



PREP HACK

Get seven sandwich bags.
Into each one put: 1
handful spinach, ½ cup

FROM THE NOURISHED YEARS

Reset & Thrive

Five-Recipe Sampler

For women navigating midlife change who want simple, steady, food-first meals.

STELIMASA HEALTH

How to use these recipes

These five recipes are taken straight from Reset & Thrive, shown on their own pages exactly as they appear in the book, so you can see the photography, the layout, and the wellness notes you would be getting. Start with whichever one fits your day, a steadying breakfast, an easy lunch, a quiet dinner, or a light bite. Each page lists prep and cook time, everyday ingredients, a short note on why it works, and the nutrition per serving. Cook one this week, then another, and keep the ones that earn a place in your rotation.

THE FULL EXPANDED DIGITAL EDITION

The full Reset & Thrive Expanded Digital Edition contains all 60 recipes from the published collection plus 7 exclusive bonus recipes, 67 in total, organised around the five wellness levers of sleep, calm, gut, energy and steady hormones.



PREP HACK

Make four jars at once on Sunday. Breakfast sorted until Thursday. Leave the walnuts off until morning so they stay crunchy.

PRO TIP

Starting your day with something you prepared the night before is a small act of looking after yourself. It takes five minutes. It's worth it.

BREAKFASTS THAT BUILD BALANCE

Sleep-Supporting Overnight Oats



SLEEP



MOOD

PREP 5 MIN • NO COOK • SERVES 1

WHY THIS WORKS

Oats contain magnesium and compounds that may support melatonin production. Ground flax provides lignans, a type of phytoestrogen studied for its role in hormone metabolism. Berries are packed with antioxidants. This breakfast sets you up for the day while potentially supporting better sleep tonight.

INGREDIENTS

- ½ cup rolled oats
- ¾ cup unsweetened almond milk (or any milk you prefer)
- 1 tablespoon ground flaxseed
- ½ cup mixed berries (fresh or frozen)
- 1 teaspoon honey or maple syrup (optional)
- Pinch of cinnamon
- 1 tablespoon chopped walnuts

METHOD

- 1 Grab a mason jar or container with a lid.
- 2 Add the oats, flax, and cinnamon. Pour in the milk. Stir it around.
- 3 Add the berries on top. If you're using frozen, they'll thaw overnight.
- 4 Drizzle with honey if you want it sweeter. Close the lid. Put it in the fridge.
- 5 In the morning, top with walnuts and eat straight from the jar.

NUTRITION

PER SERVING

Calories 320 • Protein 10g • Carbs 42g • Fat 13g • Fiber 8g •

Magnesium 95 mg



LUNCHES THAT COOL AND RESTORE

Mediterranean Tuna and White Bean Bowl

🧠 BRAIN

⚡ ENERGY

PREP 8 MIN • NO COOK • SERVES 2

🌱 WHY THIS WORKS

This is the lunch for the day when cooking is simply not going to happen. Tuna brings protein and omega-3s, white beans bring fiber and slow-release energy, and the olive oil and lemon turn pantry staples into something that tastes deliberate. The whole thing follows the Mediterranean eating pattern that midlife nutrition research keeps coming back to.

INGREDIENTS

- 1 can (5 oz) tuna in olive oil, drained
- 1 can (15 oz) white beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- ¼ cup chopped fresh parsley
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper

METHOD

- 1 Combine everything in a bowl.
- 2 Toss gently so the tuna stays in chunks.
- 3 Taste and adjust the lemon and salt.
- 4 Done. Eight minutes, and most of that was opening cans.

