

The Menopause Diet

5 day plan to lose weight

As a registered dietitian and menopause expert, most of my clients seek me out to help them lose weight. Weight gain is one of the most frustrating things about menopause. I emphasize aiming for a healthy weight because your body composition is most important. This means your goal is to build lean tissue or muscle.

This 5 day meal plan will give you a guide to healthy eating for weight management in menopause. Other lifestyle habits like strength training, stress management, and quality sleep will also help you to balance a healthy weight.

If you feel you need support to create a complete plan for your best health in menopause, let's have a conversation. Find me at FreshBalanceNutrition.com

Or schedule an introductory call with me right now [HERE](#) !

Day 1

morning hydration

green tea

breakfast

1 sl Ezekiel toast

1/4 avocado mashed

1 egg scrambled with 2 TB cottage cheese

lunch

High Protein Chicken Soup

10 gluten free crackers

1 orange

dinner

Almond Crusted Cod with Lemon Dill Sauce*

1 cup steamed sugar snap peas

1 tsp Earth Balance spread

1/2 cup quinoa

snack

1/2 c sliced jicama

1/4 c pistachios

1/4 cup hummus

Almond Crusted Cod with lemon dill sauce*

3/4 cup plain yogurt
2 tablespoons lemon juice
1 1/2 tablespoons chopped fresh dill
1/2 teaspoon salt, divided
1/2 cup almond meal
3 tablespoons grated parmesan cheese
1/2 pound cod (cut into 2 portions)

Preheat oven to 400°F. Line a baking pan with parchment paper.

Mix yogurt, lemon juice, dill, and 1/4 teaspoon salt in a small bowl.

Combine almond meal, cheese, and 1/4 teaspoon salt in a wide, shallow bowl.

Brush some of the lemon dill sauce over each cod portion.

Coat with almond-cheese mixture and place on baking pan.

Bake for 12 minutes, until cooked through and flaky.

Serve with remaining lemon dill sauce.

serves 2

Day 2

morning hydration
dandelion tea

breakfast

1/2 cup cottage cheese
1 cup mixed berries
1/2 tsp cinnamon
2 TB chopped walnuts

lunch

Thai Kale Salad with Peanut Ginger Dressing*
1 plum

dinner

4 oz grilled flank steak with 2 TB chimichurri sauce
2 cups tossed salad with 1 TB olive oil + 1 TB apple cider vinegar
1 c roasted cauliflower with 2 tsp olive oil

snack

2 kiwi
1 hard cooked egg

Thai Kale Salad with Peanut Ginger Dressing *

1 bunch Tuscan kale, finely chopped (4-5 cups)
1 mango, diced
1 cup cooked shelled edamame
1 large carrot, shredded
1 red bell pepper, diced
2 cups shredded red cabbage
½ cup chopped cilantro
¼ cup diced green onion
1/2 cup cashews

For the dressing:

¼ cup creamy peanut butter
1 tablespoon toasted sesame oil
1 ½ tablespoons tamari
1 tablespoon rice vinegar
2 teaspoons pure maple syrup
3 tablespoons lime juice
½ tablespoon freshly grated ginger
2 tablespoons water

Place kale in a large salad bowl.

Whisk the dressing ingredients together.

Pour dressing over kale and massage with hands for a minute to soften kale.

Add remaining salad ingredients and toss to combine.

serves 4

Day 3

morning hydration

yerba maté tea

breakfast

1/2 cup Greek plain yogurt

1 cup frozen blueberries heated 5 min

3 TB hemp seeds

lunch

Tamari Roasted Chickpea Salad*

1 peach

dinner

4 oz chicken breast topped with 2 TB salsa

2 c steamed broccoli with 2 tsp Earth Balance spread

snack

1/2 c edamame out of shell sprinkled with a pinch of salt

Tamari Roasted Chickpea Salad *

2 c romaine lettuce
1 c spinach
1/2 c cherry tomatoes, sliced in half
1/4 c sunflower seeds
1 14 oz can chickpeas, rinsed and drained
2 TB olive oil
2 TB tamari
1 tsp sea salt

dressing:

4 TB olive oil
2 TB lemon juice

Preheat oven to 375°F.

Toss chickpeas to coat with oil and tamari in a large bowl.

Transfer to a baking sheet and bake for 25 minutes until slightly crispy.

Combine greens, tomatoes, and sunflower seeds in a salad bowl.

Whisk olive oil and lemon juice together.

Arrange chickpeas over salad ingredients and toss with dressing.

serves 2

Day 4

morning hydration

herbal tea

breakfast

Protein Smoothie:

2 scoops whey protein

3/4 cup frozen berries

1/3 cup frozen riced cauliflower

1 cup milk, nut milk, or water

lunch

1 Siete chickpea flour wrap + 3 oz turkey breast

+ 2 leaves romaine lettuce + 2 sliced tomato

+ 1 TB hummus

dinner

Southwest Black Bean Burger* with lettuce & tomato
on whole grain roll

1 cup sautéed cabbage

1 tsp Earth Balance spread

snack

1 hard cooked egg

6 Simple Mills almond flour crackers

Southwest Black Bean Burger *

1 can (14 oz) organic black beans, drained and rinsed
¼ cup rolled oats
¼ cup flax meal
1 teaspoon cumin
½ teaspoon cayenne pepper
½ teaspoon garlic powder
½ teaspoon salt
¼ cup chunky salsa
1 tablespoon olive oil

Mash black beans in a large bowl using a fork, leave some small pieces for texture.

Add remaining ingredients except oil.

Blend together with a fork or your hands.

Shape into 2 large patties.

Heat oil in a large nonstick pan.

Cook patties 5 minutes on each side.

Serve with rolls, lettuce, tomato, and preferred condiments.

serves 2

Day 5

morning hydration

earl grey tea

breakfast

Silken Tofu Scramble

lunch

2 cups chicken vegetable soup (3 oz chicken)
with 6 Simple Mills almond flour crackers

dinner

Thai turkey Lettuce Wraps*
2 zucchini, grilled with 1 tsp olive oil

snack

1 small granny smith apple + 1/2 c 2% cottage cheese
1 TB chopped walnuts
1/2 tsp cinnamon

Thai Turkey Lettuce Wraps *

2 tablespoons coconut oil
1 lb. ground turkey
1 small yellow onion diced
1 large stalk celery diced
4 cloves garlic minced
1 tablespoon ginger minced
2 tablespoons tamari
2 tablespoons rice vinegar
1 tablespoon coconut sugar
2 teaspoons chili garlic sauce
1 teaspoon fish sauce
½ cup chicken broth
8 large butter lettuce leaves
½ cup green onion sliced
¼ cup fresh cilantro
3 tablespoons peanuts
1 pinch red pepper flakes

Heat oil in a large pan.

Add turkey, onion, and celery.

Cook until turkey is cooked through and the vegetables are tender, about 10 minutes.

Add garlic and ginger, cook 1 minute.

Add tamari, vinegar, sugar, chili garlic sauce, fish sauce, and broth.

Cook, stirring occasionally, for 8 minutes.

Before serving, divide the turkey between the 8 lettuce leaves.

Top with green onion, cilantro, peanuts, and crushed red pepper flakes.

serves 4