

5-Day Easy Menopause Diet Plan PDF

Simple recipes for managing menopause symptoms.

The 5-Day Easy Menopause Diet Plan provides straightforward recipes aimed at helping women effectively manage menopause symptoms. With 15 easy-to-prepare dishes, this plan is perfect for those seeking a gentle approach to nutrition during this transitional phase.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,611	128g	156g	50g
Day 2	1,541	124g	70g	83g
Day 3	1,611	135g	172g	53g
Day 4	1,627	135g	149g	62g
Day 5	1,627	132g	139g	59g
Avg	1,603	131g	137g	61g

CALORIE DISTRIBUTION



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15 Recipes
5-day meal plan



1,603 cal/day
Daily average



131g Protein
Daily average



Macro Balanced
137g C / 61g F avg

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Day 1

3 meals · 1,611 calories

BREAKFAST	Green Protein Super Bowl	490 kcal
LUNCH	Omega-3 Packed Quinoa Salad with Avocado and Spinach	543 kcal
DINNER	Quick & Nutritious Shrimp Stir-Fry with Veggies	578 kcal

Protein: 128g Carbs: 156g Fats: 50g

1. Green Protein Super Bowl

This vibrant green smoothie bowl is filled with spinach and protein-rich Greek yogurt, offering essential vitamins and minerals for bone health. Topped with seeds and fruits, it provides antioxidants and healthy fats.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	490 kcal
Protein	39g
Carbs	59g
Fats	11g



Ingredients

Fresh spinach	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Banana	1.5 medium / 1.5 medium
Almond milk	0.7 cup / 168 ml

Pumpkin seeds

2.8 tbsp / 42 g

Sliced kiwi

1.5 medium / 1.5 medium

Instructions

1. Blend together 1.4 cup (336 ml) fresh spinach, 0.7 cup (168 ml) Greek yogurt, 1.5 medium banana, and 0.7 cup (168 ml) almond milk until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) pumpkin seeds and 1 sliced kiwi.

2. Omega-3 Packed Quinoa Salad with Avocado and Spinach

This vibrant quinoa salad is rich in omega-3 fatty acids, phytoestrogens, and essential nutrients, making it ideal for women over 40. It supports hormone balance, metabolism, and heart health while providing a satisfying dose of protein and fiber.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Quinoa, cooked	1.6 cup / 372 g
Spinach, fresh	3.1 cups / 93 g
Avocado, diced	1.5 medium / 232.5 g
Chickpeas, canned, drained	0.8 cup / 186 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	3.1 tablespoons / 46.5 ml
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g
Pumpkin seeds	3.1 tablespoons / 31 g

Instructions

1. Step 1: In a large bowl, combine cooked quinoa, spinach, diced avocado, chickpeas, and cherry tomatoes.
2. Step 2: In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper.
3. Step 3: Pour the dressing over the salad and toss gently to combine.
4. Step 4: Top with pumpkin seeds before serving for added crunch and nutrition.

3. Quick & Nutritious Shrimp Stir-Fry with Veggies

This quick shrimp stir-fry is a perfect emergency meal option for busy days, packed with protein and fiber to support metabolism and hormone balance. Loaded with omega-3s and essential nutrients, it's a delicious way to maintain bone and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	46g
Carbs	50g
Fats	20g



Ingredients

Frozen cooked shrimp	1.7 cup / 247.5 g
Frozen mixed vegetables	2.5 cups / 371.3 g
Olive oil	1.7 tablespoon / 24.8 ml
Soy sauce (low sodium)	3.3 tablespoons / 49.5 ml
Garlic (minced)	3 cloves / 3 cloves
Ground ginger	1.7 teaspoon / 8.3 g
Cooked quinoa	0.8 cup / 148.5 g
Sesame seeds	1.7 tablespoon / 14.9 g

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add minced garlic and ground ginger, sautéing for 1 minute until fragrant.
3. Add the frozen mixed vegetables to the skillet, cooking for 5 minutes until heated through.
4. Stir in the frozen cooked shrimp and soy sauce, cooking for an additional 3-5 minutes until shrimp is heated.
5. Serve the shrimp and vegetable mixture over cooked quinoa and sprinkle with sesame seeds.

