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## FIT MENOPAUSE METHOD

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# Meal Plan

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\*Meal plan is to be used as you wish. Breakfasts can be lunches, lunches can be dinner, dinners can be breakfasts, etc. If you need to swap out an ingredient and need a recommendation, please ask.

## BREAKFAST OPTIONS

### Asparagus Frittata

Recipe by [sweetandsavorymeals.com](http://sweetandsavorymeals.com)

**Prep Time:** 10 minutes **Cook Time:** 20 minutes

**Total Time:** 30 minutes **Servings:** 4

#### Ingredients

- 2 tablespoons unsalted butter
- 1 pound asparagus ends trimmed and cut into 1-inch pieces
- 1 cup mushrooms sliced
- 1 cup cherry tomatoes halved
- 8 large eggs
- 1 cup shredded mozzarella cheese divided
- 1 cup shredded cheddar cheese divided
- 1/2 cup grated Parmesan cheese
- 1/2 cup feta cheese crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup green onions chopped

**Garnish:** Green onions



**Instructions:** Preheat the oven to 350 degrees F.

- In a medium bowl, whisk eggs and add 1/2 cup shredded mozzarella cheese, 1/2 cup shredded cheddar cheese, and 1/2 cup grated parmesan cheese. Whisk to combine. Add salt and pepper. Set aside.
- Melt butter in a 10-inch cast iron skillet over medium heat.
- Add chopped asparagus and mushrooms, sprinkle with salt, and sauté until tender, about 5 minutes. Add tomatoes and sauté for another 2 minutes.
- Stir the egg mixture and add it to the skillet, folding gently to combine with the veggies. Cook until almost set.
- Sprinkle remaining 1/2 cup mozzarella cheese and 1/2 cup cheddar cheese on top. Sprinkle the feta cheese on top and green onions.
- Bake in the preheated oven until the frittata is puffed and the cheese begins to turn lightly golden in color, about 10 minutes.
- Garnish with green onions before serving.
- Cut into wedges and serve.

#### Nutrition

Protein 35g, Carbohydrates 10g, Fat 37g, Dietary fiber 3g

## BREAKFAST OPTIONS

### Breakfast Egg Muffins

Recipe by [galonamission.com](http://galonamission.com)

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Servings:** 6

#### Ingredients

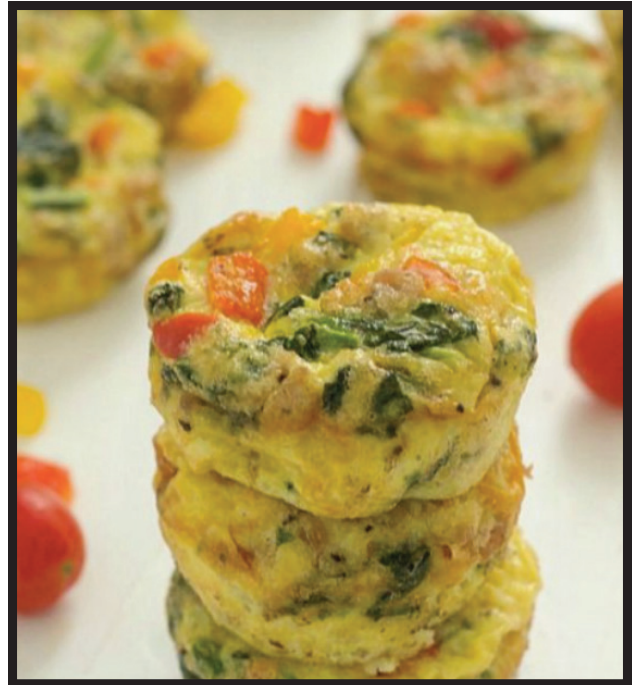
- 9 large eggs
- 8 ounces ground breakfast sausage
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 sweet potato chopped
- ½ cup frozen chopped kale
- ¼ tsp freshly ground pepper

