



EAT WELL FOR MENOPAUSE

Balanced recipes and
lifestyle advice for
menopausal wellbeing

Check out our
nutritional *tips*
and delicious *recipes!*



EATING WELL FOR MENOPAUSE



Research has found that changes to diet and lifestyle can help manage many menopausal symptoms. Here are different ways to stay healthy during menopause.

LOOK AFTER YOUR MENTAL HEALTH!

Menopause can impact mental health and mood due to hormonal changes, leading to symptoms like anxiety, depression, and mood swings.

- **Regular Meals & Snacks:** To include whole grains, nuts, beans, seeds, fruits, and vegetables for steady energy levels. Avoid quick energy spikes that can lead to low energy, poor concentration, and sugar cravings.
- **Stay Hydrated:** Adequate hydration is essential for brain function and mood regulation.
- **Limit Alcohol & Caffeine:** These substances can exacerbate stress's impact on the body and lead to dehydration.
- **Stay Active:** Regular exercise releases hormones that reduce stress, improve mood, enhance brain function, and promote better sleep quality.
- **Connect with Loved Ones:** Spending time with supportive friends and family while engaging in enjoyable activities can help manage stress and improve overall wellbeing.

MAINTAIN A HEALTHY WEIGHT

During menopause on average women gains 2–3kg. Below are some tips to maintain a healthy weight for overall quality of life.

- Avoid skipping meals, as it can lead to fatigue, impact mood, and restrict essential nutrient intake, potentially increasing cravings for sugary and less nutritious foods.
- Ensure you have protein in each meal to promote fullness and keep cravings at bay!
- Aim for at least **5ADAY** and **30g** of fibre daily—which helps with satiety and supports gut health, aiding appetite regulation.
- Stay active—helps maintain weight, improve mood, and enhances overall wellbeing.



Between October & March. It's recommended in the UK to take a 10mg Vitamin D supplement.

SUPPORT YOUR HEART HEALTH!

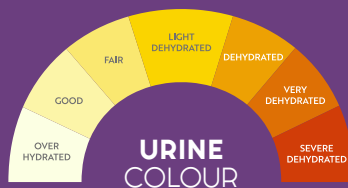
This is crucial due to hormonal changes that can increase the risk of heart disease due to increased blood pressure or cholesterol.

- Strive to reach your daily recommended intake of fruits and vegetables (**5ADAY**).
- Replace saturated fats in your diet with healthier options (unsaturated fats) like olive oil, nuts, and seeds.
- Reduce red and processed meat consumption whilst including oily fish in your diet at least once a week.
- Increase your intake of dietary fibre and whole grains.
- Incorporate soya products into your diet.
- Enjoy nuts as a healthy snack, aiming for a 30g portion.
- Monitor your salt intake, keeping it under 6g per day.
- Limit alcohol consumption to no more than 2-3 units per day.



STAY HYDRATED

This can help alleviate brain fog, hot flashes, and night sweats, promote skin health, and lower the risk of urinary tract infections. Aim to drink **1.5 – 2 litres** of water daily! You can check your hydration level using a urine colour chart.



PRIORITISE YOUR BONE HEALTH

As oestrogen levels decline during menopause, the risk of osteoporosis, as well as muscle loss and reduced strength, increases the likelihood of fractures. Tips for bone health:

- Aim to eat **2-3 portions** of calcium-rich foods daily-ideally paired with Vitamin D sources to enhance calcium absorption. Both are crucial for strong bones.
- Aim for **1-1.3g per kg of body weight of protein a day**, with 20-25g of protein per meal. Protein supports muscle building and bone formation.

Additionally, consider other essential nutrients like magnesium, vitamin K, potassium, and phosphorus for optimal bone health.

GETTING A GOOD NIGHT'S REST

Interrupted sleep can detrimentally affect both your physical wellbeing and your mental health. To alleviate this, consider these tips:

- Opt for decaffeinated beverages after lunch or explore soothing alternatives like chamomile tea or a warm malted milk drink.
- Avoid drinking alcohol as this can interfere with our sleeping pattern leaving us feeling groggy in the morning.
- Allow a 2-3 hour gap between your final meal and bedtime.
- If hunger strikes before sleep, opt for a light snack like a small portion of yoghurt (or soy yoghurt) or rice cakes with almond butter.