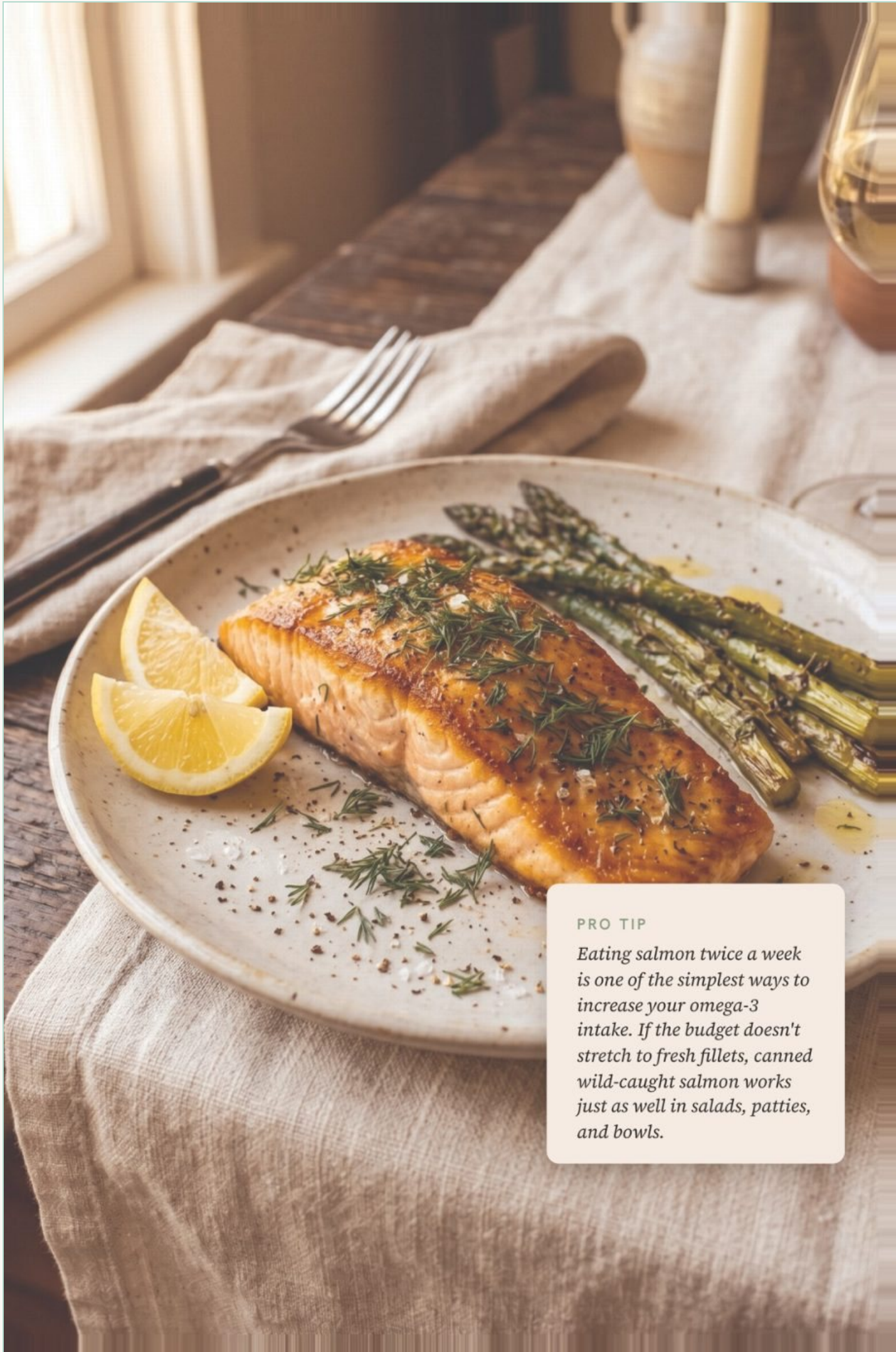
- **Pro tip.** This keeps in the fridge for two days and the flavor actually improves overnight, which makes it a strong candidate for tomorrow's packed lunch.

NUTRITION

PER SERVING

Calories 380 • Protein 26g • Carbs 34g • Fat 16g • Fiber 9g •

Omega-3s



PRO TIP

Eating salmon twice a week is one of the simplest ways to increase your omega-3 intake. If the budget doesn't stretch to fresh fillets, canned wild-caught salmon works just as well in salads, patties, and bowls.

DINNERS THAT SOOTHE AND STRENGTHEN

Salmon with Lemon and Dill

 BRAIN

 MOOD

 GLOW

PREP 5 MIN ● COOK 15 MIN ● SERVES 4

WHY THIS WORKS

Salmon is one of the best dietary sources of omega-3 fatty acids, specifically EPA and DHA. Research on omega-3s and cognitive function during the menopausal transition has grown substantially in recent years, with evidence suggesting these fats may support brain health, mood stability, and reduced inflammation. Salmon is also rich in vitamin D, which many women in midlife are low in. This is a 15-minute dinner that's doing quiet, serious nutritional work.

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 tablespoons fresh dill, chopped (or 1 tablespoon dried)
- 3 cloves garlic, minced
- Salt and pepper to taste
- Lemon slices for serving

METHOD

- 1 Heat your oven to 400°F. Line a baking sheet with parchment paper.
- 2 Place salmon fillets on the sheet, skin-side down. In a small bowl, mix olive oil, lemon juice, dill, and garlic.
- 3 Brush this mixture over each fillet. Season with salt and pepper. Place lemon slices on top of each fillet.
- 4 Bake for 12-15 minutes. The salmon is done when it flakes easily with a fork.
- 5 Let it rest for 2 minutes before serving.

