

A white ceramic plate with a gold fork is set on a light-colored, textured placemat. The plate contains a bowl of watermelon, strawberries, and granola. A semi-transparent white box is overlaid on the center of the plate, containing text.

# Perimenopause Recipe Bundle

NOURISHING RECIPES WITH  
NUTRIENTS TO SUPPORT WOMEN  
THROUGH PERIMENOPAUSE.

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# Perimenopause Breakfast

KICKSTART YOUR DAY

# Roasted Sweet Potato and Kale Frittata



SERVINGS: 4

PREP TIME: 30 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 10 large [500 g] Egg
- 1 cup [100 g] Riced Cauliflower
- 2 cup, chopped [134 g] Kale
- 3 clove [9 g] Garlic (*Minced*)
- 0.5 onion [55 g] Yellow Onions (*Diced*)
- 2 cup, cubes [266 g] Sweet Potato
- 0.75 cup [184.5 g] Ricotta Cheese
- 3 tbsp [42 g] Chia Seeds
- 1 tbsp [10 g] Flax Seed Meal
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 3 tsp [2.4 g] Thyme (*Fresh*)
- 2 tbsp [28 g] Olive Oil (*Divided*)

## DIRECTIONS

1. Preheat oven to 425°F (218°C).
2. Spread cubed sweet potatoes on a lined baking sheet, drizzle with half the olive oil, and roast for 25–30 minutes or until tender.
3. While the sweet potatoes roast, heat remaining olive oil over medium heat in a cast iron skillet.
4. Cook onion, kale, and cauliflower rice for 5 minutes.
5. Add minced garlic and cook for an additional minute. Remove skillet from heat.
6. In a large bowl, whisk together the eggs, ricotta cheese, chia seeds, flaxseed meal, salt, pepper, and thyme.
7. When sweet potatoes are done, reduce oven heat to 375°F (190°C).
8. Add sweet potatoes to the skillet along with the egg mixture and stir to combine.
9. Bake for 20–25 minutes, or until eggs are set.

## NOTES

1. **Optional:** The fresh thyme can be substituted for 1 tsp of dried thyme.

## NUTRITION INFO

Calories : 461.63

Fat : 29.05 g

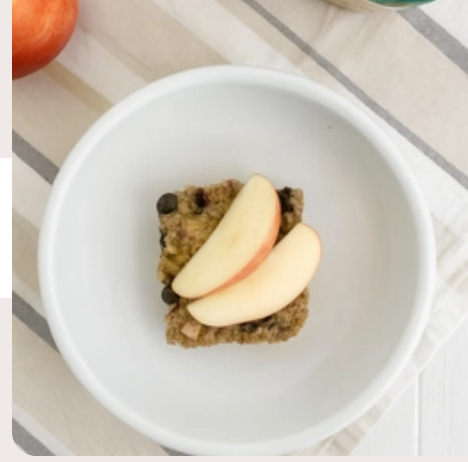
Carbs : 27.55 g

Protein : 25.95 g

Fiber : 8.11 g

Sugar : 5.51 g

# Apple Berry Oat Bake



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 0.5 cup [45 g] Rolled Oats Gluten Free
- 2 tbsp [20 g] Flax Seed Meal
- 1 tbsp [14 g] Chia Seeds
- 4 tbsp [60 g] Pumpkin Seed Protein Powder  
*(Vanilla flavored, may sub with another plant-based protein powder if needed)*
- 0.5 apple Apples *(Chopped)*
- 0.5 cup [72 g] Berries
- 0.75 cup [180 ml] Organic Unsweetened Almond Milk
- 1 large [50 g] Egg
- 1 tsp [4.2 g] Vanilla Extract
- 1 tbsp [15 g] Tahini
- 0.5 tsp [1.15 g] Cinnamon
- 0.25 tsp [0.3 g] Kosher Salt
- 2 tbsp [40 g] Maple Syrup *(Optional)*

## DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. In a bowl, whisk together the egg, almond milk, tahini, vanilla, cinnamon, and salt. Stir in protein powder until smooth.
3. Fold in oats, flaxseed meal, chia seeds, chopped apples, and berries. Let the mixture sit for 5–10 minutes to allow the chia seeds to thicken slightly.
4. Pour into a small greased baking dish (around 5x7 inches) or two greased ramekins.
5. Bake for 25–30 minutes or until golden and set.
6. Drizzle maple syrup on top if desired and serve warm.