BAKED CARROT CAKE OATS

Serves 4



INGREDIENTS

200g Rolled oats
X2 Carrots scrubbed and grated
920ml Milk of choice
2 tsp Vanilla extract
2 tsp Ground cinnamon
2 tsp Ground nutmeg
50g Raisins

TOPPINGS

200g Greek yoghurt
Zest of 1 orange
100g Blueberries
Sprinkle of seeds and nuts of your choice, optional

A great way to start the day, already working towards that 5ADAY. This breakfast helps you feel fuller for longer providing you with a slow release of energy to fuel your day ahead

METHOD

1. Preheat the oven to 200°C/180°C Fan/ Gas Mark 6 and grease a baking dish with a little extra virgin olive oil.
2. Mix together all the main ingredients in a bowl until well combined before transferring to your baking dish.
3. Bake your carrot cake oats for approximately 25 minutes or until the edges are nice and golden.
4. Leave to cool for 15 minutes and then add your nutritious toppings.

CHICKPEA FRITTERS WITH AN EGG

Serves 4



Delicious breakfast to enjoy on the weekend or for brunch. Providing you with a source of fibre, protein, and iron. What's not to love?

INGREDIENTS

x4 Free-range eggs
400g Tinned chickpeas, drained
130g Wholemeal flour
x6 Spring onions, chopped (save x2 for garnish)
x2 Garlic cloves, crushed
1cm Fresh ginger, peeled and grated
15g Fresh parsley, finely chopped
200ml Milk of choice
1 tsp Fine sea salt
Pinch of black pepper
Olive oil, for frying

METHOD

1. Place all the ingredients into a large bowl (apart from the oil, eggs and 2 spring onions) and mix.
2. In a large nonstick frying pan, add a splash of olive oil and over medium-high heat, in batches place heaped tablespoons of the batter into the pan and gently flatten. Fry for 3-5 minutes on each side until golden brown. Place on kitchen towel.
3. Fry your eggs to your liking (*you can always change this to poached or scrambled if you prefer*) and serve on top of your chickpea fritters. Garnish with the remaining spring onions and enjoy!

FLUFFY BANANA & ALMOND PANCAKES

Serves 2



Who can resist pancakes for breakfast? These pancakes will fill you up for longer with the fibre and little extra protein they provide! Don't worry if you have a sweet tooth, adding banana will hit the spot whilst counting towards your 5ADAY

INGREDIENTS

100g Wholemeal flour
2 tbsp Almond flour
20g Oats
2 tsp Baking powder
1 Egg, beaten
240ml Milk of choice
1 Banana, mashed
1 tbsp Olive oil

METHOD

1. Add all the dry ingredients into a bowl and mix.
2. Mash the banana, and add in the bowl along with the egg, milk, and olive oil. Mix until well combined.
3. Place a nonstick pan on medium heat. Once the pan is hot, ladle the batter into the pan, and cook for 3-4 minutes on each side. You will know it's time to flip your pancake when bubbles start forming on the surface.
4. Serve with fruit and yoghurt!

SWEET POTATO & MISO SOUP

Serves 5



INGREDIENTS

43g White miso paste
63ml Water
20ml Olive oil
625g Sweet potatoes – chopped into chunks
60g Spring onions–thinly slice and place in water, they will curl up and use for garnish
6g Garlic cloves–crushed
6g Ginger root–skin on, roughly sliced
310g Carrots–skin on, roughly chopped
1.25ltr Vegetable stock
1g Ground pepper

METHOD

1. Preheat the oven to 180°C Fan/ 200°C/ Gas Mark 6.
2. In a bowl, mix the miso paste and water to form a paste. Stir in the olive oil.
3. In a large baking dish, lined with baking paper, add the sweet potato, garlic, ginger, and carrot. Pour over the miso paste and stir to evenly coat vegetables and season with pepper.
4. Cook in the oven for 25–30 minutes. Once the veg is golden and cooked through, remove from oven.
5. Add to a food processor, and blend gradually adding the vegetable stock.
6. Serve and garnish with the spring onions.