NUTRITION

PER SERVING

Calories 350 • Protein 34g • Carbs 1g • Fat 22g • Fiber 0g •

Omega-3s 1.5-2 g EPA/DHA



SNACKS AND LIGHT DESSERTS

Berry Yogurt Parfait with Toasted Walnuts

 BRAIN

 BONE

 ENERGY

PREP 5 MIN • NO COOK • SERVES 1

WHY THIS WORKS

Greek yogurt delivers protein and calcium, both of which become more important as estrogen declines and bone density comes under pressure. The berries provide antioxidants and phytoestrogens. The walnuts are the highest plant source of omega-3 fatty acids, which support brain function and may help with mood stability. And the ground flaxseed quietly adds lignans, fiber, and more omega-3s. This looks and tastes like a dessert. Nutritionally, it's doing serious work.

INGREDIENTS

- ¾ cup plain Greek yogurt (full-fat is fine — the fat keeps you full and helps absorb nutrients)
- ½ cup mixed berries (blueberries, raspberries, strawberries — fresh or frozen and thawed)
- 2 tablespoons walnuts, roughly chopped and toasted
- 1 tablespoon ground flaxseed
- 1 teaspoon honey or maple syrup
- ½ teaspoon vanilla extract
- Pinch of cinnamon

METHOD

- 1 Toast the walnuts: put them in a dry skillet over medium heat for 3 minutes, shaking the pan occasionally, until they smell nutty and turn golden. This step takes three minutes and makes the difference between good and great. Don't skip it.
- 2 In a glass or small bowl, layer half the yogurt on the bottom.
- 3 Add half the berries. Sprinkle with half the flaxseed and cinnamon.
- 4 Repeat the layers: remaining yogurt, remaining berries. Top with toasted walnuts. Drizzle with honey and vanilla.
- 5 Eat immediately, or cover and refrigerate for up to a day.

NUTRITION

PER SERVING

Calories 310 • Protein 18g • Carbs 25g • Fat 16g • Fiber 5g •

Calcium 200 mg



SNACKS AND LIGHT DESSERTS

Baked Cinnamon Pears with Walnuts and Honey



SLEEP



MOOD

PREP 5 MIN ● COOK 25 MIN ● SERVES 4

🌱 WHY THIS WORKS

This is the dessert you make when you want something warm, comforting, and genuinely satisfying without the sugar crash that follows most baked goods. Pears are a good source of fiber, which supports blood sugar stability and gut health. Walnuts provide omega-3s and magnesium. Cinnamon helps moderate blood sugar response. And the whole thing smells like autumn while it bakes, which is worth something on its own. Serve it after the Turkey and Sweet Potato Stew on a cold evening and you've got a complete meal that supports sleep, mood, and digestion without a single ingredient you need to feel complicated about.

Baked Cinnamon Pears with Walnuts and Honey

INGREDIENTS

- 4 ripe but firm pears (Bosc or Anjou work best — they hold their shape)
- ¼ cup walnuts, roughly chopped
- 2 tablespoons rolled oats
- 1 tablespoon honey or maple syrup
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- 1 teaspoon coconut oil or butter, melted
- Pinch of sea salt
- Optional: a dollop of plain Greek yogurt for serving

METHOD

- 1 Heat your oven to 375°F.
- 2 Cut the pears in half lengthwise. Scoop out the core and seeds with a spoon — a melon baller works perfectly if you have one, a regular spoon works fine if you don't.
- 3 Place the pear halves cut-side up in a baking dish. In a small bowl, mix the walnuts, oats, cinnamon, ginger, salt, and melted coconut oil.
- 4 Spoon the walnut mixture into the hollowed-out center of each pear half.
- 5 Drizzle honey over the tops. Cover the dish with foil. Bake for 20 minutes covered.
- 6 Remove the foil. Bake for another 5 minutes until the tops are golden and the pears are tender when you poke them with a knife.
- 7 Let them cool for 5 minutes. They'll be very hot in the center.
- 8 Serve warm, with a spoonful of Greek yogurt on top if you want extra protein and creaminess.

NUTRITION

PER SERVING

Calories 195 • Protein 3g • Carbs 32g • Fat 8g • Fiber 6g •

Magnesium 30 mg

IMPORTANT

A general-information note

This sampler is intended for general informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, registered dietitian, or other qualified health provider with any questions you may have regarding a medical condition or dietary changes. The recipes, nutritional information, and wellness suggestions in this collection are not intended to treat, cure, prevent, or diagnose any disease or medical condition, including menopause, perimenopause, or any related symptoms. Individual results may vary. If you have a hormone-sensitive condition, diabetes, thyroid disorder, food allergies, or take prescription medication, consult your healthcare provider before making significant dietary changes. The nutritional information provided with each recipe is approximate and may vary based on specific ingredients used, portion sizes, and preparation methods. It is provided as a general guide only.

For the full Expanded Digital Edition and the rest of the collection, visit thenourishedyears.com.

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