#### Instructions

- Preheat oven to 350 degrees, spray a muffin tin with non-stick cooking spray or place silicone baking cups in muffin tin. (\*\*\*)I prefer to cook in a casserole dish then cut into serving sizes)
- Make the ground sausage or if using store-bought sausage, brown the sausage in a skillet over medium heat. Discard the grease.
- In a large mixing bowl whisk together the eggs, sausage, red and yellow bell pepper, sweet potato, kale, and pepper together until combined.
- Pour the mixture into the muffin tin and only fill ¾ of the way and bake for 20-25 minutes. Allow the muffins to cool, then remove from muffin tin.

#### Nutrition

Carbohydrates: 5.45g Protein: 10g Fat: 8.3g Fiber: 2g



## BREAKFAST OPTIONS

# Glowing Green Smoothie

Recipe by [eatingwell.com](http://eatingwell.com)

**Total Time:** 5 minutes

**Servings:** 4

### Ingredients

- 2 cups cold filtered water
- 6 cups chopped romaine lettuce (1 small head)
- 7 cups chopped spinach (1 medium bunch)
- 1½ cups chopped celery (about 3-4 stalks halved)
- 1 medium apple, cored and coarsely chopped
- 1 medium pear, cored and coarsely chopped
- 1 medium banana, peeled and cut in thirds
- 1/2 of fresh lemon, peeled and seeded
- 1/2 cup minced fresh cilantro (stems are okay)(optional)
- 1/2 cup minced fresh parsley (stems are okay)(optional)

### Instructions

1. Fill the blender with 2 cups of water. Blend the spinach and romaine until smooth.
2. Add the celery, apple, pear, and herbs (if using) and blend again until smooth.
3. Finally, add the lemon juice and banana, and do your last blend.
4. Pour and eat fresh!

### Nutrition

Carbohydrates 23.8g, Protein 2.8g, Fat 0.5g, Dietary fiber 5.2g

If making this a meal add the following

\*\*\*For added protein, add in an appropriate scoop to hit 15-20 grams per serving.

\*\*\*For added fat, add in 1 tbsp of your favorite nut butter (9grams) or 1/4 cup of avocado (5.25 grams)



## BREAKFAST OPTIONS

### Loaded Breakfast Hash

Recipe by [paleorunningmomma.com](http://paleorunningmomma.com)

**Prep Time:** 10 minutes **Cook Time:** 15 minutes

**Total Time:** 25 minutes **Servings:** 5

#### Ingredients

- 2 medium sweet potatoes peeled and diced small (1/2")
- 1 lb ground pork OR chicken, or beef
- Salt and pepper
- Spice mixture below OR 1 1/2 Tbsp Primal Palate Breakfast Blend
- 1 tsp cinnamon
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp sage
- 1/2 tsp turmeric
- 1 large honey crisp apple diced
- 3 cups kale chopped + 1-2 Tbsp water or broth
- 2-3 Tbsp ghee or coconut oil, for cooking

#### Instructions

- For this recipe, you'll brown the meat separately from the potatoes, I like to do this in two skillets side by side, but you can also use the same one, browning the meat first and setting it aside.
- Brown meat in about 1 tbsp coconut oil or ghee, sprinkling with salt, pepper, and half the seasoning, once browned, set aside.
- In a large skillet, add 1-2 Tbsp ghee and heat to med/hi. Add potatoes, sprinkle with salt and pepper, cook about 2 minutes uncovered, stirring to brown.
- Cover the skillet and lower heat to medium, cook another 3-5 minutes, stirring once midway, until soft. Uncover and add apples, kale and water or broth, then cove again and cook 1-2 minutes, uncover and sprinkle with remaining seasoning. Continue to cook another minute uncovered or until toasty.
- Add browned meat to potato mixture and stir, cook another 30 seconds to warm and then remove from heat, serve right away. Enjoy!

