



**Plant-Based Menopause
Support Program**

**Midlife
Sh*t Show**

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<http://midlifeshitshow.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Brownie Protein Pancakes	 Brownie Protein Pancakes
Snack 1	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Clean Trail Mix	 Clean Trail Mix	 Clean Trail Mix
Lunch	 Falafel Salad with Green Tahini Sauce	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Buddha Bowl	 Creamy Pasta with Kale	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars
Snack 2	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers	 Roasted Edamame	 Roasted Edamame	 Roasted Edamame	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers
Dinner	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Buddha Bowl	 Creamy Pasta with Kale	 Tempeh Buddha Bowl	 One Pan Tofu, Brussels Sprouts & Cauliflower	 One Pan Tofu, Brussels Sprouts & Cauliflower

Fruits

- 4 1/2 Avocado
- 1 1/2 Banana
- 2 1/2 Lemon
- 2 2/3 tbsps Lemon Juice
- 1/4 cup Lime Juice
- 1 1/2 cups Raspberries

Breakfast

- 3 tbsps Almond Butter
- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 3/4 cup Chia Seeds
- 2 tsps Chili Powder
- 1 1/2 cups Clean Trail Mix
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Paprika
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 3 tbsps Sunflower Seeds

Frozen

- 1 cup Frozen Berries
- 1/2 cup Frozen Cauliflower
- 3 cups Frozen Edamame

Vegetables

- 6 cups Arugula
- 4 cups Baby Spinach
- 1 cup Brussels Sprouts
- 1/2 head Cauliflower
- 4 cups Cauliflower Rice
- 2/3 cup Cherry Tomatoes
- 1 cup Fresh Peas
- 4 2/3 Garlic
- 1 Green Bell Pepper
- 2 2/3 cups Kale Leaves
- 2/3 cup Matchstick Carrots
- 2 cups Parsley
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 2/3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 1/2 Zucchini

Boxed & Canned

- 4 ozs Chickpea Pasta
- 2 cups Chickpeas
- 2 cups Lentils
- 7 1/16 ozs Seed Crackers
- 1/4 cup Vegetable Broth

Baking

- 1 tbsp Arrowroot Powder
- 1 tbsp Baking Powder
- 1 tbsp Cacao Nibs
- 3 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 2 tsps Nutritional Yeast
- 3/4 cup Oats
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 1 1/8 lbs Tempeh
- 15 3/4 ozs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2/3 cup Tahini
- 3 tbsps Tamari

Cold

- 2 cups Plain Coconut Milk
- 6 cups Unsweetened Almond Milk

Other

- 1 1/4 cups Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 1 1/4 cups Water



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the box)
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Raspberry Chia Protein Pudding

4 servings

30 minutes

Ingredients

- 1/2 cup Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1 1/2 cups Raspberries (divided)
- 1/4 cup Unsweetened Coconut Flakes

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Clean Trail Mix

3 servings

2 minutes

Ingredients

1 1/2 cups Clean Trail Mix

Directions

1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.

2

Pour into bowl and snack away!



Rainbow Chopped Salad Jars

2 servings

15 minutes

Ingredients

- 3 1/3 tbsps Tahini
- 1 1/3 Lemon (juiced)
- 1/3 tsp Sea Salt
- 1 1/3 tbsps Water
- 2 cups Chickpeas (cooked, from the can)
- 2/3 cup Cherry Tomatoes
- 2/3 cup Matchstick Carrots
- 2/3 Yellow Bell Pepper (chopped)
- 2 cups Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Smashed Peacamole with Crackers

2 servings

10 minutes

Ingredients

- 1/2 cup Fresh Peas
- 1 Avocado
- 1 Garlic (cloves, minced)
- 1/8 Lemon (juiced)
- 1/8 tsp Sea Salt (or more to taste)
- 3 1/2 ozs Seed Crackers

Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

Serving Size: There is approximately 1/3 cup of peacamole per serving.

Likes it Spicy: Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

No Fresh Peas: Use frozen peas, corn or edamame instead.

No Lemon Juice: Use apple cider vinegar instead.



Roasted Edamame

3 servings

45 minutes

Ingredients

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Chili Lime Tempeh & Veggies

2 servings

1 hour 40 minutes

Ingredients

- 2 tsps Chili Powder (divided)
- 2 tsps Cumin (divided)
- 1 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Smoked Paprika
- 1/4 cup Lime Juice
- 1/4 cup Vegetable Broth
- 1 tsp Maple Syrup
- 9 ozs Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 1 tbsp Water
- 1 Avocado (diced)

Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

Notes

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

More Flavor: Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

Additional Toppings: Lime wedges or cilantro.

Serve it With: Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



Tempeh Buddha Bowl

3 servings

30 minutes

Ingredients

- 9 ozs Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

Notes

Leftovers: Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

More Flavor: Add chili flakes to the cauliflower rice.

Additional Toppings: Add cooked sweet potato or other veggies if desired.

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



Creamy Pasta with Kale

2 servings

40 minutes

Ingredients

4 ozs Chickpea Pasta
2 2/3 cups Kale Leaves (sliced thin into ribbons)
2/3 Garlic (clove, minced)
1/2 cup Cashews (soaked for 30 minutes and drained)
1/3 cup Water
2 tsps Nutritional Yeast (optional)
2 tsps Lemon Juice
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale: Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers: Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta: Use lentil, quinoa, brown rice or whole wheat pasta instead.



One Pan Tofu, Brussels Sprouts & Cauliflower

2 servings

45 minutes

Ingredients

- 15 3/4 ozs Tofu (extra firm, drained)
- 1 tbsp Tamari
- 1 tbsp Avocado Oil
- 1 tsp Maple Syrup
- 1 tbsp Arrowroot Powder
- 1 cup Brussels Sprouts (trimmed and halved)
- 1/2 head Cauliflower (chopped into florets)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tps Sesame Seeds

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives: The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.