

MACKENZIE WELLS

Menopause Recipe Pack

HORMONE-SUPPORTIVE RECIPES DESIGNED TO STABILIZE BLOOD SUGAR AND NOURISH YOUR BODY THROUGH MIDLIFE CHANGES.

Hey Hey!

During menopause, falling estrogen makes it easier to lose muscle, gain weight around your middle, and ride energy ups and downs. What you eat can help with all three.

These 30 recipes are built around protein to help protect your muscle, with fiber and whole foods to keep your energy steady, all from a regular grocery store and simple enough for a regular weekday.

Start with two or three that sound good and go from there. You don't have to be perfect, you just have to be consistent.

– Mackenzie Wells

mackenziewells.app · @mackenziewells.fit

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MENOPAUSE

Breakfast

KICKSTART YOUR DAY

Start your morning with real, whole foods that leave you feeling good.

BREAKFAST

High Fiber Berry Yogurt Smoothie



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.5 cup [72.5 g] Blueberries

0.5 cup [76 g] Strawberries

0.5 cup [61.5 g] Raspberries

0.5 cup [113.5 g] Greek Nonfat Yogurt - Vanilla

0.5 cup [120 g] Kefir *(Whole Milk)*

1 tsp, ground [2.5 g] Flaxseeds

1.5 scoop [30 g] Protein Powder

DIRECTIONS

1. Add the blueberries, strawberries, raspberries, Greek yogurt, kefir, flaxseeds, and protein powder to a blender and blend until smooth.

421	7.2 g	44.4 g	48.2 g	14 g	33 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Cinnamon Vanilla Protein Oats



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	10 minutes

INGREDIENTS

0.5 cup [45 g] Rolled Oats Gluten Free

1.5 cup [360 ml] Organic Unsweetened Almond Milk

2 scoop [48 g] Organic Vegan Protein Powder

1 tsp, ground [2.5 g] Flaxseeds

0.5 tsp [1.15 g] Cinnamon

1 tbsp [20 g] Maple Syrup

0.5 tsp [2.1 g] Vanilla Extract

0.5 tbsp [8 g] Almond Butter

1 dash [0.63 ml] Kosher Salt

0.5 medium [90 g] Apples *(Sliced)*

DIRECTIONS

1. In a small saucepan, bring almond milk and oats to a simmer over medium heat. Cook for 5 minutes, stirring often.
2. Remove from heat and stir in the protein powder, flaxseed, cinnamon, maple syrup, vanilla extract, almond butter, and a pinch of kosher salt. Add a splash of water or almond milk if the oats are too thick. Serve sliced apples on the side.

NOTES

1. **Optional:** Add 1–2 tbsp water before serving to loosen the oats to desired consistency.

570	17.1 g	63.7 g	39.9 g	9.8 g	24.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Breakfast Chicken Scramble



SERVINGS	PREP TIME	COOKING TIME
1	15 minutes	10 minutes

INGREDIENTS

3 large [150 g] Egg

2 large [66 g] Egg White

2 tbsp, chopped [10 g] Red Onions

0.25 cup, chopped [37.25 g] Green Bell Pepper

0.25 tsp [0.3 g] Kosher Salt

1 dash [0.63 ml] Black Pepper

4 pumps [4 g] Avocado Oil Cooking Spray

1 link (2.3 oz) [68 g] Organic Chicken Sausage *(Sliced into rounds)*

1 cup [123 g] Raspberries

DIRECTIONS

1. In a bowl, whisk together the eggs, egg whites, red onions, green bell pepper, salt, and black pepper until well combined. Set aside.
2. Spray a large skillet with avocado oil cooking spray and add the chicken sausage. Cook over medium heat until the sausage is browned and fully heated through, stirring occasionally to prevent burning.
3. Reduce the heat to medium-low, add the egg mixture, and cook, stirring occasionally, until the eggs are fully cooked.
4. Serve with a side of fresh raspberries.

443	20.3 g	23.3 g	41.2 g	9.7 g	9.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Apple "Pie" Yogurt Bowl



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	10 minutes

INGREDIENTS

1 cup [240 g] Plain Non Fat Greek Yogurt

1 scoop [20 g] Protein Powder

0.5 tbsp [6.4 g] Clarified Butter Ghee

1 medium (2-3/4" dia) (approx 3 per lb) [138 g] Honeycrisp Apples *(Peeled and diced small)*

0.5 small lemon [15 g] Lemon Juice

0.5 tsp [1.15 g] Cinnamon

1 tsp [5 g] Maple Syrup

0.5 tbsp [8 g] Almond Butter

1.5 tbsp, ground [9.75 g] Flaxseeds

2 tbsp [29.6 g] Water

DIRECTIONS

1. Add the Greek yogurt and organic protein powder to a bowl and mix until well combined. Refrigerate until ready to use.
2. Heat the ghee in a large skillet over medium heat. Add the diced apples, fresh-squeezed lemon juice, cinnamon, and maple syrup, and sauté for 8-10 minutes, until the apples are soft and fragrant. Set aside and let cool to room temperature.
3. Add the almond butter, flaxseeds, and water to a bowl, and mix until the almond butter loosens and becomes runny.
4. Fold the cooled, sautéed apples and almond butter sauce into the Greek yogurt. Refrigerate until ready to eat.

