



Menopause Support Program

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Salmon Stuffed Avocado Boats	 Salmon Stuffed Avocado Boats	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	
Snack 1	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	
Lunch	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Brocolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles
Snack 2	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	
Dinner	 Chicken, Carrots & Brocolini	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Brocolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles	 Chicken, Carrots & Brocolini

Fruits

- 6 Avocado
- 1/2 Lemon
- 1 cup Strawberries

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 3/4 cup Brazil Nuts
- 1 1/3 cups Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tsp Dried Thyme
- 2/3 tsp Italian Seasoning
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1/2 cup Walnuts

Frozen

- 1/2 cup Frozen Edamame

Vegetables

- 4 cups Bok Choy
- 4 1/2 cups Broccoli
- 2 bunches Broccolini
- 3 cups Butternut Squash
- 2 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 1 cup Kale Leaves
- 1/2 cup Mushrooms
- 3 1/3 Zucchini

Boxed & Canned

- 8 ozs Canned Wild Salmon
- 1/2 cup Quinoa
- 2/3 cup Salsa
- 6 ozs Sardines
- 7 1/16 ozs Seed Crackers
- 2 2/3 tbsps Vegetable Broth

Baking

- 1/3 cup Cocoa Powder
- 1 3/4 tbsps Monk Fruit Sweetener
- 2 tbsps Nutritional Yeast
- 2/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 10 1/2 ozs Extra Lean Ground Turkey
- 2 Haddock Fillet
- 1 lb Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 6 ozs Tempeh

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1 1/3 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Sauerkraut

Cold

- 4 Egg
- 1 1/4 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt



Zucchini Turkey Breakfast Skillet

2 servings

20 minutes

Ingredients

- 1 tsp Coconut Oil
- 10 2/3 ozs Extra Lean Ground Turkey
- 1 1/3 Zucchini (large, finely diced)
- 2/3 cup Salsa
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Salmon Stuffed Avocado Boats

1 serving

10 minutes

Ingredients

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.



Egg & Beef Breakfast Bowl

3 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is roughly 2 cups of the beef mixture.

More Flavor: Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings: Top with sliced cherry tomatoes.



Coconut Chia Seed Yogurt

4 servings

30 minutes

Ingredients

- 4 cups Unsweetened Coconut Yogurt
- 1 cup Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Dark Chocolate Almond Mousse

3 servings
3 hours 5 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1/3 cup Cocoa Powder
2 1/3 tbsps Almond Butter
1 3/4 tbsps Monk Fruit Sweetener
2/3 tsp Vanilla Extract
1/3 tsp Sea Salt

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

Ingredients

- 1/2 Avocado (peeled, pit removed)
- 2 tbsps Sauerkraut (roughly chopped)
- 1 3/4 ozs Seed Crackers

Directions

1

Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Brazil Nuts

1 serving

5 minutes

Ingredients

1/4 cup Brazil Nuts

Directions

- 1 Divide into bowls and enjoy!



Chicken, Carrots & Broccolini

1 serving

30 minutes

Ingredients

1/2 bunch Broccolini (trimmed)
1 Carrot (large, sliced into rounds)
1 1/2 tsps Extra Virgin Olive Oil
4 ozs Chicken Breast (boneless, skinless)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.



Tempeh, Quinoa & Broccoli

2 servings

55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 6 ozs Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

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



One Pan Roasted Edamame & Broccoli Salad

2 servings

30 minutes

Ingredients

- 2 1/2 cups Broccoli (chopped into florets)
- 1/2 cup Frozen Edamame (shelled)
- 1/2 cup Walnuts
- 2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1 1/2 tsps Almond Butter
- 1 1/2 tsps Apple Cider Vinegar

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups.

No Walnuts: Use cashews, almonds or pecans instead.

Nut-Free: Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.



Ground Chicken

2 servings

20 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 8 ozs Extra Lean Ground Chicken
- 1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 2 Once cooked through, season to taste with sea salt and enjoy!

Notes

Storage: Keeps well in fridge for up to 3 days. Freeze for longer.

Serve it With: Tacos, salads, stir fries and any time you need to add protein.

Spice it Up: Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.



One Pan Sesame Trout & Bok Choy

2 servings

15 minutes

Ingredients

2 Rainbow Trout Fillet
4 cups Bok Choy (baby, halved)
2 tbsps Avocado Oil
1/4 tsp Sea Salt
1/2 tsp Sesame Seeds

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.



Steak, Butternut Squash & Zoodles

2 servings

40 minutes

Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 2 Zucchini (spiralized)

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.