## NUTRITION INFO

Calories : 484.25    Fat : 19.62 g    Carbs : 50.4 g    Protein : 31.45 g    Fiber : 13.98 g    Sugar : 19.18 g

# Vanilla Cinnamon Protein Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.5 cup [45 g] Rolled Oats Gluten Free
- 1 scoop [20 g] Collagen Powder (*Vanilla flavored is preferred*)
- 1 tbsp [10 g] Flax Seed Meal
- 1 tablespoon [16 g] Almond Butter
- 0.5 cup [120 ml] Organic Unsweetened Almond Milk
- 0.5 cup [118.5 g] Water
- 0.25 tsp [0.57 g] Cinnamon
- 1 cup [152 g] Strawberries (*Sliced*)

## DIRECTIONS

1. Add the oats, almond milk, water, flaxseed meal, almond butter, collagen powder, and cinnamon to a bowl. Mix together well.
2. Set in the refrigerator overnight.
3. Top with sliced strawberries when ready to eat

## NUTRITION INFO

Calories : 416

Fat : 17.99 g

Carbs : 47.17 g

Protein : 23.43 g

Fiber : 10.85 g

Sugar : 8.46 g

# Veggie Egg Bake Muffins



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 5 large [250 g] Egg
- 0.25 cup [42.5 g] Quinoa (uncooked)
- 0.25 cup, grated [31 g] Zucchini (*Shredded and squeezed dry*)
- 0.25 cup, florets [17.75 g] Broccoli (*Finely chopped*)
- 1 leaves [15 g] Kale (*Finely chopped*)
- 0.25 cup [60 ml] Organic Unsweetened Almond Milk
- 2 tbsp [10 g] Nutritional Yeast
- 1 2 tbsp [14 g] Organic Finely Ground Flaxseed (365)
- 1 tbsp [14 g] Olive Oil
- 1 tsp [2.2 g] Turmeric (Ground)
- 1 tsp [2.8 g] Garlic Powder

## DIRECTIONS

1. Preheat oven to 350°F/177°C. Grease a muffin tin with olive oil.
2. In a bowl, whisk eggs and almond milk. Stir in quinoa, veggies, flax, nutritional yeast, and spices.
3. Pour evenly into muffin cups and bake for 20–25 minutes, until set.

## NUTRITION INFO

Calories : 406

Fat : 23.51 g

Carbs : 23.77 g

Protein : 24.14 g

Fiber : 5.01 g

Sugar : 1.59 g

# Sweet Potato & Turkey Breakfast Hash



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 medium [114 g] Sweet Potato (*Cubed*)
- 4 oz [112 g] Ground Turkey
- 1 cup, chopped [21 g] Kale
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [7 g] Pumpkin Seeds
- 0.5 tsp [0.6 g] Rosemary (Dried)
- 0.5 tsp [1.4 g] Garlic Powder
- 0.5 tsp [0.6 g] Kosher Salt

## DIRECTIONS

1. Sauté the cubed sweet potato in olive oil over medium heat until just tender, about 7–8 minutes.
2. Add the ground turkey, garlic powder, salt, and rosemary; cook until the turkey is browned.
3. Stir in kale and cook until wilted.
4. Top with pumpkin seeds and serve.

## NUTRITION INFO

Calories : 445.5

Fat : 25.9 g

Carbs : 27.08 g

Protein : 27.24 g

Fiber : 4.65 g

Sugar : 7.34 g

# Savory Rice Breakfast Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 2 large [100 g] Egg (*Prepared to your liking - recommended poached or over easy.*)
- 0.25 cup [46.25 g] White Rice (Uncooked)
- 0.5 avocado [68 g] Avocado (*Sliced*)
- 0.5 cup, chopped [10.5 g] Kale (*Chopped and steamed or saute*)
- 1 tbsp [10 g] Hemp Seeds
- 4 tomato [68 g] Cherry Tomatoes (*Halved*)
- 0.25 tbsp [3.5 g] Olive Oil
- 1 medium Lemon (*Juice*)
- 1 tsp [1.2 g] Kosher Salt

## DIRECTIONS

1. Cook the white rice: In a small saucepan, combine  $\frac{1}{4}$  cup dry white rice with  $\frac{1}{2}$  cup water. Bring to a boil, reduce heat, cover, and simmer for 15–18 minutes or until water is absorbed and rice is tender. Let rest covered for 5 minutes, then fluff with a fork.
2. Soft-boil or hard-boil the eggs according to preference.
3. In a medium bowl, combine the cooked rice, steamed or sautéed kale, avocado slices, halved cherry tomatoes, lemon juice, olive oil, and salt. Stir gently to mix.
4. Top the rice mixture with the boiled eggs and sprinkle with hemp seeds.
5. Serve immediately or refrigerate for later.

