

OWNING YOUR MENOPAUSE PRE CHRISTMAS RESET

RESET GUIDELINES

INCLUDE

- 3 meals a day - spaced with a 4-hour gap between meals
- 8 portions of vegetables daily
- 30 different types of plants over 7 days – see attached plant point tracker
- Protein with each meal
- Include fermented foods
- Vitamin C rich foods for stress support + immune health
- Greens – 3 portions per day – see list below
- Wholegrains only (no whites)
- 2 litres water per day (incl herbal teas)
- Caffeine - 1x daily

EXCLUDE

- No sugar/sweeteners
- No processed foods
- No alcohol
- Limited wheat and gluten
- No snacking

OPTIONAL INCLUDE

- 3 x intermittent fast days - fast for 16 hrs and open an eating window of 8 hours
- 3 plant based days (no meat)

KEY FOOD/MEAL PRINCIPLES

- Plan your 3 meals in advance as much as you can - especially breakfast + lunch
- Palm size portion of protein with each meal
- 1 x cup of wholegrains with lunch and dinner
- 1-2 cups (2 large handfuls) of green and/or cruciferous veggies or green leaves
- Add fresh herbs for flavour
- Use left over rice, chicken, salmon for lunch salads the next day
- Try some new recipes throughout the week
- Enjoy!



7 DAY MEAL PLANNER

	BREAKFAST	BRUNCH/LUNCH	DINNER	DRINKS
DAY 1	Over night Chia Pot	Chicken Noodle Soup	Roasted Veg with quinoa topping	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 2	Optional Fasting	Greek Yogurt balanced pot OR Omelette	Asian Salmon	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 3	Over night Chia Pot	Simple Salad	Roasted Veggies with quinoa top	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 4	Optional Fasting	Greek Yogurt balanced pot OR Omelette	Sweet Potato dahl – add prawns	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 5	Greek Yogurt balanced	Left over roasted veggies + a simple green salad	Quinoa Chilli	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 6	Optional Fasting	Quinoa Pancakes	Harissa Cauliflower	1 x Caffeinated 2 x litre water 1-2 herbal teas
DAY 7	Smashed Avo on Biona Toast – add eggs optional!	Simple Salad	Simple Roast Chicken – with lots of veggies + roasted sweet potato	1 x Caffeinated 2 x litre water 1-2 herbal teas

INTERMITTENT FASTING (optional)

N.B – we do not recommend any form of fasting for anyone who has severe blood sugar imbalances and / or has a history of disorderly eating. If you have any questions – please contact us.

What is it?

From the time that you eat your last meal in the evening to the time you have breakfast is a fasting period. Giving your digestive system is really very effective and has many benefits – helps your body to digest and repair – reducing gut related issues – such as wind/bloating/constipation.

Fasting is getting a lot of attention and studies show it is great for weight management, body fat loss, lowering blood insulin and balancing blood sugar levels. It can help to improve mental clarity, concentration, focus, increases energy, stimulates autophagy, which is cellular cleansing, reduces inflammation, optimises digestion, and helps to reduce blood pressure and cholesterol.

As an option for this 7 day reset we will be offering 3 days of intermittent fasting - 16:8, this involves daily fasting for 16 hours and an 8-hour eating 'window'. You are to choose a manageable timeframe that works for you. It could be 11-7pm or 9-5....choose what will work best for you!

We will be choosing Tuesday, Thursday + Saturday as our intermittent fasting day.

RECIPES (carefully selected from multiple sources)

BREAKFAST

Guidelines:

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

Serves 1

Ingredients

- 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

MORNING PROTEIN SMOOTHIE

Serves 1

Ingredients

- 1 scoop of Protein powder - plant or animal based (recommend – www.formnutrition.com)
- 1 tsp of collagen powder (recommend www.ancientandbrave.earth)
- Handful of spinach
- 1/4 avocado
- 250ml of water
- 1 tbspn of almond or cashew butter
- 1 tspn chia seeds

Method

Add all ingredients into a blender and blend until smooth.

