

"MEDITERRANEAN STYLE"

Perimenopause & Menopause

RECIPES

NO "Added" Sugars



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Nourishing Your Journey Through *Perimenopause & Menopause*

Navigating perimenopause and menopause can often be a tumultuous experience. ***Symptoms ranging from hot flashes to mood swings, from weight gain to disrupted sleep, can be overwhelming.***

But what if you could use nutrition as a gentle, natural way to help alleviate some of these discomforts?

What you eat can significantly influence your journey through perimenopause and menopause. Our bodies change significantly during this time, and the right nutrition can act as a buffer against many of the challenges. ***That's where this recipe guide comes in...***

These recipes have been created specifically with perimenopause and menopause in mind. ***Each dish in this guide prioritises:***

- **Nutrient Density:** Including foods that give you the necessary vitamins, minerals, and other essential nutrients.
- **No Added Sugars:** To ensure that your energy doesn't dip and your mood remains steady, helping you approach each day feeling focused. ***Recipes contain "natural" Sugars.***
- **High Fibre:** For smoother digestion and regular bowel movements, key components for sustaining your ideal weight.
- **Protein:** To support muscle health, keep you feeling full, and fuel your active life.
- **Healthy Fats:** To keep your hormones happy and your skin glowing.

If you're wary about unfamiliar ingredients or complicated cooking methods, please don't be. ***These recipes have clear instructions so you can confidently whip up meals that taste great and serve your body's unique needs during this phase.***

Welcome these recipes into your kitchen and life during perimenopause and menopause. ***Dive in, and let every bite be a step towards better health and well-being.***

30 *Different* Plant-Based Foods



Perimenopause and menopause is undeniably a transformative phase in every woman's life, presenting both physical and emotional challenges.

Hot flashes, mood swings, joint pain, weight gain, disrupted sleep, and digestive issues become a constant challenge for many. And while these symptoms can sometimes seem insurmountable, a simple change in your diet could be the key to help ease them.

Incorporating 30 ***different plant-based foods*** into your diet offers a holistic approach to dealing with perimenopause and menopause challenges.

Each plant food brings a unique blend of nutrients, antioxidants, and phytochemicals. Together, they work to support hormones, help reduce inflammation, improve gut health, and enhance your overall health.

This doesn't mean converting to full-blown veganism (unless you choose to). It means making plant-based foods the focus of your plate and complementing them with your choice of proteins and healthy fats, and complex carbohydrates..

If you're unsure about where to begin, the following recipes will provide you with an excellent starting point. They are designed to be not only delicious but also have clear and straightforward instructions, regardless of your cooking experience.



Perimenopause /
Menopause

Recipes

NUTRIENT-DENSE
NO "ADDED SUGARS"



prep time:
XX minutes



cook time:
XX minutes



servings:
feeds XX



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prep time:
5 minutes



cook time:
6 hours



servings:
feeds 2

Overnight Raspberry Acai Oats

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1 cup Oats
- 1 cup Soy Milk (or milk of your choice)
- 1/2 cup Plain Kefir
- 1/2 cup Plain Greek Yogurt
- 2 tsp Acai Powder
- 1 cup Frozen Raspberries (plus extra for topping)
- 2 tbsp Ground Flax Seed

LET'S GET COOKING:

- 1 Combine all ingredients into a large bowl. Mix well and cover. Store in the fridge overnight.
- 2 Divide between bowls and top with raspberries. Enjoy

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Kefir:** Fermented foods like kefir are rich in probiotics, beneficial bacteria that help maintain a healthy gut flora balance during perimenopause & menopause.
- **Frozen Berries:** Fantastic alternative when fresh local berries aren't in season or available.
- **Flaxseeds:** Rich in lignans and omega-3 fatty acids, which help support hormonal health during perimenopause. Additionally, their fibre content helps with digestion and may possibly reduce cholesterol.

NUTRITION:

Amount per serving	
Calories	365
Fat	9g
Protein	20g
Total Carbs	50g
Net Carbs	41g
Sugar	15g
Fiber	9g



prep time:
5 minutes



cook time:
6 hours



servings:
feeds 2

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PLANT COUNT:

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prep time:
5 minutes



cook time:
10 minutes



servings:
feeds 1

Boiled Eggs *With Avocado* Toast

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 2 Eggs
- 1 slice Whole Grain Bread (Toasted)
- 1/4 Avocado

SALAD

- 1/2 cup Mixed Greens
- 1 tbsp Balsamic Vinegar

LET'S GET COOKING:

- 1 Boil the eggs to your liking - 9 minutes for a slightly softer yolk, 12 minutes for hard-boiled, then allow to cool slightly before peeling.
- 2 Toast the bread then cut your avocado into quarters. Use one quarter and scoop out the flesh into a bowl. Mash it up with a fork, then spread it onto the toast.
- 3 Cut the eggs in half and place them onto the avocado toast. Season with salt and black pepper. Mix the greens with the balsamic vinegar in a small bowl and enjoy as a side.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Eggs:** Packed with nutrients & provide high-quality protein, essential vitamins, and minerals that support overall health. Their diverse nutrients can benefit brain function, bone health and even offer mood-regulating properties, making them a great choice during perimenopause and menopause.
- **Balsamic Vinegar:** Balsamic vinegar may help improve digestion and insulin sensitivity. It may also help with satiety, making it a flavourful addition to overall health.
- **Greens:** Adding leafy greens during perimenopause and menopause offers vital nutrients that support mood, digestion, and cognitive health, making them a must-have for this transformative phase.

