



CHEW NUTRITION & DIETETICS



The Perimenopause Plate

WHY YOU DON'T NEED A MEAL PLAN -
AND EXACTLY WHAT TO DO INSTEAD



A WORKBOOK BY KIRSTIN WISE,
ACCREDITED PRACTISING DIETITIAN

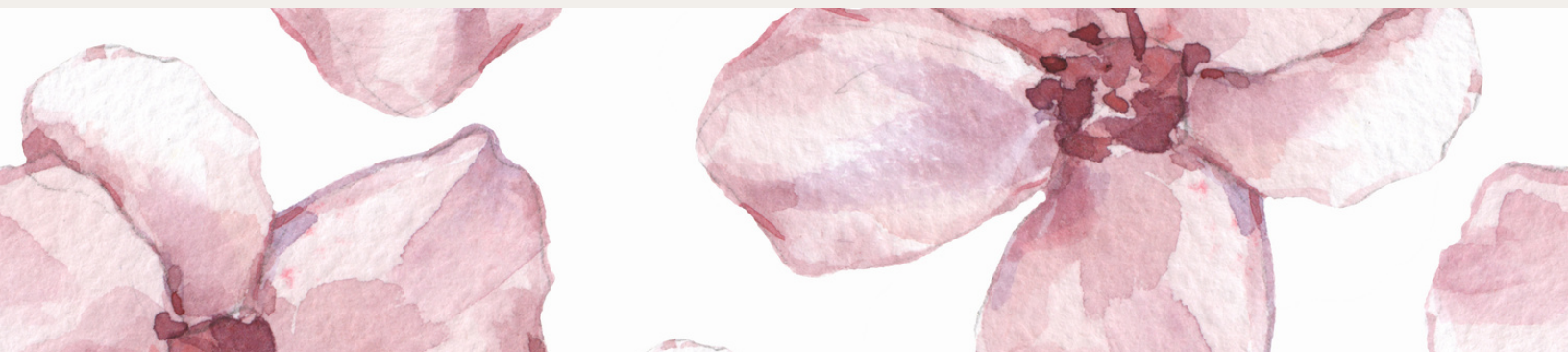
You're tired and you just want someone to tell you what to eat

You're not imagining how hard this feels. This is one of the most common conversations I have.

If you've landed here, chances are you're exhausted, a little fed up and quietly wishing someone would hand you a list and say eat *this*. Between work, the kids, ageing parents and everything in between, you have no capacity left to work it out from scratch. That wish for someone to just show you what to do? Completely understandable.

So here's what I want you to know before we go any further: nothing has gone wrong with you. You're not broken, you're not lazy and you haven't lost your willpower. Your body is moving through a genuine change – and the strategy that carried you through your 20s and 30s simply needs to evolve to match it.

This little workbook will give you the structure you're craving. It just won't be the kind that falls apart the moment real life gets in the way.



QUESTIONS?

Have a question? Email me here...

HELLO@CHEWNUTRITION.COM.AU

Why I'm not going to hand you a meal plan

I know that's probably the opposite of what you came for. Stay with me - there's a good reason, and something better is on the other side of it.

A plan built for a stranger ignores your real life

It doesn't know your family, your budget, your Tuesday, or the meals you already cook well. So you either force your life to bend around the plan, or you quietly abandon it by Thursday. Neither is your fault.

A plan teaches you nothing

Follow it to the letter and you might see a change - but the day it ends, you're right back where you started, waiting for the next plan. I'd much rather you never need one again.

Most plans quietly ask you to eat less

And at this stage of life, under-fuelling is very often part of what's driving the tiredness, the afternoon cravings and the weight that won't budge. Eating less and moving more is not the answer here - and I'll show you why on the next page.

My promise to you

I'm not going to leave you without a plan. I'm going to give you something far more useful: a simple way to build any meal, in any situation, for the rest of your life. Once it clicks, you won't need me standing over your plate.

Your changing body, in plain English

As your hormones shift through perimenopause, a few things quietly change under the surface:

