

10 Day Menopause Smart Eating Meal Planner

Breakfast Options

- Avocado on wholemeal toast
- Super berry smoothie
- Spinach, avocado and scrambled eggs
- Green morning energiser smoothie
- Spinach, mushrooms, tomatoes and poached egg
- Breakfast muffins
- Granola

Lunch and Dinner Options

- Mixed greens, avocado, egg and smoked salmon salad
Homemade vegetable soup with halloumi strips
- Mackerel or sardine salad served with quinoa
- Courgetti with ragu
- Goat cheese and asparagus frittata
- Rainbow vegetable stir fry with quinoa
- Homemade beetroot soup with halloumi strips
- Oven-baked sea bass with sweet potato wedges and spinach
- Fish of your choice or veggie burgers served with sweet potato mash or seasonal vegetables
- Spanish omelette with dill and sweet potato
- Vegetable chilli with guacamole and quinoa
- Shepherd's pie with celeriac or sweet potato mash
- Chicken stir fry served with quinoa

Snack Options

Vegetable crudité's with salsa, guacamole or hummus

Unsweetened coconut flakes with almonds

Nut and seeds

Almond butter and celery sticks

Mixed nuts and berries

Olives

Hard-boiled egg

Nut butter (1-2 tsp)