



*Menopause Better*

# **Menopause**

# **Diet**

Kickstart Weight Loss With This 5-Day Plan

## The Basics

### Foods to Include

The best diet for menopause includes all food groups to provide your body with the nutrients you need. However, it requires a combination that can promote hormone balance.



# Kickstart Weight Loss With This 5-Day Plan For Menopausal Women

The key is to include these in all meals:

- Enough protein (aim for 15 to 30 grams per meal)
- Healthy fats (aim for 10 to 20 grams per meal)
- A moderate amount of healthy carbs (approximately 1 cup)
- Veggies or fruits

## Choose Anti-inflammatory Foods Most of the Time

Inflammation and excess weight form a vicious cycle, making weight loss much more difficult.

When inflammation and excess weight are present in the body, [the hormone leptin](#) is altered. This hormone tells the brain when it is time to eat and when it is time to stop eating. It also lets the brain know when it's time to speed up or slow the metabolism.

Inflammation can also lead to insulin resistance, which often results in weight gain. But it gets worse when this weight gain further promotes insulin resistance and more weight gain.

## Add Foods Rich in Prebiotics and Probiotics

Early research suggests that [an unhealthy gut is associated with increased fat, decreased metabolic rate, and insulin resistance](#). So, healing your gut might help with weight loss.

Moreover, probiotics are beneficial in reducing inflammation.

## Best Foods to Enjoy in the Menopause Diet

Considering the above information, here are some of the best foods to have in the menopause diet:

### Protein

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|----------------|--|
| Animal protein | Lean turkey, chicken, and fatty fish (salmon, sardines, herring, mackerel) |
|----------------|--|

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|                     |   |
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| Plant-based protein | Legumes:<br>Navy beans, kidney beans, pinto beans, black beans, and other dry beans<br>Chickpeas, green peas, lima beans, and lentils |
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## Fats

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Nuts and seeds    Almonds, cashews, chia seeds, hazelnuts, hemp seeds, pecans, walnuts, and flaxseed

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Healthy fats    Avocados, avocado oil, coconut oil, MCT oil, and olive oil

## Carbohydrates

Barely, oats, buckwheat, millet, quinoa, brown and wild rice, sweet potatoes, and sourdough bread

## Vegetables and Fruits

All vegetables and fruits fit into this diet. However, including the following will provide additional anti-inflammatory benefits.

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|                                  |   |
|----------------------------------|---|
| Cruciferous vegetables           | Broccoli, Brussels sprouts, red and green cabbage, and cauliflower  |
| Leafy green vegetables           | Arugula, collard greens, dandelion greens, kale, mustard greens, spinach, and Swiss chard   |
| Deep yellow or orange vegetables | Acorn squash, butternut squash, carrots, orange and yellow bell peppers, pumpkin, and sweet potatoes  |
| Other vegetables                 | Mushrooms, tomatoes, garlic, onions, leeks, asparagus, jicama root  |
| Fruit                            | Apples, apricots, bananas, blackberries, cherries, grapes, pineapple, strawberries, oranges, mandarins, grapefruit, peaches, plums, pomegranates, raspberries, and watermelon |

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## Herbs and Spices

Cinnamon, nutmeg, turmeric, ginger, garlic, cayenne, black pepper, basil, oregano, cumin, thyme, clove, and cinnamon

## Other Healthy Additions

Sauerkraut, kombucha, kimchi, and miso

## Foods to Limit

In the menopause diet, we are limiting all foods that promote inflammation and are high in calories and low in nutrients.

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## **Avoid**

- Added sugar
- Sugary beverages
- Processed food
- Junk food
- Fried food
- Candy

## **Limit**

- Alcohol
- Coffee

Now, let me put it all together for you.

## 5-Day Meal Plan

Start with a tall glass of water in the morning every day.

### Day 1

Breakfast

Avocado toast

Gluten-free bread, mashed avocado, and top with eggs

Coffee or tea

Lunch

[Black bean and quinoa salad](#)\*

Add grilled chicken or an extra serving of beans

\*Make enough to use for lunch the next day

Dinner

[Honey Turmeric-Black Pepper Shrimp](#)

Snack (optional)

A handful of almonds and an apple

## Day Two

Breakfast

[Turmeric oatmeal](#)

Coffee or tea

Lunch

[Black bean and quinoa salad](#)

or

[Mediterranean chicken wrap](#)

Dinner

[Ultimate anti-inflammatory salad](#)

Snack

A handful of almonds or sunflower seeds

A small piece of dark chocolate (1 square)

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## Day 3

Breakfast

Scrambled eggs with a pinch of turmeric, salt, and black pepper

Corn tortilla

Avocado

Coffee or tea

Lunch

Chickpea-[farro salad](#)

Plain Greek yogurt with berries (optional: add Stevia)

Dinner

[Slow cooker turmeric lentil chili](#)

Snack

Apple with almond butter

## Day 4

Breakfast

# Kickstart Weight Loss With This 5-Day Plan For Menopausal Women

[Smoothie for gut health](#)

Lunch

[Slow cooker turmeric lentil chili](#)

Dinner

Lean protein of choice

Green salad with [anti-inflammatory salad dressing](#)

Snack

[Chocolate-dipped frozen bananas](#)

## **Day 5**

Breakfast

Five-ingredient [healthy banana pancakes](#)

Lunch

[Salmon walnut beet salad](#)

Dinner

[Balsamic basil chicken](#)

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Serve with brown rice or quinoa

Snack

Cocktail cucumbers

Greek yogurt mixed with [Green Goddess](#) spices or dill, lime, salt, and pepper.

## Time and Money-Saving Tips

Repeat meals and snacks. For example, make a large batch of chili and eat it for several meals, or eat the same snacks for a few days.

This will help you cook less and reduce the number of ingredients you need to get.

## Pillars of Weight Loss in Menopause

During menopause, there are so many hormonal changes that losing weight by dieting alone is hard!

For more successful weight loss, consider working on the [other pillars of weight loss](#) for women over 40: sleep, movement, building muscle, decreasing stress, and healing your gut.

Create a lifestyle that makes achieving and maintaining a healthy weight easier.