NOTES

1. **Sweetness option:** Fold in less of the cooked apples and almond butter sauce for a less sweet option. The maple syrup can also be removed to lower the sweetness.

456	15.6 g	35.1 g	47.9 g	7.6 g	26.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Creamy Chocolate Chia Shake



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

1 cup [240 ml] Organic Unsweetened Almond Milk

2 scoop [48 g] Organic Vegan Protein Powder

1.5 tbsp [7.5 g] Cocoa Powder

1 tbsp [12 g] Chia Seeds

1 tbsp [16 g] Almond Butter

0.5 medium [59 g] Banana *(Frozen)*

0.25 tsp [0.57 g] Cinnamon

0.5 tbsp [10 g] Maple Syrup

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth and thick.
2. Pour into a cup and enjoy chilled!

NOTES

1. **Tip:** For a thinner shake, enjoy immediately. For a thicker texture, let it sit for 5–10 minutes to allow the chia seeds to absorb liquid.

482	21.4 g	39.5 g	37.6 g	11.3 g	16.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Kefir Overnight Oats



SERVINGS	PREP TIME	COOKING TIME
1	15 minutes	0 minutes

INGREDIENTS

0.25 cup [22.5 g] Rolled Oats Gluten Free

0.5 cup [120 g] Kefir *(Whole Milk)*

1 scoop [20 g] Protein Powder

0.5 tbsp [6 g] Chia Seeds

1 tbsp [16 g] Almond Butter

0.5 medium [59 g] Banana

DIRECTIONS

1. Add the rolled oats, kefir, protein powder, chia seeds, and almond butter to a blender. Blend until smooth, then transfer the mixture to a bowl and refrigerate overnight.
2. Top with a sliced banana before serving.

NOTES

1. **Dairy option:** The kefir can be substituted with plain whole milk Greek yogurt. Add 1/3 cup of Greek yogurt mixed with 2/3 cup of water for every cup of kefir.

435	17.8 g	38.4 g	33.8 g	11.7 g	13.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Peach Strawberry Cottage Cheese Bowl



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 cup [226 g] Cottage Cheese *(4% milk fat)*

2 tsp, ground [5 g] Flaxseeds

1 medium [98 g] Peach *(Peeled and sliced)*

0.5 cup [76 g] Strawberries *(Cut in fourths)*

1 tbsp [7 g] Chopped Walnuts

1 tbsp [7.5 g] Slivered Almonds

1 tsp [7.1 g] Honey

DIRECTIONS

1. Add the cottage cheese and ground flaxseeds to a bowl. Mix until combined.
2. Top the cottage cheese with sliced peaches, quartered strawberries, chopped walnuts, slivered almonds, and a drizzle of honey.

NOTES

1. **Dairy free option:** The cottage cheese can be substituted with unsweetened coconut milk yogurt.

419	20.7 g	34.3 g	31.7 g	5.6 g	25.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Raspberry Yogurt Crunch Bowl



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.75 cup [180 g] Plain Non Fat Greek Yogurt

1 tbsp [21 g] Honey

0.25 tsp [1.05 g] Vanilla Extract

1 tbsp [16 g] Almond Butter

0.5 cup [61.5 g] Raspberries

1 tbsp [12 g] Chia Seeds

2 tbsp [15 g] Slivered Almonds *(Chopped)*

DIRECTIONS

1. Add the yogurt, honey, vanilla extract, and almond butter to a bowl. Whip with a whisk or fork for 1–2 minutes until light and fluffy.
2. Top with raspberries, chia seeds, and chopped almonds.

429	21.9 g	41.1 g	24.8 g	11 g	26.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Vanilla Coconut Overnight Oats



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

0.5 cup [45 g] Rolled Oats Gluten Free

0.5 cup [120 g] Plain Non Fat Greek Yogurt

0.5 cup [120 ml] Coconut Milk Unsweetened *(Carton)*

2 tbsp [24 g] Chia Seeds

1 tbsp [10 g] Hemp Seeds

0.5 tsp [2.1 g] Vanilla Extract

1 tbsp [20 g] Maple Syrup

1 tbsp [6 g] Unsweetened Shredded Coconut

1 dash [0.63 ml] Kosher Salt

DIRECTIONS

1. Add all ingredients to a jar or airtight container.
2. Stir well to combine. Cover and refrigerate overnight.
3. In the morning, stir again and top with extra shredded coconut or sweetener, if desired.

