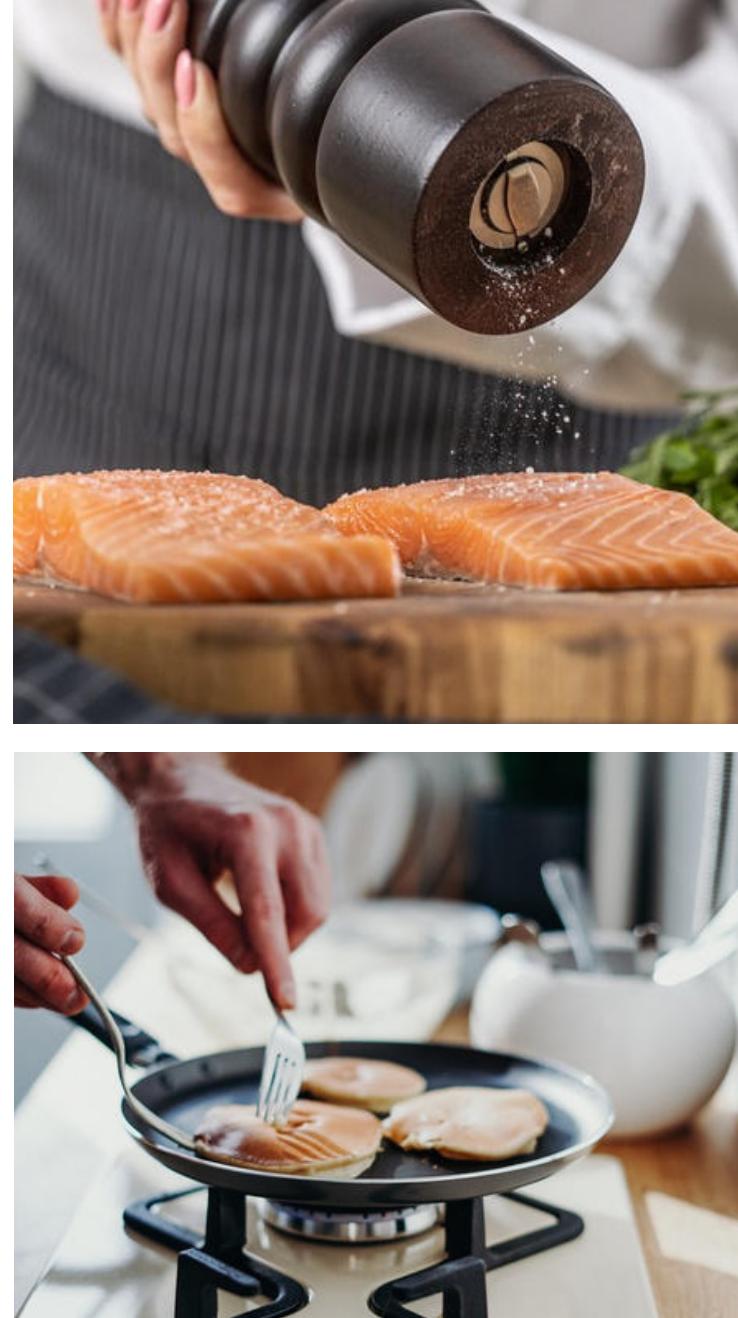


DIETITIAN-APPROVED Menopause Meal Plan

This carefully curated meal plan has been created by a registered dietitian nutritionist who specializes in helping menopausal women reduce the most common and upsetting symptoms.

Over the next 90 days, you'll be getting meal plans for breakfast, lunch, snacks and dinner to ensure your body is getting the nutrients it needs during this big life transition so you can look and feel your best!



What to expect from this meal plan

- **Shed those stubborn menopause pounds**
- Reduce bloating and improve your digestion
- **Reduce those uncomfortable hot flashes and night sweats**
Feel fuller for longer so you're less
- hungry
- **Boost your energy levels throughout the day**



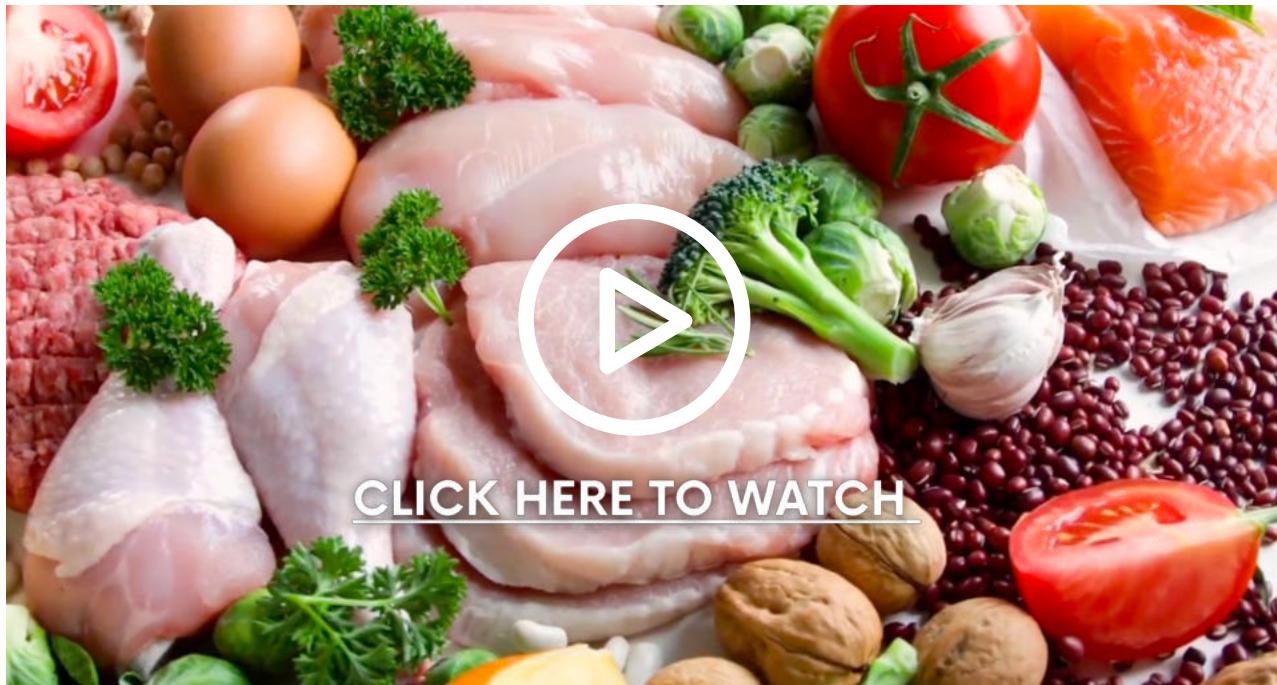
THE TABLE OF **Contents**

① How To Use This Meal Plan	01
Watch The Welcome Video	03
Recommended Daily Calorie Intake	05
 ② Meet Your Dietician Nutritionist	03
 ④ Set 1 - Reduce Weight Gain, Bloating & Fatigue	08
This Month's Focus Foods	09
Meal Plans Day 1-30	11
 ⑤ Set 2 - Reduce Hot Flashes, Night Sweats And Mood Swings	17
This Month's Focus Foods	18
Meal Plans Day 31-60	20
 ⑥ Set 3 - Increase Your Energy And Reduce Joint Pain	26
This Month's Focus Foods	27
Meal Plans Day 61-90	29