Day 2

3 meals · 1,541 calories

BREAKFAST Sunny-Side Up Eggs with Sautéed Swiss Chard **420 kcal**

LUNCH Protein-Packed Spinach and Chickpea Salad with Citrus Dressing **543 kcal**

DINNER Heart-Healthy Turkey Zucchini Meatballs with Spinach **578 kcal**

Protein: 124g Carbs: 70g Fats: 83g

4. Sunny-Side Up Eggs with Sautéed Swiss Chard

Eggs provide vitamin D, crucial for calcium absorption, while Swiss chard is loaded with magnesium and vitamin K, essential for bone strength. A perfect breakfast option!

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	31g
Carbs	3g
Fats	31g



Ingredients

Eggs	3 large / 3 large
Swiss chard, chopped	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat. Add 1.5 clove minced garlic and sauté until fragrant.
2. Add 1.4 cup (336 ml) chopped Swiss chard and cook until wilted, about 3-4 minutes.
3. In a separate pan, cook 3 large eggs sunny-side up. Serve eggs over the sautéed Swiss chard and season with salt and pepper.

5. Protein-Packed Spinach and Chickpea Salad with Citrus Dressing

This vibrant salad is packed with protein and healthy fats, making it ideal for women over 40 seeking to support hormone balance and heart health. The inclusion of chickpeas provides fiber and phytoestrogens, while the spinach offers calcium and vitamin D, all in a refreshing meal that's quick and easy to prepare.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Fresh spinach	3.1 cups / 744 ml
Canned chickpeas, rinsed and drained	1.6 cup / 372 g
Cherry tomatoes, halved	1.6 cup / 232.5 g
Cucumber, diced	1.6 cup / 232.5 g
Feta cheese, crumbled	0.4 cup / 62 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	3.1 tablespoons / 46.5 ml
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g
Pumpkin seeds	3.1 tablespoons / 46.5 g

Instructions

1. In a large bowl, combine the fresh spinach, chickpeas, cherry tomatoes, and cucumber.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create the dressing.
3. Pour the dressing over the salad and toss gently to combine.
4. Top the salad with crumbled feta cheese and pumpkin seeds before serving.

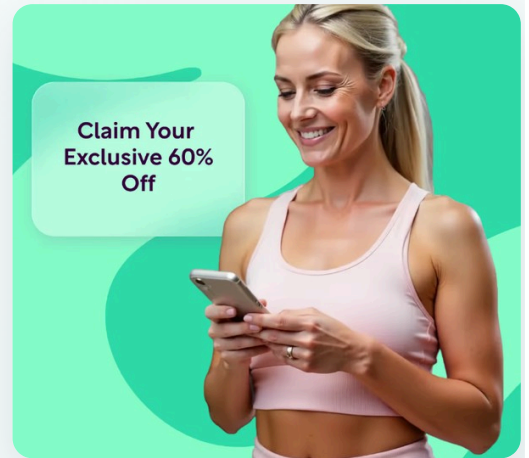
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6. Heart-Healthy Turkey Zucchini Meatballs with Spinach

This delicious recipe features lean turkey meatballs paired with spiralized zucchini and spinach, making it rich in protein and nutrients essential for women over 40. Packed with selenium, B vitamins, and fiber, this meal supports hormone balance, metabolism, and bone health while being heart-healthy.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	20g
Fats	33g



Ingredients

ground turkey	4.9 oz / 140.3 g
spiralized zucchini	1.7 cup / 396 ml
fresh spinach	1.7 cup / 396 ml
olive oil	1.7 tsp / 8.3 ml
Italian seasoning	1.7 tsp / 8.3 g
garlic powder	0.8 tsp / 3.3 g
black pepper	to taste / to taste
parmesan cheese (optional)	1.7 tbsp / 24.8 g

Instructions

1. Step 1: In a bowl, combine ground turkey, Italian seasoning, garlic powder, and black pepper. Mix thoroughly and form into small meatballs, about 1 inch in diameter.
2. Step 2: Heat olive oil in a non-stick skillet over medium heat. Add meatballs and cook for about 5-7 minutes, turning occasionally until browned and cooked through.
3. Step 3: While meatballs are cooking, add spiralized zucchini and fresh spinach to the skillet. Sauté for 3-4 minutes until the zucchini is tender and spinach is wilted.
4. Step 4: Serve the turkey meatballs over the zucchini and spinach mixture, and sprinkle with parmesan cheese if desired.