507	23.3 g	56.2 g	25.1 g	15.5 g	17.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Berry Almond Protein Shake



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

2 scoop [48 g] Organic Vegan Protein Powder Chocolate

0.25 tsp [0.57 g] Cinnamon

1 cup [240 ml] Organic Unsweetened Almond Milk

0.5 cup [127.5 g] Frozen Strawberries

1 tbsp [16 g] Almond Butter

1 tbsp, ground [6.5 g] Flaxseeds

0.5 medium [59 g] Banana *(Frozen)*

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and serve immediately.

526	19.4 g	55.2 g	36.2 g	8.5 g	37.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR



MENOPAUSE

Lunch

RE-FUEL AND RE-ENERGIZE

Quick, easy, and built to hold you through the afternoon.

LUNCH

Sourdough Egg Sandwich



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	5 minutes

INGREDIENTS

2 medium [88 g] Egg

2 pumps [2 g] Avocado Oil Cooking Spray

0.5 tsp [0.6 g] Kosher Salt

4 slice [76 g] Organic Roast Turkey Meat

0.25 cup, shredded [28.25 g] Cheddar Cheese

2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread

1 cup [123 g] Raspberries

DIRECTIONS

1. Place a skillet over medium-low heat and spray it with the avocado oil cooking spray.
2. Crack the eggs into a small bowl first to check for any shell fragments. Then, slide them carefully into the hot skillet and sprinkle with salt.
3. Cover the pan with a lid. For over-easy eggs, cook until the whites are mostly set.
4. Toast each slice of sourdough bread.
5. Place the roasted turkey and cheddar cheese on one slice of sourdough bread, then top with the hot eggs and the second slice of bread.
6. Serve with a side of fresh raspberries.

526	20.7 g	41.6 g	43.1 g	9.6 g	5.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Veggie Slaw & Chicken Salad



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 cup [56.7 g] Shredded Green Cabbage

0.5 cup [56.5 g] Shredded Carrots

1 medium [180 g] Apples *(Shredded or grated)*

0.5 tsp [2.4 g] Celery Salt

0.5 tbsp [7 g] Avocado Oil

0.5 tbsp [7.5 g] Apple Cider Vinegar

1 tsp [7.1 g] Honey

1 can (5 oz) yields [140 g] Canned Organic Chicken

DIRECTIONS

1. Mix together shredded cabbage, shredded carrots, apple, celery salt, avocado oil, apple cider vinegar, and honey until well coated. Massage with hands to soften slaw (optional).
2. Mix together chicken, mayonnaise, dried dill, salt, and pepper. Top slaw mix with chicken salad mix. Garnish with optional apple slices and enjoy! (Drained) 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil) 0.5 tsp [0.5 g] Dill (Dried) 1 dash [0.4 g] Salt (To taste) 1 dash [0.63 ml] Black Pepper (To taste)

494	23.4 g	39.2 g	33.5 g	8.5 g	28.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Smoked Salmon Cottage Cheese Bowl



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.75 cup [169.5 g] Cottage Cheese *(4% milk fat)*

2 oz, boneless [56.7 g] Smoked Salmon *(Wild Caught)*

0.25 cup, pared, chopped [33.25 g] Cucumber *(Peeled)*

1 tbsp, chopped [5 g] Red Onions

1 tbsp [7 g] Pumpkin Seeds

2 sprigs [0.4 g] Dill *(Garnish)*

0.5 large [100 g] Avocado *(Sliced)*

1 dash [0.63 ml] Kosher Salt

DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with smoked salmon, cucumber, red onion, and pumpkin seeds.
3. Garnish with fresh dill and serve avocado on the side. Add salt according to your liking.

455	27.1 g	19.1 g	39 g	1 g	7.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Southwest Black Bean & Guacamole Wrap



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 wrap [43 g] Sprouted Grain Wrap

0.5 cup [120 g] Black Beans (Canned) *(Rinsed & Drained)*

1 dash [0.63 ml] Kosher Salt

0.25 tsp [0.53 g] Cumin

0.5 tbsp [7.5 g] Fresh Lime Juice

3 tbsp [43.69 g] Guacamole

2 tablespoon [32 g] Salsa

0.25 cup, shredded or chopped [13.75 g] Lettuce

0.25 cup, shredded [28.25 g] Cheddar Cheese

DIRECTIONS

1. In a small bowl, mash the black beans lightly with a fork. Season with salt, cumin, and fresh lime juice.
2. Spread guacamole evenly over the wrap.
3. Layer seasoned black beans, salsa, lettuce, and cheddar.
4. Roll tightly, slice in half, and serve.