Welcome

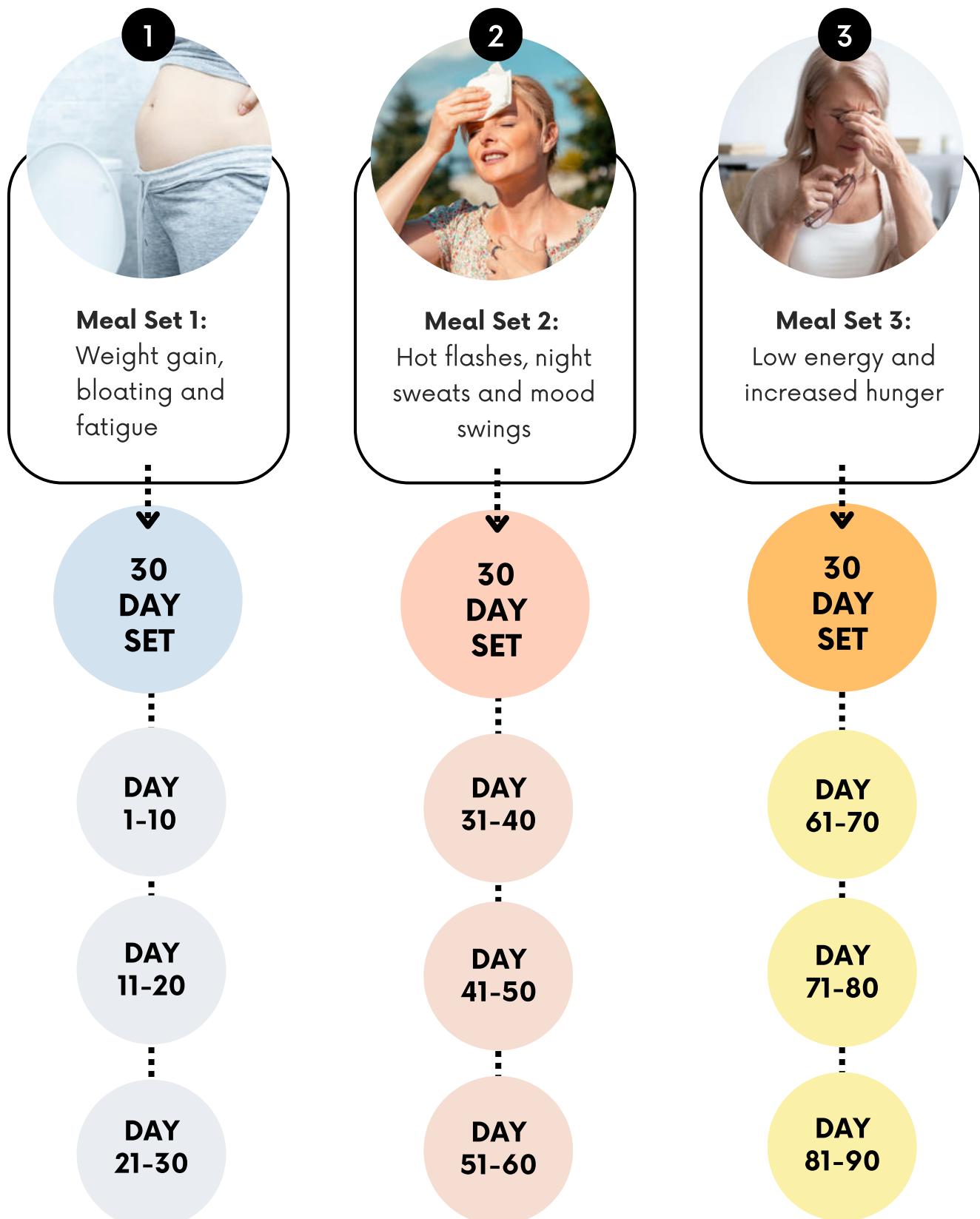
TO THE DIETITIAN-APPROVED MENOPAUSE MEAL PLAN

This meal plan was carefully designed to help you manage the most common perimenopause and menopause symptoms through diet.



The Meal Plan is broken down into 3 separate meal sets, each spanning 30 days.

And then each meal set is further broken down into three 10-day phases offering a unique combination of foods and recipes to help you manage your symptoms.





Your Recommended Daily Calorie Intake

Each day in this meal plan is designed to provide approximately 1500-1800 calories.

Meals within the same category have been structured to be interchangeable, allowing you to easily swap one meal for another while still meeting your target nutrition goals.

Please note: nutrition values can vary based on specific brands, preparation methods, and portion sizes.

Check nutrition labels and adjust portion sizes as needed to meet your individual dietary requirements.

Why 1500-1800 calories A Day?

There are two reasons I recommend you consume 1500-1800 calories a day:



1. To ensure you have adequate energy: Menopausal women often face changes in their metabolism and may experience fluctuations in weight. Consuming at least 1,500 calories helps ensure you have enough energy to support your daily activities and maintain your overall well-being.



2. To manage your weight: as you may have noticed, it becomes easier to put on weight, and harder to lose it, during menopause.

So this calorie range serves as a baseline for weight management. It allows you to make gradual changes to your caloric intake, either to lose or gain weight, based on your individual goals.

If your goal is to lose weight, you can adjust your portion sizes to decrease your caloric intake.

Reducing starchy foods, such as bread, pasta, and rice, can be an effective strategy to create a caloric deficit, especially if your midsection is a trouble area.

Or, if your goal is to gain weight, you can increase the intake of healthy fats, such as avocados, nuts, and olive oil, to reach the higher end of the calorie range.



Individual Needs

It's important to remember that every individual is unique. Your specific caloric requirements may vary based on factors such as age, activity level, and metabolic rate. The 1500-1800 calorie range serves as a general guideline that can be tailored to suit your specific needs.

ABOUT THE AUTHOR



Rachel Nguyen

BSc

Registered Dietitian Nutritionist

Rachel has over 10 years' experience offering 1:1 counseling specializing in sustainable weight management, sports nutrition and menopause-related symptoms.

To date, Rachel has created over 1,080 personalized meal plans to help her clients improve their health, reach their weight goals, and feel better in their bodies.

She has also created and implemented training programs for various health care providers to improve the nutritional care for their patients.

And she is especially passionate about empowering women to navigate menopause and manage their symptoms through food.

Meal Plan Set 1 (Day 1-30)

How To Reduce Unwanted Weight Gain, Bloating And Fatigue



Welcome to Meal Plan Set 1 – your comprehensive 30-day guide designed to empower you to manage symptoms such as unwanted weight gain, bloating and fatigue through diet!

This meal plan is crafted so you get between 1500-1800 calories per day from high-quality and delicious foods.

During this first meal plan, the key food source we'll be focusing on is fiber.

Fiber has a significant role during menopause for weight management, digestive health, hormonal balance, heart health, blood sugar control and bone health.

Plus, we'll also explore the benefits of probiotics and turmeric to enhance your overall health and well-being.

So let's take a quick look at the benefits of each in more detail.

This Plan's Focus Foods Include:



Fiber For Digestion And Metabolism:

- Menopausal women often encounter weight gain as their metabolism slows down. High-fiber foods are filling and can help control appetite.
- **Fiber helps maintain regular bowel movements and alleviates discomfort. It adds bulk to stool, making it easier to pass, thus combating constipation.**
- Some types of fiber, particularly lignans found in flaxseeds and whole grains, can help balance hormone levels.
- **High-fiber diets are linked to lower cholesterol levels and reduced risk of heart disease.**
- Fiber-rich foods slow down the absorption of sugar, helping to stabilize blood sugar levels and reduce the risk of insulin resistance.
- **Certain high-fiber foods like fruits and vegetables are rich in minerals that support bone health, such as magnesium and potassium.**



Inulin For Bloating And Hormonal Gut Support

- Inulin offers gentle digestive support during perimenopause and menopause by acting as a prebiotic fiber, which helps feed beneficial gut bacteria and restore microbial balance.
- As hormone levels shift, many women experience bloating, constipation, and digestive sluggishness—inulin helps improve regularity and reduce gut discomfort.
- Inulin may also indirectly support hormonal detox and emotional balance by strengthening the gut-brain connection, which becomes more sensitive during this life stage.



Probiotics For Gut Health:

- Probiotics, found in fermented foods like yogurt, kefir, and sauerkraut, can aid women during perimenopause and menopause.
- **The “good bacteria” found in these foods can support gut health, which is closely linked to overall well-being.**
- Probiotics may help alleviate bloating and digestive discomfort that some women experience during this phase.
- **Furthermore, a healthy gut can positively influence mood and mental clarity, contributing to emotional balance.**

5 Quick Tips To Increase Your Daily Fiber Intake:



1. Whole Grains: Incorporate whole grains like oats, quinoa, brown rice, whole wheat pasta, and whole grain bread into your meals. They contain more fiber than their refined counterparts.