## NUTRITION INFO

Calories : 565.25    Fat : 30.21 g    Carbs : 53.49 g    Protein : 22.21 g    Fiber : 8.13 g    Sugar : 4.81 g

# Chia Yogurt Nourish Cup



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain
- 2 tbsp [28 g] Chia Seeds
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup [38 g] Strawberries (*Halved*)
- 0.5 tbsp [5 g] Flax Seed Meal
- 2 tbsp [15 g] Slivered Almonds

## DIRECTIONS

1. Mix Greek yogurt and chia seeds together in a bowl.
2. Top with blueberries, halved strawberries, flaxseed meal, and slivered almonds. Serve immediately or chill until ready to eat.

## NUTRITION INFO

Calories : 445.78    Fat : 27.04 g    Carbs : 31.85 g    Protein : 28.7 g    Fiber : 14.53 g    Sugar : 11.41 g

# Simple Banana Pancakes



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 medium [118 g] Banana (*Ripe*)
- 1 medium [44 g] Egg
- 1 scoop (20 g) [20 g] Protein Powder
- 0.25 tsp [1.05 g] Vanilla Extract
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 0.25 tsp [0.3 g] Kosher Salt
- 0.25 cup [30 g] Oat Flour
- 0.5 cup [61.5 g] Raspberries

## DIRECTIONS

1. Add the banana, egg, protein powder, vanilla extract, oat flour, and salt to a blender. Blend until smooth to form pancake batter.
2. Heat ghee in a non-stick skillet over medium-low heat. Scoop about 1/4 cup of batter per pancake into the skillet.
3. Cook for 2–3 minutes, until bubbles form and the edges are set. Flip and cook for an additional 1–2 minutes, or until golden.
4. Serve warm with a side of raspberries.

## NUTRITION INFO

Calories : 529

Fat : 20.39 g

Carbs : 56.77 g

Protein : 33.61 g

Fiber : 11.1 g

Sugar : 18.62 g

# Turkey and Egg Breakfast Cups



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 2 pumps [2 g] Avocado Oil Cooking Spray
- 4 slice [76 g] Organic Roast Turkey Meat
- 2 medium [88 g] Egg
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 cup, shredded [28.25 g] Cheddar Cheese
- 0.5 tsp [0.6 g] Kosher Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tbsp, ground [6.5 g] Flaxseeds
- 1 cup [123 g] Raspberries

## DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Crack the eggs into a bowl and add the salt, pepper, red onions, flaxseeds, and cheddar cheese. Whisk until well combined.
3. Spray two cups of an oven-safe, non-stick muffin pan with avocado oil cooking spray.
4. Line each muffin cup with two slices of turkey.
5. Pour the egg mixture evenly into the turkey-lined muffin cups.
6. Bake for 12-15 minutes or until the eggs are fully cooked.
7. Remove the egg cups from the pan and serve with raspberries.

## NUTRITION INFO

Calories : 441.67

Fat : 22.14 g

Carbs : 20.17 g

Protein : 40.5 g

Fiber : 10.25 g

Sugar : 7.42 g

# Berry Greek Yogurt Parfait



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1.5 cup [340.5 g] Whole Milk Greek Yogurt - Vanilla
- 1 tbsp [21 g] Honey
- 1 tbsp [14 g] Chia Seeds
- 0.25 cup [38 g] Strawberries
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup [30.75 g] Raspberries

## DIRECTIONS

1. In a bowl, mix the Greek yogurt, honey, and chia seeds until thoroughly combined.
2. Add one-third of the yogurt mixture to a serving dish, then top with one-third each of the strawberries, blueberries, and raspberries.
3. Repeat the layers until all ingredients are used. Refrigerate until ready to eat.