NOTES

1. **Tip:** If using a sprouted grain or gluten-free wrap, warm it briefly in a dry skillet (15–20 seconds per side) or in the microwave wrapped in a damp paper towel (10–15 seconds) to prevent cracking.
2. **Storage tip:** Assemble shortly before storing, using drained salsa and a thin layer of guacamole. Wrap tightly in parchment or foil, and refrigerate in an airtight container. Let sit at room temp 10 minutes before eating.

426	18.7 g	49.1 g	20.9 g	16.2 g	3.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Shrimp Ceviche



SERVINGS	PREP TIME	COOKING TIME
1	25 minutes	0 minutes

INGREDIENTS

10 oz [284 g] Shrimp *(Pre-cooked; peeled and deveined, tail removed)*

2 medium [134 g] Lime *(Juiced)*

0.5 tsp [0.6 g] Kosher Salt

0.25 tsp [0.57 g] Black Pepper

1 tbsp [14 g] Olive Oil

0.25 cup, chopped [31.5 g] Red Onions

0.25 medium [28.5 g] Orange Bell Pepper *(Diced small)*

10 medium [40 g] Green Olives *(Cut in half)*

DIRECTIONS

1. Dice the shrimp and add them to a bowl with the fresh lime juice, salt, and black pepper. Refrigerate for 15 minutes.
2. Add the olive oil, red onion, bell pepper, and green olives to the bowl with the marinated shrimp. Gently toss all the ingredients together until combined.
3. Refrigerate until ready to eat. Enjoy!

515	24.8 g	36.6 g	42.9 g	9.9 g	7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Turkey Avocado Wrap with Mustard Yogurt Sauce



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

1 wrap [43 g] Sprouted Grain Wrap

3 slice [165 g] Organic Oven Roasted Turkey Breast

0.25 large [50 g] Avocado *(Sliced)*

0.25 cup, shredded or chopped [13.75 g] Lettuce

5 [85 g] Cherry Tomatoes *(Halved)*

3 tbsp [84 g] Whole Milk Greek Yogurt Plain

0.75 tsp [4.13 g] Dijon Mustard

1 pinch [0.32 ml] Kosher Salt

1 pinch [0.31 ml] Black Pepper

DIRECTIONS

1. In a small bowl, mix Greek yogurt, Dijon mustard, and salt & black pepper to make a quick sauce.
2. Spread the sauce onto the wrap.
3. Layer turkey, avocado, lettuce, and tomato.
4. Roll tightly, slice in half, and serve.

NOTES

1. **Tip:** If using a sprouted grain or gluten-free wrap, warm it briefly in a dry skillet (15–20 seconds per side) or in the microwave wrapped in a damp paper towel (10–15 seconds) to prevent cracking.

463	13.8 g	37.6 g	50 g	5.3 g	7.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Tuna Hummus Veggie Sandwich



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

3 oz [85.05 g] Tuna in Water (Canned) *(Drained)*

2 tbsp [30 g] Hummus *(Divided)*

0.5 tsp [2.75 g] Dijon Mustard

0.5 tsp [2.35 g] Lemon Juice *(A squeeze of a lemon wedge)*

2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread

0.25 cup [28.25 g] Shredded Carrots

0.25 cup [7.5 g] Baby Spinach

6 slice [36 g] Dill Cucumber Pickles *(Thin)*

0.5 medium [75 g] Avocado *(Sliced)*

DIRECTIONS

1. In a small bowl, mash tuna with half of the hummus, Dijon mustard, and lemon juice.
2. Spread remaining hummus on one slice of bread.
3. Layer the tuna mixture on top of the hummus-spread bread. Add shredded carrots, spinach, and pickle slices.
4. Top with the second slice of bread.
5. Slice in half and serve immediately. Enjoy sliced avocado on the side.

454	19.1 g	38.5 g	30.4 g	8.5 g	3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Quick Turkey, Egg & Veggie Lunch



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	10 minutes

INGREDIENTS

5 slice (1 oz) [141.75 g] Deli Turkey or Chicken Breast Meat

2 large [100 g] Hard-Boiled Egg *(Halved)*

0.5 cup [74.5 g] Cherry Tomatoes

0.5 medium [100.5 g] Cucumber *(Cut into sticks)*

3 tbsp [45 g] Hummus

8 [16 g] Gluten Free Crackers

DIRECTIONS

1. If not already prepared, hard-boil eggs for 7-10 minutes. Peel eggs & slice in half.
2. Arrange turkey, hard-boiled eggs, cherry tomatoes, cucumber slices, hummus, and crackers in a divided bento box container or on a plate.
3. Sprinkle salt and pepper on eggs and veggies, if desired.
4. Serve cold and enjoy your meal!