2. Legumes: Beans, lentils, and chickpeas are excellent sources of fiber. You can add them to soups, salads, or use them as a meat substitute in various dishes.



3. Fruits and Vegetables: Include a variety of fruits and vegetables in your diet. Apples, pears, berries, broccoli, and carrots are rich in fiber. Leave the skins on for extra fiber content.



4. Nuts and Seeds: Snack on nuts and seeds like almonds, chia seeds, and flaxseeds. They make for a great source of fiber and healthy fats.



5. High-Fiber Snacks: Choose high-fiber snacks such as popcorn, air-popped or with minimal butter and salt. These can satisfy your snack cravings while providing a fiber boost.

Meal Plan Set 1

Day 1-10



DAY 1

Breakfast: Breakfast Burrito
Snack: Raspberries with goat cheese
Lunch: Turkey and Avocado Sandwich
Snack: Whole corn chips with guacamole
Dinner: Cajun Spiced Tilapia

DAY 2

Breakfast: Waffles and Protein Shake
Snack: Dry roasted edamame with dried fruit
Lunch: Mediterranean Plate
Snack: Plain greek yogurt with banana
Dinner: Salmon and Quinoa Bowl

DAY 3

Breakfast: Whole Wheat Breakfast Sandwich
Snack: Plain greek yogurt with banana
Lunch: Tuna Salad and crackers
Snack: Corn chips with guacamole
Dinner: Mango Salsa Chicken

DAY 4

Breakfast: Breakfast Burrito
Snack: Raspberries with goat cheese
Lunch: Sweet Potato and Black Bean Bowl
Snack: Whole corn chips with guacamole
Dinner: Vegetarian Sushi Bowl

DAY 5

Breakfast: Waffles and Protein Shake
Snack: Dry roasted edamame with dried fruit
Lunch: Teriyaki Tofu Bowl
Snack: Whole corn chips with guacamole
Dinner: Greek Lamb Bowl

DAY 6

Breakfast: Mashed White Bean Salad
Snack: 1 apple + 2 tbsp pumpkin seeds
Lunch: Shredded Chicken Salad Meal Prep
Snack: 1 cup carrots + 1/4 cup hummus
Dinner: Sheet Pan Salmon and Veggies

DAY 7

Breakfast: Oatmeal Meal
Snack: 2 cups plain popcorn
Lunch: Mashed White Bean Salad with 2 slices turkey bacon
Snack: Peanut butter and pomegranate toast
Dinner: 3 oz grilled chicken with 1 serving Chickpea Soup

DAY 8

Breakfast: Oatmeal Meal
Snack: Peanut butter and pomegranate toast
Lunch: Shredded Chicken Salad Meal Prep
Snack: 2 cups plain popcorn
Dinner: Sheet Pan Salmon and Veggies

DAY 9

Breakfast: Breakfast Burrito
Snack: 1 cup raspberries with 1 oz goat cheese
Lunch: Turkey and Avocado Sandwich
Snack: 6 whole corn chips with 2 Tbsp guacamole
Dinner: Cajun Spiced Tilapia

DAY 10

Breakfast: Mashed White Bean Salad
Snack: 1 apple + 2 tbsp pumpkin seeds
Lunch: Shredded Chicken Salad Meal Prep
Snack: 1 cup carrots + hummus
Dinner: Sheet Pan Salmon and Veggies

MAIN GROCERY LIST

Turkey Breast	Bread/Muffin	Corn	Sweet Potato
Chicken Breast	Tortilla	Cucumber	Carrot
Salmon	Tilapia Brown	Black Bean	Edamame
Tuna	Rice Corn	Avocado	Greek Yogurt
Goat Cheese	Chips Onion	Broccoli	Banana/Berries
Cottage Cheese	Tofu	Celery	Hummus
Tofu	Chickpeas	Pomegranate	Popcorn
Cumin		Spinach	Protein Powder



Meal Plan Set 1

Day 11-20

DAY 11

Breakfast: Whole-grain toast topped with sliced avocado and 2 poached eggs.
Snack: low-fat cottage cheese, sliced peaches
Lunch: Grilled salmon with lemon-dill dressing
Snack: Almonds and cranberries
Dinner: Thai Peanut Noodles

DAY 12

Breakfast: Oatmeal with collagen protein powder, sliced banana, peanut butter, and honey.
Snack: Celery sticks, cream cheese
Lunch: Lentil and Spinach Salad
Snack: Strawberries with light whipped cream
Dinner: Spinach and Artichoke Stuffed Chicken

DAY 13

Breakfast: Strawberry Almond Quinoa Bowl
Snack: Low-fat cottage cheese, sliced peaches
Lunch: Antipasto Bento
Snack: Dark chocolate and almonds.
Dinner: Teriyaki-glazed salmon, with brown rice and broccoli

DAY 14

Breakfast: Strawberry Almond Quinoa Bowl
Snack: Cheese with grapes.
Lunch: Shredded Chicken Salad Meal Prep
Snack: Celery sticks, cream cheese
Dinner: Beef and Broccoli Stir Fry

DAY 15

Breakfast: Cottage Cheese Pancakes
Snack: 3 cups air-popped popcorn
Lunch: Chicken Fajita Bento
Snack: Cucumber Sandwiches
Dinner: Spaghetti Squash Casserole

DAY 16

Breakfast: Mushroom and Spinach Quiche
Snack: 3 cups air-popped popcorn
Lunch: Spaghetti Squash Casserole
Snack: 1/2 serving Cottage Cheese Pancakes
Dinner: Grilled Pork Chops with Apple Slaw

DAY 17

Breakfast: Mushroom and Spinach Quiche
Snack: Air-popped popcorn
Lunch: Spaghetti Squash Casserole + Whole Wheat Toast
Snack: 1/2 serving Cottage Cheese Pancakes
Dinner: Beef and Broccoli Stir Fry

DAY 18

Breakfast: Mushroom and Spinach Quiche
Snack: Cucumber Sandwiches
Lunch: Spaghetti Squash Casserole + 1 slice Whole Wheat Toast
Snack: Apple Slaw
Dinner: Chicken and Broccoli Alfredo

DAY 19

Breakfast: Cottage Cheese Pancakes
Snack: Cheese with grapes.
Lunch: Shredded Chicken Salad Meal Prep
Snack: Celery sticks with cream cheese
Dinner: Sheet Pan Salmon and Veggies

DAY 20

Breakfast: Mushroom and Spinach Quiche)
Snack: 1/2 serving Cottage Cheese Pancakes)
Lunch: Grilled Pork Chops with Apple Slaw
Snack: Cucumber Sandwiches
Dinner: Chicken and Broccoli Alfredo

MAIN GROCERY LIST

Turkey Breast	Brown Noodle	Almond	Apple
Chicken Breast	Tortilla	Squash	Carrot
Salami	Rice	Corn	Collagen Powder
Salmon	Chips	Red	Wheat Pasta
Beef	Cabbage	Avocado	Apple Vinegar
Pork Chop	Pumkin	Broccoli	Protein Powder
Cottage Cheese	Seed	Celery	Hummus
Feta Cheese	Spinach	Spinach	Popcorn
	Strawberry	Brussel Sprouts	Light Mayo



Meal Plan Set 1

Day 21-30

DAY 21

Breakfast: Almond Butter and Banana Wrap
Snack: Unsweetened apple sauce with plain greek yogurt
Lunch: Turkey and Cranberry Sandwich
Snack: Pitted dates with peanut butter
Dinner: Lemon Herb Grilled Chicken

DAY 22

Breakfast: Salmon Bagel
Snack: Vegan Berry Smoothie
Lunch: Tuna and White Bean Salad
Snack: 4 pitted dates with 1/4 cup pistachios
Dinner: Teriyaki Tofu Stir-Fry

DAY 23

Breakfast: Whole-grain bagel & smoked salmon
Snack: Vegan Berry Smoothie
Lunch: Tuna and White Bean Salad
Snack: Pitted dates with pistachios
Dinner: Teriyaki Tofu Stir-Fry