#### Nutrition

Carbohydrates: 21g Protein: 18g Fat: 25g Fiber: 2g





## BREAKFAST OPTIONS

### Sweet Potato Breakfast Bowl

Recipe by healthy-liv.com

**Prep Time:** 5 minutes

**Cook Time:** 1 hour and 20 minutes

**Total Time:** 1 hour and 25 minutes

**Servings:** 2

#### Ingredients

- 16 oz. sweet potato (1 very large or 2 small)
- Optional: 1 tbsp honey to taste\* OR half of a small, slightly ripe mashed banana for sweetness
- Cinnamon, to taste
- 2 tablespoons raisins
- 2 tablespoons chopped nuts
- 2 tablespoons almond butter

#### Instructions

- Preheat oven to 375 degrees. Wash and lightly dry sweet potato(es). Poke with a fork several times and wrap in aluminum foil. Bake large sweet potato for around 70-80 minutes, or smaller sweet potatoes for around 60-65 minutes, until a fork can easily pierce through the entire sweet potato. Let cool for at least five minutes before peeling. \*\*\*To speed up time, poke with holes and put in microwave for 10 minutes or 5 minutes each.)
- Peel cooled sweet potato and lightly mash with cinnamon and honey (or half of a mashed banana).
- Top with raisins and chopped nuts and other toppings if desired. If enjoying right away, drizzle with almond butter. If enjoying later, top with almond butter just before serving and reheating.

**Nutrition** (does not include optional honey or banana)

Carbohydrates 58g, Protein 7g, Fat 12g, Dietary fiber 9g

\*\*\*For added protein on the side of this meal, add in an egg and an egg white for 9.6 gram of protein, 1/2 cup cottage cheese for 12 grams, 8oz plain greek yogurt for 18grams of protein, tempeh 1/2 cup for 15 grams of protein, or 1/2 cup of tofu for 10.1 grams.



## BREAKFAST OPTIONS

# Berry-Almond Smoothie Bowl

Recipe by eatingwell.com

**Total Time:** 10 minutes

**Servings:** 1

### Ingredients

- $\frac{2}{3}$  cup frozen raspberries
- $\frac{1}{2}$  cup frozen sliced banana
- $\frac{1}{2}$  cup plain unsweetened almond milk
- 5 tablespoons sliced almonds, divided
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground cardamom
- $\frac{1}{8}$  teaspoon vanilla extract
- $\frac{1}{4}$  cup blueberries
- 1 tablespoon unsweetened coconut flakes



### Instructions

Step 1

- Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth.

Step 2

- Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

### Nutrition

Serving Size is 1  $\frac{1}{3}$  cups

Carbohydrates 45.6g, Protein 9.2g, Fat 19g, Dietary fiber 14g

\*\*\*For added protein, add in a scoop of protein powder that would hit a total of between 15-20 grams for this meal\*\*\*

## LUNCH/DINNER OPTIONS

# Chicken Naan Hummus Wraps

Recipe by [therisingspoon.com](http://therisingspoon.com)