526	27.9 g	21.5 g	42.6 g	2.1 g	9.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Smoked Salmon & Avocado Salad



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	0 minutes

INGREDIENTS

3 oz, boneless [85.05 g] Smoked Salmon *(Wild Caught)*

2 cup, shredded or chopped [110 g] Mixed Salad Greens

0.5 large [100 g] Avocado *(Sliced)*

0.5 cup [74.5 g] Cherry Tomatoes *(Halved)*

1 tbsp [10 g] Hemp Seeds

1 tbsp [14 g] Olive Oil

1 tsp [4.7 g] Lemon Juice

1 dash [0.63 ml] Kosher Salt *(To Taste)*

1 dash [0.63 ml] Black Pepper *(To Taste)*

1 tsp [5.5 g] Dijon Mustard

0.25 tsp, dried [0.17 g] Dill *(Optional garnish)*

DIRECTIONS

1. Place mixed greens in a large bowl.
2. Top with smoked salmon, avocado, and cherry tomatoes.
3. Sprinkle with hemp hearts.
4. In a small bowl, whisk together the olive oil, lemon juice, and Dijon mustard until emulsified.
5. Drizzle the dressing evenly over the salad.
6. Add salt and pepper to taste. If desired, garnish the salmon with a sprinkle of fresh dill for added flavor.

476	35.3 g	16.3 g	29.9 g	3.6 g	4.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Turkey & Quinoa Power Salad



SERVINGS	PREP TIME	COOKING TIME
1	12 minutes	25 minutes

INGREDIENTS

3 oz [85.2 g] Organic Roast Turkey Meat *(Sliced)*

3 tbsp, dry [33 g] Quinoa

1 cup [30 g] Baby Spinach

0.5 medium [100.5 g] Cucumber *(Sliced)*

0.25 cup [37.5 g] Feta Cheese *(Crumbled)*

1 tbsp [14 g] Olive Oil

1 tbsp [16 g] Balsamic Vinegar

1 tsp [5.5 g] Dijon Mustard

1 dash [0.63 ml] Kosher Salt

1 dash [0.63 ml] Black Pepper

DIRECTIONS

1. Rinse the quinoa and cook according to package directions, adding a pinch of salt to the water. Once cooked, fluff with a fork and let cool slightly.
2. Add the spinach to a bowl, then layer the cooled quinoa, sliced cucumber, and turkey over the top. Sprinkle with crumbled feta cheese.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, and Dijon mustard to make the dressing. Drizzle over the salad.
4. Gently toss to combine. Season with salt and pepper to taste.

NOTES

1. **Storage Tip:** This salad can be assembled up to a day in advance and stored chilled in an airtight container. Add dressing just before serving to prevent sogginess.

502	26.5 g	41.1 g	39.2 g	4.6 g	5.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR



MENOPAUSE

Dinner

FINISH STRONG

Real food, simple cooking, and leftovers you'll be glad you made.

DINNER

Roasted Garlic Turmeric Salmon and Veggies



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

0.5 cup, dry [85 g] Quinoa

1 cup [237 g] Water

1.75 tbsp [24.5 g] Olive Oil *(Divided)*

1 tsp [1.2 g] Kosher Salt *(Divided)*

0.5 tsp [1.15 g] Black Pepper *(Divided)*

0.25 tsp [0.53 g] Paprika

1 cup, florets [71 g] Broccoli

2 cup [200 g] Cauliflower

2 medium [122 g] Carrots *(Chopped)*

8 oz [226.67 g] Wild Atlantic Salmon

0.25 tsp [0.55 g] Turmeric *(Ground)*

1.5 clove [4.5 g] Garlic *(Minced)*

2 tbsp [28 g] Lemon Juice

1.5 tbsp, fresh [5.7 g] Parsley *(Chopped)*

DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. Rinse the quinoa and simmer with water over medium heat until fluffy, about 15 minutes.
3. While the quinoa cooks, toss the broccoli, cauliflower, and chopped carrots with half of the olive oil, salt, and pepper, along with all of the paprika. Spread the vegetables evenly on the prepared baking sheet and roast for 20 minutes.
4. In a bowl, rub the salmon with the remaining olive oil, salt, pepper, turmeric, minced garlic, and lemon juice.
5. Place the salmon on a parchment-lined baking sheet and bake at 400°F (204°C) for 12–14 minutes, or until the fish is opaque and flakes easily with a fork.
6. Plate the quinoa, roasted vegetables, and salmon. Top with fresh parsley and a squeeze of extra lemon juice before serving.

