



5 day Meal Plan to Combat Menopausal Weight Gain

JACKIE GRANT



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WE GRANT FITNESS & HEALTH

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Jackie Grant

<https://www.wegrantfitnessandhealth.co.uk>

MON



BREAKFAST
Kimchi Tofu Scramble



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Sardine & Avocado Endive Wraps



SNACK 2
Sauerkraut Avocado Mash with Crackers



DINNER
Chicken, Carrots & Broccolini

TUE



BREAKFAST
Kimchi Tofu Scramble



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Sardine & Avocado Endive Wraps



SNACK 2
Brazil Nuts



DINNER
Tempeh, Quinoa & Broccoli

WED



BREAKFAST
Salmon Stuffed Avocado Boats



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Tempeh, Quinoa & Broccoli



SNACK 2
Sauerkraut Avocado Mash with Crackers



DINNER
Crispy Broiled Haddock & Broccolini

THU



BREAKFAST
Salmon Stuffed Avocado Boats



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Crispy Broiled Haddock & Broccolini



SNACK 2
Brazil Nuts



DINNER
One Pan Roasted Edamame & Broccoli
Salad, Ground Chicken

FRI



BREAKFAST
Egg & Beef Breakfast Bowl



SNACK 1
Dark Chocolate Almond Mousse



LUNCH
One Pan Roasted Edamame & Broccoli
Salad, Ground Chicken



SNACK 2
Sauerkraut Avocado Mash with Crackers



DINNER
One Pan Sesame Trout & Bok Choy



FRUITS

- 4 3/4 Avocado
- 1/2 Lemon
- 1 cup Strawberries

BREAKFAST

- 3 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1/2 cup Brazil Nuts
- 1 1/3 cups Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tsp Dried Thyme
- 2/3 tsp Italian Seasoning
- 1 2/3 tsps Sea Salt
- 1/4 tsp Sesame Seeds
- 1/2 cup Walnuts

FROZEN

- 1/2 cup Frozen Edamame

VEGETABLES

- 2 cups Bok Choy
- 4 1/2 cups Broccoli
- 340 grams Broccolini
- 1 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 4 1/3 cups Kale Leaves
- 2 2/3 tbsps Mushrooms

BOXED & CANNED

- 227 grams Canned Wild Salmon
- 1/2 cup Quinoa
- 170 grams Sardines
- 150 grams Seed Crackers
- 2 2/3 tbsps Vegetable Broth

BAKING

- 1/3 cup Cocoa Powder
- 1 3/4 tbsps Monk Fruit Sweetener
- 2 2/3 tbsps Nutritional Yeast
- 2/3 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 113 grams Chicken Breast
- 151 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Chicken
- 2 Haddock Fillet
- 1 Rainbow Trout Fillet
- 168 grams Tempeh
- 448 grams Tofu

CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1 tsp Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 cup Kimchi
- 1/3 cup Sauerkraut
- 1 1/2 tsps Sesame Oil
- 1 tbsp Tamari

COLD

- 2/3 Egg
- 1 1/4 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt

Kimchi Tofu Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 tsps Sesame Oil
- 453 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 4 cups Kale Leaves (stems removed, finely chopped, packed)
- 2 tsps Nutritional Yeast
- 1 cup Kimchi (drained)

DIRECTIONS

- 01 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 02 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 03 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup.

Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



INGREDIENTS

1 Avocado
113 grams Canned Wild Salmon
1/4 Lemon (juiced)

DIRECTIONS

- 01** Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02** Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03** Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

NOTES

LIKES IT SPICY

Add hot sauce.

NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

Egg & Beef Breakfast Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1 tsp Coconut Oil
151 grams Extra Lean Ground Beef
2 2/3 tbsps Mushrooms (sliced)
1/3 cup Kale Leaves (chopped)
2/3 Egg
1/3 Avocado (cubed)
2 tsps Nutritional Yeast

DIRECTIONS

- 01** In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 02** Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 03** Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is roughly 2 cups of the beef mixture.

MORE FLAVOR

Add sea salt, pepper, garlic, onions and/or chili flakes.

ADDITIONAL TOPPINGS

Top with sliced cherry tomatoes.