OVERNIGHT CHIA POT (make over night)

Serves 1

Ingredients

- 2 tbspn chia seeds
- 1 tbspn flaxseed or sunflower seeds (optional)
- 200 ml nut milk/fill the jar
- Optional - add fruit portion - ideally handful of frozen blueberries/cherries/raspberries

Method

Add seeds into a jam jar of choice & fill the jar with nut milk
Shake all together to mix the ingredients (including fruit)
Soak overnight in fridge (or 2-3 hrs) - the consistency should be quite thick

SMASHED AVO ON BIONA TOAST

Serves 1

Ingredients

- 1 x avocado - smashed
- 2 x biona toasted
- Add chilli flakes/coriander/squeeze of lime
- Salt & Pepper to taste
- **This could work for lunch - add eggs, green leaves & slices of cucumber

QUINOA PANCAKES – serves 1-2

Ingredients

- 1 small banana mashed
- 1 x tspn of coconut oil
- 1 x egg
- 1 x heaped tbspn ground almond
- 1 x tbspn quinoa flour
- 1 x tspn bicarb of soda
- 1 x handful of blueberries

To serve - Large handful of berries – raspberries/blueberries/strawberries + teaspoon of nut butter + dollop Greek yogurt

Method:

- + Mash the banana, whisk in the egg and combine with dry ingredients, adding the chopped blueberries to the mix just before cooking.
- + Warm the coconut in a frying pan, add dollops of batter and wait for bubbles to form before flipping.
- + Once the pancakes are lightly browned on each side serve up!

SOUPS

Guidelines:

Soups are great as lunch or for an evening meal – we like to either add big handfuls of spinach or have a fresh green salad on the side. Try adding a scoop of collagen to boost nutrients + protein for each bowl! And instead of bread – try crackers and houmous!

Tip: Make a batch and freeze a portion or two!

LENTIL SOUP

Ingredients

2litre vegetable or chicken stock
150g red lentils
6 carrots, finely chopped
2 medium leeks, sliced (about 300g)
small handful of chopped parsley, to serve

Method

- + Heat the stock in a large pan and add the lentils. Bring to the boil and allow the lentils to soften for a few minutes.
- + Add the carrots and leeks, and season (don't add salt if you use ham stock as it will make it too salty). Bring to the boil, then reduce the heat, cover and simmer for 45 mins-1 hr until the lentils have broken down.
- + Scatter over the parsley and serve with fresh green salad or crackers + houmous

CHICKEN NOODLE SOUP – USING LEFTOVERS!

Ingredients

900ml chicken or vegetable stock
1 cup left over roast chicken or cooked chicken (about 175g)
1 tsp chopped fresh ginger
1 garlic clove, finely chopped
50g rice noodles
2 tbsp sweetcorn, canned or frozen
2-3 mushrooms, thinly sliced
2 spring onions, shredded
2 tsp soy sauce, plus extra for serving
mint or basil leaves and a little shredded chilli (optional), to serve

Method

- + Pour the stock into a pan and add the chicken breast, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
- + Put the chicken on a board and shred into bite-size pieces using a couple of forks. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce. Simmer for 3-4 mins until the noodles are tender.
- + Ladle into two bowls and scatter over the remaining spring onion, mint or basil leaves and chilli, if using. Serve with extra soy sauce.

SMOKED HADDOCK CHOWDER - Serves 2

Ingredients

450g smoked cod or smoked haddock (undyed)
1 bay leaf
Drizzle olive oil + 50g butter
2 onions, finely chopped
2 leeks, halved lengthways and thinly sliced
3 celery sticks, thinly sliced
sweetcorn kernels from 1 corn-on-the-cob, or 140g/5oz frozen sweetcorn
1 large potato, peeled and diced
2-3 garlic cloves, crushed with 1 tsp sea salt
2 tsp chopped fresh thyme or ½ tsp dried thyme
600ml milk
chopped fresh parsley, for sprinkling

Method

+ Put the fish in a deep pan with the bay leaf and 600ml/1 pint boiling water. Cover and simmer for 2 minutes. Turn off the heat and leave to stand, covered, for a further 5 minutes. Drain, reserving the liquid, then flake the fish.
+ Gentle heat butter in a deep saucepan. Add the vegetables and garlic and allow to soften. Stir in the thyme and the reserved cooking liquid and bring to the boil. Reduce the heat and simmer for 10 minutes until the vegetables have softened
+ Return to the pan with the milk and fish. Simmer for 3 minutes, taste and season if needed. Sprinkle with chopped parsley to serve.