495	21.9 g	44.9 g	32 g	7.8 g	5.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Turkey & Veggie Chili



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

8 oz [224 g] Ground Turkey

0.5 tbsp [7 g] Olive Oil

7 oz [199.99 g] Black Beans (Canned) *(Rinsed and Drained)*

0.5 can (28oz) [397 g] Diced Canned Tomatoes

0.5 medium [59.5 g] Green Bell Pepper *(Sliced or diced)*

0.5 medium [57 g] Red Bell Pepper

0.5 tbsp [3.75 g] Chili Powder

0.5 tsp [1.05 g] Cumin

0.5 tsp [0.6 g] Kosher Salt

1 dash [0.63 ml] Black Pepper *(To taste)*

0.5 cup [115 g] Sour Cream *(Garnish)*

DIRECTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add ground turkey and cook until browned and fully cooked through. Stir in bell pepper, chili powder, cumin, salt, and pepper. Cook 3–4 minutes until the peppers soften slightly.
3. Add black beans and diced tomatoes. Stir well and bring to a simmer.
4. Reduce heat to low and cook uncovered for 10–15 minutes, stirring occasionally, until the chili thickens and flavors blend.
5. Taste and adjust seasoning as needed.
6. Serve warm, topped with sour cream, if desired.

461	24.5 g	31.6 g	32.3 g	11.2 g	7.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Mediterranean Turkey and Lentil Stuffed Peppers



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	30 minutes

INGREDIENTS

1.5 tsp [7.2 g] Olive Oil

0.5 medium [55 g] Yellow Onions *(Diced)*

1 clove [3 g] Garlic *(Minced)*

8 oz [224 g] Ground Turkey

6 tbsp, dry [72 g] Brown Lentils

0.5 cup [15 g] Spinach *(Chopped)*

0.5 tsp, ground [0.3 g] Oregano

0.25 tsp [0.53 g] Cumin

0.25 tsp [0.57 g] Smoked Paprika

0.75 tsp [0.9 g] Kosher Salt *(To taste)*

0.25 tsp [0.57 g] Black Pepper *(To taste)*

2 large (approx 3-3/4" long, 3" dia) [328 g] Bell Peppers *(Halved and seeded)*

0.5 cup [112.5 g] 1% Low Fat Cottage Cheese

1 tbsp, fresh [3.8 g] Parsley *(Chopped)*

DIRECTIONS

1. Rinse the lentils under cold water. Cook according to package directions until tender, about 15–20 minutes. Drain any excess water and set aside.
2. Preheat the oven to 375°F (190°C).
3. While the lentils cook, heat the olive oil in a large skillet over medium heat. Add the diced onion and minced garlic; sauté until fragrant and softened, about 2–3 minutes. Add the ground turkey and cook, breaking it up with a spoon, until browned and no longer pink. Stir in the cooked lentils, chopped spinach, oregano, cumin, smoked paprika, kosher salt, and black pepper. Cook for 1–2 minutes more to warm through, then remove from heat.
4. Arrange the halved and seeded bell peppers in a baking dish. Fill each with the turkey-lentil mixture and top with a spoonful of cottage cheese.
5. Cover with foil and bake for 25–30 minutes, or until the peppers are tender.
6. Remove from the oven, top with chopped parsley, and serve warm. Taste and season with additional salt and pepper, if needed.

417	13.1 g	38.3 g	39.4 g	10.2 g	12 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

One-Skillet Lemon Herb Chicken with Zucchini & Mushrooms



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	15 minutes

INGREDIENTS

12 oz [336 g] Skinless Chicken Breast

1 dash [0.63 ml] Kosher Salt *(To Taste)*

1 dash [0.63 ml] Black Pepper *(To Taste)*

1 tbsp [14 g] Olive Oil

1 clove [3 g] Garlic *(Minced)*

1 medium (6-8 inches) [150 g] Zucchini *(Sliced into half moons)*

1 cup, chopped [70 g] Mushrooms *(Sliced)*

1 medium Lemon (Juiced)

2 tbsp, fresh [7.6 g] Parsley

1 large [200 g] Avocado *(Sliced)*

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Season chicken with salt and pepper and sear for 5–6 minutes per side until golden and cooked through. Remove and set aside.
2. In the same skillet, add garlic, zucchini, and mushrooms. Sauté ~5 minutes until tender.
3. Slice the cooked chicken and return it to the skillet. Add lemon juice and parsley, tossing everything together until heated through.
4. Turn off the heat and gently fold in the sliced avocado so it warms slightly but doesn't cook.
5. Serve warm and season with more salt and pepper if desired.