FIBRE SEEDED CRACKERS

Makes 10 crackers



Try these delicious crackers to add additional fibre and Omega 3 to your meals. These are fantastic to accompany soup or crumbled on top of salads

INGREDIENTS

65g Sunflower seeds
50g Pumpkin seeds
35g Chia seeds
35g Sesame seeds
20g Golden linseeds
2g Salt
180ml Water

METHOD

1. Preheat the oven to 170°C. Line a medium baking tray with baking paper.
2. Mix all the ingredients and leave for 15 minutes for the chia seeds to soak up the water. Once the mixture has thickened, spread thinly over the lined baking tray around half a cm.
3. Bake in the oven for 60–70 minutes (if the cracker isn't crispy return to the oven for a further 5–10 minutes).
4. Remove from the oven and allow to cool before breaking into individual crackers.

ONE-PAN TUSCAN SALMON

Serves 4



This nutritious mid-week dinner is delicious and packed with Omega-3-rich salmon, colourful veggies, and fibre filled butter beans for gut health and lasting fullness

INGREDIENTS

- 4 Salmon fillets, skin and boneless
- 2 tsp Olive oil
- 2 Shallots, diced
- 16 Sundried tomatoes in oil, drained and chopped
- 400g Cherry tomatoes
- 1 tsp Smoked paprika
- Small handful of basil leaves, chopped (extra for garnish)
- 1 ½ Chicken stock cube, crumbled
- 400ml Water
- 800g Butterbeans-tinned, drained and rinsed
- 100g Half fat crème fraiche
- 1 Lemon, zested
- 20g Parmesan cheese, grated
- 100g Spinach
- Pinch of black pepper

METHOD

1. Season your salmon fillets with black pepper. Heat a frying pan, and once hot sear the fillets on both sides until coloured, then set aside.
2. In the same pan, reduce to medium heat add your olive oil and sweat off your shallots and garlic for 5 minutes. Add the cherry tomatoes, sundried tomatoes and smoked paprika, and sauté for a few minutes.
3. Add the chicken stock cube and water and bring to a simmer. Once simmered add your butterbeans and simmer for a further 5 minutes.
4. Reduce the pan to low heat and mix in the crème fraiche, lemon zest, 15g parmesan cheese and black pepper.
5. Stir in the spinach and basil leaves.
6. Add the salmon fillets back into the pan and allow to cook through.
7. To serve, sprinkle with extra basil leaves and the remaining parmesan.

HARISSA LENTIL PIE WITH FETA MASH

Serves 6

INGREDIENTS

4 tbsp Olive oil
2 Onions, finely chopped
2 Carrots, finely chopped
2 Celery sticks, finely chopped
2 Peppers (different colours),
finely chopped
4 Garlic cloves
3 tbsp Tomato puree
5 tbsp Harissa pasta
200g Brown lentils, rinsed
750ml Vegetable stock
250g Frozen spinach

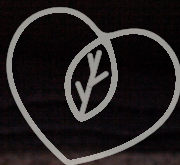
FOR MASH

500g Potatoes, do not peel
500g Sweet potato, do not peel
80g Unsalted butter
200g Feta
Pinch of black pepper

METHOD

1. Chop the potatoes into quarters and add to a large pot of boiling salt water, cook for 12-15 minutes until fork tender.
2. Meanwhile, in another large pot, heat the olive oil and add the onions, carrot, celery and peppers and sauté for approx. 15 minutes until soft. Then add the garlic and cook for a further minute.
3. Add the tomato puree, harissa, lentils, and stock and bring to a simmer for 20 minutes until the veggies are tender.
4. While the lentils are cooking, check your mash. Once cooked, drain the potatoes, and return to the pot. Add butter and mash to your preferred consistency. Crumble in the feta and a pinch of black pepper.
5. Preheat the oven to 200°C fan/gas mark 7.
6. Once the lentils are tender, stir in the spinach, once wilted transfer to a large baking dish and top with the feta mash.
7. Bake for 30-35 minutes until golden.

Give your family favourite a fresh twist by swapping out meat for delicious plant-based proteins! Not only do you diversify your diet, but you also add extra fiber, pack in more veggies, and cut down on saturated fats. It's a tasty win-win for everyone!



