamin C	0mg	Zinc	1mg

Couscous Bowl with Rosemary Chicken

8 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
2. Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
3. Cut the cooked chicken into 1/2 inch cubes.
4. Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Gluten-Free

Use quinoa instead.

More Flavor

Add onion powder and/or cumin powder to the chicken.

Additional Toppings

Add diced red onions.

Ingredients

- 340 grams** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps** Dried Rosemary
- 3/4 cup** Couscous (dry)
- 1 1/2 tsps** Butter (unsalted)
- 3/4** Red Bell Pepper (medium, diced)
- 3/4 cup** Corn (cooked)
- 1/3 cup** Cilantro (optional, chopped)

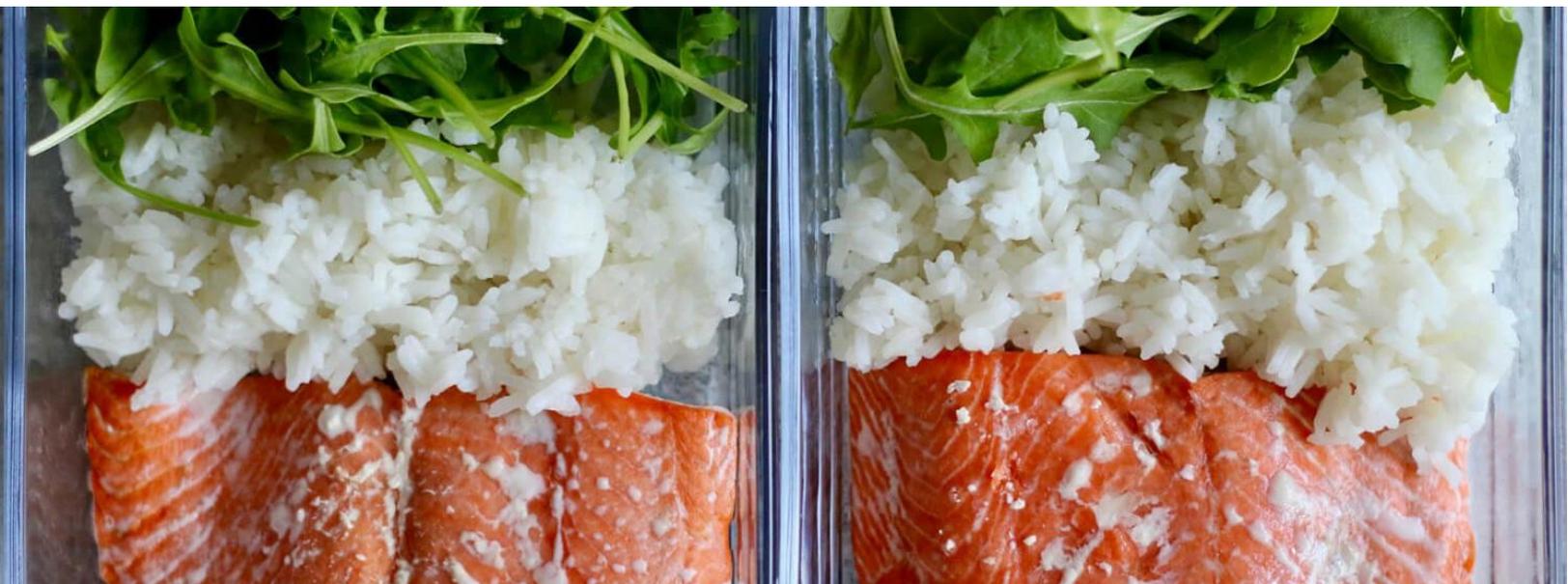
Nutrition

Amount per serving

Calories	361	Calcium	29mg
Fat	6g	Iron	1mg
Carbs	44g	Vitamin D	1IU
Fiber	4g	Vitamin B6	1.1mg
Protein	33g	Folate	44µg
Sodium	58mg	Vitamin B12	0.2µg
Vitamin C	41mg	Zinc	1mg

Salmon, Rice & Arugula

6 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C).
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon

Use any type of fish fillet instead, or use canned fish.

No Arugula

Use baby spinach, kale or mixed greens instead.

No Rice

Use quinoa instead.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 113 grams** Salmon Fillet
- 1/8 tsp** Sea Salt
- 1/4 cup** Jasmine Rice (dry, uncooked)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/8** Lemon (juiced)
- 1 cup** Arugula

Nutrition

Amount per serving

Calories	387	Calcium	46mg
Fat	14g	Iron	1mg
Carbs	39g	Vitamin D	0IU
Fiber	1g	Vitamin B6	1.0mg
Protein	26g	Folate	49µg
Sodium	350mg	Vitamin B12	3.6µg
Vitamin C	5mg	Zinc	1mg

Pan Seared Haddock with Pineapple Salsa

13 ingredients · 30 minutes · 1 serving



Directions

1. Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
2. Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
3. Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

Notes

BBQ Version

Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

No Haddock

Any type of white fish will do.

No Fish

Use chicken breast or steak instead.

Vegan

Skip the fish and use a veggie burger instead.

More Carbs

Serve with brown rice or quinoa.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

- 1/4 cup Pineapple (diced)
- 1/4 Avocado (diced)
- 1/4 Tomato (diced)
- 1/4 Red Bell Pepper (diced)
- 1/8 Cucumber (diced)
- 1 tbsp Mint Leaves (chopped)
- 1 tbsp Red Onion (diced)
- 1/4 Lime (juiced)
- 1/3 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/3 tsp Coconut Oil
- 1 Haddock Fillet
- 1 cup Mixed Greens

Nutrition

Amount per serving

Calories	306	Calcium	70mg
Fat	12g	Iron	2mg
Carbs	17g	Vitamin D	35IU
Fiber	6g	Vitamin B6	0.9mg
Protein	34g	Folate	100µg
Sodium	446mg	Vitamin B12	3.5µg
Vitamin C	76mg	Zinc	1mg

Steamed Corn on the Cob

1 ingredient · 15 minutes · 1 serving



Directions

1. Fill a pot with a few inches of water and bring to a boil.
2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Cook it in the Microwave

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spreads

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

Ingredients

1 ear Corn on the Cob (husk removed and halved)

Nutrition

Amount per serving

Calories	90	Calcium	0mg
Fat	1g	Iron	0mg
Carbs	19g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0mg
Protein	3g	Folate	0µg
Sodium	0mg	Vitamin B12	0µg
Vitamin C	4mg	Zinc	0mg