DAY 24

Breakfast: Whole-grain bagel with cream cheese
Snack: Pitted dates with peanut butter
Lunch: Grilled Chicken Caesar Wrap
Snack: Unsweetened apple sauce with plain greek yogurt
Dinner: Blackened Tilapia with Asparagus

DAY 25

Breakfast: Berries and Quinoa
Snack: Vegan Berry Smoothie
Lunch: Mango Shrimp Salad
Snack: Pitted dates with pistachios
Dinner: Moroccan Beef Tagine

DAY 26

Breakfast: Berry Smoothie Bowl
Snack: Savory Protein Bar
Lunch: Chickpeas with turkey bacon and whole wheat pita
Snack: Carrot sticks with hummus
Dinner: Lamb and Roasted Eggplant

DAY 27

Breakfast: Berry Smoothie Bowl
Snack: 1/2 serving Overnight Oats
Lunch: Roasted Beet and Walnut Bowl
Snack: Savory Protein Bar
Dinner: Salmon with sautéed green bean

DAY 28

Breakfast: Overnight Steel-Cut Oats
Snack: 1/2 serving Berry Smoothie Bowl
Lunch: Lamb and Roasted Eggplant
Snack: Savory Protein Bar
Dinner: BBQ Pulled Pork and Coleslaw Bowl

DAY 29

Breakfast: Berry Smoothie Bowl
Snack: Savory Protein Bar
Lunch: BBQ Pulled Pork and Coleslaw Bowl
Snack: 1/2 serving Overnight Oats
Dinner: Salmon with sautéed green bean

DAY 30

Breakfast: Berry Smoothie Bowl
Snack: Savory Protein Bar
Lunch: Chickpeas with turkey bacon and whole wheat pita
Snack: Carrot sticks with hummus
Dinner: Lamb and Roasted Eggplant

MAIN GROCERY LIST

Lamb	Brown rice	Pitted Dates	Eggplant
Chicken Breast	Tortilla	Artichoke	Carrot
Turkey Bacon	Grain Bagel	Tofu	Beet
Salmon	Pistachios	Lime	Mix Berries
Beef	Chickpeas	Broccoli	Oats
Pork	Wheat Pita	Onion	Greenbean
Greek Youghurt	Spinach	Spinach	Hummus
Cumin	Chia Seeds	Brussel Sprouts	Banana



How To Give Your Body Even More Support And Trim Your Waistline Faster



The meal plans I've shared with you over the last 30 days can make a **HUGE** difference to your digestion, bloating, weight and energy levels (I hope you're beginning to notice this!).

That said, your body may need additional help to counteract the hormonal rollercoaster it's going through 😊

To balance out these changes, you may require higher quantities of certain minerals and nutrients.

This is why supplements and diet work so well together.

Supplements can “top you up” with concentrated doses of what’s missing or is difficult to get enough of in your diet, such as probiotics.

Plus, depending on how food is grown, manufactured and produced, it can be hard to know whether what you’re eating contains enough of the good stuff!

That’s where MenoMate comes in.

MenoMate takes your meal plan journey one step further as it can help you beat the bloat and shed the pounds even faster.



MenoMate Contains 3 Clinically- Tested Weight-Management Probiotic Strains:

👉 **L.Gasseri (SBT 2055)** — this powerful probiotic strain has been shown to support the management of abdominal fats so you can start shedding them, rather than gaining them

👉 **B.Breve (IDCC 4401)** — another probiotic strain that may support healthy insulin sensitivity which may positively impact weight management and finally tip the scales in your favor!

👉 **B.Lactis (R101-8)** — this probiotic strain supports bacterial balance in the gut (which is great for meno-bloating!) – because a healthy gut is a non-bloated gut!

In addition to these research-backed herbs and minerals:



👉 **Inulin** (337.5 mg)

Prebiotic fiber from chicory root. Nourishes good gut bacteria, supports smoother digestion, and helps relieve menopause-related bloating.

👉 **Curry Leaf Extract** (50 mg)

Helps regulate blood sugar and reduce cravings—especially helpful for managing hormonal weight gain during menopause.

👉 **DIM (Diindolylmethane)** (40 mg)

Supports healthy estrogen metabolism. May reduce hormonal belly fat, bloating, and midsection weight that often increases in perimenopause.

→ ←
Weight Management

↑ ↓
Reduce Bloating

⟳
Support Gut Health



MenoMate is the perfect companion to this meal plan — especially if your waistline has a deadline — as it can help you shed the unwanted belly fat and bloating even faster. 🚀

Plus, this all-in-one menopause probiotic has been formulated to combat other symptoms such as hot flashes, night sweats, joint discomfort, low mood and fatigue.



And it also is:

- ✓ Sugar, stimulant and caffeine-free
- ✓ Vegan, paleo and keto friendly
- ✓ GMO-free and hormone-free
- ✓ 100% natural
- ✓ Backed by science and research

Curious to see how MenoMate can amplify your results?

[**>>Order MenoMate here to feel like your “pre-meno” self again and more confident in your body!**](#) MenoMate also comes with a 90-day money-back guarantee so you can try it 100% risk free.



You've gotta try this Very happy purchase.

It does what it says. I've lost 14 pounds and really haven't had to change my habits much. Not to mention helping with IBS, night sweats and low energy. Hurray for this product!"
— Marilee



MenoMate helps me sleep better...no hot flashes or cold flashes

"I finally get better sleep...I've lost 10 lbs as well. I've noticed better moods too. I really love MenoMate it made a big difference since I started with menopause. MenoMate was the only thing that helped make life better." — Maria

Meal Plan Set 2 (Days 31-60)

How To Reduce Hot Flashes, Night Sweats and Mood Swings



Welcome to Meal Plan Set 2–

During the next 30 days, you'll discover how to manage hot flashes, night sweats and mood swings through your diet!

The main nutrient we'll be focusing on in this plan is calcium.

These meal plans will give you around 1000-1200 mg calcium per day, however, your selection of food products can greatly impact your actual calcium intake. (See the strategies on how to increase your calcium intake).

So let's take a quick look at the benefits of each in more detail below.

This Plan's Focus Foods Include:



Calcium To Reduce Frequency Of Hot Flashes And Night Sweats:

- While not a direct treatment, calcium may help you reduce the frequency and intensity of hot flashes and night sweats during perimenopause and menopause.
- This is achieved through its influence on the hypothalamus, neurotransmitters, hormones, and muscle and nerve function.
- For best results, aim for a daily intake of 1000-1200mg of calcium.



DIM To Balance Estrogen And Reduce Mood Swings

- DIM (Diindolylmethane) helps your body process and clear excess estrogen, one of the hidden causes behind irritability, anxiety, and emotional crashes during perimenopause.
- By supporting a more stable estrogen balance, DIM helps smooth out hormonal fluctuations that trigger sudden mood changes and low motivation.



Black Cohosh To Relieve Hot Flashes And Night Sweats

- Black Cohosh is a clinically studied botanical shown to ease hot flashes, night sweats, and racing heart episodes tied to menopause.
- It supports the body's natural thermoregulation process, helping reduce heat surges, flushing, and interrupted sleep.



Moringa To Improve Mental Clarity And Emotional Balance

- Moringa is rich in vitamins E and C, supporting the nervous system and reducing oxidative stress, a known trigger for irritability, sadness, and mental fatigue.
- Its adaptogenic properties help the body better cope with stress and hormonal shifts, making it ideal for women dealing with emotional highs and lows.

6 Quick Tips To Increase Your Calcium Intake:



1. Choose Dairy Products: Opt for low-fat or non-fat dairy products like milk, yogurt, and cheese. These are excellent sources of calcium.



2. Fortified Foods: Look for foods that are fortified with calcium, such as fortified plant-based milk (e.g., almond milk, soy milk) and fortified cereals.



3. Green Leafy Vegetables: Include leafy greens like kale, spinach, and collard greens in your diet. They are rich in calcium and provide a nutritious boost to your meals.