**Total Time:** 15 minutes

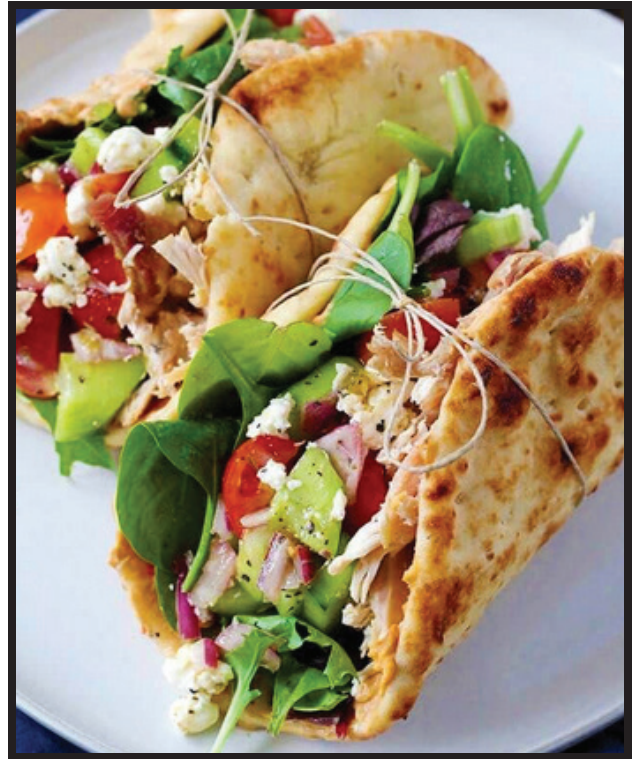
**Servings:** 4

### Ingredients

- 4 pieces of naan bread
- 1 cup of roasted red pepper hummus
- 4 cups of organic spring mix
- 3 cups of shredded cooked chicken
- 2 cups of the veggie mixture with dressing optional
- 4 tablespoons of full-fat feta cheese or goat cheese
- For garnish (added to each wrap):
- 1 1/2 teaspoons of extra vinaigrette or juice from the veggies
- Sea salt & black pepper, to taste
- Drizzle of good-quality extra virgin olive oil
- For The Veggie Mixture:
- 1/2 cup of peeled, sliced & quartered cucumber
- 1 cup of quartered cherry tomatoes
- 1/2 cup of peeled & diced red onion\*
- 1/4-1/3 cup of homemade red wine vinaigrette

### Instructions

- Turn on your oven's LOW broil setting and pop the naan bread pieces onto the middle rack. Warm & slightly toast each side for about 3-5 minutes, or you can warm in a skillet on the stove or in a toaster oven if you don't want to turn on your oven.
- Meanwhile, prep the cucumber, tomatoes, and red onion and add the chopped veggies to a medium-sized bowl. Pour vinaigrette over the veggie mixture and toss the vegetables until they're well coated.
- Lay the naan bread pieces on a cutting board or baking sheet with the inside facing up (the side that's less charred).
- Prepare each naan wrap as follows: Spread 1/4 cup of hummus across the whole surface, place 1 cup of spring mix on half the naan, then the cooked shredded chicken on the other half. Scoop 1/2 cup of the veggie mixture on top of the salad mix (this helps to absorb a bit of the dressing), then crumble 1 tablespoon of feta cheese over the veggies.
- Garnish each chicken wrap by pouring an extra tablespoon of red wine vinaigrette or juice from the bottom of the veggie bowl over the whole wrap, followed by sea salt & cracked black pepper (to taste) and a drizzle of extra virgin olive oil.
- Serve immediately while still flat (letting each person fold it themselves) OR for a nice presentation, tie a small length of hemp cord around each wrap beforehand.





## LUNCH/DINNER OPTIONS

### Mediterranean Tuna Salad

**Recipe** by [deliciousmeetshealthy.com](http://deliciousmeetshealthy.com)

**Total Time:** 15 minutes

**Servings:** 10

#### Ingredients

- 1 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1 cucumber, cut lengthwise & sliced
- 15 oz albacore tuna fish (drained)
- 2 cloves garlic, minced
- 1/2 cup chickpeas (garbanzo beans)
- 1/2 cup black olives, cut in half
- 1 bunch fresh parsley, chopped
- salt and black pepper
- 3 Tablespoon extra virgin olive oil
- juice of 1 lemon
- zest of 1 lemon



#### Instructions

- Add red bell pepper, red onion, cucumber, albacore tuna fish, garlic, chickpeas, black olives and lemon zest in a large mixing bowl and mix.
- Drizzle olive oil, lemon juice and season with salt and freshly ground black pepper.
- Garnish with fresh parsley and serve cold. Enjoy!