## NUTRITION INFO

Calories : 551.55    Fat : 21.04 g    Carbs : 51.69 g    Protein : 43.34 g    Fiber : 8.63 g    Sugar : 34.99 g



# Perimenopause Lunch

RE-FUEL AND RE-ENERGIZE

# Chicken, Lentil, and Quinoa Power Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 cup [196 g] Cooked Lentils
- 1 cup, cooked [160 g] Quinoa (Cooked)
- 4 oz [112 g] Skinless Chicken Breast (*Cooked and shredded*)
- 2 cup, chopped [42 g] Kale
- 1 cup [120 g] Grated Carrots
- 2 tbsp [14 g] Pumpkin Seeds
- 4 2 tbsp [120 g] Healthy Vinaigrette (Bragg)
- 1 tbsp [3.8 g] Parsley (*Optional*)

## DIRECTIONS

1. Cook quinoa and lentils according to their package directions.
2. Place the chicken breast in a saucepan and cover with water by 2 inches. Bring to a gentle simmer over medium heat.
3. Cover and simmer for 10–15 minutes, or until the internal temperature reaches 160°F (71°C). Let rest for 5–10 minutes, then shred.
4. In a large bowl, combine the cooked lentils, quinoa, chicken, kale, and carrots.
5. Divide evenly into two bowls. Drizzle with vinaigrette and top with pumpkin seeds and parsley, if using.

## NUTRITION INFO

Calories : 591

Fat : 31.32 g

Carbs : 51.48 g

Protein : 28.75 g

Fiber : 11.35 g

Sugar : 7.66 g

# Chicken & Chickpea Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast (*Grilled and sliced*)
- 0.5 cup [82 g] Garbanzo Beans
- 1 cup, chopped [89 g] Green Cabbage
- 2 tbsp [14 g] Sliced Almonds (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 1 tsp [4.79 g] Apple Cider Vinegar
- 0.5 tsp [2.75 g] Dijon Mustard

## DIRECTIONS

1. In a small bowl, whisk together the olive oil, apple cider vinegar, and Dijon mustard. Add salt and pepper to taste.
2. In a medium bowl, combine the chicken, chickpeas, cabbage, and almonds. Toss with the dressing and serve.

## NUTRITION INFO

Calories : 493.5

Fat : 24.76 g

Carbs : 31.79 g

Protein : 37.23 g

Fiber : 11.15 g

Sugar : 7.61 g

# Salmon Quinoa Power Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 4 oz, boneless, raw [113.4 g] Salmon (*Baked*)
- 0.25 cup [42.5 g] Quinoa (uncooked)
- 0.25 cup [59.25 g] Water
- 1 cup, chopped [67 g] Kale
- 1 tbsp [7 g] Pumpkin Seeds
- 0.25 avocado [34 g] Avocado
- 0.5 tbsp [7 g] Olive Oil
- 1 medium Lemon (*Juice*)

## DIRECTIONS

1. Preheat oven to 390°F (198°C).
2. Bake the salmon on a sheet pan for 12–15 minutes, or until cooked through.
3. Cook the quinoa according to package instructions.
4. In a bowl, combine the lemon juice, olive oil, quinoa, kale, avocado, and pumpkin seeds. Mix well.
5. Top with the baked salmon and serve warm.

## NUTRITION INFO

Calories : 544

Fat : 26.1 g

Carbs : 44.85 g

Protein : 36.19 g

Fiber : 8.02 g

Sugar : 1.58 g

# Easy Herby Chicken Soup



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 6 oz [168 g] Skinless Chicken Breast
- 1 tbsp, minced [8.5 g] Garlic
- 1 cup [113 g] Shredded Carrots
- 1 tbsp [14 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 1.5 cup [360 ml] Organic Chicken Bone Broth
- 0.5 cup [125 g] Cannellini Beans (Canned)  
*(Rinsed & Drained)*
- 1 tbsp, ground [4.3 g] Thyme (Dried)
- 1 tbsp [3.3 g] Rosemary (Dried)

## DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Season the chicken with salt, thyme, and rosemary. Bake for 20–25 minutes or until cooked through.
3. While the chicken bakes, heat olive oil in a medium pot over medium heat. Add the garlic and shredded carrots and sauté for 3–4 minutes, until fragrant and slightly softened.
4. Add the chicken bone broth and bring to a gentle boil.
5. Once the chicken is fully cooked, slice or shred it.
6. Add the cooked chicken and cannellini beans to the pot. Simmer for 2–3 minutes to heat through.
7. Serve warm, optionally garnished with fresh herbs or black pepper to taste.

