

5-DAY MEAL PLAN TO LOSE WEIGHT

DAY 1

Kick off your menopause diet with energy-boosting foods that keep you full and satisfied.

- Breakfast: Ground flax seeds and berries in a bowl of Greek yogurt.
- Mid-day Snack: A handful of mixed nuts.
- Lunch: Grilled chicken salad with green veggies, avocado, and nuts.
- Afternoon Snack: Cucumber and carrot slices with hummus.
- Dinner: Roasted vegetables paired with baked salmon.

DAY 2

Boost your veggies and fruits, essential for a healthy digestive system

- Breakfast: A bowl of oatmeal topped with almond butter and apple.
- Mid-day Snack: Greek yogurt with your favorite seasonal fruit.
- Lunch: Mixed veggie salad with a comforting bowl of red lentil soup.
- Afternoon Snack: Whole grain crackers with avocado.
- Dinner: Sautéed vegetables with brown rice. Add tofu for extra protein!

DAY 3

Eating foods that help balance your hormones and reduce fluctuations

- Breakfast: Greek yogurt or chia seed pudding with sliced kiwi and a sprinkle of cinnamon.
- Mid-day Snack: A handful of mixed nuts or a refreshing fruit like grapes.
- Lunch: Chickpea and mixed vegetable salad.
- Afternoon Snack: Apple slices with almond butter.
- Dinner: Stir-fry tofu with roasted vegetables.

DAY 4

Enjoy flavorful meals that keep you in a calorie deficit without feeling deprived.

- Breakfast: Scrambled eggs with spinach.
- Mid-day Snack: A small piece of dark chocolate (70% cocoa or higher).
- Lunch: Whole grain pasta tossed with fresh vegetables.
- Afternoon Snack: Sliced cucumber or any seasonal fruit.
- Dinner: Tasty chicken lettuce wraps.

DAY 5

Wrap up your diet with nutrient-rich foods that cleanse your gut.

- Breakfast: A delicious mushroom omelet with 2 eggs.
- Mid-day Snack: Roasted nuts for a crunchy treat.
- Lunch: Refreshing raspberry and coconut milk smoothie.
- Afternoon Snack: Whole grain crackers served with hummus or avocado.
- Dinner: Fried broccoli and zucchini pasta (made with whole grains).