CAULIFLOWER & TURMERIC SOUP - Serves 2

Ingredients:

1/2 cauliflower, cut into medium florets
1 tablespoon extra-virgin olive oil
1 teaspoon ground turmeric
1/2 medium yellow onion, diced
1 cloves garlic, minced
1/2 medium carrots, peeled and diced
1 stalks celery, diced
400ml of veg stock
100ml of coconut milk
1 tablespoon grated fresh ginger
1/2 lime - juice of
small handful coriander

Method

+ Add ingredients to the pan and simmer for 20 mins until soften - salt & black pepper to taste. Blend until smooth.

SIMPLE SUPER GREEN SOUP - Serves 1

Ingredients

3 handfuls large handfuls baby Spinach
1 clove of garlic
A large knob of fresh ginger, sliced
1/4 tsp Cayenne Pepper
1/4 tsp Ground Turmeric
1 cup hot Vegetable stock
1/2 cup coconut milk
squeeze of fresh lemon or lime juice

Method

+ Add to blender and whizz up - pinch salt & black pepper to taste

LUNCH/DINNERS

Guidelines:

- **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, 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

SIMPLE SALAD

+ Using the guidelines above – choose your protein/green leaves/herbs/sprinkle of seeds + healthy grains such as a half a pouch of [merchant gourmet glorious grains](#).

+ Dress with either dressing:

+ Mustard Dressing

3 parts Extra Virgin Olive Oil - 1 part apple cider vinegar
Whisk together & add big dollop of Dijon mustard

+ Tahini Dressing

3 parts Extra Virgin Olive Oil - 1 part apple cider vinegar
Whisk together & add big dollop of Tahini

Beetroot & Squash Salad - serves 2

1 large butternut squash, peeled and cut into small chunks
4tbsp olive oil plus a little extra
3 bulbs of raw beetroot, washed & cut into quarters
2tbsp fresh mint, chopped
4tbsp fresh coriander, chopped
50g (2oz) pine nuts, toasted
3 large handfuls of green salad leaves of choice
1 cup of cooked quinoa
oil and lemon juice, to dress

Method

- + Preheat the oven to 200C, 180C fan, 400F, gas 6
- + Toss together the squash, half the olive oil, and a pinch of sea salt then place in a roasting tin
- + In a separate roasting tin, toss the beetroot with the remaining oil & a pinch of salt - bake both for 30 mins, until tender
- + Mix the cooked quinoa, squash, beetroot, herbs, leaves & pine nuts, then top the mixture on a serving platter

HARISSA CAULIFLOWER - Serves 3-4

Ingredients

1 cauliflower
5 tbsp olive oil
2 tbsp harissa
1 clove garlic, finely chopped
400g chickpeas, rinsed and drained
2 tbsp tahini
1 lemon juiced
1 bunch of coriander, roughly chopped 200g watercress
1 bunch of parsley
100g pomegranate arils

Method

- + Heat the oven to 180C. Halve the cauliflower then cut each half into four chunky wedges. + Mix 2 tbsp of olive oil with the harissa, and brush all over the wedges, seasoning well. Roast for 20 minutes, then flip and cook for another 20 minutes or until tender.
- + For the Hummus: add chickpeas, garlic, coriander, tahini, 3 tbsp olive oil and lemon to a blender/processor. Blitz until smooth, add water if too thick.
- + Plate up with the hummus on the bottom, followed by the cauliflower and watercress, pomegranate and parsley.

QUINOA CHILLI – serves 2

Ingredients

1 small red onion peeled & chopped
3 cloves garlic chopped
2 stick of celery chopped
2 teaspoons paprika
1 teaspoon ground cumin
150g quinoa
1 x 400g tin chopped tomatoes
1 tablespoon tomato purée
1 x 400g tin chickpeas drained & rinsed
1 x 400g tin red kidney beans drained
1 lime
1 tablespoon almond butter
drizzle of olive oil
pinch of sea salt

Method

- + Cook the quinoa according to the instructions on the pack. Once cooked, remove from the heat.
- + Place a large pan over a medium heat and add a drizzle of olive oil. Once warm, add the onion, garlic, celery, a pinch of salt and cook for 5-10 minutes until soft.
- + Once soft, add the paprika, cumin and tomato puree and cook for 1 minute.
- + At this point, add the tinned tomatoes, chickpeas, red kidney beans, almond butter and lime juice. Cook for 10 minutes until the mixture comes together to form a thick, creamy consistency.
- + Once ready to serve, stir through the quinoa and warm everything through over the heat for a few minutes before enjoying.

ASIAN SALMON – serves 2

Ingredients

2 X salmon approx. 200g each
275g dried [wholegrain rice noodles](#)
1 x pack bok choy
1 pack sugar snap peas
Large handful of tenderstem broccoli
To serve: spring onions & coriander

FOR THE MARINADE - you can make double and keep in the fridge for next time

5 tbsp soy sauce
2 tsp honey
2 tsp sesame oil
1 red chilli, diced
2X garlic cloves, crushed - - avoid for first 14 days
2 X tsp ginger, grated

Method

- + Mix together all marinade ingredients into a bowl and mix together with a small whisk
- + Add salmon to a oven proof dish and cover with marinade – approx. half
- + Cover dish in tin foil – cook for 12-15 mins in hot oven 180 degrees
- + Cook the noodles – pop them into a large dish and cover in boiling water for 3- 4 mins + drain when ready – leave while fish cooked
- + Cook and prepare your veggies.
- + Place the noodles into two bowls and add fish – pouring over the remains of the marinade – add a dash more if needed!
- + Serve with veggies + garnish with spring onions/coriander – salt + pepper to taste!

ROASTED VEGGIES WITH QUINOA TOPPING – serves 2 (delicious as left overs for lunch too!)

Ingredients

3 x large courgettes diced
2-3 red and/or yellow peppers cut into chunks
2 – 3 red onion, cut into wedges
1 pack cherry tomatoes
1 pack mushrooms – cut in half
3 garlic cloves, crushed
3 tbsp olive oil
1 x tinned chopped tomatoes
Salt + pepper
2-3 large handfuls of basil – add towards end of cooking!

For topping

2-3 cups cooked quinoa
Grated parmesan – mixed into the cooked quinoa
2 large handfuls coriander, chopped – to serve

Method

- + Heat the oven to 200C/180C fan/gas 6.
- + Add all chopped veggies into a large roasted add the olive oil along with plenty of salt and pepper.
- + Toss well and make sure everything is in an even layer – cook for 35-40 mins, tossing halfway, until cooked through and lightly caramelised.
- + Add basil and mix all together – evenly
- + Add cooked quinoa mix and roast until topping is golden/starting to go crispy
- + Serve either alone or with another source of protein or even a fresh simple green salad!

VEGGIE OMELETTE – serves 1

Ingredients – you really can use any veggies you want!

- 2 large eggs
- 1 x spring onion
- ¼ red pepper, chopped
- 1 handful cup Cheddar cheese, grated
- a few leaves of fresh baby spinach
- 5 cherry tomatoes, chopped
- salt and pepper
- ¼ teaspoon butter

Method

- + Melt the butter in the frying pan + add cherry tomatoes, red pepper and spinach leaves until soft
- + Beat the eggs with a fork and season with salt and pepper.
- + Add the mixture to the pan and spread it out evenly. When it starts to firm up, but still has a bit of raw on top, add grated cheese
- + Using a spatula, ease the edges and quickly turn it over onto the other side.
- + The other side will cook a lot quicker, it only needs about 1-2 minutes.
- + Serve with a green salad and eat immediately!

SWEET POTATO DAHL – serves 3/4

Ingredients

- 1 x tbsp sesame oil
- 1 x onion finely chopped
- 1 x garlic clove, crushed
- 1 x thumb-sized piece ginger, peeled and finely chopped
- 1 x red chilli finely chopped
- 1½ tsp ground turmeric
- 1½ tsp ground cumin
- 2 x sweet potatoes (about 400g/14oz), cut into even chunks
- 250g red split lentils
- 600ml vegetable or chicken stock
- 80g bag of spinach
- 1 large handful chopped coriander to serve
- Optional - add prawns

Method

- + Gently heat 1 tbsp sesame oil in a wide-based [pan](#)
- + Add chopped red onion + cook over a low heat for 10 mins - until softened.
- + Add crushed [garlic](#) clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli, cook for 1 min, then add 1½ tsp ground turmeric and 1½ tsp ground cumin and cook for 1 min more.
- + Turn up the heat to medium, add 2 sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.
- + Pour in 250g red split lentils, 600ml stock + some seasoning.
- + Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape.
- + Taste and adjust the seasoning, then gently stir in the 80g spinach.
- + Serve with sprinkling of coriander and / or prawns