NUTRITION:

Amount per serving	
Calories	350
Fat	19g
Protein	19g
Total Carbs	26g
Net Carbs	19g
Sugar	6g
Fiber	7g



prep time:
5 minutes



cook time:
10 minutes



servings:
feeds 1

Boiled Eggs *With Avocado* Toast

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WHAT YOU'LL NEED:

- 2 Eggs
- 1 slice Whole Grain Bread (Toasted)
- 1/4 Avocado

SALAD

- 1/2 cup Mixed Greens
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PLANT COUNT:

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prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 3

Berry Warm Chia Breakfast Dessert

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1/2 cup Chia Seeds
- 2 1/2 cups Soy Milk
- 1 tsp Cinnamon
- 3 servings Collagen Powder
- 1/2 cup Frozen Raspberries
- 1/2 cup Pomegranate Seeds (For topping)
- 3 tbsp Cashews (Crushed, for topping - optional)

LET'S GET COOKING:

- 1 To make a delicious chia seed pudding, combine chia seeds, milk, and cinnamon in a small pan. Over medium heat, gently bring the mixture to a simmer while whisking frequently to prevent clumping.
- 2 As it starts to thicken, turn off the heat and stir in the collagen powder and frozen raspberries. Stir well.
- 3 Divide between bowls and top with the pomegranate seeds and crushed cashew. Enjoy!

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Chia Seed Benefits:** Chia seeds, with their abundance of fibre, omega-3s, and calcium, offer invaluable support for digestion, weight management, hormonal health, mood, bone health, and overall well-being during perimenopause and menopause.
- **No Soy Milk:** Replace with a milk of your choice.
- **Acai Berry Powder:** Add additional nutrients by adding Acai berry Powder to the chia pudding mixture.
- **Leftovers:** Allow to cool, then cover and store a glass container in the fridge for up to 3 days.

NUTRITION:

Amount per serving	
Calories	360
Fat	17g
Protein	23g
Total Carbs	39g
Net Carbs	25g
Sugar	13g
Fiber	14g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 3

Berry Warm Chia Breakfast Dessert

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- 3 tbsp Cashews (Crushed, for topping - optional)

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PLANT COUNT:

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prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 5

Yoghurt Dipping Sauce With Veggies

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 3 cups Plain Greek Yogurt
- 2 1/2 tsp Avocado Oil
- 1 1/4 tsp Garlic Powder
- 2/3 tsp Onion Powder
- 1 1/4 tsp Dried Mint
- Sea Salt & Black Pepper (To taste)
- 2 1/2 Limes (Juiced)
- 1 1/4 Cucumber (Sliced)
- 2 1/2 cups Cherry Tomatoes
- 20 stalks Celery (Cut into bite-sized pieces.)

LET'S GET COOKING:

- 1 In a medium bowl, add the Greek yoghurt and whisk it with garlic powder, onion powder, dried mint, avocado oil, lime juice, and salt.
- 2 Cover and refrigerate for at least 30 minutes for the flavours to blend, or enjoy it immediately.
- 3 Serve this dip with sliced cucumber, celery, bell pepper, or cherry tomatoes. You can replace these veggies with some of your favourite ones.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Prepare In Advance:** Wash and cut up the veggies in advance and store them in a glass container with a lid in the fridge.

NUTRITION:

Amount per serving	
Calories	190
Fat	6g
Protein	16g
Total Carbs	21g
Net Carbs	17g
Sugar	10g
Fiber	4g



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 5

Yoghurt Dipping Sauce With Veggies

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 3 cups Plain Greek Yogurt
- 2 1/2 tsp Avocado Oil
- 1 1/4 tsp Garlic Powder
- 2/3 tsp Onion Powder
- 1 1/4 tsp Dried Mint
- Sea Salt & Black Pepper (To taste)
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PLANT COUNT:

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prep time:
20 minutes



cook time:
50 minutes



servings:
feeds 18

Chocolate *Almond* Protein Balls

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 10 pieces Medjool Dates (1 cup - pitted and soaked in warm water for 10 minutes)
- 1/2 cup Sliced Almonds
- 1 serving Chocolate Protein Powder
- 1/4 cup Cacao Powder
- 1/2 cup Almond Butter
- 2 tsp Vanilla Extract
- 2 tbsps Hemp Seeds
- 1/4 cup Dark Chocolate Chips
- 1/4 tsp Coconut Oil

LET'S GET COOKING:

- 1 Remove the pit from the dates and soak them in hot water for 10 minutes. In a food processor, blend the soaked dates with the almonds, protein powder, cacao powder, almond butter, vanilla extract, and hemp seeds.
- 2 Blend into a smooth paste, then using a mini ice cream scoop (a spoon) divide the dough into 18 equal-sized servings. Using your hands, roll the mixture into small balls about 1 inch in diameter.
- 3 Melt the chocolate (*see pro tips*), then drizzle the protein balls with the melted chocolate and sprinkle with a few hemp seeds if desired. Place them onto a parchment-lined baking tray and onto the fridge to set.
- 4 Store in an airtight container in the refrigerator.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Melt The Chocolate:** In a microwave-safe bowl, combine the dark chocolate chips and coconut oil. Microwave for 30 seconds. Remove the bowl from the microwave and stir the mixture with a spatula. Continue microwaving in 15-second intervals, stirring after each interval, until the chocolate and coconut oil are fully melted. Be careful not to overheat the mixture, as chocolate can burn easily in the microwave.
- **Serving Size:** Use 1-2 protein balls per serving.

