



# Menopause Manchester 3 Day Nutrition Plan



## DAY ONE

### OVERNIGHT OATS

30g Oats  
Mineral water  
1 tablespoon Greek Yoghurt  
30g blueberries/strawberries  
3 chopped almonds  
1 tsp ground flaxseeds

Mix together the oats and a dash of mineral water, top with the yoghurt. Now sprinkle over the flaxseeds, and almonds, then add the berries.

### HUMMUS PITTAS

2 wholemeal pitta  
½ sliced avocado  
Handful chopped spinach  
Hummus  
30g Edamame Beans

Make up the pittas with the avocado, spinach and hummus and then eat the edamame beans alongside.

### 3 BEAN STEW

2 tins of mixed beans in chilli sauce  
1 whole red pepper, sliced  
1 tin chopped tomatoes  
½ white onion, diced  
250ml vegetable stock  
1 tbsp. rapeseed oil  
30g Quinoa, boiled

Heat the oil & fry off the onion & pepper until soft. Place these, the beans, tomatoes & vegetable stock into large pan & bring to boil. Then cook on low heat for 25 minutes. Serve with the boiled quinoa.

### SNACK IDEAS

Cottage cheese with rye crackers  
Sliced apple with peanut butter  
Medjool dates with walnuts

Foods rich in essential nutrients to help balance mood and boost energy and stamina  
**Vitamin D, Calcium, Serotonin & Magnesium**

## DAY TWO

### PROTEIN PANCAKES

10g Protein powder (Tesco)  
1 egg  
50ml almond milk  
2 tbsp Greek yoghurt  
2 chopped walnuts  
Berries

Mix the egg & protein powder together, mix in the almond milk until desired consistency. Pour into heated non-stick pan and cook until done on both sides. Add the toppings - you can make the night before and eat cold with the toppings.

### CRAB SALAD

150g crab meat (or tuna)  
Handful of watercress  
20g cucumber, sliced  
4 brazil nuts, chopped  
1 tbsp. coconut oil  
Juice of half a fresh lime

Place the watercress on the plate & add the lime juice. Add the crab meat, cucumber & nuts then drizzle the melted coconut oil over the top. Serve with rice cakes.

### PUY LENTIL SUPER SALAD

50g Puy lentils (Merchant Gourmet)  
100g cauliflower florets, steamed  
1 tbsp rapeseed  
1 large grated carrot  
2 celery sticks, chopped into small pieces  
2 garlic cloves, crushed  
2l egg, boiled and peeled  
1 tbsp wheat-free tamari  
5 cherry tomatoes, halved  
2 spring onions, sliced finely  
2 generous handfuls watercress

The combined ingredients for this salad offer a fantastic array of nutrients to balance mood and energy for the menopause.



Keep your fluids up! Just a 5% drop in dehydration can affect memory & concentration. Peppermint and liquorice tea are soothing for the body and help reduce inflammation.

## DAY THREE

### APPLE PORRIDGE

½ grated apple  
3 chopped walnuts  
30g porridge  
200ml semi skimmed milk

Add the porridge to the pan & cover with the milk. Place on a VERY low heat & after a few minutes add the sultanas. Meanwhile cut an apple in half & grate it (have the other half as mid-morning snack). Remove the porridge from the pan, add the walnuts and grated apple and eat whilst warm.

### MACKEREL & WALNUT

1 mackerel, pre-cooked  
5 walnuts, chopped  
½ green pepper, sliced  
Handful of spinach  
1 tbsp. cranberries  
Fresh lime juice

Chop the spinach & place on a plate. Add the mackerel, walnuts, cranberries, pepper. Then drizzle the fresh lime juice over the top.

### THAI BEEF STIR FRY

1 tbsp. rapeseed oil  
200g beef steak strips (or chicken)  
1 red chilli, deseeded & sliced  
2 tbsp oyster sauce  
Handful basil leaves, chopped  
75g cooked brown rice  
Green salad incl. spinach & tomatoes

Heat the oil until smoking hot. Then add the beef & chilli. Cook, stirring frequently for about 3 mins until all the meat is brown. Pour over the oyster sauce. Mix well and cook until heated through. Serve with salad and cooked rice.

### SNACK IDEAS