Day 3

3 meals · 1,611 calories

BREAKFAST	Tropical Green Protein Bowl	490 kcal
LUNCH	Power-Packed Fajita Bowl	543 kcal
DINNER	Herbed Salmon with Quinoa and Steamed Broccoli	578 kcal

Protein: 135g Carbs: 172g Fats: 53g

7. Tropical Green Protein Bowl

This smoothie bowl blends tropical flavors with spinach for a boost of iron and greens. The protein powder and hemp seeds provide a solid protein foundation, while the mango and pineapple offer anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	490 kcal
Protein	38g
Carbs	63g
Fats	14g



Ingredients

Frozen mango chunks	0.7 cup / 168 ml
Frozen pineapple chunks	0.7 cup / 168 ml
Fresh spinach	1.4 cup / 336 ml
Coconut water	0.7 cup / 168 ml
Protein powder (plant-based)	1.5 scoop / 42 g
Hemp seeds	2.8 tbsp / 42 g

Instructions

1. In a blender, combine 0.7 cup (168 ml) frozen mango, 0.7 cup (168 ml) frozen pineapple, 1.4 cup (336 ml) fresh spinach, 0.7 cup (168 ml) coconut water, and 1.5 scoop (42 g) protein powder.
2. Blend until smooth and creamy. If too thick, add more coconut water.
3. Pour into a bowl and top with extra hemp seeds and slices of kiwi.

8. Power-Packed Fajita Bowl

This delicious fajita bowl is packed with lean protein, fiber, and healthy fats, making it perfect for women over 40. Rich in phytoestrogens and omega-3s, it supports hormone balance and heart health while promoting strong bones.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	59g
Fats	19g



Ingredients

Cooked quinoa	0.8 cup / 186 g
Black beans, rinsed and drained	0.8 cup / 186 g
Fajita vegetables (bell peppers, onions)	1.6 cup / 372 ml
Avocado, diced	0.4 medium / 77.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Lime juice	1.6 tablespoon / 23.3 ml
Cilantro, chopped	3.1 tablespoons / 46.5 ml
Shredded cheese (optional, use half portion)	0.4 cup / 46.5 g
Grilled chicken breast, sliced	6.2 ounces / 175.2 g
Ground flaxseeds	1.6 tablespoon / 15.5 g

Instructions

1. Step 1: In a skillet, heat olive oil over medium heat and sauté the fajita vegetables until softened, about 5-7 minutes.
2. Step 2: Meanwhile, prepare the quinoa according to package instructions or use pre-cooked quinoa.
3. Step 3: In a bowl, layer the cooked quinoa, black beans, sautéed vegetables, and grilled chicken.
4. Step 4: Top with diced avocado, shredded cheese (if using), cilantro, and a drizzle of lime juice.
5. Step 5: Sprinkle ground flaxseeds on top for added omega-3s.

9. Herbed Salmon with Quinoa and Steamed Broccoli

This delicious meal is packed with omega-3 fatty acids, protein, and essential nutrients to support hormone balance and heart health for women over 40. The combination of salmon, quinoa, and broccoli provides a balanced meal rich in phytoestrogens, calcium, and fiber.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	20g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Quinoa (uncooked)	0.8 cup / 148.5 g
Broccoli florets	1.7 cup / 247.5 g
Olive oil	1.7 tablespoon / 24.8 ml
Lemon juice	1.7 tablespoon / 24.8 ml
Fresh dill (or parsley)	1.7 tablespoon / 24.8 g
Salt	0.4 teaspoon / 1.7 g
Black pepper	0.4 teaspoon / 1.7 g

Instructions

1. Step 1: Rinse quinoa under cold water and cook according to package instructions (typically 15 minutes) in a pot with 1.7 cup (240ml) of water.
2. Step 2: While quinoa cooks, preheat a skillet over medium heat. Season the salmon fillet with olive oil, lemon juice, dill, salt, and pepper. Cook for 5-7 minutes on each side until cooked through.
3. Step 3: In the last 5 minutes of the quinoa cooking time, steam the broccoli florets until bright green and tender, about 5 minutes.
4. Step 4: Serve the salmon on a bed of quinoa with steamed broccoli on the side.