CREAMY ALFREDO

WITH MUSHROOMS & TENDER-STEM BROCCOLI (VE)

Serves 4



A delicious plant based dish that is quick and easy providing you with key nutrients: calcium, iron and protein!

INGREDIENTS

1 tbsp Olive oil
400g Mushrooms, sliced
2 Garlic cloves, peeled & crushed
150g Tender-stem broccoli
200g Fettuccine
300g Silken tofu
1 Lemon, juiced
1 tsp Salt
15g Flat leaf parsley, chopped
2 tbsp Nutritional yeast (optional)

METHOD

1. Heat the olive oil in a deep frying pan, add the mushroom and cook for 5 minutes.
2. Add the garlic and tender-stem broccoli and gently fry for a further 2 minutes.
3. In the meantime, cook the pasta as per the packet instructions. Drain and reserve the pasta water.
4. Add the tofu to 100ml pasta water, lemon juice and nutritional yeast into a blender and blend until smooth.
5. Add into the pan with the mushroom and tender-stem broccoli, and heat through for approx. 3-4 minutes, then add the pasta and finish with chopped parsley.

EDAMAME HUMMUS WITH A HINT OF LEMON

Serves 4

Experiencing hot flushes? Studies suggest that consuming two servings of soya a day can help. This recipe will provide you with a delightful serving of soya. You can serve it with crudites, on top of fermented sourdough, our delicious chia seed bread or the fibre seeded crackers



INGREDIENTS

225g Edamame beans
60g Tahini paste
60ml Water
½ tsp of Lemon zest
x1 Lemon, juiced
x1 Garlic clove, crushed
2.5g Ground cumin
Pinch of salt
60ml Extra virgin olive oil
1 tbsp Fresh mint, chopped

METHOD

1. Boil the edamame beans for 4 to 5 minutes, or microwave, covered, for 2 to 3 minutes.
2. In a food processor, puree the edamame, tahini paste, water, lemon zest and juice, garlic, salt, and cumin, until smooth. Continue blitzing and slowly drizzle 40ml of the olive oil and mix until combined.
3. Transfer to a small bowl, stir in the mint and drizzle with the remaining oil.
4. Serve or enjoy! You can refrigerate and cover, for up to 24 hours.

BUCKWHEAT & CHIA SEED LOAF

Serves 8



INGREDIENTS

- 300g Buckwheat
- 60g Chia seeds
- 125g Greek yoghurt
- 125ml Water
- 60ml Olive oil
- 4g Bicarbonate of soda
- 2g Sea salt
- 20ml Lemon juice
- 45g Linseeds
- 4g Sea salt

Who doesn't love a freshly baked home-made bread? This bread helps add additional protein, omega 3s and fibre into our diets! You can pair this bread with a variety of delicious sweet and savoury topper such as cream cheese and figs or Houmous and edamame beans

METHOD

1. Soak the buckwheat in lots of cold water for 2 hours. Drain the buckwheat and rinse in cold water.
2. Soak the chia seeds in 125ml of cold water for 30 minutes, it will jellyfy.
3. Place the buckwheat and soaked chia, along with all the other remaining ingredients (except the linseed) into a food processor and blitz until a batter consistency with bits.
4. Add half of the linseed to the batter, reserving the rest for the crust.
5. Scrape all the mix into a greased and lined loaf tin, scatter over the remaining linseed with the sea salt and bake at 170°C for about an hour or until springy to the touch.
6. Allow cooling before slicing.

APPLE & BERRY CRUMBLE

Serves 6

INGREDIENTS

400g Frozen mixed berries
2 Granny Smith apples peeled and diced
1 tsp Chia seeds
Drizzle of honey (optional)

CRUMBLE TOPPING

2 tbsp Soft light brown sugar
200g Rolled oats
75g Butter, cubed
1 tbsp Honey
1 tbsp Cinnamon

This classic dessert is satisfying, wholesome, and nutrient dense. It adds fibre and plenty of fruit to your diet



METHOD

1. Preheat the oven to 200°C/ 180°C fan or gas mark 6.
2. In a saucepan add the frozen berries and apples and cook over medium heat for 10 minutes until they soften. Stir in the chia seeds and remove from heat to allow to cool- this is the best time to add that optional honey if you need more sweetness.
3. Meanwhile, in a bowl mix together your crumble topping, use your fingertips to rub the ingredients together to form clusters.
4. Transfer the fruit filling to an ovenproof dish and then evenly sprinkle over your crumble. Bake in the oven for 25-30 minutes until golden brown.
5. Serve warm with custard, yoghurt, or ice cream.