## NUTRITION INFO

Calories : 533.5

Fat : 17.47 g

Carbs : 31.66 g

Protein : 60.55 g

Fiber : 18.1 g

Sugar : 6.07 g

# Salmon & Roasted Cauliflower Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 4 oz, boneless, raw [113.4 g] Salmon
- 1 cup [100 g] Riced Cauliflower (*Cut into small florets*)
- 0.5 cup [98 g] Cooked Lentils (*Cooked*)
- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.25 avocado [34 g] Avocado (*Sliced*)
- 1 tbsp [15 g] Tahini
- 1 tbsp [14 g] Lemon Juice
- 1 tsp [4.8 g] Olive Oil

## DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower florets in olive oil, season with salt and pepper. Spread on a baking sheet and roast for 20–25 minutes.
3. Season the salmon with salt and pepper, and bake until fully cooked.
4. Toss the mixed greens with cooked lentils and dressing made from tahini, lemon juice, and olive oil.
5. Top with salmon, avocado, and roasted cauliflower. Serve warm.

## NUTRITION INFO

Calories : 557.6

Fat : 31.63 g

Carbs : 33.28 g

Protein : 39.77 g

Fiber : 14.76 g

Sugar : 4.81 g

# High Fiber Hummus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 16 oz can, drained, yields [290 g] Garbanzo Beans (*Drained and rinsed with the skins removed*)
- 0.25 cup [56.5 g] Cottage Cheese (4% milk fat)
- 0.25 cup [60 g] Tahini
- 2 tbsp [28 g] Lemon Juice
- 1 tbsp, minced [8.5 g] Garlic
- 2 tbsp [30 g] Pumpkin Seed Protein Powder
- 0.25 tsp [0.53 g] Cumin
- 1 tsp [1.2 g] Kosher Salt
- 2 cubes [2 cube] Ice Cubes

## DIRECTIONS

1. Add the chickpeas, cottage cheese, tahini, lemon juice, minced garlic, pumpkin seed protein powder, cumin, and salt to a food processor. Blend until smooth.
2. Add the ice cubes to the food processor and blend until they are completely melted and incorporated into the hummus.
3. Store in the refrigerator in an airtight container until ready to serve.

## NOTES

1. **Adding ice cubes:** Adding ice cubes whips air into the mixture and adds moisture, ensuring ultra-creamy hummus.

## NUTRITION INFO

Calories : 547      Fat : 23.64 g      Carbs : 56.14 g      Protein : 32.58 g      Fiber : 17.03 g      Sugar : 9.34 g

# Chicken and Green Pea Salad



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 2 tbsp [56 g] Whole Milk Greek Yogurt Plain
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 0.25 tsp [0.3 g] Kosher Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 3 cup [432 g] Green Peas (Frozen) (*Thawed*)
- 2 slice [30 g] Uncured Bacon
- 2 tbsp, chopped [10 g] Red Onions
- 0.25 cup [28.25 g] Shredded Carrots
- 2 medium piece (yield after cooking, bone removed) [124 g] Rotisserie Chicken (*Shredded*)

## DIRECTIONS

1. In a small bowl, whisk together the mayonnaise, Greek yogurt, kosher salt, black pepper, and apple cider vinegar to make the dressing. Refrigerate until ready to use.
2. Place the bacon in a cold, non-stick skillet. Cook over medium-low heat, flipping occasionally, until crispy. Transfer to a paper towel-lined plate to drain. Once cooled, roughly chop the bacon.
3. In a large bowl, combine the thawed green peas, chopped bacon, red onion, shredded carrots, and shredded rotisserie chicken. Add the prepared dressing and gently toss until evenly coated.
4. Refrigerate until ready to serve.

## NOTES

1. **Tip for thawing frozen peas:** Line a large bowl with paper towels. Place the frozen green peas on top and let them thaw at room temperature for 30 minutes to an hour. The towels will absorb moisture, preventing the peas from becoming too soft and mushy.
2. **Dressing consistency :** For a thinner and creamier dressing, add one tablespoon of cold water for every two tablespoons of Greek yogurt.

3. **Dressing ingredient options:** The mayonnaise can be substituted with additional Greek yogurt or sour cream. The apple cider vinegar can be substituted with fresh lemon or lime juice.