Day 4

3 meals · 1,627 calories

BREAKFAST Nutty Protein Oatmeal Bowl **490 kcal**

LUNCH Savory Quinoa & Spinach Power Bowl **543 kcal**

DINNER Herbed Salmon with Quinoa and Spinach Salad **594 kcal**

Protein: 135g Carbs: 149g Fats: 62g

10. Nutty Protein Oatmeal Bowl

This Nutty Protein Oatmeal Bowl is a perfect travel-friendly meal that supports hormone balance and bone health for women over 40. Packed with protein, healthy fats, and fiber, it helps maintain energy levels and keeps you feeling full throughout your day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	490 kcal
Protein	42g
Carbs	56g
Fats	17g



Ingredients

Instant oats	0.7 cup / 56 g
Water or unsweetened almond milk	1.4 cup / 336 ml
Protein powder (preferably plant-based)	1.5 scoop / 42 g
Almond butter	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Dried fruit (e.g., cranberries or raisins)	2.8 tbsp / 42 g
Cinnamon	0.7 tsp / 2.8 g
Fresh apple or orange, chopped	1.5 small / 210 g

Instructions

1. In a medium bowl, combine instant oats and protein powder.
2. Boil water or almond milk and pour it over the oats and protein powder mixture; stir well.
3. Cover the bowl and let it sit for 5 minutes to allow the oats to absorb the liquid.
4. After 5 minutes, stir in almond butter, chia seeds, dried fruit, and cinnamon until well mixed.
5. Top with chopped fresh apple or orange before serving.

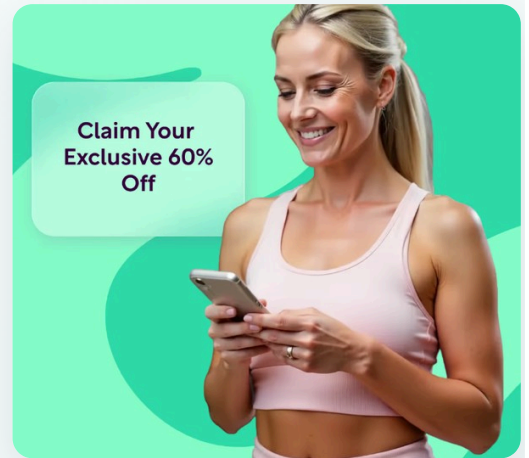
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11. Savory Quinoa & Spinach Power Bowl

This nutrient-dense bowl is packed with protein, omega-3s, and phytoestrogens, making it an excellent choice for women over 40. With a balance of healthy fats and fiber, it supports hormone health, metabolism, and bone strength.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Quinoa (cooked)	1.6 cup / 372 ml
Fresh spinach	3.1 cups / 93 g
Chickpeas (canned, drained and rinsed)	0.8 cup / 186 g
Cherry tomatoes (halved)	0.8 cup / 116.3 g
Avocado (diced)	1 medium / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Chia seeds	1.6 tablespoon / 23.3 g
Feta cheese (crumbled)	0.4 cup / 58.9 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, spinach, chickpeas, and cherry tomatoes.
2. Drizzle with olive oil and lemon juice, then toss gently to combine all ingredients.
3. Top the salad with diced avocado, chia seeds, and crumbled feta cheese.
4. Season with salt and black pepper to taste, and serve immediately.

12. Herbed Salmon with Quinoa and Spinach Salad

This vibrant dish is rich in omega-3s, protein, and phytoestrogens, making it a perfect choice for women over 40. The combination of salmon, quinoa, and spinach supports hormone balance, metabolism, and heart health while providing essential nutrients for bone strength.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	594 kcal
Protein	50g
Carbs	46g
Fats	26g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Quinoa (cooked)	0.8 cup / 198 g
Fresh spinach	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Chopped fresh herbs (parsley, dill)	3.3 tbsp / 49.5 g
Cherry tomatoes, halved	0.8 cup / 123.8 g
Feta cheese, crumbled	1.7 oz / 46.2 g
Salt and pepper	to taste / to taste

Instructions

1. Step 1: Preheat a non-stick skillet over medium heat and add 1/2 tablespoon of olive oil.
2. Step 2: Season the salmon fillet with salt, pepper, and chopped herbs; place it in the skillet and cook for 6-7 minutes on each side or until cooked through.
3. Step 3: While the salmon is cooking, prepare the salad by combining cooked quinoa, fresh spinach, cherry tomatoes, and feta cheese in a bowl.
4. Step 4: Drizzle the remaining olive oil and lemon juice over the salad, and toss gently to combine.
5. Step 5: Serve the salmon on top of the quinoa and spinach salad.