NUTRITION:

Serving: Per one protein ball	
Calories	144
Fat	8g
Protein	5g
Total Carbs	15g
Net Carbs	12g
Sugar	11g
Fiber	3g



prep time:
20 minutes



cook time:
50 minutes



servings:
feeds 18

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NUTRITION:

Serving: Per one protein ball

Calories	144
Fat	8g
Protein	5g
Total Carbs	15g
Net Carbs	12g
Sugar	11g
Fiber	3g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1

Kimchi Mayo, *Toasted* Chicken Sandwich

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 2 oz Chicken Breast, Cooked (Shredded)
- 1/4 Avocado (Sliced)
- 1 tbsp Mayonnaise
- 1 slice Whole Grain Bread (Lightly toasted)
- 1 tbsp Kimchi
- 1/2 cup Arugula

LET'S GET COOKING:

- 1 Cook the chicken breast to an internal temperature of 165°F, and let it cool slightly before shredding using two forks.
- 2 To make the kimchi mayo, mix together the mayonnaise and kimchi in a small bowl until well combined. Set aside., then toast the bread until lightly browned and crispy.
- 3 Once the bread is toasted, spread the kimchi mayo on the toasted bread. Layer the sliced avocado, arugula and shredded chicken, then slice the sandwich in half, and serve immediately.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Kimchi:** Kimchi is a fermented food, which means it's packed with probiotics - beneficial bacteria that live in your gut and can help improve digestion and boost your immune system. Ensure you buy this from a reputable source and out of the fridge, NOT off the store shelf, to ensure traditional fermentation.
- **Type Of Kimchi Used:** Beet & Ginger Kimchi was used to develop this recipe, but you can use any "traditional" kimchi or sauerkraut.

NUTRITION:

Amount per serving	
Calories	373
Fat	21g
Protein	24g
Total Carbs	23g
Net Carbs	16g
Sugar	3g
Fiber	7g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1

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PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Tofu Greek Salad

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1 lb Tofu (Cubed choose firm or extra firm)
- 2 tbsp Avocado Oil
- 2 tsp Greek Seasoning
- 1 head Iceberg Lettuce (chopped, approx 4 cups)
- 1 Cucumber (cut lengthwise and sliced into ¼-inch thick pieces)
- 1 Green Bell Pepper (Diced, approx 1 cup)
- 1 cup Cherry Tomatoes (Halved)
- 1 cup Red Onion (Thinly sliced)
- 1/4 cup Pitted Kalamata Olives
- 1/3 cup Mint Leaves
- 1 cup Feta Cheese (Diced)

LET'S GET COOKING:

- 1 Wrap the tofu in a clean, absorbent towel and place a heavy object on top. A cast iron skillet works well to press out the excess liquid. Dice the tofu into cubes, then combine 1 tbsp of the avocado oil, tofu and Greek Seasoning in a bowl. Cover and allow to marinate for 1 hour in the fridge.
- 2 Once the tofu is ready, heat the remaining avocado oil in a cast iron pan and over medium heat, add the tofu with marinade and cook for 10-15 minutes, turning frequently to cook evenly. Remove from the heat to rest and prepare the salad ingredients.
- 3 Place the remaining ingredients into a large bowl. Toss with the Salad Dressing (recipe separate) before dividing into bowls. Add a little dressing at a time and patiently toss until you have the right amount of dressing you can enjoy.
- 4 Evenly divide the salad into bowls and top with the cooked tofu and homemade Tzatziki Sauce - OPTIONAL (recipe included separately).

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Tofu:** Tofu has been a subject of nutritional debate, causing confusion about its health benefits. While many swear by its positive effects, especially during menopause, others remain wary and choose to avoid it, often due to misconceptions.
- **Tofu Benefits:** It is a source of calcium, which is essential for maintaining bone density. Rich in isoflavones (thought to mimic the effects of estrogen in the body), potentially helping with hormone health during perimenopause and menopause.
- **Vegan:** Replace the feta cheese with plant-based cheese if desired.
- **Kalamata Olives:** Rich in monounsaturated fats and antioxidants - help support heart health and reduce inflammation. Their vitamin K content helps with bone protection.

NUTRITION:

Amount per serving	
Calories	325
Fat	22g
Protein	20g
Total Carbs	17g
Net Carbs	12g
Sugar	8g
Fiber	5g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

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PLANT COUNT: 8

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PLANT COUNT:

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prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 8

Greek *Salad Dressing*

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/3 cup Extra Virgin Olive Oil
- 3 tbsp Apple Cider Vinegar
- 1 tbsp Lemon Juice
- 1 Garlic (Cloves, minced)
- 1 tsp Oregano
- 1/4 tsp Sea Salt & Black Pepper (Each)

LET'S GET COOKING:

- 1 Place all ingredients into a small mason jar. Screw the lid on tightly and shake vigorously until all ingredients are mixed.