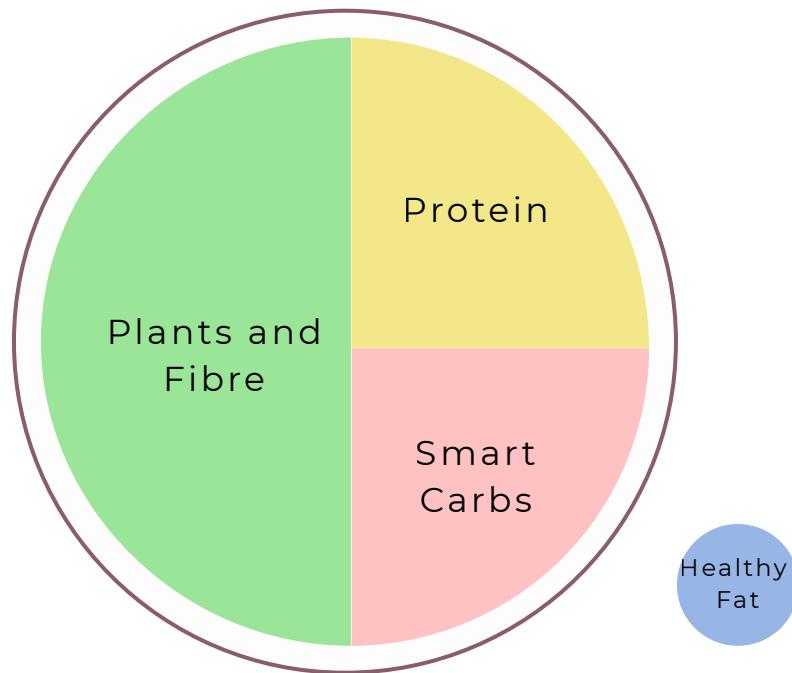
- **Where you store fat starts to move** - often to the middle, even when nothing about how you eat has changed.
- **How you handle carbohydrate** shifts, so the same foods can leave you hungrier or flatter than they used to.
- **Muscle** becomes easier to lose and harder to hold onto - and muscle is a big part of your energy, strength and metabolism.
- **Appetite and fullness signals** get noisier, which is why the afternoons can feel like a losing battle.

Which means the habits that worked for years may simply no longer give you the same results. That's not a broken metabolism. It's a signal that your nutrition strategy needs to evolve and when it does, things start to feel a lot easier again.



THE PERIMENOPAUSE PLATE

This is the structure you came for and it's the only one you'll need. It works at home, at a restaurant, at your mum's, or on a chaotic weeknight. You're not counting or cutting anything out. You're just making sure the plate is built well.



Protein - a quarter of the plate
Your anchor. It keeps you full, steadies your energy and protects the muscle you're working to hold onto. Aim for a palm-sized serve at every meal.
Eggs, chicken, fish, tofu, Greek yoghurt, legumes, lean red meat

Plants & fibre - half the plate
Fills you up, keeps things moving and helps your energy stay steady rather than spiking and crashing.
Salad, roast veg, stir-fried greens, whatever's in the crisper.

Smart carbs - a quarter of the plate
You do not need to fear carbs. The right ones fuel your body and your brain - the trick is quality and portion, not cutting them out.
Wholegrains, sourdough, potato, sweet potato, legumes, fruit.

A little healthy fat
Adds flavour, helps you feel satisfied and helps your body absorb nutrients.
Olive oil, avocado, nuts, seeds, a little cheese.

The rule of thumb you can carry anywhere

Protein first, then fill half the plate with plants, add a smart carb, finish with a little fat. That's it. And yes, there is still a place for the wine and the chocolate. Food is meant to be enjoyed. Guilt is not on the plate.

Upgrade what you're already eating

This is where it gets real. We're not throwing out your meals and starting again - you don't have the time or the energy for that and you shouldn't have to. We're just upgrading what's already there so it holds you for longer and works with your changing body.

Breakfast - the one you usually skip

Skipping breakfast for a coffee feels efficient. But it's often where the afternoon crash is quietly set up hours in advance. A protein-forward start changes the whole shape of your day.

Right Now

A coffee on the run. Genuinely hungry by 10am, running on empty by 3pm.

One Upgrade

Greek yoghurt with fruit and nuts · eggs on wholegrain toast · overnight oats with a scoop of yoghurt. A few minutes and the afternoon looks different.

Lunch - the sad little salad

A salad on its own is all plants and no anchor, so you're starving by mid-afternoon. Build it into a proper plate.

Right Now

Just a salad. Feels virtuous, leaves you ravenous later.

One Upgrade

Same salad plus a protein (chicken, tinned salmon, eggs, chickpeas), a smart carb (some sourdough, roast potato or quinoa) and a drizzle of olive oil.

THE PERIMENOPAUSE PLATE

The 3pm crash - the "willpower" myth

That afternoon pull toward the chocolate and chips is almost never a willpower failure. It's usually your body asking for the fuel it didn't get earlier. Feed the day properly and the crash softens on its own - and a balanced snack is a perfectly good answer.

Right Now

Mindless grazing the moment you walk in the door, then guilt.

One Upgrade

A snack with protein + fibre: apple and cheese · yoghurt and berries · wholegrain crackers and tuna · a handful of nuts with fruit.