Day 5

3 meals · 1,627 calories

BREAKFAST High-Protein Egg & Veggie Bowl **490 kcal**

LUNCH Savory Chickpea and Spinach Bowl **543 kcal**

DINNER Savory Salmon Quinoa Bowl with Spinach and Avocado **594 kcal**

Protein: 132g Carbs: 139g Fats: 59g

13. High-Protein Egg & Veggie Bowl

This vibrant egg and veggie bowl is designed to support hormone balance and bone health for women over 40. Packed with protein and essential nutrients, it delivers a well-rounded meal in under 30 minutes.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

large eggs	4.2 large / 4.2g
spinach	1.4 cup / 42 g
cherry tomatoes	0.7 cup / 105 g
avocado	0.7 medium / 105 g
olive oil	1.4 tablespoon / 21 ml
feta cheese (optional)	0.4 cup / 49 g
black pepper	to taste / to taste

Instructions

1. Step 1: In a pot, bring water to a boil and gently add the eggs. Boil for 9-10 minutes for hard-boiled eggs, then transfer them to cold water to cool.
2. Step 2: While the eggs are cooking, heat olive oil in a skillet over medium heat. Add spinach and cherry tomatoes, sauté for 4.2-4 minutes until the spinach wilts.
3. Step 4.2: Peel the boiled eggs and slice them in half. Add the sautéed veggies to a bowl, top with eggs, and sprinkle with feta cheese and black pepper.
4. Step 4: Cut the avocado in half, remove the pit, and slice it. Serve alongside the egg and veggie bowl.

14. Savory Chickpea and Spinach Bowl

This protein-packed bowl features chickpeas and spinach, providing essential nutrients for women over 40. Rich in phytoestrogens, omega-3 fatty acids, and calcium, it supports hormone balance, metabolism, bone health, and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

cooked chickpeas	1.6 cup / 372 g
fresh spinach	3.1 cups / 93 g
olive oil	1.6 tablespoon / 23.3 ml
feta cheese, crumbled	0.4 cup / 62 g
sunflower seeds	3.1 tablespoons / 46.5 g
lemon juice	1.6 tablespoon / 23.3 ml
garlic, minced	3 cloves / 9.3 g
black pepper	to taste / to taste

Instructions

1. In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté for about 1 minute until fragrant.
2. Add spinach to the skillet and cook until wilted, about 2-3 minutes.
3. Stir in the cooked chickpeas and lemon juice. Cook for an additional 3-4 minutes until heated through.
4. Remove from heat and transfer to a bowl. Top with crumbled feta cheese and sunflower seeds. Season with black pepper to taste.

15. Savory Salmon Quinoa Bowl with Spinach and Avocado

This nutrient-packed bowl combines omega-3 rich salmon with fiber-rich quinoa, promoting heart health and hormone balance for women over 40. The addition of spinach provides calcium and vitamin D, while avocado offers healthy fats that support metabolism and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	594 kcal
Protein	50g
Carbs	50g
Fats	23g



Ingredients

salmon fillet (fresh or frozen)	6.6 oz / 186.5 g
quinoa (uncooked)	0.8 cup / 148.5 g
spinach (fresh)	3.3 cups / 99 g
avocado (diced)	1 medium / 165 g
olive oil	1.7 tablespoon / 24.8 ml
lemon juice	1.7 tablespoon / 24.8 ml
garlic (minced)	1.5 clove / 1.5 clove
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. Step 1: Rinse the quinoa under cold water, then cook it according to package instructions (usually 1 part quinoa to 2 parts water), which takes about 15 minutes.
2. Step 2: While the quinoa is cooking, heat olive oil in a pan over medium heat. Add minced garlic and salmon fillet, cooking for about 4-5 minutes on each side until the salmon is cooked through and flakes easily.
3. Step 3: In the last minute of cooking the salmon, add fresh spinach to the pan to wilt slightly.
4. Step 4: Once the quinoa is ready, fluff it with a fork and transfer it to a bowl. Top with the cooked salmon, wilted spinach, diced avocado, and drizzle with lemon juice. Season with salt and pepper to taste.



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