#### Tips & Notes

- Cut the vegetables into small and evenly sized pieces. They will be easier to combine when you mix it and it will be easier to eat.
- Use fresh lemon juice rather than bottled. It has a much brighter and fresher flavor and makes all the difference!
- Chickpeas provide a good amount of protein and fiber and turn this salad into a fuller meal. You can substitute these with black beans or white beans if that's what you have.

**Nutrition** Carbohydrates 9.6g, Protein 11g, Fat 5.8g, Dietary fiber 2.1g

## LUNCH/DINNER OPTIONS

# Mediterranean Salmon & Vegetable Quinoa

Recipe by [jessicagavin.com](http://jessicagavin.com)

**Prep Time:** 10 min. **Cook Time:** 10 min.

**Total Time:** 20 min. **Servings:** 4

### Ingredients

- Quinoa
- 1 cup quinoa, uncooked
- ½ teaspoon kosher salt
- ¾ cup english cucumbers, diced, seeded
- 1 cup cherry tomatoes, sliced in half
- ¼ cup red onion, finely diced
- 4 basil leaves, thinly sliced
- zest of one lemon
- Salmon
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 teaspoon cumin
- ½ teaspoon paprika
- 20 ounces salmon fillets, (four 5-ounce pieces)
- 8 lemon wedges
- ¼ cup parsley, chopped fresh

### Instructions

- In a medium-sized saucepan with a lid, bring 1 cup quinoa, 2 cups of water, and ½ teaspoon salt to a boil.
- Cover and reduce to a simmer, cooking about 20 minutes or according to package directions until quinoa is light and fluffy.
- Turn off the heat and let it sit for at least 5 minutes covered before serving.
- Right before serving mix in the cucumbers, tomatoes, onions, basil, and lemon zest. Meanwhile, make the salmon.
- In a small bowl combine salt, pepper, cumin, and paprika.
- Line a sheet pan or glass dish with foil and lightly grease with olive oil or nonstick cooking spray.
- Transfer salmon fillets to the pan and evenly coat the surface of each fillet with about ½ teaspoon of the spice mixture.
- Place the lemon wedges at the edges of the pan.
- Broil on high with the rack placed in the lower third of the oven for 8 to 10 minutes, or until salmon is cooked and flakes apart easily with a fork.
- Sprinkle with parsley and serve with roasted lemon wedges and vegetable quinoa.



**Nutrition** Carbohydrates 16g, Protein 32g, Fat 4g, Dietary fiber 3g

## LUNCH/DINNER OPTIONS

# One-Pan Pesto Chicken & Veggies

Recipe by [eatingwell.com](http://eatingwell.com)

**Prep Time:** 10 min. **Cook Time:** 20 mins.

**Total Time:** 30 minutes **Servings:** 4

### Ingredients

- 2 tablespoons olive oil
- 1 pound chicken thighs boneless and skinless, sliced into strips
- 1/3 cup sun-dried tomatoes drained of oil, chopped
- 1 pound asparagus ends trimmed, cut in half, if large
- 1/4 cup basil pesto
- 1 cup cherry tomatoes yellow and red, halved
- Instructions

- Heat a large skillet on medium heat, add 2 tablespoons olive oil, add sliced chicken thighs, season chicken generously with salt, add half of chopped sun-dried tomatoes - and cook everything on medium heat for 5-10 minutes, flipping a couple of times, until the chicken is completely cooked through. Remove the chicken and sun-dried from the skillet, leaving oil in.
- Add asparagus (ends trimmed), seasoned generously with salt, remaining half of sun-dried tomatoes, and cook on medium heat for 5-10 minutes until the asparagus cooked through. Remove asparagus to serving plate.
- Add chicken back to the skillet, add pesto, stir to coat on low-medium heat until chicken is reheated, 1 or 2 minutes. Remove from heat. Add halved cherry tomatoes, mix with the pesto and the chicken. Add chicken and tomatoes to the serving plate with asparagus.



**Nutrition** Carbohydrates 12g, Protein 23g, Fat 32g, Dietary fiber 4g

## LUNCH/DINNER OPTIONS

# Mediterranean Lentil Salad

Recipe by [thymeandtoast.com](http://thymeandtoast.com)

**Prep Time:** 10 min. **Cook Time:** 20 mins.

**Total Time:** 30 minutes **Servings:** 4-6

## Ingredients

- 1 cup French lentils
- 1 bay leaf
- ¼ cup finely chopped red onion (for a milder taste, you can do 2 chopped green onions instead)
- 3 radishes, quartered and sliced
- 2 celery stalks, chopped
- ½ red bell pepper, chopped
- ¼ cup chopped flat leaf parsley
- Feta (as much or as little as you want)
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 garlic clove, minced
- ¼-1/2 teaspoon salt, or to taste

## Instructions

- Add the lentils and bay leaf to a pot with water covering them by 3 inches. Bring to a boil and reduce to a simmer, cooking uncovered for 15-20 minutes, or until al dente (but not mushy). Once the lentils are done, drain and set aside to cool.
- Meanwhile, add the vegetables (onion through parsley) to a mixing bowl. Make the dressing by combining the lemon juice, olive oil, garlic, and salt in a jar or small bowl.
- Once the lentils have cooled, combine them with the vegetables and toss with the dressing. Mix in desired amount of feta. Taste and adjust seasonings if necessary.
- Leftovers will keep fresh in the fridge for several days.

**Nutrition** Carbohydrates 26g, Protein 15g, Fat 7g, Dietary fiber 7g





## LUNCH/DINNER OPTIONS

# Greek Turkey Meatball Gyros with Tzatziki

Recipe by joyfulhealtyeats.com

**Prep Time:** 10 min. **Cook Time:** 16 mins.

**Total Time:** 26 minutes **Servings:** 4

### Ingredients

#### GREEK TURKEY MEATBALL:

- 1 lb. ground turkey
- 1/4 cup finely diced red onion
- 2 garlic cloves, minced
- 1 teaspoon oregano
- 1/3 cup chopped fresh spinach
- salt & pepper to season
- 2 tablespoons avocado oil

#### TZATZIKI SAUCE:

- 5 oz. plain greek yogurt
- 1/4 cup grated cucumber (squeeze moisture out)
- 2 tablespoons lemon juice
- 1/2 teaspoon dry dill
- 1/2 teaspoon garlic powder
- salt to taste

#### Gyro Components:

- 1/2 cup thinly sliced red onion
- 1 cup diced tomato
- 1 cup diced cucumber
- 4 whole wheat flatbreads or pita

#### Greek Turkey Meatballs:

- To a large bowl add, ground turkey, diced red onion, minced garlic, oregano, fresh spinach, salt, and pepper. Using your hands mix all the ingredients together until meat forms a ball and sticks together.
- Then using your hands, form the meat mixture into 1 balls. (about 12 meatballs).
- Heat a large skillet to medium-high heat. Add avocado oil to the pan, and then add the meatballs. Cook each side for 3-4 minutes until they are browned on all sides and the internal temperature has reached 165°F. Remove from the pan and let rest.

#### Tzatziki Sauce:

- To a small bowl add greek yogurt, grated cucumber, lemon juice, dill, garlic powder, and salt to taste. Mix together until everything is combined.
- Assemble Gyros:
  - To a flatbread (I like to warm mine up so they are more pliable) add 3 meatballs, sliced red onion, tomato, and cucumber. Then top with Tzatziki sauce.
- Nutrition Carbohydrates 38g, Protein 28g, Fat 19g, Dietary fiber 3g





## LUNCH/DINNER OPTIONS

# Salmon & Beet Salad with Spicy Dressing

Recipe by paleoleap.com

**Total Time:** 10 minutes **Servings:** 2

### Ingredients

- 6 oz. cooked or canned salmon, flaked;
- 3 cups lettuce;
- 1/4 avocado, diced;
- 1/2 grapefruit or 1 large orange, roughly chopped;
- 1/4 small red onion, thinly sliced;
- 1/2 cup cooked beets, diced;
- 10 pistachio nuts, shelled and chopped;
- Ingredients for spicy dressing
- 1 tbsp. extra-virgin olive oil;
- 2 tbsp. fresh orange juice;
- 2 tsp. white wine vinegar;
- 1/2 tsp. orange zest;
- 1/2 tsp. Dijon or homemade mustard;
- 1/2 or 1/4 tsp. chili powder;
- Sea salt and freshly ground black pepper to taste;

### Instructions

- In a small bowl combine all the ingredients for the dressing and whisk until smooth. Season to taste.
- In a large bowl, combine the salmon, lettuce, avocado, grapefruit or orange, onion, and beets.
- Drizzle the dressing on top of the salad and toss well.
- Sprinkle the pistachio on top of the salad and serve.

**Nutrition** Carbohydrates 28g, Protein 41g, Fat 42g, Dietary fiber 8g



## LUNCH/DINNER OPTIONS

# One Pan Garlic Shrimp with Quinoa

Recipe by [wellplated.com](http://wellplated.com)

**Prep Time:** 5 min. **Cook Time:** 25 mins.

**Total Time:** 30 minutes **Servings:** 4

### Ingredients

- 4 teaspoons extra-virgin olive oil divided
- 1 pound raw tail-on shrimp 26–30 count, peeled and deveined
- 1 teaspoon kosher salt divided
- 1/2 teaspoon chili powder divided
- 1/3 cup finely chopped yellow onion about half of 1 small onion
- 3 cloves garlic minced (about 1 tablespoon)
- 1 cup uncooked quinoa
- 1/4 teaspoon cayenne pepper
- 2 cups low-sodium chicken broth
- 1 large lemon
- 3 tablespoons fresh parsley plus additional for serving



### Instructions

- In a large nonstick skillet with a tight-fitting lid, heat 2 teaspoons of the olive oil over medium high.
- Add the shrimp, then sprinkle with 1/2 teaspoon salt and 1/4 teaspoon chili powder. Sauté just until the shrimp are pink and cooked through, about 3 minutes. Immediately remove the shrimp to a plate so they do not overcook.
- Heat the remaining 2 teaspoons olive oil in the same skillet, then add the onion. Let cook until the onion begins to soften, about 5 minutes. Add the garlic and cook just until fragrant, about 30 seconds.
- Add the quinoa, cayenne, and remaining 1/2 teaspoon salt and 1/4 teaspoon chili powder. Stir to coat the quinoa with the oil and let brown for 2 minutes.
- Pour in the chicken stock, then increase the heat to high and bring the broth to a boil. Once boiling, cover and reduce the heat to a simmer. Let simmer until the quinoa is tender, 12 to 15 minutes. Uncover and fluff with a fork.
- Zest the lemon directly into the pan, then juice the lemon and add the lemon juice and parsley to the skillet as well. Toss to combine, then top with the reserved shrimp. Sprinkle with additional fresh parsley. Serve warm.

### Notes

**TO STORE.** Leftovers can be refrigerated for up to 3 days.

**TO REHEAT.** Gently reheat leftovers in a nonstick skillet on the stovetop over medium-low heat or very gently in the microwave. I also like to squeeze a little fresh lemon juice over the top.

**TO FREEZE.** Freeze garlic shrimp with quinoa in an airtight freezer-safe storage container for up to 3 months. Let thaw overnight in the refrigerator before reheating. The texture of the shrimp may change once thawed, but it should still have great flavor.

**Nutrition** Carbohydrates 34g, Protein 32g, Fat 9g, Dietary fiber 4g