Dinner - keep the family favourites

You don't need separate meals. Keep cooking what everyone eats - just nudge the balance.

Pasta night: a slightly smaller serve of pasta, add a protein (mince, chicken, lentils) and load in the veg.

Meat and veg: already close, just make sure there's a smart carb there too, so you're not under-fuelling.

Stir-fry: honestly, a great start. Boost the protein, keep the veg generous, serve with rice or noodles.

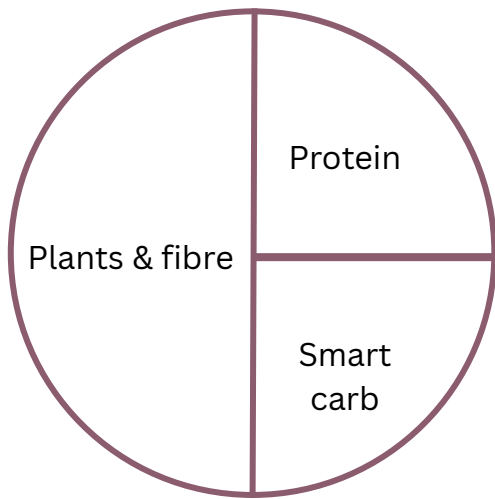
And the chocolate at night?

Have it. When the day is properly fuelled, that evening pull towards mindless snacking often eases all on its own and when you do still fancy something, you can enjoy it without the guilt. There's a place for everything you love.

THE PERIMENOPAUSE PLATE

Build your plate

Think of a dinner you cook most weeks. Sketch it onto the plate below - where does each part go and what's one small thing you could add to round it out?



My protein:

My plants and fibre:

My smart carb:

My healthy fat/flavour:

Upgrade my meals

Write down what you usually eat, then just one small upgrade you'll actually do. Small and repeatable beats perfect and abandoned - every time.

Meal	What I usually have	One upgrade I'll try
Breakfast		
Lunch		
Afternoon Snack		
Dinner		

THE PERIMENOPAUSE PLATE

My perimenopause pantry

Balanced meals are easy when the building blocks are already in the house. Stock these across your pantry, fridge and freezer and a balanced plate is always within reach, even on your most exhausted night.

Healthy Proteins

Animal based:

- Eggs
- Cottage cheese
- Chicken (breast, thigh, mince)
- Frozen fish fillets
- Rotisserie/pre-cooked chicken
- Greek/high protein yoghurt
- Milk or soy milk
- Feta, parmesan or cheddar
- Lean beef or turkey mince
- Tinned tuna, salmon, sardines

Plant based:

- Tinned chickpeas & beans
- Baked beans
- Hummus
- Protein powder
- Dried lentils & split peas
- Tofu, tempeh or edamame
- Nuts & natural nut butter (mindful portions)

Smart Carbs

Grains:

- Rolled or steel-cut oats
- Wholegrain wraps
- Quinoa
- Wholemeal or legume pasta
- Air-popped popcorn
- Wholegrain/sourdough bread
- Brown or basmati rice
- Wholemeal couscous
- Barley, freekeh or farro
- Crackers/rice cakes

Starchy Veg & Fruit:

- Potato & sweet potato
- Fresh fruit
- Tinned fruit (in juice)
- Pumpkin & corn
- Frozen berries & mango

THE PERIMENOPAUSE PLATE

Plants & Fibre

Fresh:

- Leafy greens (spinach, kale)
- Broccoli, cauli & cabbage
- Cucumber & tomatoes
- Onion, garlic, leek & ginger
- In-season veg on special
- Bagged salad
- Carrots, celery & capsicum
- Zucchini, eggplant, mushroom
- Beetroot

Frozen & Tinned:

- Mixed veg & peas
- Cauliflower rice
- Roasted capsicum
- Frozen spinach & broccoli
- Tinned tomatoes & corn

Fibre Boosters:

- Sauerkraut or kimchi
- Chia, flax or psyllium

Fats & Flavour

Healthy Fats:

- Extra virgin olive oil
- Nuts (almonds, walnuts)
- Tahini & nut butters
- Avocado
- Seeds (chia, flax, pumpkin)
- Olives

Flavour Makers:

- Garlic, ginger & chilli
- Spice blends
- Vinegars (balsamic, ACV, red wine)
- Soy/tamari & miso
- Stock or bouillon
- Dark chocolate
- Fresh & dried herbs
- Lemon & lime
- Mustard
- Tomato paste & curry paste
- Honey or maple syrup (a little)

THE PERIMENOPAUSE PLATE

My next shop

Looking at the pantry list above, what are the staples you'll grab on your next shop to fill the gaps? Balanced eating gets easy when the building blocks are already at home.