4. Canned Fish: Certain types of canned fish, like salmon and sardines, contain edible bones that are high in calcium. They make for a healthy addition to your shopping list.



5. Tofu and Tempeh: Both tofu and tempeh are soy-based products that are rich in calcium and can be used in a variety of recipes.



6. Check Labels: Always read food labels to identify calcium content in packaged foods. Choose those with higher calcium percentages.

Meal Plan Set 2

Day 31-40



DAY 31

Breakfast: 1.5 cups Greek yogurt with mixed berries & honey
Snack: 1 cup sliced cucumber, cherry tomatoes, hummus
Lunch: Grilled chicken salad with spinach, strawberries, and feta cheese.
Snack: 1 medium kiwi
Dinner: Baked salmon with asparagus and quinoa.

DAY 32

Breakfast: 1.5 cups smoothie with kale, banana, chia seeds, and almond milk
Snack: Mixed nuts and dried fruit
Lunch: Spinach and mixed fruit salad with grilled shrimp and citrus vinaigrette.
Snack: Fruit-flavored starch jelly
Dinner: Grilled tofu with sautéed kale and quinoa.

DAY 33

Breakfast: 1.5 cups Greek yogurt with mixed berries & honey
Snack: 1 cup sliced cucumber, cherry tomatoes, hummus
Lunch: Grilled chicken salad with spinach, strawberries, and feta cheese.
Snack: 1 medium kiwi
Dinner: Pork Tenderloin with cheesy potatoes and steamed broccoli

DAY 34

Breakfast: Enchilada scrambled Eggs
Snack: Sliced apple with almond butter
Lunch: Black bean and avocado roll ups with 1 orange.
Snack: 1 cup carrot sticks with hummus
Dinner: Grilled turkey breast with sautéed spinach and quinoa pilaf.

DAY 35

Breakfast: Peanut Butter Toast
Snack: Citrus berry salad
Lunch: Bistro Box Lunch
Snack: Celery and guacamole
Dinner: Grilled Tilapia with brussel sprouts and baked french fries

DAY 36

Breakfast: 1/6 slice Oatmeal Bake
Snack: Sliced apple with almond butter
Lunch: 1 Chopped Rainbow Salad Bowls with Peanut Sauce
Snack: 1 cup carrot sticks with hummus
Dinner: Turkey Burger with Spinach, Feta and Tzatziki

DAY 37

Breakfast: Cafe banana protein shake
Snack: Pumpkin Yogurt
Lunch: Bistro Box Lunch
Snack: 1/12 slice Oatmeal Bake
Dinner: Grilled turkey breast with sautéed spinach and quinoa pilaf

DAY 38

Breakfast: 1/6 slice Oatmeal Bake
Snack: 1 hard boiled egg with 4 whole grain crackers
Lunch: 1 Chopped Rainbow Salad Bowls with Peanut Sauce
Snack: Pumpkin Yogurt
Dinner: Baked salmon with asparagus and quinoa.

DAY 39

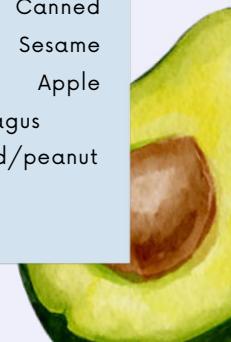
Breakfast: Vanilla Protein Shake
Snack: 1 Pumpkin Protein Bar
Lunch: 1 Air-Fried Salmon Croquettes with tzatziki sauce and whole wheat pita
Snack: 1 cup carrot sticks with hummus
Dinner: Grilled turkey breast with sautéed spinach and quinoa pilaf.

DAY 40

Breakfast: Scrambled eggs with spinach and feta cheese.
Snack: 1 medium kiwi
Lunch: 1 Pita Pizza
Snack: Sliced apple with almond butter (2 tbsp)
Dinner: 1 Air-Fried Salmon Croquettes with tzatziki sauce and whole wheat pita

MAIN GROCERY LIST

Turkey	Breast	Quinoa	Vanilla Protein	Cabbage
Salmon	Tuna	Tilapia	Powder	Bell Pepper
Eggs	Feta	Pita	Saffron	Rice
Cheese	Cheddar	Edamame	Black Bean	Canned Beets
Cheese	Tzatziki	Celery	Guacamole	Sesame Seeds
Spinach		Onion	Pumkin Puree	Apple Asparagus
		Rolled Oats	Tofu	Almond/peanut Butter
		Almond Milk	Brussel Sprouts	



Meal Plan Set 2

Day 41-50



DAY 41

Breakfast: Raw oats cooked in skim milk & blueberries
Snack: Citrus berry salad
Lunch: Shaved Chicken, Arugula, Goat Cheese and Grape Salad with Toast
Snack: Sliced cucumbers with ranch dip
Dinner: Grilled Tofu with steamed broccoli and whole wheat couscous

DAY 42

Breakfast: 2 hard boiled eggs mashed with avocado and wheat toast
Snack: Vanilla Protein Shake
Lunch: Sweet potato and cauliflower rice bowl
Snack: Celery and guacamole
Dinner: Grilled chicken and peppers with brown rice

DAY 43

Breakfast: 1 cups Greek yogurt, with powdered peanut butter, honey and banana
Snack: 1 cup carrot sticks with cream cheese
Lunch: Spinach Panini
Snack: Citrus berry salad
Dinner: Baked pork tenderloin and apples with green beans and toasted baguette

DAY 44

Breakfast: Raw oats cooked in skim milk & blueberries
Snack: 1 hard boiled egg
Lunch: Shaved Chicken Caesar salad
Snack: 1 cup carrot sticks with cream cheese
Dinner: Baked salmon with asparagus and quinoa.

DAY 45

Breakfast: 2 hard boiled eggs mashed with avocado and wheat toast
Snack: Citrus berry salad
Lunch: Bistro Box Lunch
Snack: Celery and guacamole
Dinner: Grilled Tilapia with brussel sprouts and baked french fries

DAY 46

Breakfast: 1/6 slice Oatmeal Bake
Snack: Sliced apple with almond butter (2 tbsp)
Lunch: 1 Chopped Rainbow Salad Bowls with Peanut Sauce
Snack: 1 cup carrot sticks with hummus
Dinner: Turkey Burger with Spinach, Feta and Tzatziki

DAY 47

Breakfast: Cafe banana protein shake
Snack: Pumpkin Yogurt
Lunch: Bistro Box Lunch
Snack: 1/12 slice Oatmeal Bake
Dinner: Turkey Picadillo Stuffed Sweet Plantains

DAY 48

Breakfast: 1/6 slice Oatmeal Bake
Snack: 1 hard boiled egg with 4 to 6 whole grain crackers
Lunch: 1 Chopped Rainbow Salad Bowls with Peanut Sauce
Snack: Pumpkin Yogurt
Dinner: Baked salmon with asparagus and quinoa.

DAY 49

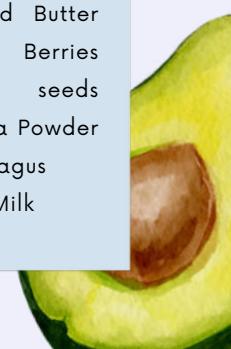
Breakfast: Cafe banana protein shake
Snack: 1/12 slice Oatmeal Bake
Lunch: Turkey Burger with Spinach, Feta and Tzatziki
Snack: 1 cup carrot sticks with hummus
Dinner: Turkey Picadillo Stuffed Sweet Plantains

DAY 50

Breakfast: 1/6 slice Oatmeal Bake
Snack: Pumpkin Yogurt
Lunch: Bistro Box Lunch
Snack: Sliced apple with almond butter
Dinner: Pan seared Tilapia with Quinoa, Black Beans and spinach

MAIN GROCERY LIST

Turkey Breast	Quinoa	Collagen Protein	Cabbage
Salmon	Spinach	Powder	Asparagus
Pork Tenderloin	Whole Wheat Bun	Grain Crackers	Almond Butter
Eggs	Baguette	Carrot	Mix Berries
Feta Cheese	Celery	Guacamole	Chia seeds
Tzatziki	Onion	Pumkin Puree	Cocoa Powder
Carrot	Rolled Oats	Tofu	Asparagus
Sweet plantains	Apple	Brussel Sprouts	Skim Milk