PRO TIPS:

- **No Olive Oil:** Replace with avocado oil.

NUTRITION:

Amount per serving	
Calories	82
Fat	9g
Protein	0g
Total Carbs	0g
Net Carbs	0g
Sugar	0g
Fiber	0g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 8



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- 1 Garlic (Cloves, minced)
- 1 tsp Oregano
- 1/4 tsp Sea Salt & Black Pepper (Each)

LET'S GET COOKING:

- 1 Place all ingredients into a small mason jar. Screw the lid on tightly and shake vigorously until all ingredients are mixed.
- 2 Store leftovers in the fridge.

PRO TIPS:

- **No Olive Oil:** Replace with avocado oil.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 4



Tzatziki Sauce

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/2 Cucumber (Finely diced)
- 1 cup Plain Greek Yogurt
- 1 tbsp Lemon Juice
- 1 Garlic (Clove, minced)
- 1 tsp Dried Dill
- 1 tbsp Dried Mint
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Combine all of the ingredients together in a medium-sized bowl. Cover and store in the fridge for up to 4 days until ready to use.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Vegan Option:** Replace the Greek yoghurt with unsweetened coconut yoghurt. This will alter the protein content and reduce it to 2g.
- **Greek Yoghurt:** A type of yoghurt that's strained to remove most of the whey, resulting in a thicker, creamier texture than regular yoghurt. It is also a good source of protein and probiotics, which are friendly bacteria that live in the gut microbiome.
- **Lactose-Free:** Choose Lactose-Free Greek Yoghurt.
- **Serving Size:** use 1/4 cup per serving.

NUTRITION:

Amount per serving	
Calories	55
Fat	1g
Protein	6g
Total Carbs	6g
Net Carbs	5g
Sugar	2g
Fiber	1g



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 4



Tzatziki Sauce

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/2 Cucumber (Finely diced)
- 1 cup Plain Greek Yogurt
- 1 tbsp Lemon Juice
- 1 Garlic (Clove, minced)
- 1 tsp Dried Dill
- 1 tbsp Dried Mint
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Combine all of the ingredients together in a medium-sized bowl. Cover and store in the fridge for up to 4 days until ready to use.

PRO TIPS:

- **Vegan Option:** Replace the Greek yoghurt with unsweetened coconut yoghurt. This will alter the protein content and reduce it to 2g.
- **Greek Yoghurt:** A type of yoghurt that's strained to remove most of the whey, resulting in a thicker, creamier texture than regular yoghurt. It is also a good source of protein and probiotics, which are friendly bacteria that live in the gut microbiome.
- **Lactose-Free:** Choose Lactose-Free Greek Yoghurt.
- **Serving Size:** use 1/4 cup per serving.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 4



Creamy Chicken Orzo Soup

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1/2 cup Orzo (Cooked)
- 1 tbsp Avocado Oil
- 6 cups Mushrooms (Roughly chopped)
- 1 Yellow Onion (Diced)
- 2 Carrot (Medium, washed, unpeeled, sliced - 2 heaped cups)
- 3 Garlic (Cloves, minced.)
- 16 oz Chicken Breast (Diced - About 2 chicken breasts)
- 1 tsp Dried Thyme
- 1 Lemon (Zest)
- 1 cup Chicken Broth
- 2 cups Canned Coconut Milk

LET'S GET COOKING:

- 1 Prepare the orzo as directed on the packet, drain, rinse with cold water and then set aside. Over medium-high heat, add the avocado oil and mushrooms to a large pot and season with salt and black pepper. Cook without stirring for 5-10 minutes. Stir, then cook until the mushrooms are a nice brown colour (approx another 10 minutes).
- 2 Next, add the onions and cook for 3-4 minutes, until they are softened. Turn the heat to medium and stir in the carrots, garlic, diced chicken, and thyme. Stir well to combine everything together. Cook for 5-6 minutes.
- 3 Stir in the lemon zest, chicken broth, canned coconut milk and bring to a boil. Turn heat to low-medium, cover and simmer for 20 minutes. Add the cooked orzo and stir to combine into the soup before serving.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**

PRO TIPS:

- **Optional Ingredients To Add:** Stir in 2 tbsp of Tamari for more flavour. Add 1 tbsp of miso paste (dissolved in water) once the soup has been removed from the heat. Both ingredients are salty, therefore, wait to season the soup with salt until these are added.
- **Vegan Option:** Replace the chicken with cooked chickpeas and substitute the chicken broth with vegetable broth.
- **Toppings:** Sauteed balsamic mushrooms add a lovely flavour as a topping.
- **No Orzo:** Replace with cooked brown rice pasta, wholegrain spaghetti, or quinoa, or omit it altogether for fewer carbs.