- _____
- _____
- _____
- _____
- _____

Three tiny changes I'll make this week

You don't need to change every habit all at once. So pick three things you would like to work on right now. Not ten, just three. This is how real change actually sticks.

1. _____
2. _____
3. _____

THE PERIMENOPAUSE PLATE

Easy meal ideas

This isn't a meal plan - it's a stuck-drawer of everyday ideas to borrow from on the days you can't face deciding. Every one leans on the balanced plate: a protein, some plants and a smart carb.

Breakfast

- Greek yoghurt with berries, nuts & a drizzle of honey
- Eggs on wholegrain toast with grilled tomato
- Overnight oats with yoghurt, chia & banana
- Avocado & a boiled egg on sourdough
- Baked beans on toast with a little cheese
- Berry & banana smoothie with yoghurt & a spoonful of oats
- Cottage cheese on toast with tomato & pepper

Lunch

- Tuna, salad & cheese wholegrain wrap
- Chicken, quinoa & roast veg bowl - great for leftovers
- Loaded jacket potato: tuna or beans, cheese & a side salad
- Big salad with tinned salmon or chickpeas & sourdough
- Veggie omelette with a slice of toast
- Hummus, falafel & salad wrap
- Last night's dinner - the easiest lunch of all



THE PERIMENOPAUSE PLATE

Dinner

- Spaghetti bolognese with grated veg (hidden in the sauce if needed) with a side salad
- Homemade burgers with oven wedges & salad
- Chicken & veg stir-fry with rice or noodles
- Build-your-own tacos: mince or beans, cheese, salad
- Roast chicken with potato & roast veg
- Crumbed fish with oven chips, peas & salad
- Good-quality sausages with mash, peas & greens
- DIY pita pizzas - everyone tops their own
- Veggie-loaded pasta bake with cheese
- Mild butter chicken with rice & cucumber

Snacks

- Apple or pear slices with cheese
- Greek yoghurt with berries
- Wholegrain crackers with tuna or hummus
- A handful of nuts with a piece of fruit
- Veggie sticks with hummus
- A boiled egg & a piece of fruit
- Nut butter & banana on wholegrain toast
- Homemade trail mix - nuts, seeds & a little dark chocolate

Feeding a fussy crowd?

You don't need to cook twice. Make the one base meal the whole family eats, then simply upgrade your own plate - a bigger handful of greens, an extra spoon of protein or swapping half your rice or pasta for salad. The kids get their familiar favourite, you get a balanced plate. Same dinner, two happy endings!



KIRSTIN WISE APD

"Your trusted partner in navigating life's key transitions—nourish, nurture, and glow".

Hi, I'm Kirstin - an Accredited Practising Dietitian (APD) with a passion for supporting women through life's big transitions. Whether you're navigating fertility, pregnancy, or menopause, I'm here to help you feel your best with evidence-based nutrition that fits your lifestyle.

I know firsthand how overwhelming nutrition advice can be, especially when your body is changing in ways you weren't expecting. My approach is compassionate, practical and personalised, helping you cut through the noise and focus on what truly works for you.

With a background in science and nutrition, I blend the latest research with real-world strategies to help you optimise your health - without restrictive diets or unrealistic rules. I believe in nourishing, not depriving, and in helping you feel confident and in control of your body at every stage of life.

Whether you need support in understanding your hormones, managing symptoms, or simply feeling like yourself again, I'd love to guide you on your journey. Let's make nutrition simple, sustainable, and empowering - because you deserve to feel amazing.

You've got the Framework. Here's what it can't do.

This workbook gives you the plate that works for almost everyone. What it can't do is tell you what's right for your body.

A workbook is general by nature. It can't see your symptoms, your history, your blood results, or the specifics of your life - and those are exactly the things that turn "good general advice" into a plan that actually fits you. That part is personal and it's what we do together.

If you'd like this made personal

An initial consultation is a 60-minute video call where we look at your symptoms, your history and how you're really eating and I send you a personalised roadmap afterwards showing where to start and how to progress at a pace that works for your life. No fads, no cutting things out, no judgement. Just a clear path forward, built around you.

You can find out more about consultations [here](#).

Want to chat first?

Not quite sure what you need yet?

Book a free discovery call to learn how I can support you and see if we're a good fit.

You can book a discovery call [here](#).

Whenever you're ready, I'd love to help. And if you're not there yet - start with your three tiny changes. That's a genuinely good place to begin.

Warmly,

Kirstin Wise

APD

***"You are not defined by menopause –
this is your time to thrive."***



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