Meal Plan Set 2

Day 51-60



DAY 51

Breakfast: Black Bean Breakfast Bowl
Snack: 3/4 cup blueberries with 14 almonds
Lunch: Turkey Pita
Snack: Peanut Butter Rice Cake
Dinner: Grilled Shrimp with Zucchini Noodles, Whole Wheat Pasta, & Pesto

DAY 54

Breakfast: Black Bean Breakfast Bowl
Snack: Peanut Butter Rice Cake
Lunch: Turkey and avocado salad with mixed greens and a drizzle of ranch dressing
Snack: 1 Pear and 6 walnut halves
Dinner: Grilled Pork Tenderloin with Grilled Bell Peppers, Quinoa, and Sliced Almonds

DAY 57

Breakfast: Tropical Chia Seed Pudding
Snack: 1/2 cup steamed edamame, shelled with 1 cup grapes
Lunch: 1 Buffalo Chicken Rice Bowl
Snack: 1 Pumpkin Protein Bar
Dinner: Zucchini Gnocchi

DAY 60

Breakfast: Strawberry protein shake
Snack: 1/2 cup steamed edamame, shelled with 1 cup grapes
Lunch: Bistro Box Lunch- Asian Inspired
Snack: 1/2 serving Tropical Chia Seed Pudding
Dinner: 1 Buffalo Chicken Rice Bowl

DAY 52

Breakfast: Salmon Bagel **Snack:** Watermelon, Feta and Mint Salad
Lunch: Waldorf salad with 4 to 6 whole wheat crackers **Snack:** 1 Pear and 6 walnut halves **Dinner:** Baked Mahi-Mahi with Steamed Spinach, Quinoa, and Lemon-Dill Sauce

DAY 55

Breakfast: Salmon Bagel
Snack: 3/4 cup blueberries with 14 almonds
Lunch: Bistro Box Lunch- Asian Inspired
Snack: Peanut Butter Rice Cake
Dinner: Grilled Lamb Chops, pumpkin and zucchini with roasted sweet potato and mint yogurt sauce

DAY 58

Breakfast: Strawberry protein shake
Snack: 1/2 serving Tropical Chia Seed Pudding
Lunch: Turkey Pita
Snack: 1 sliced apple with 1 oz cheese
Dinner: Chicken and vegetable kebabs with couscous and a side of tahini sauce

DAY 53

Breakfast: Cottage cheese with mixed berries, granola & honey
Snack: Peanut Butter Rice Cake
Lunch: Chicken and vegetable kebabs with couscous and a side of tahini sauce
Snack: Watermelon Feta and Mint Salad
Dinner: Grilled Pesto Tofu Steaks with Grilled Artichoke Hearts, Whole Wheat Orzo

DAY 56

Breakfast: 2 slices of whole grain toast with Protein Up Peanut Butter Spread and 1 banana
Snack: Sliced apple with almond butter
Lunch: 1 Pita Pizza
Snack: 2 x 1/4 inch slices of tomato with 3/4 cup 2% cottage cheese
Dinner: 1 Buffalo Chicken Rice Bowl

DAY 59

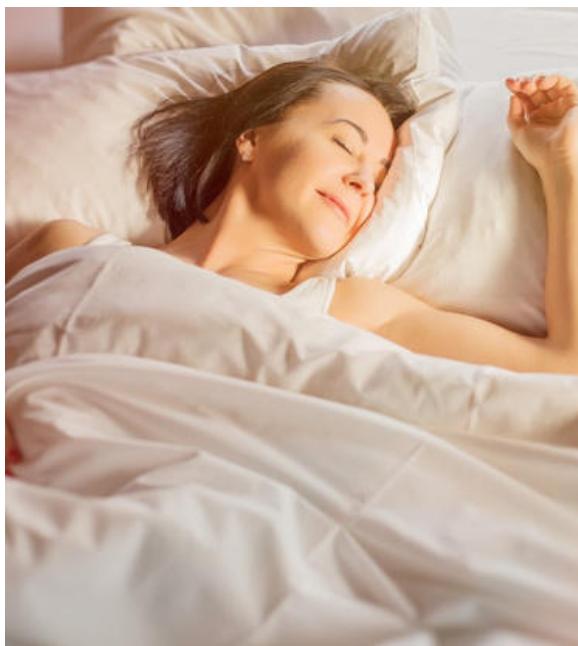
Breakfast: 2 slices of whole grain toast with Protein Up Peanut Butter Spread and 1 banana
Snack: 1/2 cup steamed edamame, shelled with 1 cup grapes
Lunch: 1 Buffalo Chicken Rice Bowl
Snack: 2 x 1/4 inch slices of tomato with 3/4 cup 2% cottage cheese
Dinner: Pork Tenderloin with cheesy potatoes and steamed green beans

MAIN GROCERY LIST

Chicken Breast	Grapes	Collagen Protein Powder	Black bean Asparagus
Mahi Mahi	Bagel	Grain Crackers	Almond Butter
Smoked Salmon	Edamame	Bell Pepper	Mix Berries
Tofu	Zucchini	Sliced Almonds	Chia seeds
Pork Tenderloin	Onion	Pumkin Puree	Choco Chips
Artichoke	Rolled Oats	Tofu	Asparagus
Pesto Sauce	Apple	Brussel Sprouts	Skim Milk
Orzo			



Want To Give Your Body Even MORE Support And Significantly Reduce Hot Flashes, Night Sweats And Mood Swings?



I hope that the meal plans from the last 30 days have helped you manage your hot flashes, night sweats and mood swings.

Dietary changes can make a big difference to your symptoms – hopefully you’re starting to see this for yourself!

But it may not be sufficient to address all of these issues on its own as you might require higher quantities of certain minerals and nutrients.

This is why supplements and diet work so well together.

Supplements can “top you up” with concentrated doses of what’s missing or is difficult to get enough of in your diet, such as sage or saffron.

That’s where MenoMate comes in and takes your meal plan journey one step further.

MenoMate is a clinical-grade formula featuring 3 key ingredients—DIM, Black Cohosh, and Moringa—each shown to help **reduce hot flashes, night sweats, mood swings, and hormonal imbalances**... making it the perfect companion to your menopause wellness plan.



Let's Take A Look At MenoMate's Hormone-Balancing Ingredients

1. DIM (Diindolylmethane):

A powerful compound that supports healthy estrogen metabolism—helping your body naturally clear out excess estrogen that can lead to mood swings, hormonal belly fat, and bloating.

Clinical studies show DIM can reduce symptoms of estrogen dominance in just a few weeks, helping women feel more emotionally stable, less puffy, and hormonally aligned.

2. Black Cohosh Extract:

A time-tested herbal ally for menopause, Black Cohosh is known to help balance estrogen receptors and reduce the severity of hot flashes, night sweats, and irritability. Research shows it can reduce hot flash frequency by up to 50% in 8 weeks—offering fast, non-hormonal relief for women in perimenopause and menopause.

3. Curry Leaf Extract:

Curry Leaf helps regulate blood sugar and cravings, two major drivers of hormonal weight gain during menopause.

By promoting healthier insulin sensitivity, it helps stabilize energy, reduce fat storage, and support metabolism when hormones begin to shift.



Reduce
Hot Flashes



Reduce
Mood Swings



Better
Sleep

MenoMate is the perfect companion to your menopause wellness plan, packed with ingredients that are often overlooked, hard to dose properly, or expensive to buy individually (like DIM and Black Cohosh).

It delivers these clinically studied ingredients in the exact amounts your body needs to support estrogen balance, weight management, and symptom relief during perimenopause and menopause.

Plus, MenoMate is also:



- 🥑 Vegan, paleo and keto friendly
- ✓ Non-GMO, non-hormonal and stimulant-free
- 🔬 Based on gold standard clinical trials

Curious to see what MenoMate can do for you?

[>>Order MenoMate here to reduce hot flashes, night sweats, mood swings!](#) 🔥 MenoMate also comes with a 90-day money-back guarantee so you can try it 100% risk free.



Best ever

"I was sceptical about this supplement BUT after 1 week of taking it every morning, **the flushes went away entirely. I slept better. My mood was even.** I recommend this supplement to all ladies who are struggling with the change of life." — Astrid



Finally comfort and calmer days ahead. "No hot flashes, less anxiety, but most importantly no major mood swings!" I was taking hormone replacement and it was really messing with my body without a lot of positive results. All of that seems to have disappeared and I feel great! If I miss a day or two I can completely feel the difference when not taking MenoMate!" — Theresa

Meal Plan Set 3 (Day 61-90)

How To Reduce Hunger And Increase Your Energy



Welcome to Meal Plan Set 3-
your comprehensive 30-day meal plan aimed at elevating your energy levels and curbing hunger.

These meal plans are designed to deliver approximately 1500-1800 calories per day, emphasizing high-quality, delicious foods.

In this plan, our primary focus is on protein-rich sources known to be key players in increasing energy and reducing hunger.

Each day has been designed to provide 75 to 110g of protein.

Protein-rich foods such as meat, poultry, fish, eggs and dairy will take center stage in your meals.

These foods not only provide essential proteins but also pack a punch with B vitamins.

These B vitamins play a crucial role in transforming the food you eat into energy, giving you the vitality you need.

Additionally, some of these protein sources, especially fatty fish and organ meats, contributing to the energy production process in your cells.

This Plan's Focus Foods Include:



Protein-Rich Foods To Keep You Full And Energize You:

- Include more animal products like meat, poultry, fish, eggs, and dairy in your meals.
- These foods are not only rich in protein but also provide important B vitamins that play a role in boosting energy.



Moringa To Support Energy & Mental Clarity

- Moringa is rich in essential vitamins like E and C, which help support your nervous system, fight fatigue, and reduce brain fog.
- It's known for its adaptogenic properties, helping your body better cope with stress while promoting steady, natural energy throughout the day.



Turmeric To Soothe Joint Pain & Inflammation

- Turmeric contains curcumin, a powerful anti-inflammatory compound that may help reduce joint stiffness, swelling, and daily aches.
- For women in perimenopause or menopause, turmeric offers natural relief from inflammation that often worsens due to declining estrogen.

3 Quick Tips On Increasing Your Protein Intake:



1. Include a variety: Mix up your protein sources to get a range of nutrients.



2. Balanced meals: Combine protein with veggies, whole grains, and healthy fats for a well-rounded meal.



3. Stay hydrated: Drink water throughout the day to support digestion and overall well-being.



Meal Plan Set 3

Day 61-60



DAY 61

Breakfast: 1.5 cups cooked (in low fat milk) cream of wheat with 1/2 apple, 2 Tbsp chopped almonds, cinnamon
Snack: 1 cup plain greek yogurt with 1/2 cup mango chunks
Lunch: Honey Mustard Chicken and Carrots
Snack: 1 oz Turkey Jerky
Dinner: Greek Goddess Salmon Salad

DAY 62

Breakfast: Mushroom and Spinach Breakfast Quesadilla
Snack: 4 celery sticks with 1/2 Tbsp Peanut butter each
Lunch: Mango Chicken Salad
Snack: 1 oz Turkey Jerky
Dinner: Asian Sesame Tofu Noodles

DAY 63

Breakfast: Apple Cinnamon
Snack: 1/2 cup edamame
Lunch: Harvest Chicken Bowl
Snack: 4 celery sticks with 1/2 Tbsp Peanut butter each
Dinner: Tuna and Avocado Caprese

DAY 64

Breakfast: Mushroom and Spinach Breakfast Quesadilla
Snack: 1 cup plain greek yogurt with 1/2 cup mango chunks
Lunch: Tuna and Avocado Caprese
Snack: 4 celery sticks with 1/2 Tbsp Peanut butter each
Dinner: Asian Sesame Tofu Noodle

DAY 65

Breakfast: Apple Cinnamon
Snack: 1 cup plain greek yogurt with 1/2 cup mango chunks
Lunch: Mango Chicken Salad
Snack: 1/2 cup edamame
Dinner: Pork Tenderloin Soba Noodles

DAY 66

Breakfast: Mini Breakfast Pita (Portion: 1 pitta)
Snack: Cottage Cheese and Pineapple Stuffed Crepes (1 portion)
Lunch: Mediterranean Chickpea and Artichoke Salad
Snack: Matcha Pineapple Protein Shake
Dinner: Shrimp Scampi and Zoodles Bowl (Portion: 1 Bowl)

DAY 67

Breakfast: Cottage Cheese and Pineapple Stuffed Crepes (2 portion)
Snack: Matcha Pineapple Protein Shake
Lunch: Pork Tenderloin and Brussels Sprouts
Snack: 1 oz Turkey Jerky
Dinner: Shrimp Scampi and Zoodles Bowl (Portion: 1 Bowl)

DAY 68

Breakfast: Mini Breakfast Pita (Portion: 1 Pita)
Snack: Cottage Cheese and Pineapple Stuffed Crepes (1 portion)
Lunch: Mediterranean Chickpea and Artichoke Salad
Snack: 1 oz Turkey Jerky
Dinner: Pork Tenderloin and Brussels Sprouts

DAY 69

Breakfast: Cottage Cheese and Pineapple Stuffed Crepes (2portion)
Snack: 1 oz Turkey Jerky
Lunch: Mediterranean Chickpea and Artichoke Salad
Snack: Cottage Cheese and Pineapple Stuffed Crepes (1 portion)
Dinner: Thai Peanut Chicken and Noodles

DAY 70

Breakfast: Mini Breakfast Pita (Portion: 1 pita)
Snack: Matcha Pineapple Protein Shake
Lunch: Pork Tenderloin and Brussels Sprouts
Snack: Cottage Cheese and Pineapple Stuffed Crepes (1 portion)
Dinner: Thai Peanut Chicken and Noodles

MAIN GROCERY LIST

Pork	Tenderloin	Wheat Pita	Cherry tomatoes	Cabbage
Shrimp	Turkey Jerky	Rice Noodle	Pesto Sauce	Chickpea
Tuna	Eggs	Soba Noodle	Kalamata olives	All-purpose flour
Breast	Cottage	Brown rice	Arugula	Milk
Cheese	Mozzarella	Pineapple	Greek Yogurt	Apple
	Cheese	Tofu	Brussel Sprouts	Asparagus
		Matcha	Mango chunks	Carrots
		Zucchini	Mushrooms	Quinoa



Meal Plan Set 3

Day 71-80



DAY 71

Breakfast: 1 cup cooked steel-cut oats, 1 poached egg, sautéed spinach, cherry tomatoes.
Snack: 100-120 calorie protein bar
Lunch: Turkey Sandwich
Snack: 1/2 cup greek yogurt topped with pistachios and mango chunks
Dinner: Baked salmon with asparagus

DAY 72

Breakfast: Greek Yogurt and Pistachio Parfait
Snack: 1 apple with Almond Butter
Lunch: Buffalo Chicken Ranch Style
Snack: 100-120 calorie protein bar
Dinner: Roasted lamb and eggplants

DAY 73

Breakfast: ~ **Snack:** Greek yogurt topped with pistachios and mango chunks **Lunch:** 4 oz salmon, 2 cups mixed greens, 1/2 cup couscous, 2 Tbsp tzatziki sauce. **Snack:** Apple with Almond Butter **Dinner:** Grilled chimichurri Steak Sandwich

DAY 74

Breakfast: Greek Yogurt and Pistachio Parfait **Snack:** 100-120 calorie protein bar **Lunch:** Buffalo Chicken Ranch Style **Snack:** Apple with Almond Butter **Dinner:** Grilled chimichurri Steak Sandwich

DAY 75

Breakfast: 1 cup cooked steel-cut oats, 1 poached egg, sautéed spinach, cherry tomatoes.
Snack: 1 cup plain greek yogurt with 1/2 cup mango chunks
Lunch: Turkey Sandwich
Snack: 100-120 calorie protein bar
Dinner: Baked salmon with asparagus

