

10 Day Menopause Meal Planner

Day 1

- Breakfast: avocado on wholemeal toast
- Lunch: homemade vegetable soup with halloumi strips
- Dinner: fish of your choice or veggie burgers served with sweet potato mash

Day 2

- Breakfast: super berry smoothie
- Lunch: mixed greens, avocado and smoked salmon salad
- Dinner: omelette with green veg and sweet potato

Day 3

- Breakfast: spinach, avocado and scrambled eggs
- Lunch: homemade vegetable soup with halloumi strips
- Dinner: chili served with quinoa and guacamole side

Day 4

- Breakfast: green morning energizer smoothie
- Lunch: mackerel & rainbow veg salad served with quinoa
- Dinner: ragu and courgetti

Day 5

- Breakfast: scrambled eggs and smoked salmon
- Lunch: Portobello mushroom and fennel salad
- Dinner: chili served with quinoa and guacamole side

Day 6

- Breakfast: super berry smoothie
- Lunch: goats cheese and asparagus frittata
- Dinner: shepherds pie with celeriac or sweet potato mash

Day 7

- Breakfast: cashew granola with almond milk
- Lunch: rainbow stir fry veg served with quinoa
- Dinner: fish of your choice or veggie burgers served with seasonal veg

Day 8

- Breakfast: spinach, avocado & scrambled eggs
- Lunch: homemade beetroot soup
- Dinner: chicken stir fry served with quinoa

Day 9

- Breakfast: spinach, mushrooms, tomatoes & poached egg
- Lunch: mackerel & rainbow veg salad served with quinoa
- Dinner: shepherds pie with celeriac or sweet potato mash

Day 10

- Breakfast: green morning energizer smoothie
- Lunch: home made beetroot soup with halloumi strips
- Dinner: omelette with green veg and sweet potato