

OYM SEPTEMBER – RESET, REFOCUS + REFRAME MONDAY 4TH– SUNDAY 17TH SEPTEMBER

How to build your balanced meals

In addition to the Reset document found at <http://www.owningyourmenopause.com/september-reset/>

We have put together this simple guide on how to build your balanced meals over the next 14 days. We want this to be as simple and easy to implement as possible.

By sticking to these key principles is essential to the success of your reset and also long term health.

To build your balanced meals use this as a rough example guide and switch up plant varieties as much as you can to get more diversity (with the aim to hit your target of 8-10 varieties per day) and therefore nutrients into your body.

BREAKFAST

1 x protein source - eggs, greek, kefir or coconut yogurt

2 x plant varieties - berries or if having eggs - choose spinach + mushrooms + tomatoes

1 x healthy fat source - nut butter, avocado, nut, seeds, or a combination of both

Greek Yogurt Balance Pot

3 tbspn Greek yogurt – full fat

1 large handful of berries (I use frozen cherries)

2 tbspn mixed nuts/seeds or Goody Granola

2 tspn flex seeds/chia seeds

1 large tspn smooth nut butter ([@pipandnut](#))

Method – defrost berries or use fresh & layer the ingredients

Scrambled eggs or tofu on GF Biona Toast (or Wholegrain Toast)

1 x eggs scrambled

Or

Tofu [Toofoo](#) scrambled

2 x biona toasted

1 handful of spinach sauted or half avocado or handful of sauted mushrooms

Add chilli flakes/coriander/squeeze of lime

Salt & Pepper to taste

**This could work for lunch

LUNCH & DINNER

(recipes can be found in the main Reset document)

1 x protein source – either veggie or meat

- **Plant based** - quinoa, tofu, edamame, eggs, halloumi, falafel, hummus, feta
- **Meats** – chicken, turkey, pork, prawns, salmon, cod, tuna

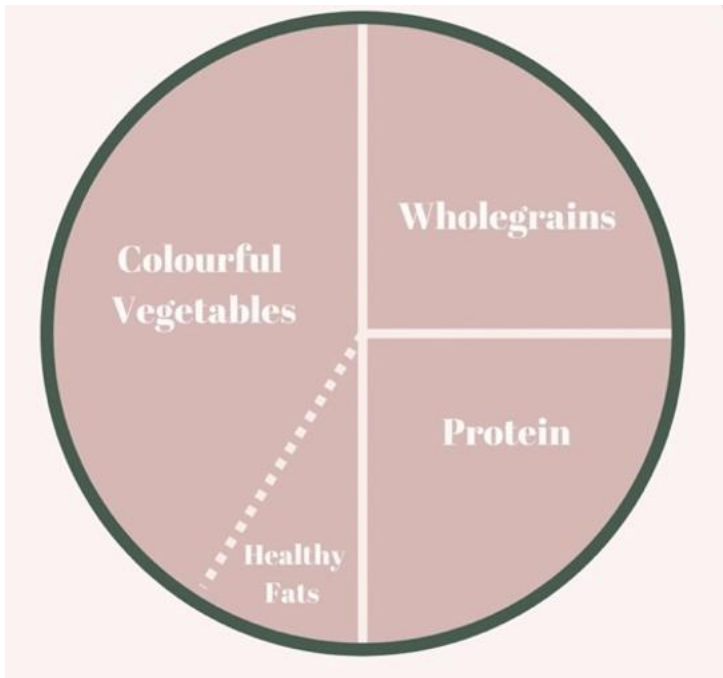
3 x vegetable varieties - mixed leaves, kale, spinach, chicory, swiss chard, rocket, broccoli, bok choy, red cabbage, aubergine, leeks, celery, beetroot, sweet pot, squash, peppers, onion, mushrooms, radish, courgette, gluten free grains

1x healthy fat source - avocado, extra virgin olive oil, avocado oil, nuts, nut butters

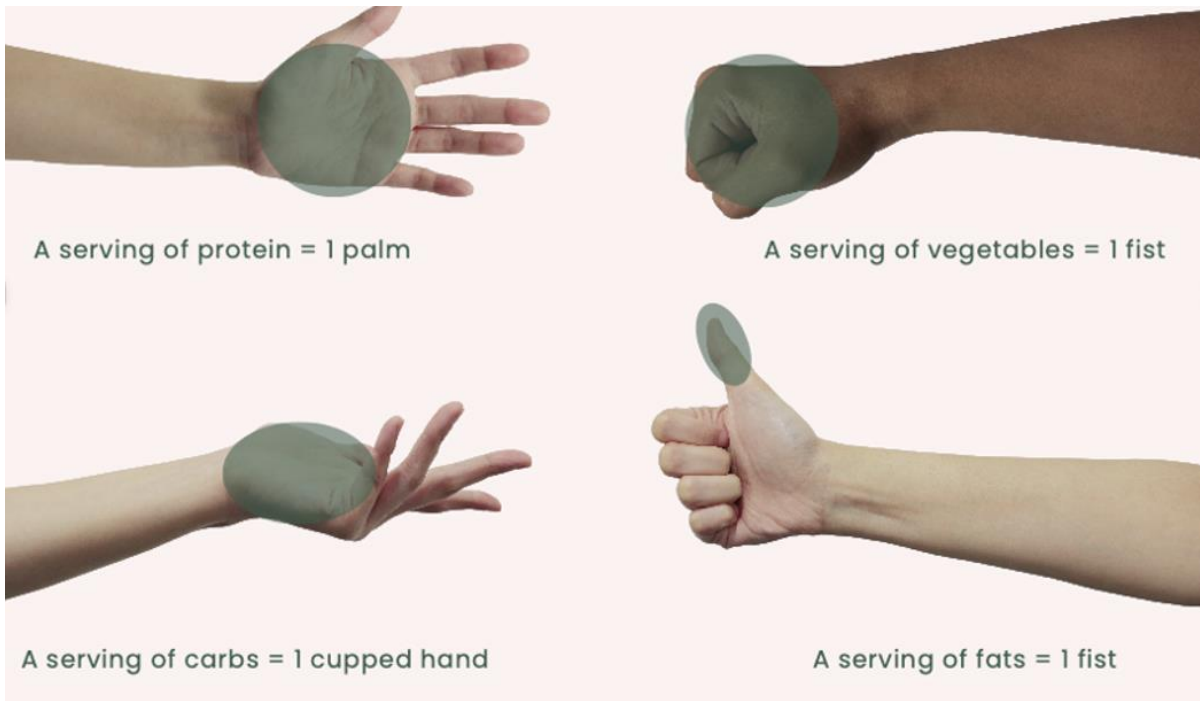
Meal toppers - mixed seeds, fresh herbs for extra nutrients, sauerkraut, kimchi

PORTION PLATE GUIDE

To help with portions sizes and how your plate should look – use these pictures as a guide:



HAND PORTION GUIDE



WHAT TO AVOID - Unhelpful Foods + Drinks to Avoid

All refined fizzy / sugary drinks including fruit squash & cordials: Avoid in all forms even labelled 'sugar free' this includes pre-packed fruit juice too as the fibre has been stripped out which will spike your blood sugar levels and has a similar impact to drinking fizzy drinks.

All refined sugar processed pre-packaged sweet foods, snacks & protein bars: all the usual suspects snacks, sweets, chocs, cakes, biscuits, dried fruit.

White breads and pastries: these are loaded with refined sugar, veg oils and inflammatory ingredients that will spike your blood sugar levels and add to your toxin load which we are trying to avoid.

Avoid pre-made sauces, condiments & marinades instead use a wide range of fresh and dried herbs & spices, tinned tomatoes, coconut milk for curries, low salt vegetable stock, for meat and fish marinades use spices, harissa paste, tamari (with grated ginger & garlic) or [white miso paste](#)

Avoid ultra-processed meat & meat alternatives.

Avoid pre-packaged foods that contain a long list of ingredients: The less ingredients the better and esp avoid stabilizers, gums, additives, caking agents and sweeteners these are highly unhelpful for your hormone functioning and gut and will spike blood sugar levels. As a rule, pay most attention to the first 3 ingredients on the list as ingredient quantities are listed in weight so the largest amount of ingredients will be the first few on the list if sugar is one of the top 3 then avoid it completely.

Unhealthy takeaways they're full of trans fat, high in salt, sugar, and inflammatory ingredients that your body does not need

ADVICE ON EATING OUT

We want you to enjoy eating in and eating out. Restaurants offer so much more in terms of 'healthier', fresher and more nutrient dense options – just be mindful about the choices you are making.

To ensure you make the most of your Reset and to give your body the best chance of optimal health, we would like you to follow the key non negotiables whether you are eating out or in.

You are not on a diet, but you are choosing to nourish your body and improve your health to ensure you feel good on the inside as well as out.

Tips for eating out:

1. Follow the non-negotiable guidelines
2. Aim for protein rich meals – avoiding processed meats or veggie options
3. Select things like - roasted / steamed veggies / salads / quinoa / buckwheat / lentils / chickpeas / brown rice / etc.
4. Go for the freshest on the menu – both in terms of veggies & proteins
5. Colour is king – lots of bright foods full of nutrients
6. Avoid deep fried or batter covered foods
7. Look at the menu ahead of going out so you can have a plan
8. Switch it up – you could have 2 starters instead of a main – just make sure you hit your daily targets
9. Add extra portion of green veggies instead of chips!
10. Order a refreshing mint tea after your meal to help promote digestion and calm – it is also a good distraction from high sugar and processed puddings!