DAY 76

Breakfast: Protein Chia Pudding (Portion: 1 serving.)
Snack: 1 oz smoked salmon with 4 whole wheat crackers and cream cheese
Lunch: Bistro Box Lunch
Snack: 1 Kiwi and Pistachios
Dinner: Orange Glazed Chicken and Spinach

DAY 77

Breakfast: Smoked Salmon and Cream Cheese Bagel
Snack: Protein Chia Pudding
Lunch: Orange Glazed Chicken and Spinach
Snack: 1 kiwi and Pistachios
Dinner: Beef and Snap Pea Stir-Fry

DAY 78

Breakfast: Protein Chia Pudding (Portion: 1 serving.)
Snack: 1 kiwi and Pistachios
Lunch: Beef and Snap Pea Stir-Fry
Snack: 1 oz smoked salmon with 4 whole wheat crackers and cream cheese
Dinner: Orange Glazed Chicken and Spinach

DAY 79

Breakfast: Smoked Salmon and Cream Cheese Bagel
Snack: 1 kiwi and Pistachios
Lunch: Orange Glazed Chicken and Spinach
Snack: Protein Chia Pudding
Dinner: Creamy Taco Soup

DAY 80

Breakfast: Protein Chia Pudding
Snack: 1 oz smoked salmon with 4 whole wheat crackers and 1 Tbsp cream cheese
Lunch: Bistro Box Lunch
Snack: 1 kiwi and Pistachios
Dinner: Creamy Taco Soup (See Recipe)

MAIN GROCERY LIST

Lamb	Wheat bread	Asparagus	Spinach
Salmon	Wheat Crackers	Eggplant	Chickpea
Smoked Salmon	Wheat Bagel	Berries	Celery Slaw
Beef	Orange	Granola	Tomato
Turkey Deli	Kiwi	Almond Milk	Snap Pea
Chimichurri	Pistachios	Spinach	Quinoa
Buffalo Chicken	Vanilla Protein Powder	Bell Peppers	Chia Seeds
Cream Cheese		Edamame	Couscous



Meal Plan Set 3

Day 81-90



DAY 81

Breakfast: Whole Wheat Waffle and Berries
Snack: Chocolate Peanut Butter Protein Muffin
Lunch: Chicken with pinto beans
Snack: 3 cups air-popped popcorn
Dinner: Veggie Chicken Soup with 6 tortilla chips

DAY 82

Breakfast: Turmeric Scramble Egg
Snack: 1/4 cup mixed nuts and dried fruit
Lunch: Bistro Box Lunch- Asian Inspired
Snack: Chocolate Peanut Butter Protein Muffin
Dinner: Airfryer Twice Baked Potatoes

DAY 83

Breakfast: Whole Wheat Waffle and Berries
Snack: Chocolate Peanut Butter Protein Muffin
Lunch: Veggie Chicken Soup with 6 tortilla chips
Snack: 1/2 Serving Twice Baked Potatoes
Dinner: Grilled turkey breast with sautéed spinach and quinoa pilaf.

DAY 84

Breakfast: Turmeric Scramble Egg
Snack: 3 cups air-popped popcorn
Lunch: Turkey Pita
Snack: Chocolate Peanut Butter Protein Muffin
Dinner: Orange Glazed Chicken and Spinach

DAY 85

Breakfast: Chocolate Protein Smoothie
Snack: 1/4 cup mixed nuts and dried fruit
Lunch: Chicken with pinto beans
Snack: 1/2 Serving Twice Baked Potatoes
Dinner: Grilled Chicken with Brussel Sprouts

DAY 86

Breakfast: Protein Pancakes + 3/4 cup berries + 1 tsp syrup
Snack: 1/2 cup greek yogurt with 1/2 medium banana and 1 tsp almond butter
Lunch: Cobb Salad
Snack: 1 Hard Boiled Egg and apple
Dinner: Grilled Chicken and Broccoli Bowl

DAY 87

Breakfast: Kiwi and Egg Toast
Snack: 1/2 serving Protein Pancakes
Lunch: Grilled Chicken and Broccoli Bowl
Snack: 1 Hard Boiled Egg + 1 small apple
Dinner: Grilled turkey breast with sautéed spinach and quinoa pilaf

DAY 88

Breakfast: Protein Pancakes + 3/4 cup berries + 1 tsp syrup
Snack: 1/2 cup cherry tomatoes mixed with blue cheese and 2 tsp olive oil and vinegar dressing
Lunch: Chicken with pinto beans
Snack: 1/2 banana and 1 tsp almond butter
Dinner: Tandoori Chicken

DAY 89

Breakfast: Kiwi and Egg Toast
Snack: 1/2 serving Protein Pancakes
Lunch: Grilled Chicken and Broccoli Bowl
Snack: 1/2 cup cherry tomatoes mixed with blue cheese crumbles and olive oil and vinegar dressing
Dinner: Turkey Bacon BLT with green bean chips

DAY 90

Breakfast: Overnight Oats: Kiwi Lime
Snack: Berry Smoothie Bowl
Lunch: BBQ Pulled Pork and Coleslaw Bowl
Snack: 1 cup carrot sticks with hummus
Dinner: Turkey Bacon Pita

MAIN GROCERY LIST

Pork Breast	Chicken Breast	Wheat Waffle	Almond Butter	Apple
	Turkey	Dry Oats	Broccoli	Chickpea
Bacon	Turkey	What Bagel	extract	Almond Butter
Tortilla Chips	Egg	Tumeric	Glycerite	Peanut Butter
Vanilla Greek Yoghurt (low fatt)		Kiwi	Almond Milk	Blue Cheese
		Mixed berrie	Green Bean	Brussel Sprouts
		Vanilla Protein Powder	Pinto Beans	Peas
			Cherry Tomatos	Chicken Broth



How To Boost Your Energy And Productivity Throughout The Day, Minus The Jitters



I hope the meal plans over the last 30 days have helped you feel more energized and fuller in between meals!

As mentioned in the previous meal plans, sometimes diet alone isn't enough to give your body the support it needs during menopause.

Sometimes you might require higher quantities of certain minerals and nutrients.

This is why supplements and diet go hand-in-hand.

Supplements can "top you up" with concentrated doses of what's missing, or is difficult to get enough of in your diet, especially if you have food restrictions.

That's where MenoMate comes into play.

MenoMate is our clinical-grade menopause support formula that helps restore natural energy, ease joint discomfort, and improve mental clarity—supporting both your body and mind through every stage of hormonal change.



Let's Take A Look At MenoMate's Energy & Joint-Soothing Ingredients

1. Moringa Leaf Extract:

A nutrient-dense botanical packed with vitamins E and C, Moringa supports mental clarity, steady energy, and stress resilience during menopause.

Its adaptogenic properties help the body cope with fatigue and hormonal stress, while also promoting better focus and emotional balance—especially important for women navigating midlife transitions.

2. Turmeric Root Extract:

Turmeric is a natural anti-inflammatory that targets joint pain, stiffness, and swelling—common complaints during perimenopause and menopause.

Its active compound, curcumin, helps reduce inflammation caused by declining estrogen levels, supporting smoother movement and daily comfort without harsh medications.



Increase Energy



Helps with Joint Pain



So if you've been struggling with joint pain, stiffness, low energy, or that drained, achy feeling that makes it hard to get through the day — and you're tired of relying on painkillers or quick caffeine fixes — you might want to give MenoMate a go.

Just like Heather and Lisa did:



No jitters, just energy!

"I take 2 every morning and I feel great. I don't have my late morning crash anymore like I used to when I was drinking coffee after coffee. No jitters!" — Marilee



MenoMate - A Lifesaver!!! "I cannot recommend MenoMate enough! The difference in my joint pain has been incredible. I'm on my second bottle now and it's made everyday movement so much easier. I didn't realize how much the stiffness was slowing me down until it started to fade. MenoMate has truly improved my quality of life during perimenopause."

Plus, **MenoMate** also comes with a 90-day money-back guarantee so you can try it 100% risk free.

[>>Order MenoMate here to naturally boost your energy levels and joint strength throughout the day, minus the crash!](#)