Coconut Chia Seed Yogurt

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Unsweetened Coconut Yogurt
1 cup Chia Seeds
1 1/3 tbsps Cinnamon
1 cup Strawberries (chopped)

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Dark Chocolate Almond Mousse

3 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1/3 cup Cocoa Powder
2 1/3 tbsps Almond Butter
1 3/4 tbsps Monk Fruit Sweetener
2/3 tsp Vanilla Extract
1/3 tsp Sea Salt

DIRECTIONS

- 01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Stir well before serving.

SERVING SIZE

One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

NO ALMOND BUTTER

Use another nut or seed butter instead.

Sardine & Avocado Endive Wraps

2 SERVINGS 5 MINUTES



INGREDIENTS

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

DIRECTIONS

- 01 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 02 Fill each endive leaf with the sardine avocado mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately three endive-filled leaves.

ADDITIONAL TOPPINGS

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

NO ENDIVE

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Sauerkraut Avocado Mash with Crackers

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado (peeled, pit removed)
2 tbsps Sauerkraut (roughly chopped)
50 grams Seed Crackers

DIRECTIONS

01 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO CRACKERS

Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.

Brazil Nuts

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts

DIRECTIONS

01 Divide into bowls and enjoy!

Chicken, Carrots & Broccoli

1 SERVING 30 MINUTES



INGREDIENTS

113 grams Broccoli (trimmed)
1 Carrot (large, sliced into rounds)
1 1/2 tps Extra Virgin Olive Oil
113 grams Chicken Breast (boneless, skinless)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 03 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 04 Remove the chicken and shred into pieces using two forks.
- 05 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

NOTES

NO BROCCOLINI

Use regular broccoli or cauliflower instead.

Tempeh, Quinoa & Broccoli

2 SERVINGS 55 MINUTES



INGREDIENTS

2 2/3 tbsps Vegetable Broth
2 2/3 tbsps Balsamic Vinegar
2/3 tsp Italian Seasoning
1/3 tsp Sea Salt
1 1/3 Garlic (clove, minced)
170 grams Tempeh (cut into thin pieces)
1/2 cup Quinoa (uncooked)
2 cups Broccoli (cut into florets)

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 04 Meanwhile, cook the quinoa according to the package directions.
- 05 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO QUINOA

Use rice instead.

NO ITALIAN SEASONING

Use any combination of dried herbs.

MORE FLAVOR

Drizzle the broccoli with extra virgin olive oil.

BROCCOLI

Use fresh or frozen broccoli or substitute other vegetable instead.

Crispy Broiled Haddock & Broccoli

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Haddock Fillet (5 ounces each)
227 grams Broccolini (trimmed)
2 tbsps Avocado Oil
1 tsp Dried Thyme
1/2 tsp Sea Salt

DIRECTIONS

- 01 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 02 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 03 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add a squeeze of lemon juice and/or red pepper flakes.

NO HADDOCK

Use cod or tilapia instead.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

One Pan Roasted Edamame & Broccoli Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

2 1/2 cups Broccoli (chopped into florets)
1/2 cup Frozen Edamame (shelled)
1/2 cup Walnuts
2 tbsps Avocado Oil (divided)
1/4 tsp Sea Salt
1 1/2 tsps Almond Butter
1 1/2 tsps Apple Cider Vinegar

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 02 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 03 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 04 Drizzle desired amount of dressing over top of the salad and serve.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

NO WALNUTS

Use cashews, almonds or pecans instead.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

NO AVOCADO OIL

Use extra virgin olive oil or melted coconut oil instead.

Ground Chicken

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
227 grams Extra Lean Ground Chicken
1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 02 Once cooked through, season to taste with sea salt and enjoy!

NOTES

STORAGE

Keeps well in fridge for up to 3 days. Freeze for longer.

SERVE IT WITH

Tacos, salads, stir fries and any time you need to add protein.

SPICE IT UP

Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.

One Pan Sesame Trout & Bok Choy

1 SERVING 15 MINUTES



INGREDIENTS

- 1 Rainbow Trout Fillet
- 2 cups Bok Choy (baby, halved)
- 1 tbsp Avocado Oil
- 1/8 tsp Sea Salt
- 1/4 tsp Sesame Seeds

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 02 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 03 Divide onto plates and enjoy!

NOTES

TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

NO TROUT

Use salmon instead.

LEFTOVERS

Refrigerate in an airtight container up to 2 to 3 days.