435	24 g	15.2 g	43.1 g	1.8 g	1.7 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Roasted Turkey Breast with Whipped Sweet Potatoes and Pumpkin



SERVINGS	PREP TIME	COOKING TIME
2	20 minutes	85 minutes

INGREDIENTS

2 tbsp [28 g] Olive Oil

2 tsp [8 g] Green Goddess Seasoning Blend

0.5 head [15 g] Garlic *(Minced)*

1 tsp [1.2 g] Kosher Salt

16 oz [453.6 g] Turkey Breast Meat

2 pumps [2 g] Avocado Oil Cooking Spray

1 cup, cubed [133 g] Sweet Potato

1 cup [250 g] Pumpkin Puree

2 tbsp [30 g] Plain Non Fat Greek Yogurt

0.5 tsp [0.85 g] Pumpkin Pie Spice

2 tbsp [15 g] Slivered Almonds

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Mix olive oil, seasoning, garlic, and half the salt. Rub over turkey.
3. Spray a baking pan, add turkey, and roast 60–80 minutes until internal temp reaches 165°F (73°C).
4. Let rest 15 minutes, then slice.
5. After removing it from the oven, let the turkey breast rest at room temperature for 15 minutes. Slice right before serving.
6. Put the sweet potatoes in a large saucepan. Add enough cold water to cover them. Turn the heat to high and bring the water to a boil. Once the water is boiling, lower the heat to medium. Cook the sweet potatoes without a lid for 15-20 minutes, or until you can easily pierce them with a fork.
7. In a food processor, blend sweet potatoes with pumpkin, yogurt, pumpkin pie spice, and remaining salt until smooth.
8. Top the whipped sweet potatoes and pumpkin with slivered almonds before serving.

529	23.4 g	37.7 g	44.6 g	7.1 g	15.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Chickpea Pasta with Pesto Chicken & Tomatoes



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	15 minutes

INGREDIENTS

3 oz [84 g] Chickpea Pasta *(Reserve 2-3 TBSP of pasta cooking water)*

1 tbsp [14 g] Olive Oil

1 clove [3 g] Garlic *(Minced)*

2 cup [60 g] Baby Spinach

1 cup [149 g] Cherry Tomatoes *(Halved)*

6 oz, boneless, cooked [170.1 g] Rotisserie Chicken

3 tbsp [42 g] Pesto Sauce

1 dash [0.63 ml] Kosher Salt *(To taste)*

1 pinch [0.31 ml] Black Pepper *(To taste)*

0.25 tsp [1.18 g] Lemon Juice

1 tsp [2 g] Parmesan *(Grated)*

DIRECTIONS

1. Cook the chickpea pasta according to package directions. Just before draining, reserve 2–3 tablespoons of the cooking water. Drain and set the pasta aside.
2. In a large skillet, heat the olive oil over medium heat. Add the garlic, spinach, and halved cherry tomatoes. Sauté for 2–3 minutes, until the spinach wilts and the tomatoes soften slightly.
3. Add the chicken, cooked pasta, pesto, and the reserved pasta water to the skillet. Toss well to combine and coat everything evenly. Add more water if needed for a creamier texture.
4. Remove from heat and season with salt and pepper to taste. Add a squeeze of lemon juice, if desired.
5. Serve warm, topped with grated Parmesan if desired.

549	32.3 g	32 g	37.3 g	5.5 g	3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Lemon Garlic Yogurt Roasted Chicken and Vegetables



SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	55 minutes

INGREDIENTS

0.5 cup [120 g] Plain Non Fat Greek Yogurt *(Liquid)*

1 tbsp [12.8 g] Clarified Butter Ghee

4 clove [12 g] Garlic *(Minced)*

2 tbsp [28 g] Lemon Juice

0.5 tbsp [9 g] Kosher Salt

1 tsp, ground [0.6 g] Oregano

1 tbsp [5 g] Nutritional Yeast

1 tsp [2.1 g] Paprika

0.5 tsp [1.15 g] Black Pepper

16 oz [452 g] Boneless Skinless Chicken Thighs *(raw)*

2 cup [330 g] Fingerling Potatoes *(Cut in half)*

1 cup [149 g] Baby Carrots *(Cut in half)*

DIRECTIONS

1. In a large bowl, mix the Greek yogurt, ghee, garlic, lemon juice, salt, oregano, nutritional yeast, paprika, and black pepper.
2. Add the chicken to the bowl and coat all pieces evenly with the marinade. Cover and refrigerate for at least 30 minutes.
3. Preheat oven to 375°F (192°C).
4. Remove the chicken from the refrigerator and let it come to room temperature for about 30 minutes before cooking.
5. Arrange the chicken, potatoes, and carrots in a 9×13inch non-stick baking dish. Pour any remaining marinade evenly over the top. Bake for about 50 minutes, or until the chicken is golden brown and fully cooked.