NUTRITION:

Amount per serving	
Calories	497
Fat	29g
Protein	34g
Total Carbs	26g
Net Carbs	22g
Sugar	9g
Fiber	4g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 4



Creamy Chicken Orzo Soup

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1/2 cup Orzo (Cooked)
- 1 tbsp Avocado Oil
- 6 cups Mushrooms (Roughly chopped)
- 1 Yellow Onion (Diced)
- 2 Carrot (Medium, washed, unpeeled, sliced - 2 heaped cups)
- 3 Garlic (Cloves, minced.)
- 16 oz Chicken Breast (Diced - About 2 chicken breasts)
- 1 tsp Dried Thyme
- 1 Lemon (Zest)
- 1 cup Chicken Broth
- 2 cups Canned Coconut Milk

LET'S GET COOKING:

- 1 Prepare the orzo as directed on the packet, drain, rinse with cold water and then set aside. Over medium-high heat, add the avocado oil and mushrooms to a large pot and season with salt and black pepper. Cook without stirring for 5-10 minutes. Stir, then cook until the mushrooms are a nice brown colour (approx another 10 minutes).
- 2 Next, add the onions and cook for 3-4 minutes, until they are softened. Turn the heat to medium and stir in the carrots, garlic, diced chicken, and thyme. Stir well to combine everything together. Cook for 5-6 minutes.
- 3 Stir in the lemon zest, chicken broth, canned coconut milk and bring to a boil. Turn heat to low-medium, cover and simmer for 20 minutes. Add the cooked orzo and stir to combine into the soup before serving.

PRO TIPS:

- **Optional Ingredients To Add:** Stir in 2 tbsp of Tamari for more flavour. Add 1 tbsp of miso paste (dissolved in water) once the soup has been removed from the heat. Both ingredients are salty, therefore, wait to season the soup with salt until these are added.
- **Vegan Option:** Replace the chicken with cooked chickpeas and substitute the chicken broth with vegetable broth.
- **Toppings:** Sautéed balsamic mushrooms add a lovely flavour as a topping.
- **No Orzo:** Replace with cooked brown rice pasta, wholegrain spaghetti, or quinoa, or omit it altogether for fewer carbs.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Zesty Tuna & Pickle Sandwich

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/2 can Tuna (Light, Skipjack, drained)
- 1 stalk Green Onion (Diced)
- 1 tbsp Mayonnaise
- 2 Cherry Tomatoes (Sliced)
- 1 Baby Pickle
- 1 slice Whole Grain Bread
- 1/2 cup Mixed Greens

LET'S GET COOKING:

- 1 Drain the can of tuna and transfer it to a medium mixing bowl. Add the mayonnaise to the bowl and use a fork to mix the tuna and mayonnaise together until well combined.
- 2 Finely chop 1/2 of the dill pickle and add it to the bowl, mixing until evenly distributed throughout the tuna mixture.
- 3 Toast the whole grain bread (optional) until lightly golden brown. While the bread is still warm, spread the tuna mixture and add the washed chopped greens and sliced tomatoes on top.
- 4 Serve the sandwich with the other half of the dill pickle on the side, and enjoy.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**

PRO TIPS:

- **Make It Spicy:** Add finely chopped chilli peppers or a few drops of hot sauce to the tuna mixture before spreading it on the bread.
- **Fewer Carbs Option:** Omit the bread and serve on a bed of mixed greens with balsamic dressing.

NUTRITION:

Amount per serving	
Calories	335
Fat	13g
Protein	24g
Total Carbs	31g
Net Carbs	24g
Sugar	11g
Fiber	7g



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Zesty Tuna & Pickle Sandwich

PLANT COUNT: 5

WHAT YOU'LL NEED:

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PRO TIPS:

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- **Fewer Carbs Option:** Omit the bread and serve on a bed of mixed greens with balsamic dressing.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
15 minutes



cook time:
30 minutes



servings:
feeds 18

Matcha Almond Butter Oat Protein Balls

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 10 pieces Medjool Dates (1 cup - pitted and soaked in how water for 10 minutes)
- 1 cup Oats
- 1 serving Vanilla Protein Powder
- 1 tbs Matcha Powder
- 1/2 cup Almond Butter
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 2 tbs Unsweetened Shredded Coconut

LET'S GET COOKING:

1 In a food processor, blend the **soaked** dates until they form a smooth paste, scraping down the sides of the blender if needed. Add the rolled oats and process until they are finely chopped. Add the protein powder, matcha powder, peanut butter, hemp seeds and cinnamon.

2 Process until the mixture comes together in a sticky dough. Roll the mixture into small balls, about 1 inch in diameter. Wet hands slightly to roll into the shredded coconut. Place the balls on a parchment-lined tray and refrigerate for at least 30 minutes to firm up. Store in an airtight container in the refrigerator.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Matcha Powder:** Abundant in L-theanine, supports relaxation, reduces LDL cholesterol, enhances focus, memory, and overall cognitive function, provides a sustained energy lift, and can be easily incorporated into beverages and baked treats.
- **Hemp Seeds:** Packed with essential fatty acids, complete proteins, and vital minerals. They can support heart health, alleviate menopausal symptoms, and promote skin and digestive well-being during perimenopause.

NUTRITION:

Amount per one protein ball	
Calories	112
Fat	5g
Protein	4g
Total Carbs	16g
Net Carbs	14g
Sugar	9g
Fiber	2g



prep time:
15 minutes



cook time:
30 minutes



servings:
feeds 18

Matcha Almond Butter Oat Protein Balls

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 10 pieces Medjool Dates (1 cup - pitted and soaked in how water for 10 minutes)
- 1 cup Oats
- 1 serving Vanilla Protein Powder
- 1 tbsp Matcha Powder
- 1/2 cup Almond Butter
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 2 tsp Unsweetened Shredded Coconut

LET'S GET COOKING:

- 1 In a food processor, blend the **soaked** dates until they form a smooth paste, scraping down the sides of the blender if needed. Add the rolled oats and process until they are finely chopped. Add the protein powder, matcha powder, peanut butter, hemp seeds and cinnamon.
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- **Hemp Seeds:** Packed with essential fatty acids, complete proteins, and vital minerals. They can support heart health, alleviate menopausal symptoms, and promote skin and digestive well-being during perimenopause.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 2

Cajun Spiced Chicken With Beet Salad

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 8 oz Chicken Breast (Can be replaced with salmon)
- 1/2 cup Microgreens
- 1 tbsp Cajun Seasoning
- 1/2 cup Roasted Beets (Cubed)
- 1 tbsp Avocado Oil
- 1/4 cup Goat Cheese (Crumbled)
- 4 cups Mixed Greens
- 1/4 cup Pecans (Crushed)

LET'S GET COOKING:

- 1 **To tenderise the chicken, follow the instructions provided in the Pro Tips section.** Once it is uniformly thinned out, apply the avocado oil and cajun spice for seasoning.
- 2 Heat a cast iron skillet over medium heat for a few minutes. Add the chicken and cook it on one side for 4-5 minutes. Flip it over and cook on the other side for another 4-5 minutes. Once it's done, remove it from the heat and wrap the chicken in aluminium foil to rest while you prepare the salad. It should reach an internal temperature of 165°F once fully cooked.
- 3 Arrange the salad greens & microgreens onto two plates and toss them with the Raspberry and Pomegranate Vinegarette Salad Dressing (recipe separate). Top with the roasted beets, crumbled goat's cheese and crushed pecans.
- 4 Slice the cooked chicken and place it on top of the salad to enjoy. **For more carbs:** use 1/4 cup of cooked quinoa sprinkled onto the salad.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Tenderise The Chicken:** Using a meat mallet to pound boneless chicken breasts into an even thickness will ensure they cook evenly. Cover the meat with a piece of plastic wrap to prevent small pieces of meat from scattering over your countertop when you pound it.
- **How to Tenderise the Chicken:** Using a meat mallet, go back and forth over the chicken until it's thinned out evenly. This will make it more tender, and cooking time will be much quicker. **Please DO NOT do this with chicken that has bones.** It has to be boneless. Otherwise, the bones will splinter.

NUTRITION:

Amount per one protein ball	
Calories	355
Fat	22g
Protein	31g
Total Carbs	9g
Net Carbs	5g
Sugar	3g
Fiber	4g



prep time:
5 minutes



cook time:
15 minutes



servings:
feeds 2

Cajun Spiced Chicken With Beet Salad

PLANT COUNT: 5

WHAT YOU'LL NEED:

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- 1/2 cup Microgreens
- 1 tbsp Cajun Seasoning
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LET'S GET COOKING:

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PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking Quinoa

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Quinoa
- 2 cups Water

Additional Gut Nourishment: Use *bone broth* instead of water to cook the quinoa for additional gut nourishment.

LET'S GET COOKING:

- 1 Add the dry quinoa to a sieve and rinse under cold water. Then place the quinoa and water (or bone broth) into a medium-sized pan. Over high heat, bring to a boil.
- 2 Once boiling, turn off the heat and cover the pan with a lid. Allow to sit (with no heat), and the quinoa will continue to cook and soak up the water. This usually takes 15-20 minutes.
- 3 Once no water (or broth) is left, transfer it to a glass bowl, cover and store it in the fridge until you're ready to use.

PRO TIPS:

- **Batch Cook:** Make this ahead of time and store in a glass container in the fridge.
- **Quinoa Benefits:** Quinoa is an excellent source of fibre. It's gluten-free and offers all nine essential amino acids.

NUTRITION:

Amount per serving	
Calories	156
Fat	3g
Protein	6g
Total Carbs	27g
Net Carbs	24g
Sugar	0g
Fiber	3g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking Quinoa

PLANT COUNT: 1

WHAT YOU'LL NEED:

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- 2 cups Water

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PRO TIPS:

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- **Quinoa Benefits:** Quinoa is an excellent source of fibre. It's gluten-free and offers all nine essential amino acids.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Miso Shrimp With *Black Bean Pasta*

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 Garlic (Cloves, minced)
- 2 tsp Ginger (Fresh, grated)
- 1 Lime (Juiced)
- 1 lb Shrimp (Raw, deveined)
- 3 1/2 ozs Black Bean Spaghetti (Dry weight)
- 1 tbsp Avocado Oil
- 1 tsp Ghee (Optional)
- 1 Orange Bell Pepper (Thinly Sliced)
- 2 tbsp Miso Paste (White)

LET'S GET COOKING:

- 1 Mix the minced garlic, grated ginger and lime juice in a medium-sized bowl, then stir in the shrimp. Allow to marinate in the fridge, covered for 30 minutes.
- 2 Cook the black bean pasta as directed on the packet. Once cooked, drain and rinse with cold water to prevent further cooking.
- 3 Add the avocado oil and ghee (if using) to a large cast iron pan, and over medium heat, cook the sliced orange bell pepper for 3-4 minutes. Then stir in the shrimp and marinade.
- 4 Cook the shrimp for 8-10 minutes (until fully cooked), they have turned a nice pink colour, and the flesh is opaque rather than translucent. Remove from the heat. Mix the miso paste with a little warm water in a small bowl and stir until completely dissolved, then add this to the shrimp mixture.
- 5 Add the cooked black bean pasta to the pan to warm through before serving.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Benefits of Black Bean Pasta:** Black Bean Spaghetti is an excellent source of fibre and protein per serving. It's gut-nourishing and incredibly nutrient-dense and satiating.
- **No Black Bean Pasta:** Replace with chickpea, brown rice or wholegrain pasta.

NUTRITION:

Amount per one protein ball	
Calories	260
Fat	7g
Protein	32g
Total Carbs	17g
Net Carbs	11g
Sugar	3g
Fiber	6g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Miso Shrimp With *Black Bean Pasta*

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 Garlic (Cloves, minced)
- 2 tsp Ginger (Fresh, grated)
- 1 Lime (Juiced)
- 1 lb Shrimp (Raw, deveined)
- 3 1/2 ozs Black Bean Spaghetti (Dry weight)
- 1 tbsp Avocado Oil
- 1 tsp Ghee (Optional)
- 1 Orange Bell Pepper (Thinly Sliced)
- 2 tbsp Miso Paste (White - dissolved in warm water)

LET'S GET COOKING:

- 1 Mix the minced garlic, grated ginger and lime juice in a medium-sized bowl, then stir in the shrimp. Allow to marinate in the fridge, covered for 30 minutes.
- 2 Cook the black bean pasta as directed on the packet. Once cooked, drain and rinse with cold water to prevent further cooking.
- 3 Add the avocado oil and ghee (if using) to a large cast iron pan, and over medium heat, cook the sliced orange bell pepper for 3-4 minutes. Then stir in the shrimp and marinade.
- 4 Cook the shrimp for 8-10 minutes (until fully cooked), they have turned a nice pink colour, and the flesh is opaque rather than translucent. Remove from the heat. Mix the miso paste with a little warm water in a small bowl and stir until completely dissolved, then add this to the shrimp mixture.
- 5 Add the cooked black bean pasta to the pan to warm through before serving.

PRO TIPS:

- **Benefits of Black Bean Pasta:** Black Bean Spaghetti is an excellent source of fibre and protein per serving. It's gut-nourishing and incredibly nutrient-dense and satiating.
- **No Black Bean Pasta:** Replace with chickpea, brown rice or wholegrain pasta.

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 6

Chicken & Chickpea Coconut Curry

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 Yellow Onion (Diced)
- 1/3 cup Thai Red Curry Paste
- 2 cups Chickpeas (Cooked, drained and rinsed)
- Sea Salt & Black Pepper (To taste)
- 2 Garlic (Cloves, minced)
- 1 tbsp Ginger (Minced)
- 8 oz Chicken Breast (Cooked & shredded)
- 2 cups Canned Coconut Milk
- 2 cups Bone Broth
- 2 cups Frozen Green Beans
- 1 cup Wild Rice (Cooked)

LET'S GET COOKING:

- 1 Cook the wild rice as per packet instructions, and then set aside. Over medium heat, add the avocado oil and diced onion to a large pan and cook for 4-5 minutes until translucent. Stir in the chickpeas, red curry paste and season with salt and black pepper.
- 2 Cook for 5 minutes, then add the minced garlic and fresh ginger. Stir well to coat the chickpea mixture before adding the shredded chicken, coconut milk and bone broth.
- 3 Add the frozen green beans, turn the heat to high, and bring the curry to a boil. Once boiling, reduce to medium heat and allow to simmer for 10 minutes. Remove from the heat and stir in the lime juice and chopped cilantro.
- 4 Serve with cooked wild rice. Enjoy!

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Fewer Carbs:** Omit the cooked wild rice.
- **Gut Nourishment:** Stir in 1 tbsp of miso paste once the curry has been removed from the heat. Dissolve the miso paste in warm water before adding it to the pot.

NUTRITION:

Amount per one protein ball	
Calories	459
Fat	20g
Protein	23g
Total Carbs	47g
Net Carbs	39g
Sugar	7g
Fiber	8g



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 6

Chicken & Chickpea Coconut Curry

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 Yellow Onion (Diced)
- 1/3 cup Thai Red Curry Paste
- 2 cups Chickpeas (Cooked, drained and rinsed)
- Sea Salt & Black Pepper (To taste)
- 2 Garlic (Cloves, minced)
- 1 tbsp Ginger (Minced)
- 8 oz Chicken Breast (Cooked & shredded)
- 2 cups Canned Coconut Milk
- 2 cups Bone Broth
- 2 cups Frozen Green Beans
- 1 cup Wild Rice (Cooked)

LET'S GET COOKING:

- 1 Cook the wild rice as per packet instructions, and then set aside. Over medium heat, add the avocado oil and diced onion to a large pan and cook for 4-5 minutes until translucent. Stir in the chickpeas, red curry paste and season with salt and black pepper.
- 2 Cook for 5 minutes, then add the minced garlic and fresh ginger. Stir well to coat the chickpea mixture before adding the shredded chicken, coconut milk and bone broth.
- 3 Add the frozen green beans, turn the heat to high, and bring the curry to a boil. Once boiling, reduce to medium heat and allow to simmer for 10 minutes. Remove from the heat and stir in the lime juice and chopped cilantro.
- 4 Serve with cooked wild rice. Enjoy!



PRO TIPS:

- **Fewer Carbs:** Omit the cooked wild rice.
- **Gut Nourishment:** Stir in 1 tbsp of miso paste once the curry has been removed from the heat. Dissolve the miso paste in warm water before adding it to the pot.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

Sample Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
ON WAKING	Green Tea 	Green Tea 	Green Tea 	Green Tea 	Green Tea 	Green Tea 	Green Tea 
	Overnight Raspberry Acai Oats 	Overnight Raspberry Acai Oats 	Boiled Eggs With Avocado Toast 	Boiled Eggs With Avocado Toast 	Berry Warm Chia Breakfast Dessert 	Berry Warm Chia Breakfast Dessert 	Berry Warm Chia Breakfast Dessert 
MORNING SNACK	Yoghurt Dipping Sauce With Veggies 	Yoghurt Dipping Sauce With Veggies 	Yoghurt Dipping Sauce With Veggies 	Chocolate Almond Protein Balls 	Chocolate Almond Protein Balls 	Yoghurt Dipping Sauce With Veggies 	Yoghurt Dipping Sauce With Veggies 
	Kimchi Mayo, Toasted Chicken Sandwich 	Tofu Greek Salad & Dressing 	Kimchi Mayo, Toasted Chicken Sandwich 	Tofu Greek Salad & Dressing 	Creamy Chicken Orzo Soup 	Zesty Tuna & Pickle Sandwich 	Zesty Tuna & Pickle Sandwich 
AFTERNOON SNACK	Matcha Almond Butter Oat Protein Balls 	Matcha Almond Butter Oat Protein Balls 	Matcha Almond Butter Oat Protein Balls 	Matcha Almond Butter Oat Protein Balls 	Matcha Almond Butter Oat Protein Balls 	Chocolate Almond Protein Balls 	Chocolate Almond Protein Balls 
	Cajun Spiced Chicken & Beet Salad 	Miso Shrimp With Black Bean Pasta 	Cajun Spiced Chicken & Beet Salad 	Miso Shrimp With Black Bean Pasta 	Chicken & Chickpea Coconut Curry 	Chicken & Chickpea Coconut Curry 	Creamy Chicken Orzo Soup 
ON WAKING	Chamomile Tea 	Chamomile Tea 	Chamomile Tea 	Chamomile Tea 	Chamomile Tea 	Chamomile Tea 	Chamomile Tea 

Sample Shopping List

PRODUCE

- 1 Avocado
- 1 Lemon
- 3 Limes
- 1/2 cup Pomegranate Seeds
- 1/2 cup Roasted Beets
- 1 cup Arugula
- 2 Carrots
- 20 Celery Stalks
- 4 Cherry Tomatoes
- 1 Cucumber
- 8 Garlic Cloves
- Fresh Ginger
- 1 Green Bell Pepper
- Green Onions
- Iceberg Lettuce
- Microgreens
- 1/3 cup Mint Leaves
- Mixed Greens
- 6 cups Mushrooms
- 1 Orange Bell Pepper
- Red Onion
- Yellow Onions

BOX, CAN, JAR

- Black Bean Spaghetti
- 2 cups Bone Broth
- 4 cups Canned Coconut Milk
- 1 cup Chicken Broth
- 2 cups Chickpeas
- Matcha Powder
- 1/2 cup Orzo
- 1 can Tuna
- 1 cup Wild Rice
- Pitted kalamata Olives

PROTEIN

- 2lb Chicken Breast
- 4 oz Cooked Chicken
- 1 lb Shrimp
- 1 lb Tofu

NUTS & SEEDS

- Cashews
- Chia Seeds
- Ground Flax Seed
- Hemp Seeds
- Pecans
- Sliced Almonds

SPICES/DRIED HERBS

- Cajun Seasoning
- Cinnamon
- Dried Mint
- Dried Thyme
- Garlic Powder
- Greek Seasoning
- Onion Powder
- Oregano
- Salt & Black Pepper

Other

- Acai Berry Powder
- Cacao Powder
- Dark Chocolate Chips
- Medjool Dates
- Oats
- Unsweetened Shredded Coconut
- Vanilla Extract
- Wholegrain Bread

CONDIMENTS & OILS

- Apple Cider Vinegar
- Avocado Oil
- Baby Pickles
- Balsamic Vinegar
- Coconut Oil
- Ghee
- Olive Oil
- Kimchi
- Mayonnaise
- Miso Paste
- Tahini
- Ghee
- Tamari
- Thai Red Curry Paste

COLD

- Eggs
- Feta Cheese
- Goats Cheese
- Plain Greek Yoghurt
- Plain Kefir
- Soy Milk

FROZEN

- 2 cups frozen Green Beans
- 1 1/2 cups Frozen Raspberries

NOTES