COCONUT BROWN RICE PUDDING

Serves 4



Another firm family favourite, great for the cooler months. Enjoy this tasty treat rich in fibre and essential nutrients which will leave you feeling satisfied

INGREDIENTS

400g Brown rice
800ml Coconut milk
2 tsp Cinnamon
150g Raisins
1 tsp Vanilla extract
1 tsp Honey (optional)

Served with grated nutmeg and fruit of your choice

METHOD

1. Wash the rice with cold water and then place in a pan and cover it with cold water so there is approx. 1 inch of water above the rice.
2. Place on medium heat bring to a boil and simmer until the rice is cooked, this will take 30-35 minutes.
3. Remove from heat, cover, and set aside for 10 minutes.
4. Meantime, add the coconut milk, honey (optional), cinnamon and raisin to the pan and simmer for 20 minutes whilst stirring frequently until desired consistency.
5. Remove from heat and stir in the vanilla.
6. To serve, top with nutmeg and fruit of your choice.

TOFU CHOCOLATE & RASPBERRY MOUSSE

Serves 6



Looking for a chocolate fix but aiming for something more nutritious? This delicious plant-based dessert is packed with protein from the tofu and naturally sweetened by dates. Grab a spoon and enjoy!

INGREDIENTS

150g Pitted dates
300g Silken tofu
150g 65% Dark chocolate, melted
144g Aquafaba
3g Cream of tartar
120g Raspberries
Mint to garnish

METHOD

1. Overnight, soak your pitted dates in water. When you are ready, drain your soaked dates and place them into a blender until pureed.
2. Add the silken tofu and melted dark chocolate, and blend until smooth (creamy batter texture).
3. Pour the aquafaba and cream of tartar into a medium-sized bowl and whip with a hand mixer to obtain a frothy mixture. This may take a couple of minutes, so don't worry!
4. Slowly add the chocolate mixture from the blender into the fluffy aquafaba. Gently whisk with a spoon to incorporate until you have a creamy chocolate mousse.
5. Divide into glasses and refrigerate for at least an hour before serving.
6. Garnish with the fresh raspberries and mint.

OATY DARK CHOC CHIP COOKIES

Makes 10 cookies



INGREDIENTS

100g Banana, very ripe and mashed
60g Caster sugar
50ml Extra virgin olive oil
2 tsp Vanilla extract
150g Courgette, grated
60g Dark chocolate chips
150g Rolled oats
60g Dried apricots, chopped

TOPPINGS


2g of oats on top of each cookie

METHOD

1. Preheat the oven to 180°C/160°C Fan and grease the baking tray.
2. Place the banana, sugar, olive oil, half the oats, vanilla, and blitz for approx. 1 minute until you have a paste.
3. Grate the courgette and squeeze out any excess moisture before placing it in a mixing bowl, along with the chocolate chips and remaining oats along with the contents of the food processor.
4. Spoon the mix onto the baking tray to make 10 cookies.
5. Place them into the oven and bake for approx. 25–30 minutes until golden brown on the outside.

APPLE & CINNAMON INFUSED WATER

Serves 4



Experiencing brain fog? Stay well hydrated with this infused water! You can always try different combinations that work for you. It might even assist in regulating your body temperature

INGREDIENTS

X4 Apples
5g Ground cinnamon
1 ltr Still or sparkling water

METHOD

1. Puree two of the apples with 250ml of water and cinnamon. Then slice the remaining two apples.
2. Push the pulp puree through a fine sieve and mix with the remaining 750ml of water.
3. In 4 glasses, add the slices of apples and the apple and cinnamon-infused water, serve, and enjoy!