NOTES

1. **Marinade:** You can leave the chicken in the marinade overnight, or freeze it while still marinating for later use.

538	15.5 g	43 g	56.2 g	8.6 g	4.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Salmon with Broccoli & Sweet Potatoes



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	20 minutes

INGREDIENTS

12 oz, boneless, raw [340.2 g] Salmon

2 cup, florets [142 g] Broccoli

1 medium [114 g] Sweet Potato *(Cubed)*

2 tbsp [28 g] Olive Oil *(Divided)*

1 tsp [2.3 g] Smoked Paprika

0.5 medium Lemon (Juiced)

2 tbsp, fresh [7.6 g] Parsley *(Chopped)*

1 dash [0.63 ml] Kosher Salt *(To Taste)*

1 dash [0.63 ml] Black Pepper *(To Taste)*

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a sheet pan with parchment paper.
2. In a bowl, toss the cubed sweet potato with half of the olive oil and the smoked paprika. Spread on the prepared sheet pan and roast for 10 minutes.
3. Add salmon fillets and broccoli to the sheet pan. Drizzle with the lemon juice and the remaining olive oil. Season with salt and black pepper.
4. Roast for another 12–15 minutes, until salmon is cooked through and sweet potatoes are tender.
5. Season with additional salt and pepper if needed. Garnish with parsley and serve warm.

447	24.1 g	18 g	40.3 g	4.3 g	3.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

One Pot Cuban Inspired Rice and Black Beans



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	45 minutes

INGREDIENTS

6 oz [170.1 g] Ground Pork

2 tsp [8 g] Lite Adobo All Purpose Seasoning

0.5 tsp [1.05 g] Cumin

0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper *(Chopped)*

2 tbsp, chopped [10 g] Red Onions

1 head [30 g] Garlic *(Minced)*

1 tbsp [1 g] Cilantro (Coriander) *(Chopped)*

0.25 cup, dry [46.25 g] White Rice

7.5 oz [214.28 g] Black Beans (Canned) *(About half a standard can)*

1 leaf [0.6 g] Bay Leaf

0.5 tsp [0.6 g] Kosher Salt

DIRECTIONS

1. Add the ground pork, lite adobo all-purpose seasoning, and cumin to a Dutch oven. Cook over medium heat until the pork is browned and fully cooked.
2. To the same Dutch oven, add the chopped red bell pepper and red onions. Sauté for 2–3 minutes. Stir in the minced garlic and chopped cilantro; cook for 1 more minute.
3. Add the uncooked rice, canned black beans with their liquid, bay leaf, salt, and enough water to just cover the rice. Leave uncovered and bring to a boil.
4. Once boiling, cover the pot, reduce heat to low, and cook for 30 minutes without lifting the lid (the steam is essential for properly cooking the rice).
5. After 30 minutes, uncover and gently stir the rice to prevent sticking. Cook for another 5–10 minutes, until the rice is fluffy and fully cooked. Discard the bay leaf before serving.

NOTES

1. **Protein options:** The ground pork can be substituted with ground turkey or ground chicken.

454	18.8 g	46 g	24.2 g	10.1 g	2.1 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Sheet Pan Chicken Fajitas



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	20 minutes

INGREDIENTS

4 oz [112 g] Skinless Chicken Breast *(Sliced into Strips)*

1 medium [119 g] Bell Peppers *(Sliced)*

0.25 large [1.32 oz] Red Onions *(Sliced)*

0.5 tbsp [7 g] Avocado Oil

0.75 tsp [1.95 g] Chili Powder

0.25 tsp [0.53 g] Cumin

1 dash [0.63 ml] Kosher Salt *(To taste)*

1 pinch [0.31 ml] Black Pepper *(To taste)*

0.5 medium [33.5 g] Lime *(Juiced)*

1.5 oz [42.53 g] Guacamole

2 tortilla [86 g] Gluten Free Tortilla Wraps

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Line a large sheet pan with parchment paper.
2. Spread the sliced chicken, bell peppers, and red onion evenly on the prepared sheet pan.
3. Drizzle with avocado oil and lime juice, then sprinkle with chili powder, cumin, salt, and pepper. Toss well to coat everything evenly.
4. Roast for 20 minutes, tossing halfway through, until the chicken is fully cooked and the vegetables are tender and slightly caramelized.
5. While the fajitas roast, warm the gluten-free tortillas in a dry skillet over medium heat for 1–2 minutes per side, or wrap them in foil and warm them in the oven during the last 5 minutes of cooking.
6. To serve, divide the chicken and veggie mixture among the tortillas. Top each serving with guacamole (or serve it on the side for dipping).
7. Serve immediately and enjoy!

510	23.7 g	56.8 g	35.3 g	10.6 g	14.2 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR