



BY
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DIETITIAN-APPROVED **MENOPAUSE MEAL PLAN**

RECIPES AND INGREDIENTS

HOW TO USE THIS RECIPE AND INGREDIENT BOOK

This book contains the ingredients you'll need for each of the meals in the meal plans.

When checking each day's meal plan (in the other PDF you've received), use this book to see which ingredients you'll need.

They are laid out in alphabetical order so you can easily find them.

Plus, as a bonus, Rachel has also included some of her favorite recipes so you have a few in your back pocket whenever you're short on time, or if cooking usually isn't your thing!

Hopefully you'll see just how easy and quick it is to create nutritious and delicious meals that are not only great for your health... but can reduce your menopause symptoms too!



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**DIETITIAN-APPROVED
MENOPAUSE
MEAL PLAN**

BREAKFAST

INGREDIENTS FROM THE MEAL PLAN

Apple Cinnamon 1.5 cups cooked (in low fat milk) cream of wheat with 1/2 apple, 2 Tbsp chopped almonds, cinnamon

Almond Butter and Banana Wrap (Portion: 1 Whole-grain tortilla spread with 2 tablespoons of almond butter and wrapped around 1 sliced banana)

Berries and Quinoa 1 cup of cooked quinoa with 1/4 cup of fresh mixed berries, 2 tablespoons of sliced almonds, and a drizzle of honey

Black Bean Breakfast Bowl (Portion: 1/2 cup black beans, 2 scrambled eggs, 1/8 avocado, 1/8 cup salsa)
Snack: 3/4 cup blueberries with 14

Breakfast Burrito (Portion: 1 x 10in whole wheat tortilla, 2 scrambled eggs, 1 tbsp black beans, 1 tbsp salsa, 2 tsp olive oil- too cook eggs)

Berries and Quinoa 1 cup of cooked quinoa with 1/4 cup of fresh mixed berries, 2 tablespoons of sliced almonds, and a drizzle of honey

Black Bean Breakfast Bowl (Portion: 1/2 cup black beans, 2 scrambled eggs, 1/8 avocado, 1/8 cup salsa)
Snack: 3/4 cup blueberries with 14

Breakfast Burrito (Portion: 1 x 10in whole wheat tortilla, 2 scrambled eggs, 1 tbsp black beans, 1 tbsp salsa, 2 tsp olive oil- too cook eggs)

Cafe banana protein shake (Portion: 1 frozen banana, 1/2 cup skim milk, 1 tsp chia seeds, 1 scoop unflavored)

Chocolate Protein Smoothie (Chocolate Whey Protein powder blended with 1 frozen banana and almond milk.)

Cottage Cheese and Pineapple Stuffed Crepes (Portion: 2 Crepes (See recipe) stuffed with 1/2 cup cottage



Basic Crêpes



SERVING

1



TIME

20

MINS



DIFFICULTY

EASY

INGREDIENTS

1 cup all-purpose flour	1/2 cup water
2 large eggs	1/4 tsp salt
1/2 cup milk	2 tbsp butter, melted

Directions

- (1) Whisk flour and eggs together in a large mixing bowl; gradually add in milk and water, stirring to combine. Add salt and melted butter; beat until smooth.
- (2) Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately $\frac{1}{4}$ cup for each crêpe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- (3) Cook until the top of the crêpe is no longer wet and the bottom has turned light brown, 1 to 2 minutes. Run a spatula around the edge of the skillet to loosen the crêpe; flip and cook until the other side has turned light brown, about 1 minute more. Serve hot.



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Nutrition Information: 216 calories; 7g protein, 26g carbohydrate, 9g fat.



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Berry Smoothie Bowl



SERVING
1



TIME
20
MINS



DIFFICULTY
EASY

INGREDIENTS

3 1/4 cup oats, dry	1/2 banana
1 tsp honey	1 cup spinach, fresh
1 cup greek yogurt, 0%	
3/4 cup mixed berries, frozen	

Directions

- (1) Spread dry oats on a baking sheet lined with parchment paper. Top dry oats with honey. Toast in oven on broil for approximately 2 min, or until desired browning.
- (2) Combine greek yogurt, frozen mixed berries, 1/2 banana and 1 cup spinach in blender. Blend until smooth.
- (3) Pour smoothie mixture into bowl, top with toasted oats.

Nutrition Information: 367 calories; 30g protein, 58g carbohydrate, 3g fat

Chocolate Peanut Butter Protein Muffins



SERVING
8



TIME
15
MINS



DIFFICULTY
EASY

INGREDIENTS

2 scoops vanilla whey protein powder
1 teaspoon baking powder
1/2 cup almond flour
1/2 cup peanut butter
1 cup unsweetened applesauce
1/2 cup chocolate chips

Directions

- (1) Preheat the oven to 180C/350F and line a muffin tin with 8 liners. Set aside.
- (2) In a large mixing bowl, combine the dry ingredients thoroughly. Add peanut butter and unsweetened applesauce, mixing until fully combined. Gently fold in the chocolate chips.
- (3) Divide the batter among the muffin liners and bake for 10-12 minutes or until a skewer comes out mostly clean.
- (4) Remove the muffins from the oven and let them cool for 5 minutes. Then, transfer them to a wire rack to cool completely.

Nutrition Information: 175 calories; 21g protein, 7g carbohydrate, 10g fat.



**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN



Cottage Cheese Pancake



SERVING
5



TIME
15
MINS



DIFFICULTY
EASY

INGREDIENTS

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1/4 cup flour (whole wheat or oat flour)
- 1/2 tsp baking powder
- 1 tsp vanilla extract
- 2 Tbsp Greek Yogurt, Vanilla
- 1/2 cup Fresh Berries

Nutrition Information: 340 calories, 22g protein, 32g carbohydrate, 15g fat

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Directions

- (1) In a blender, combine the cottage cheese, eggs, flour, baking powder, and vanilla extract. Blend until smooth.
- (2) Preheat a non-stick skillet over medium heat and lightly grease it with cooking spray.
- (3) Pour 1/4 cup of the pancake batter onto the skillet for each pancake.
- (4) Cook until bubbles form on the surface and the edges are set, about 2-3 minutes. Flip and cook for an additional 2-3 minutes until golden brown and cooked through.
- (5) Repeat with the remaining batter.
- (6) Top two pancakes with 1 tbsp vanilla greek yogurt and 1/4 cup fresh berries.





Cucumber Sandwich



SERVING
1



TIME
4
MINS



DIFFICULTY
EASY

INGREDIENTS

- 1 small cucumber, sliced thin
- 1 oz cheese, reduced fat (your choice!)
- 4 whole-grain crackers
- 1 pinch dill, paprika or garlic powder

Directions

- (1) Slice cucumber into thin rounds. You can peel the cucumber if you prefer.
- (2) Take 2 whole-grain crackers and place a reduced-fat cheese slice on each of them. Lay out the cucumber slices on top. Sprinkle a pinch of your favorite spices (such as paprika, garlic powder, or dill) over the cucumbers for a zesty twist.
- (3) Place the remaining 2 crackers on top of the cucumber slices

Nutrition Information: 120 calories; 5g protein, 15g carbohydrate, 5g fat



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN



Enchilada Scrambled Eggs



SERVING
4



TIME
10
MINS



DIFFICULTY
EASY

INGREDIENTS

/2 cup Egg white 1/8 tsp Spanish Saffron 1/4 cup Enchilada Sauce 2 Tbsp Cheddar Cheese,Fat Free 1/4 cup Scallion, chopped 2 Corn Tortilla, 6 Inch 1/4 medium Avocado

Directions

- (1) Beat egg whites with safron seasoning.
- (2) Spray a small skillet with cooking spray and place over medium high heat.
- (3) When hot add the eggs and cook on medium heat until just set, stirring, about 3 minutes.
- (4) Top with enchilada sauce, cheese and cover the skillet.
- (5) Cook low until the cheese melts, 1 to 2 minutes.
- (6) Remove from heat, top with avocado and scallions and serve with or on tortillas.

Nutrition Information: 379 calories; 20g protein, 37g carbohydrate, 7g fat

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Greek Yogurt and Pistachio Parfait (Portion: 1 cup Greek yogurt, 2 Tbsp pistachios, 1/2 cup mango chunks.)

Kiwi and Egg Toast (2 eggs with 1 slice whole wheat toast, 2 tsp butter, 1 small kiwi)

Mashed White Bean Salad



INGREDIENTS

1 1/2 cup White Beans, drained & rinsed
1 Tbsp Lemon Juice
1 Tbsp Olive Oil
1/2 cup Arugula, chopped
1 medium Avocado, peeled and diced
4 whole Whole Wheat English Muffins, toasted

Directions

- (1) Combine beans, lemon juice, olive oil, arugula and avocado in a food processor. Pulse until mixture is chunky, not smooth.
- (2) Toast English Muffin.
- (3) Spread 1/4 mix per English Muffin.

Nutrition Information: 327 calories; 14g protein, 50g carbohydrate, 8g fat



Matcha Pineapple Protein Shake



SERVING
1



TIME
2
MINS



DIFFICULTY
EASY

INGREDIENTS

1 1/2 cup frozen mango chunks
1/2 tsp matcha powder
1 scoop vanilla whey protein powder
1/2 cup unsweetened almond milk
1/2 cup cold water
Stevia or sweetener of choice
(optional, to taste)

Directions

- (1) Place the frozen mango chunks in the blender.
- (2) Add matcha powder and vanilla whey protein powder to the blender.
- (3) Pour in unsweetened almond milk and cold water.
If you prefer extra sweetness, add a bit of stevia or your favorite sweetener to taste.
Optionally, include a handful of ice cubes for a colder and thicker texture.
- (4) Blend all the ingredients until smooth and creamy.

Nutrition Information: 422 calories; 22g protein, 31g carbohydrate, 21g fat



**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN



Mini Breakfast Pita

SERVING
1

TIME
20
MINS

DIFFICULTY
EASY

INGREDIENTS

- 1 Whole Wheat Pita
- 1 Egg
- 1 1/2 oz Mozzarella Cheese
- 1 Tbsp Pesto

Directions

- (1) Preheat oven to 400 degrees F, place the baking rack on the top rung, and line a baking sheet with a parchment paper.
- (2) Place pita on baking sheet.
- (3) Top pita with pesto and mozzarella.
- (4) Crack an egg in the center of the pita and season with salt, pepper.
- (5) Bake in preheated oven for 10-20 minutes, or until the egg is cooked to your liking.

Nutrition Information: 195 calories; 10.6g protein, 19.8g carbohydrate, 3.6g fat.



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN



Mushroom & Spinach Quiche



SERVING
2



TIME
35
MINS



DIFFICULTY
MEDIUM

INGREDIENTS

1 whole wheat pie crust

4 large eggs

1 cup sliced mushrooms

1 cup skim milk

2 cups fresh spinach, chopped

Salt and pepper

1 cup shredded reduced-fat
Swiss cheese

Pinch of nutmeg
(optional)

Directions

(1) Preheat your oven to 375°F (190°C).

(2) In a large skillet, sauté the sliced mushrooms over medium heat until tender, about 5-7 minutes. Set them aside. In the same skillet, sauté the chopped spinach until wilted, about 2 minutes. Remove from heat.

(3) In a mixing bowl, whisk together the eggs, skim milk, salt, pepper, and nutmeg

(4) Place the whole wheat pie crust in a pie dish. Layer sautéed mushrooms, wilted spinach, and shredded reduced-fat Swiss cheese in the pie crust. Pour the egg and milk mixture over the ingredients. Bake for 35-40 minutes, until set and lightly browned. Let it cool briefly, then slice into portions.

Nutrition Information: 310 calories; 20g protein, 20g carbohydrate, 15g fat.



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Oatmeal Bake



SERVING
VARIES



TIME
35
MINS



DIFFICULTY
EASY

INGREDIENTS

2 cups old fashioned
rolled oats

1/2 cup vanilla protein
powder

2 cups unsweetened
almond milk

1/4 cup peanut butter

2 large eggs

3 Tbsp maple syrup

1 Tbsp coconut oil, melted

1 tsp vanilla

1/4 tsp salt

1/2 cup fresh blueberries

Directions

(1) Preheat oven to 375°F and spray a 8-inch square baking dish with cooking spray.

(2) In a large bowl, mix together the oats, protein powder, almond milk, peanut butter, eggs, maple syrup, coconut oil, vanilla and salt.

(3) Stir in blueberries and carefully pour oatmeal mixture into the prepared baking dish. Top with additional blueberries.

Nutrition Information: 390 calories; 11g protein, 57g carbohydrate, 6.7g fat

Oatmeal Meal



SERVING
1



TIME
8
MINS



DIFFICULTY
EASY

Directions

- (1) In a large sauce pan, combine almond milk and oats and heat to medium heat.
- (2) Bring to a boil, then let simmer for 3-4 minutes until oats expand and mixture thickens. Stir in protein powder, hemp hearts, pumpkin seeds, vanilla and salt then remove from heat.
- (3) Divide mixture into 4 equal bowls, then top each bowl with 1/2 cup fresh berries.

Nutrition Information: 356 calories; 18g protein, 43g carbohydrate, 12g fat

INGREDIENTS

1 cup low-fat cottage cheese
2 large eggs
1/4 cup flour (whole wheat or oat flour)
1/2 tsp baking powder
1 tsp vanilla extract
2 Tbsp Greek Yogurt, Vanilla
1/2 cup Fresh Berries

Overnight Oats Kiwi Lime

INGREDIENTS

1/2 cup oats, dry	1 medium Kiwi, diced
1/2 cup Unsweetened Almond Milk	1 tsp Lime Juice
1/2 cup greek yogurt, 0%	1 tsp Lime Zest
2 tsp Chia Seeds	
1 scoop Collagen Protein Powder	

Directions

- (1) Take a large mason jar and combine oats, chia seeds, and collagen powder.
- (2) Add almond milk to the mason jar and stir or shake until all collagen powder has dissolved.
- (3) In a separate bowl, combine greek yogurt, diced kiwi, lime juice and lime zest. Stir.
- (4) Add the yogurt mixture to your mason jar. Combine completely, scrap the sides of the jar to ensure chia seeds and collagen are both well incorporated.
- (5) Place the mixture in the refrigerator for a minimum of 8 hours, overnight for best results.

Nutrition Information: 390 calories; 35g protein, 47g carbohydrate, 7g fat.



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Protein Chia Seed Pudding

	SERVING 4		TIME 2 HOURS		DIFFICULTY EASY
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INGREDIENTS

2 scoops vanilla protein powder	1/2 tsp vanilla extract
2.5 cups unsweetened vanilla almond milk	1 cup Greek yogurt, plain 0%
8 Tbsp chia seeds	2 cups fresh berries
1 Tbsp honey	1/4 cup granola

Directions

- (1) In a bowl or mason jar, whisk together almond milk and protein powder until dissolved. If using a jar, close the lid and shake to combine.
- (2) Add chia seeds, maple syrup, and vanilla. Stir or shake until well mixed. Let it sit for 5 minutes, then stir or shake again to break up any clumps.
- (3) Cover and refrigerate for 1-2 hours or overnight until the chia pudding thickens.
- (4) When ready to serve, divide the chia pudding into four glasses. Top each glass with 1/4 cup greek yogurt, 1/2 cup fresh berries and 2 Tbsp granola.

Nutrition Information: 360 calories; 27g protein, 33g carbohydrate, 16g fat



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Protein Pancakes



SERVING
9



TIME
**10
MINS**



DIFFICULTY
MEDIUM

INGREDIENTS

- 2 large eggs
- 1 tablespoon vanilla extract
- 1 teaspoon stevia glycerite
- 1/2 cup plain Greek yogurt
- 2 scoops whey protein powder
- 1 teaspoon baking powder
- Cooking spray

Nutrition Information: 258 calories; 32g protein, 5g carbohydrate, 10g fat

Directions

- (1) In a medium bowl, whisk together eggs, vanilla, stevia, and yogurt.
- (2) Add the protein powder and whisk until the mixture is completely smooth. Use a rubber spatula to scrape the sides of the bowl if needed.
- (3) Whisk in the baking powder. Allow the batter to rest while you heat the griddle; it will slightly thicken as it rests.
- (4) Heat a nonstick griddle or a large 14-inch nonstick skillet over medium heat (not higher). Spray it with oil.
- (5) Use a 1.5-tablespoon cookie scoop to pour mounds of the batter onto the griddle. An 8-pancake batch fits on a double-burner griddle, while a large skillet holds 3 or 4.
- (6) Cook the pancakes until bubbles appear on top, usually one minute or less. Flip and cook for just a few more seconds (10-20) on the second side. Avoid overcooking to prevent them from turning dry and rubbery.
- (7) Transfer the cooked pancakes to a plate, cover with foil to keep them warm, and proceed to cook the remaining pancakes.





Pumpkin Protein Bar



SERVING
7



TIME
5
MINS



DIFFICULTY
EASY

INGREDIENTS

3/4 cup natural peanut butter
1/2 cup pumpkin puree
1/2 cup vanilla protein powder, whey
1 tbsp pumpkin pie spice
1/2 tsp sea salt
1 tbsp chocolate chips, dark

Directions

- (1) Line loaf pan with parchment paper and set aside.
- (2) Mix all ingredients super well until you reach a thick dough consistency.
- (3) Press dough into loaf pan and flatten the top with a spoon or your hands.
- (4) Press in chocolate chips and set in the freezer for 1 hour.

Nutrition Information: 181 calories; 21g protein, 41g carbohydrate, 14g fat.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Protein Up Peanut Butter Spread

SERVING
8

TIME
2
MINS

DIFFICULTY
EASY

INGREDIENTS

1/2 cup Peanut Butter
1/4 cup Greek Yogurt, 0%
1/4 cup Powdered PB
2 Tbsp Honey

Directions

- (1) In a mixing bowl, combine the peanut butter, honey and plain Greek yogurt.
- (2) Gradually add the powdered peanut butter.
- (3) Use a hand mixer or whisk to thoroughly blend all the ingredients until smooth and well combined.
- (4) Taste the spread and adjust the flavor or thickness by adding more powdered peanut butter or sweetener if necessary.

Nutrition Information: 261 calories; 13g protein, 39g carbohydrate, 6g fat.



Also Used in:

Protein Oatmeal 1 cup oatmeal combined with 1 scoop collagen protein powder topped with sliced banana, 1 tablespoon peanut butter, and a drizzle of honey.

Peanut Butter Toast 2 slices of whole grain toast with Protein Up Peanut Butter Spread (See Recipe) and 1 banana

INGREDIENTS FROM THE MEAL PLAN

Salmon Bagel 1/2 whole grain bagel with 2 oz smoked salmon, 2 tbsp low fat cream cheese, 6 thin sliced cucumber

Scrambled eggs with spinach and feta cheese. (Portion: 2 scrambled eggs (seasoned with 1 tsp rubbed sage), 1.5 cups spinach, 1 oz feta cheese)

Smoked Salmon and Cream Cheese Bagel (Portion: 1 whole-grain bagel, 2 oz smoked salmon, 2 Tbsp cream cheese, capers.)

Smoothie with kale, banana, chia seeds, and almond milk (Portion: 1.5 cups kale-roughly chopped without stem, 1 banana-peeled and sliced, 1.5 cups unsweetened almond milk, 1.5 tbsp chia seeds, 1 cup ice)

Strawberry Almond Quinoa Bowl (Portion: 1/2 cup cooked quinoa, 1/2 cup sliced strawberries, 2 Tbsp sliced almonds, and 1/2 cup Greek yogurt)

Strawberry protein shake (Portion: 2 scoops collagen protein powder, 1 cup unsweetened almond milk, 1 1/2 cup frozen strawberries)

Turkey Bagel 1/2 Whole-grain bagel topped with 2 tbsp cream cheese, 1 oz deli turkey, and 1 pinch broccoli sprouts

Turkey Pita (1 cup chickpeas combined with 1 cup cherry tomatoes, 1/4 cup chopped cucumbers, 2 tbsp chopped red onion, 1 oz uncured turkey bacon- cooked and a side of 1 whole wheat)

Turmeric Scramble Egg 2 scrambled eggs with turmeric, 1 cup sautéed spinach and mushrooms in 1 tsp olive oil, 1 slice whole-grain toast



Savory Protein Bar



SERVING
12



TIME
25



DIFFICULTY
MEDIUM

INGREDIENTS

3 1/4 cup oats, dry
1 tsp honey
1 cup greek yogurt, 0%
3/4 cup mixed berries,
frozen
1/2 banana
1 cup spinach, fresh

Directions

- (1) Line loaf pan with parchment paper and set aside.
- (2) Mix all ingredients super well until you reach a thick dough consistency.
- (3) Press dough into loaf pan and flatten the top with a spoon or your hands.
- (4) Press in chocolate chips and set in the freezer for 1 hour.

Nutrition Information: 181 calories; 21g protein, 41g carbohydrate, 14g fat.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Tropical Chia Seed Pudding

INGREDIENTS

Chia Seeds	Sweetener
1 cup Unsweetened	1 medium Kiwi
Almond Milk	1 cup Mango, cubed
1 cup Greek Yogurt, 0%	2 Tbsp Dried unsweetened
1 Tbsp Monk Fruit	Coconut, shredded



SERVING
1



TIME
10
MINS



DIFFICULTY
EASY

Directions

- (1) Take a large mason jar and combine the chia seeds, almond milk, yogurt, and monk fruit
- (2) Stir the mixture thoroughly, making sure to scrape the sides of the container with a spoon or spatula to ensure all chia seeds are well incorporated.
- (3) Place the mixture in the refrigerator for a minimum of 2 hours, overnight for best results.
- (4) Toast coconut in a small skillet over medium-low heat until it turns a golden brown color, around 4 minutes. Allow to cool and store.
- (5) When you're ready to enjoy your chia pudding, divide it into two small serving bowls, each containing approximately 1 cup.
- (6) Top each bowl with 1/2 of the kiwi, mango, and shredded coconut.

Nutrition Information: 372 calories; 26g protein, 43g carbohydrate, 12g fat



INGREDIENTS FROM THE MEAL PLAN

Waffles and Protein Shake (Portion: 1 Whole Wheat Waffle with 1 Tbsp Peanut Butter and 1 Tbsp dark chocolate chips + 1 scoop chocolate whey protein powder combined with 12-16oz unsweetened almond milk)

Whole Wheat Breakfast Sandwich (Portion: 1 Whole Wheat English Muffin, 1 cooked egg, 1 slice cheese, 1/4 avocado)

Whole Wheat Waffle and Berries 1 Whole Wheat Waffle with 1 Tbsp Almond Butter, 3/4 cup mixed berries and 3/4 cup low sugar vanilla greek yogurt

Vanilla Protein Shake (Portion: 1 scoop Whey protein powder, 1 cup unsweetened almond milk) with Avocado Rice Cake (1 rice cake, 1/4 avocado)



DIETITIAN-APPROVED
MENOPAUSE
MEAL PLAN
SNACKS



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Air fryer Twice Baked Potatoes



SERVING
4



TIME
45
MINS



DIFFICULTY
MEDIUM

INGREDIENTS

- 4 Russet Potatoes
- 1/4 teaspoon Kosher Salt
- 6 slices Center Cut Bacon, cut into strips
- 1 cup 0% Greek Yogurt
- 2 tablespoons Light Butter
- 1 1/4 cups Shredded Cheddar
- 1/2 teaspoon Black Pepper
- 1-2 handfuls Parsley, finely chopped

Nutrition Information: 390 calories; 22g protein, 42g carbohydrate, 16g fat

Directions

- (1) Wash and dry the potatoes. Use a fork to poke holes all around each potato.
- (2) Spray each potato with cooking spray or rub with oil, then sprinkle with salt.
- (3) Place the potatoes in an air fryer basket and air fry at 400°F for 35-40 minutes until they're cooked in the center (a fork should easily poke through or internal temp reaches 190°F to 200°F). Set aside to cool.
- (4) While the potatoes are cooking, fully cook the bacon (or use pre-cooked bacon) and drain any remaining grease.
- (5) Add 3/4 of the cooked bacon pieces to a bowl with the butter, parsley, black pepper, and 3/4 cup of the cheddar.
- (6) Cut the potatoes in half lengthwise and use a spoon to scoop out the insides, leaving a thin layer of potato intact around the edge of the potato skin. Place the scooped potatoes in the bowl with the butter mixture.
- (7) Stir everything together before adding the yogurt.
- (8) Fill the potato skins with the mixture and top with the remaining cheddar.
- (9) Air fry for an additional 5-8 minutes at 400°F until the cheese is melted. You may need to cook in batches depending on the size of your air fryer.
- (10) Top the finished potatoes with the remaining bacon and chives, if desired. Enjoy!





Apple Slaw



SERVING

4



TIME

5
MINS

DIFFICULTY

EASY

INGREDIENTS

2 apples

2 tbsp mayonnaise

1 cup thinly sliced red
cabbage

1 tbsp honey

1/4 cup plain Greek
yogurt

1 tbsp apple cider vinegar

Directions

(1) In a large mixing bowl, combine sliced apples and red cabbage.

(2) In a separate bowl, whisk together the Greek yogurt, mayonnaise, honey, and apple cider vinegar until well combined.

(3) Pour the yogurt and mayonnaise mixture over the apples and cabbage.

(4) Toss everything together until the slaw is evenly coated with the dressing.

(5) Season with salt and black pepper to taste, and add fresh parsley if desired for extra flavor and color.

(6) Refrigerate the apple slaw for at least 30 minutes before serving to allow the flavors to meld together.

Nutrition Information: 61 calories; 2g protein, 11g carbohydrate, 2g fat

RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Citrus berry salad (Portion: 1 cup mixed berries combined with 2 Tbsp fortified orange juice)

Huevos Rancheros (Portion: 2 poached eggs on a corn tortilla with 1/4 cup black beans, 2 Tbsp salsa, and 2 Tbsp avocado)

Peanut butter and pomegranate toast (Portion: 1 slice whole grain bread, 1 tbsp natural peanut butter, 1/4 cup pomegranate arils)

Peanut Butter Rice Cake 1 rice cake topped with 1 tbsp natural peanut butter and 1 tbsp dark chocolate chips

Pumpkin Yougurt



SERVING
1



TIME
2
MINS



DIFFICULTY
EASY

INGREDIENTS

1/2 cup Greek Yogurt, 0%
1/4 cup Pumpkin Puree
1/8 tsp Vanilla Extract
1 tsp Honey

Directions

- (1) Mix greek yogurt, pumpkin puree, vanilla extract and honey until combined.
- (2) Enjoy! (You can freeze for extra goodness!)

Nutrition Information: 372 calories; 26g protein, 43g carbohydrate, 12g fat



**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Sliced cucumbers with ranch dip (Portion: 1 sliced cucumber with 2 Tbsp of Ranch)

Smoke Salmon and Crackers (1 oz smoked salmon with 4 whole wheat crackers and 1 Tbsp cream cheese)

Watermelon, Feta and Mint Salad (Portion: 2 cups diced watermelon, 1 cup arugula, 1 tbsp feta cheese, 1 tsp

Tomato and Cottage Cheese (2 x 1/4 inch slices of tomato with 3/4 cup 2% cottage cheese)

Vanilla Protein Shake (Portion: 1 scoop Whey protein powder, 1 cup unsweetened almond milk)

Vegan Berry Smoothie (Portion: 1 cup mixed berries, 1/2 cup dairy free yogurt, 1 tbsp chia seeds, 2 tbsp rolled oats, 1/2 cup unsweetened almond milk)



DIETITIAN-APPROVED
MENOPAUSE
MEAL PLAN
LUNCH



Air-Fried Salmon Croquettes



SERVING
4



TIME
10
MINS



DIFFICULTY
EASY

INGREDIENTS

- | | |
|--|---------------------------|
| 2 cans Salmon, unsalted
(7.5 oz and packed in each) | 2 large Egg Whites |
| 2 stalks Celery, diced | 1/2 medium Onion, Chopped |
| 1 large Eggs | 1/2 Tbsp Olive Oil |
| 1 tsp Sage | |

Directions

- (1) Preheat air-fryer to 400 degrees.
- (2) Dice celery and chop onion. Place them in a large bowl.
- (3) Drain the salmon, discard skin and bones.
- (4) Add salmon, egg and egg whites to the large bowl. Combine ingredients with your hands and form into 8 patties. Press them together with your hands so that they hold.
- (5) Using a basting brush, coat patties with olive oil and salt, to taste.
- (6) Gently place the patties into airfryer and cook for 8 minutes.

Nutrition Information: 379 calories; 20g protein, 37g carbohydrate, 7g fat



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

BBQ Pulled Pork

(+Vinegar BBQ Dressing)



SERVING
1



TIME
4
HOURS



DIFFICULTY
EASY

INGREDIENTS

1 lb pork tenderloin
2 cups broth, reduced sodium
1 cup apple cider vinegar
1 Tbsp ketchup

1 Tbsp brown sugar
1/2 tsp red pepper flakes
1/2 tsp black pepper
1/4 tsp salt

Directions

(1) Place tenderloin in crockpot and cover with broth. Place lid on crock pot. Cook on high for 4 hours or low for 6 hours. Use 2 forks and pull tenderloin into strings. 1 serving = 4 oz (approximately 1/4 of your crock pot).

(2) In a separate dish, combine remaining ingredients and shake or stir until ketchup and brown sugar dissolve. Refrigerate and use 1-2 Tbsp per 4 oz serving pulled pork tenderloin.

Nutrition Information: 327 calories; 14g protein, 50g carbohydrate, 8g fat

INGREDIENTS FROM THE MEAL PLAN

Beef and Snap Pea Stir-Fry (Portion: 4 oz beef stir-fry, 1 cup sautéed snap peas, 1/2 cup quinoa, 2 Tbsp teriyaki sauce.)

Bistro Box Lunch (Portion: 1 hard boiled egg, 1/2 cup edamame in shell, 1 1/2 Tbsp oil-cured black olives, 1/4 cup low sodium tuna, 2 x 1/4 in thick slices baguette, 4 cherry tomatoes, 1 lemon wedge)

Bistro Box Lunch- Asian Inspired (4 oz teriyaki tofu, 1 cup sugar snap peas and carrot sticks, 1/2 cup sushi rice with 1 tsp sesame seeds and 2 Tbsp avocado slices)

Buffalo Chicken Ranch Style (4 oz shredded buffalo chicken, 1 cup celery slaw, 1/2 cup quinoa, 2 Tbsp ranch dressing.)

Black bean and avocado roll ups with 1 medium orange. (Portion: 1/2 cup black beans, 1 cup spinach, 1/8 avocado, 1 tbsp greek yogurt ranch dressing and 2 x 6" whole wheat tortillas.)

Citrus berry salad (Portion: 1 cup mixed berries combined with 2 Tbsp fortified orange juice)

Chicken, Arugula, Goat Cheese and Grape Salad with Toast (Portion: 4 oz shaved chicken, 2 cups raw arugula, 1 oz goat cheese, 1 cup grapes sliced in half, 1 slice whole wheat toast)

Chicken Fajita Bento (Portion: 4 oz fajita chicken, 1/2 cup black beans, 1/2 cup quinoa, 1/4 avocado)

Chicken with pinto beans (4 oz ground chicken with 1/2 cup pinto beans, 2 Tbsp Pico De Gallo and 1 Tbsp Light Sour Cream a top a bed of 2 cups of mixed greens)

Cobb Salad (Portion: 4 oz roasted chicken, 1/4 cup blue cheese, 1/4 cup bacon bits, 1/2 cup cherry tomatoes, 2 cups romaine lettuce, 2 Tbsp ranch dressing.)



Chickpea Soup



SERVING
5



TIME
15
MINS



DIFFICULTY
EASY

INGREDIENTS

- 2 cans Chickpeas, rinsed and drained
- 1/2 Onion
- 3 cloves Garlic
- 2 tsp Tomato Juice
- 1 Red Pepper, grated
- 2 tsp Mint
- 1 tsp Cumin
- 1 cup Spinach
- 1 tsp Lemon Juice

Nutrition Information: 300 calories, 16g protein, 48g carbohydrate, 6g fat

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Directions

- (1) Chop onion, grate tomato and red pepper, mince garlic.
- (2) Add these vegetables to a heated cooking pot with olive oil, mint, and cumin and saute for 1-2 minutes.
- (3) Add in the rinsed and drained chickpeas and saute for 2 more minutes.
- (4) Add 2 cups of water or stock, a good amount of salt, and cover with a lid. Cook at medium for around 8-10 minutes.
- (5) Add in the spinach, taste and add water or stock if needed.
- (6) Add 1 more garlic clove and a tsp lemon juice. Blend 1/2 the soup using a hand blender and stir in. Cook for 2 more minutes and remove from the stove.
- (7) Serve immediately and enjoy!





Chopped Rainbow Salad Bowl

SERVING 2 / TIME 30 MINS / DIFFICULTY EASY

INGREDIENTS

- | | |
|-------------------------------|--------------------------|
| 2 cups Cabbage, shredded | 1 cup Brown rice, cooked |
| 1 Tbsp Mint, chopped | 1/2 cup Edamame, shelled |
| 1 Tbsp Basil, chopped | 1/2 cup Canned beets |
| 1 Red Bell Pepper, chopped | 1 Tbsp Sesame Seeds |
| 1 Yellow Bell Pepper, chopped | |

Directions

- (1) Combine cabbage, mint and basil in a large bowl.
- (2) Divide the mixture among 2 single-serving lidded containers.
- (3) Top each with 1/2 cup cooked brown rice and equal parts of red bell pepper, yellow bell pepper, cucumber, beets and sesame seeds.

Nutrition Information: 261 calories; 13g protein, 39g carbohydrate, 6g fat.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Grilled Chicken Caesar Wrap (Portion: 4 oz grilled chicken, 2 cups romaine lettuce, 2 Tbsp Caesar dressing in a whole wheat wrap)

Grilled chicken salad with spinach, strawberries, and feta cheese.

(Portion: 4 oz grilled chicken, 2 cups spinach, 1 cup strawberries, 1 oz feta cheese)

Grilled vegetables (2 cups eggplant, zucchini, bell peppers) wrapped in a 10 in whole-grain tortilla with 2 tablespoons tzatziki sauce.)

Grilled Pork Chops with Apple Slaw (Portion: 4 oz grilled pork chops, 1.5 cups apple slaw (see recipe), 1/2 cup mashed sweet potatoes)

Grilled Chicken and Broccoli Bowl (Portion: 4 oz grilled chicken breast, 1 cup steamed broccoli, 3/4 cup wild rice, 1 Tbsp BBQ sauce, 2 Tbsp sliced Avocado.)

Harvest Chicken Bowl (Portion: 4 oz grilled chicken, 1/2 cup roasted butternut squash, 1/4 cup dried cranberries, 1 cup roasted sweet potato chunks, 2 Tbsp balsamic vinaigrette.)

Honey Mustard Chicken and Carrots (Portion: 4 oz honey mustard chicken, 1 cup roasted carrots, 1/2 cup quinoa, 2 Tbsp honey mustard dressing)

Mango Chicken Salad (Portion: 4 oz grilled chicken, 1/2 cup mango chunks, 2 cups mixed greens, 2 Tbsp lime vinaigrette.)

Mango Shrimp Salad (Portion: 4 oz grilled shrimp, 1/2 mango, 2 cups mixed greens, 2 Tbsp citrus vinaigrette)

Mediterranean Plate (Portion: 4 ounces of grilled chicken, 1/2 cup of tabbouleh, and 1/4 cup of hummus with veggies.)

Mediterranean Chickpea and Artichoke Salad (Portion: 1 cup chickpeas, 1/2 cup artichoke hearts, 1/4 cup Kalamata olives, 2 cups arugula, 2 Tbsp lemon tahini dressing.)

Orange Glazed Chicken and Spinach (Portion: 4 oz orange glazed chicken, 2 cups sautéed spinach, 1/2 cup brown rice, 2 Tbsp orange glaze.)



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

Pita Pizza



SERVING
2



TIME
30
MINS



DIFFICULTY
EASY

INGREDIENTS

1/2 cup Egg white
1/84 1/2 oz Tofu, Firm
1/2 cup Spinach
2 slices Tomato
1 Tbsp Parmesan cheese, Grated
1/4 cup Mozzarella cheese, Skim
1 large Pita, whole wheat

Directions

- (1) Pre-heat oven to 400*
- (2) Rinse spinach, place in microwave safe bowl, microwave for 30 seconds then drain the water.
- (3) Top the pita add spinach, then tofu slices, then tomato slices, and then cheeses.
- (4) Bake for 15 minutes.

Nutrition Information: 372 calories; 26g protein, 43g carbohydrate, 12g fat

INGREDIENTS FROM THE MEAL PLAN

Pork Tenderloin and Brussels Sprouts (Portion: 4 oz roasted pork tenderloin, 1 cup roasted Brussels sprouts, 1/2 cup brown rice, 2 Tbsp apple chutney.)

Roasted Beet and Walnut Bowl (Portion: 1/2 cup roasted beets, 1/4 cup walnuts, 2 cups spinach, 2 Tbsp balsamic vinaigrette)

Salmon Couscous 4 oz salmon, 2 cups mixed greens, 1/2 cup couscous, 2 Tbsp tzatziki sauce.

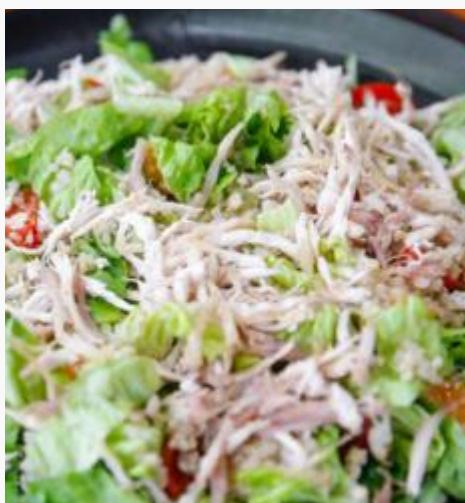
Shaved Chicken, Arugula, Goat Cheese and Grape Salad with Toast

(Portion: 4 oz shaved chicken, 2 cups raw arugula, 1 oz goat cheese, 1 cup grapes sliced in half, 1 slice whole wheat toast)

Shaved Chicken Caesar salad (Portion: 4 oz shaved chicken, 1 oz parmesan cheese, 1 slice whole wheat toast- cut into croutons, 1 tbsp caesar salad dressing)

Shredded Chicken Salad

SERVING 2 / TIME 15 MINS / DIFFICULTY EASY



INGREDIENTS

3 cups Salad Greens
2 Scallions
2 cups Shredded Chicken
1 Cucumber
1 Tbsp Basil, chopped
1 cup Tomato, chopped
1 cup Cauliflower, roasted
4 Tbsp Cashew Dressing

Directions

- (1) Combine beans, lemon juice, olive oil, arugula and avocado in a food processor. Pulse until mixture is chunky, not smooth.
- (2) Toast English Muffin.
- (3) Spread 1/4 mix per English Muffin.



Spaghetti Squash Cassarole



SERVING
4



TIME
10
MINS



DIFFICULTY
EASY

INGREDIENTS

1 medium Spaghetti Squash
2 tsp Olive Oil
1 pound Ground Turkey
1 small Red Onion
1 medium Green Pepper

1 cup Tomatoes, Diced
1 Tbsp Garlic, minced
1 cup Grated Mozzarella,
Reduced Fat

Directions

- (1) Preheat air-fryer to 400 degrees.
 - (2) Dice celery and chop onion. Place them in a large bowl.
 - (3) Drain the salmon, discard skin and bones.
 - (4) Add salmon, egg and egg whites to the large bowl. Combine ingredients with your hands and form into 8 patties. Press them together with your hands so that they hold.
 - (5) Using a basting brush, coat patties with olive oil and salt, to taste.
 - (6) Gently place the patties into airfryer and cook for 8 minutes.
- Nutrition Information: 379 calories; 20g protein, 37g carbohydrate, 7g fat



RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Spinach and mixed fruit salad with grilled shrimp and citrus vinaigrette.

(Portion: 4 oz grilled shrimp, 2 cups spinach, 1 cup mixed fruit salad, 1 tbsp citrus vinaigrette dressing)

Spinach Panini, grilled (Portion: 2 sliced whole wheat bread, 4 slices of tomato, 1/4 cup spinach, 2 thin slices red onion, 2 oz brie cheese, 1/2 tsp olive oil)

Sweet Potato and Black Bean Bowl (Portion: 1 cup roasted sweet potato cubes, 1/2 cup black beans, 1/4 cup corn, and 1/4 avocado with a drizzle of lime-cilantro dressing.)

Sweet potato and cauliflower rice bowl (Portion: 1 cup steamed cauliflower topped with 1/4 baked sweet potato, 1/4 sliced avocado, 1/4 cup black beans, 2 Tbsp pico de gallo, 1/8 tsp sage, 1/4 tsp minced garlic)

Teriyaki Tofu Bowl (Portion: 4 oz Baked tofu with 1 Tbsp teriyaki sauce, served with 1 cup brown rice, 1 cup steamed broccoli, and a sprinkle of sesame seeds.)

Turkey Burger with Spinach, Feta and Tzatziki (Portion: 4 oz grilled turkey burger, 1/2 cup spinach, 4 thin slices red onion, 1/8 cup crumbled feta cheese, 1 whole wheat hamburger bun, SIDE= 1 sliced cucumber with 1/4 cup tzatziki)

Turkey and Avocado Sandwich (Portion: 4 ounces of turkey breast on whole-grain bread with lettuce, tomato, and 1/4 of an avocado.)

Turkey Sandwich (Portion: 2 slices whole wheat bread, 3 oz low sodium deli turkey, 1 slice muenster cheese, 2 thin slices of tomato, red onion slices (to taste) and 1 Tbsp olive oil Mayo) with a small apple and 1 cup carrots.

Turkey and Cranberry Sandwich (Portion: 4 oz sliced turkey, 2 Tbsp cranberry sauce, 2 cups lettuce, 2 slices whole wheat bread)

Turkey Wrap 4 oz grilled turkey breast with 1 oz low fat cheese on 1 whole wheat wrap with shredded lettuce, sliced tomato and 2 Tbsp Hummus. Served with 1 cup carrot sticks.

Ingredients From The Meal Plan

Turkey Salsa (1/2 cup black beans, 4 oz roasted turkey, 1/2 cup corn, 2 Tbsp salsa, 2 cups mixed greens.)

Tuna Salad and crackers (Portion: 5-ounce can of tuna mixed with 2 tablespoons of light mayo, celery, and onions, served on a bed of mixed greens with 8-10 Whole Wheat Crackers)

Tuna and White Bean Salad (Portion: 4 oz canned tuna, 1 cup white beans, 1 cup mixed greens, 1/2 lemon- juiced, 2 tsp olive oil)

Tuna and Avocado Caprese (Portion: 4 oz seared tuna, 1/4 avocado, 1/2 cup cherry tomatoes, 2 Tbsp balsamic vinaigrette.)

Waldorf salad (Portion: 4 oz turkey breast, 1/2 apple, 1 celery stock, 2 walnut halves, 2 tsp olive oil mayo) with 4 to 6 whole wheat crackers

Veggie Chicken Soup



TIME
40
MINS

DIFFICULTY
EASY

INGREDIENTS

2 pounds Chicken breast	3 cups Water
1 Tbsp Turmeric	32 ounces Chicken Broth
2 Tbsp Chicken bouillon powder	(Low Na)
1 tsp Garlic Powder	12 ounces Carrots
1 tsp Salt	12 ounces Peas
1/2 tsp Black Pepper	12 ounces Corn
	12 ounces Green Beans

Directions

- (1) Cut 2 pounds of chicken breast into bite-size pieces.
- (2) In a bowl, mix 1 tablespoon turmeric, 2 tablespoons chicken bouillon powder, 1 teaspoon garlic powder, 1 teaspoon salt, and 1/2 teaspoon black pepper.
- (3) In a large saucepan, start cooking the chicken. Add the mixed spices and sauté until fully cooked, around 8-10 minutes for raw chicken.
- (4) Pour 3 cups of water into the saucepan to prevent the spices from burning.
- (5) Once the chicken is cooked, stir in 12 ounces each of peas, green beans, carrots, and corn. Add 32 ounces of chicken broth. Bring the mixture back to a boil, then reduce the heat and let it simmer for about 30 minutes.

Nutrition Information: 250 calories; 30g protein, 24g carbohydrate, 4g fat



DIETITIAN-APPROVED
MENOPAUSE
MEAL PLAN
DINNER

INGREDIENTS FROM THE MEAL PLAN

Asian Sesame Tofu Noodles (Portion: 4 oz baked tofu, 1 cup cooked soba noodles, 1/2 cup edamame, 2 cups shredded cabbage, 2 Tbsp sesame ginger dressing.)

Blackened Tilapia with Asparagus (Portion: 4 oz blackened tilapia, 1 cup asparagus, 1/2 cup barley)

BBQ Pulled Pork and Coleslaw Bowl (Portion: 4 oz BBQ pulled pork, 1 cup coleslaw, 1/2 cup brown rice, 2 Tbsp BBQ sauce)

Baked salmon with asparagus and quinoa. (Portion: 6 oz baked salmon, 1.5 cups asparagus, 3/4 cup quinoa)

Baked Mahi-Mahi with Steamed Spinach, Quinoa, and Lemon-Dill Sauce (Portion: 6 oz baked Mahi-Mahi with 1 cup steamed spinach, 3/4 cup quinoa and 2 Tbsp Lemon Dill Sauce)

Baked pork tenderloin and apples with green beans and toasted baguette (Portion: 4 oz baked tenderloin, 1/2 cup baked apples, 2 cups green beans, 4 x 1/4 in slices baguette)

Black bean and avocado roll ups with 1 medium orange. (Portion: 1/2 cup black beans, 1 cup spinach, 1/8 avocado, 1 tbsp greek yogurt ranch dressing and 2 x 6" whole wheat tortillas.)



Buffalo Chicken Rice Bowl



SERVING
1



TIME
2
MINS



DIFFICULTY
EASY

INGREDIENTS

1 lb chicken breast,
cubed and seared
2 cup black beans, drained
1 cup corn, drained
1 cup kale, chopped
and steamed

2 cups brown rice, cooked
1/8 cup scallions, sliced
1/4 cup sour cream
1/4 cup buffalo sauce

Directions

(1) Prepare ingredients: Pan sear cubed chicken, drain and rinse corn and black beans, steam and chop kale, prepare 1.5 cups brown rice, slice scallions.

(2) Layer each bowl with 1/4 of the ingredients (To keep your rice from getting soggy, place rice on the top of your bowl to store. Flip the bowl onto a plate before you microwave and the meal will be right side up again!)

Nutrition Information: 371 calories; 33g protein, 47g carbohydrate, 7g fat.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN



Creamy Taco Soup



SERVING

1



TIME

2

MINS



DIFFICULTY

EASY

INGREDIENTS

2 pounds Ground Beef (96/4)
15 oz can Sliced Stewed Tomatoes
10 oz can diced tomatoes with green chiles
15 oz can Black Beans
15 oz can Pinto Beans
15 oz can Whole Kernel Corn
2 packets Taco Seasoning

1 packet Ranch Dip Mix
12 oz bag Frozen Pepper & Onion Blend
12 oz bag Frozen Broccoli & Cauliflower Florets
8 oz Fat Free Cream Cheese, room temp
1 cup 0% Greek Yogurt

Directions

- (1) Heat a large pot over medium-high heat. Cook the ground beef until fully browned, ensuring it's broken apart as it cooks.
- (2) Once the meat is thoroughly cooked, incorporate all the canned ingredients and seasoning packets. Stir well to combine, bringing the mixture to a boil.
- (3) Add the frozen vegetables and lower the heat to a simmer. Cook until the vegetables reach the desired tenderness, typically around 6-8 minutes.
- (4) Reduce the heat to low or turn it off if you plan to serve immediately. Add cream cheese and Greek yogurt, stirring until both are evenly mixed.

Nutrition Information: 390 calories; 32g protein, 40g carbohydrate, 6g fat.

RACHEL'S FEATURED RECIPE

FROM THE MEAL PLAN

INGREDIENTS FROM THE MEAL PLAN

Greek Lamb Bowl (Portion: 4 oz ground lamb seasoned with Greek spices, served with 1 cup brown rice, 2 tbsp tzatziki, and 1/2 cup cucumber salad.)

Greek Goddess Salmon Salad (Portion: 4 oz baked salmon, 1/4 cup feta cheese, 1/2 cup cucumber, 2 cups spinach, 2 Tbsp tzatziki.)

Grilled Tilapia with brussel sprouts and baked french fries (Portion: 6 oz grilled tilapia, 1 cup baked sweet potatoes, 3/4 cup baked french fries)

Grilled turkey breast with sautéed spinach and quinoa pilaf. (Portion: 6 oz grilled turkey breast, 1.5 cups sautéed spinach, 3/4 cup quinoa pilaf)

Grilled Tofu with steamed broccoli and whole wheat couscous (Portion: 6 oz grilled tofu, 1 cup steamed broccoli, 3/4 cup whole wheat couscous)

Grilled chicken and peppers with brown rice (Portion: 4 oz grilled chicken, 2 cups grilled peppers, 2 tsp olive oil, 3/4 cup brown rice)

Grilled turkey breast with sautéed spinach and quinoa pilaf. (Portion: 6 oz grilled turkey breast, 1.5 cups sautéed spinach, 3/4 cup quinoa pilaf)

Grilled Pork Chops with Apple Slaw (Portion: 4 oz grilled pork chops, 1.5 cups apple slaw (see recipe), 1/2 cup mashed sweet potatoes)

Grilled Tofu Steaks with Grilled Artichoke Hearts, Whole Wheat Orzo, and Pesto (4 oz grilled tofu steaks with 1 cup grilled artichoke hearts marinated in 1 tsp olive oil, 3/4 cup whole wheat orzo and 1 tbsp pesto)

Grilled Pork Tenderloin with Grilled Bell Peppers, Quinoa, and Sliced Almonds (Portion: 4 oz pork tenderloin with 1 cup grilled bell peppers, 3/4 cup quinoa topped with 1 tbsp sliced almonds)

INGREDIENTS FROM THE MEAL PLAN

Grilled Chicken with Brussels Sprouts (4 ounces grilled chicken, served with 1/2 cup roasted brussels sprouts and 1/2 cup roasted sweet potatoes. Drizzled with balsamic glaze.)

Grilled Lamb Chops, pumpkin and zucchini with roasted sweet potato and mint yogurt sauce (Portion: 3 oz grilled lamb chop, 1 cup chopped and grilled pumpkin and zucchini, 1/2 cup sweet potato, 1 tbsp mint yogurt sauce)

Grilled Chimichurri Steak Sandwich (Portion: 2 slices whole wheat bread, 3 oz chimichurri steak, 1 oz cheese grilled with 1 tsp olive oil mayo per slice of bread) served with 1 cup side salad with fat free italian dressing

Lemon Herb Grilled Chicken (Portion: 6 oz grilled chicken, 1 1/2 cups roasted Brussels sprouts with 2 tsp olive oil, 1/2 cup brown rice)

Lamb and Roasted Eggplant (4 oz roasted lamb, 1 cup roasted eggplant, 1/2 cup couscous, 2 Tbsp tzatziki sauce.)

Mango Salsa Chicken (Portion: 4 oz Grilled chicken topped with 1/2 cup mango salsa, served with 1 cup quinoa and 1 cup steamed broccoli.)

Moroccan Beef Tangine (Portion: 4 oz beef tagine, 1 cup roasted veggies, 1/2 cup whole wheat couscous)

Orange Glazed Chicken and Spinach (Portion: 4 oz orange glazed chicken, 2 cups sautéed spinach, 1/2 cup brown rice, 2 Tbsp orange glaze.)

Pan seared Tilapia with Quinoa, Black Beans and spinach (Portion: 4.3 oz Tilapia seared in 1 tsp olive oil with a side of 1/3 cup quinoa, 1/2 cup black beans and 2 cups of spinach topped with 1 tsp olive oil)

INGREDIENTS FROM THE MEAL PLAN

Pork Tenderloin with cheesy potatoes and steamed green beans

(Portion: 4 oz pork tenderloin -top with 1 tbsp yellow mustard and season with 1 tsp rubbed sage-, 1 baked potato, 1 slice cheese, 2 Tbsp plain greek yogurt, 1 cup steamed green beans)

Pork Tenderloin and Brussels Sprouts (Portion: 4 oz roasted pork tenderloin, 1 cup roasted Brussels sprouts, 1/2 cup brown rice, 2 Tbsp apple chutney.)

Pork Tenderloin Soba Noodles (4 oz Pork Tenderloin with 1 cup cooked soba noodles with 1 tbsp creamy peanut butter and 1 cup steamed bok choy)

Roasted lamb and eggplants (4 oz roasted lamb, 1 cup roasted eggplant, 1/2 cup couscous, 2 Tbsp tzatziki sauce.)

Salmon and Quinoa Bowl (Portion: 4 oz grilled salmon, 1 cup cooked quinoa, 1 cup steamed broccoli, drizzle of lemon juice)

Spinach and Artichoke Stuffed Chicken (Portion: 4 oz chicken breast, stuffed with a mixture of 1/4 cup chopped spinach, artichoke hearts, and 2 tablespoons cream cheese with 1/2 cup brown rice and sautéed green beans.)

Spicy Eggplant and Chickpea Curry (Portion: 1 cup eggplant curry, 2 cups chickpeas, 1/2 cup farro)

Sheet Pan Salmon & Veggies

SERVING
2

TIME
15
MINS

DIFFICULTY
EASY

INGREDIENTS

3 Tbsp low-fat mayonnaise	1/4 tsp pepper, ground, divided
1 tsp chili powder	1 1/4 pounds Salmon filet, cut into 4 portions
2 medium sweet potatoes, peeled and cut into 1-inch cubes	2 Limes
1 Tbsp olive oil, divided	1/4 cup cotija cheese
1/2 tsp salt, divided	1/2 cup cilantro, fresh

Directions

- (1) Preheat oven to 425°F and line a large baking sheet with foil, then coat with cooking spray.
- (2) In a small bowl, combine mayonnaise and chili powder, then set it aside.
- (3) Toss sweet potatoes with 2 tsp. oil, 1/4 tsp. salt , and 1/8 tsp. pepper in a medium bowl. Spread them on the prepared baking sheet and roast for 15 minutes. Toss broccoli with the remaining 1 tsp. oil, 1/4 tsp. salt , and 1/8 tsp. pepper in the same bowl.
- (5) Remove the baking sheet from the oven and arrange salmon in the center, placing the broccoli on either side of the sweet potatoes. Spread 2 Tbsp. of the mayonnaise mixture over the salmon.
- (6) Bake until sweet potatoes are tender and the salmon flakes easily with a fork (about 15 minutes). Divide into 4 servings.

Nutrition Information: 415 calories; 34g protein, 34g carbohydrate, 16g fat.



**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN



Shrimp Scampi & Zoodle Bowls

SERVING
5

TIME
10
MINS

DIFFICULTY
EASY

INGREDIENTS

- | | |
|----------------------------|------------------------------------|
| 2 tbsp butter | 1 tsp paprika |
| 3 garlic cloves, minced | 1/2 cup vegetable broth |
| 1/4 tsp crushed red pepper | 1/4 cup red wine vinegar |
| 2 pounds shrimp | 3 zucchinis, spiralized |
| 1 lemon | 3 3/4 cup whole wheat pasta cooked |

Directions

- (1) In a large skillet , melt butter over medium heat . Add minced garlic and crushed red pepper to the melted butter. Sauté for about 1 minute until the mixture becomes fragrant .
- (2) Place shrimp in the skillet . Season with salt , pepper, and paprika. Cook until the shrimp turns pink, adjusting the time based on their size (usually 2-4 minutes). Use a slotted spoon to remove the shrimp
- (3) Pour vegetable broth, red wine vinegar, and lemon juice into the remaining sauce in the pan. Scrape the sides of the pan to incorporate any flavorful bits. Cook until the sauce slightly thickens.
- (4) Turn off the heat . Toss spiralized zucchini and cooked whole wheat pasta with the cooked shrimp in the pan to warm them slightly. Divide into 5 servings.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Nutrition Information: 405 calories; 44g protein, 36g carbohydrate, 8g fat

INGREDIENTS FROM THE MEAL PLAN

Tandoori Chicken 4 oz tandoori chicken, 1 cup chickpeas, 1/2 cup cucumber, 2 cups spinach, 2 Tbsp mint yogurt dressing.

Teriyaki Tofu Stir-Fry (Portion: 4 oz teriyaki tofu, 1 1/2 cup stir-fried veggies with 2 tsp olive oil, 1/2 cup quinoa)

Teriyaki Salmon 4 ounces teriyaki-glazed salmon, served over 1/2 cup brown rice with 1 cup steamed broccoli

Thai Peanut Noodles (1 cup of whole-grain noodles with 4 ounces of tofu, 1/2 cup of broccoli, and 2 tablespoons of peanut sauce.)

Tuna and Avocado Caprese (Portion: 4 oz seared tuna, 1/4 avocado, 1/2 cup cherry tomatoes, 2 Tbsp balsamic vinaigrette.)

Turkey Bacon BLT with green bean chips (Portion: 2 Slices Whole Wheat Toast, 4 oz cooked turkey bacon, 1 Tbsp Mayo, 1/2 tomato (sliced), 1/4 cup shredded lettuce and 2 cups air-fried green beans ("green bean chips")

Turkey Bacon Pita 1 cup chickpeas combined with 1 cup cherry tomatoes, 1/4 cup chopped cucumbers, 2 tbsp chopped red onion, 1 oz uncured turkey bacon- cooked and a side of 1 whole wheat pita

Turkey Burger with Spinach, Feta and Tzatziki (Portion: 4 oz grilled turkey burger, 1/2 cup spinach, 4 thin slices red onion, 1/8 cup crumbled feta cheese, 1 whole wheat hamburger bun, SIDE= 1 sliced cucumber with 1/4 cup tzatziki)



Zucchini Gnocchi



SERVING

4



TIME

50
MINS

DIFFICULTY

MEDIUM

INGREDIENTS

4 cups zucchini, grated
1 tbsp salt
1/4 cup basil, sliced
2 tsp lemon zest
1 1/2 cups ricotta

2 egg yolks
1/4 cup parmesan, grated
1/4 tsp pepper
1 cup flour

Directions

- (1) Mix grated zucchini and salt and place it in a colander in the sink. Let it drain for 20 minutes. Place in paper towel and squeeze out as much liquid as possible.
- (2) Mix the drained zucchini, basil, lemon, ricotta, egg, cheese and pepper.
- (3) Add just enough flour to form a dough with your mixture. Make sure that it is not too sticky to work with.
- (4) Divide the dough. Roll into 1 inch thick strings. Slice the rolls into 1 inch pieces. Use a fork to sprinkle enough flour onto each gnocchi.
- (5) Cook the gnocchi in boiling water until it floats, remove and enjoy.

**RACHEL'S
FEATURED
RECIPE**

FROM THE MEAL PLAN

Nutrition Information: 285 calories; 12g protein, 33g carbohydrate, 12g fat