#### NUTRITION INFO

Calories : 453.38      Fat : 20.47 g      Carbs : 34.14 g      Protein : 33.62 g      Fiber : 10 g      Sugar : 13.76 g

# Strawberry Spinach Caprese Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3 cup [90 g] Spinach
- 1 cup [152 g] Strawberries (*Quartered*)
- 3 oz [85.05 g] Mozzarella Cheese (Whole Milk) (*Diced*)
- 6 thin slice [55.2 g] Prosciutto (*Sliced into thin strips*)
- 6 leaves [3 g] Basil (*Thinly sliced*)
- 1 tbsp [7 g] Chopped Walnuts
- 0.5 tsp [0.6 g] Kosher Salt
- 1 tbsp [15 g] Balsamic Glaze

## DIRECTIONS

1. In a large bowl, combine the spinach, quartered strawberries, diced mozzarella, sliced prosciutto, thinly sliced basil, chopped walnuts, and kosher salt. Gently toss until evenly combined.
2. Just before serving, drizzle with balsamic glaze.

## NOTES

1. **Protein options:** The prosciutto can be replaced with thinly sliced boneless, skinless chicken breast or organic roast turkey meat.

## NUTRITION INFO

Calories : 517.2

Fat : 29.08 g

Carbs : 21.81 g

Protein : 39.8 g

Fiber : 8.72 g

Sugar : 11.6 g

# Marinated Olive Medley



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 oz [113.4 g] Green Olives (*Approximately half a cup of pitted olives*)
- 0.5 cup [60 g] Kalamata Olives (*Pitted*)
- 0.5 cup, hearts [130 g] Cooked Artichoke (Canned/Jarred) (*Roughly chopped*)
- 2 oz [56 g] Roasted Red Peppers (*Diced*)
- 1.25 tbsp [17.5 g] Olive Oil
- 0.5 tbsp [7 g] Red Wine Vinegar
- 0.08 cup [4.8 g] Parsley (*Approximately one tablespoon of chopped parsley*)
- 0.25 tsp, ground [0.45 g] Oregano
- 1.5 head [45 g] Garlic (*Minced*)
- 1 medium Lemon (*Juiced and zested*)
- 2 cup [452 g] Cottage Cheese (4% milk fat)

## DIRECTIONS

1. In a medium bowl, combine the green olives, kalamata olives, chopped artichokes, diced roasted red peppers, olive oil, red wine vinegar, parsley, oregano, minced garlic, lemon juice, and lemon zest. Toss gently to combine.
2. Refrigerate until ready to eat. Serve over cottage cheese.

## NOTES

1. **Storage:** The marinated olive medley can be stored in the refrigerator for up to two weeks. To maintain optimal freshness, keep it in a sealed container. Over time, the flavors of the marinade will continue to infuse into the olives, enhancing their taste.
2. **Solidified olive oil:** If the olive oil in the marinade solidifies from refrigeration, allow the olives to sit at room temperature until the oil liquefies.

## NUTRITION INFO

Calories : 542.26    Fat : 34.64 g    Carbs : 35.7 g    Protein : 31.58 g    Fiber : 8.23 g    Sugar : 9.9 g

# Chicken Quinoa Bowls



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 0.25 cup [42.5 g] Quinoa (uncooked)
- 0.5 cup [118.5 g] Water
- 0.5 avocado [68 g] Avocado
- 0.25 fruit [16.75 g] Lime
- 0.5 cup [143.5 g] Pico de Gallo

## DIRECTIONS

1. Season the chicken with salt and pepper. Cook in an air fryer or bake in the oven until it reaches 165 degrees F (74 degrees C). Slice into 1 inch pieces.
2. In a small pot, add the quinoa and water. Bring to a boil, then lower the heat and simmer for about 10 minutes.
3. Add the cooked quinoa, chicken, pico de gallo, avocado and lime juice to a bowl.

## NUTRITION INFO

Calories : 457.5

Fat : 15.18 g

Carbs : 51.21 g

Protein : 33.3 g

Fiber : 8.5 g

Sugar : 4.81 g



# Perimenopause Dinner

FINISH STRONG

# Quinoa Salmon Cakes with Broccoli Slaw



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 10 oz [283.5 g] Canned Salmon
- 1.25 cup, cooked [200 g] Quinoa (Cooked)
- 2 large [100 g] Egg
- 2.5 tbsp [17.5 g] Almond Flour
- 1.5 tbsp [24.75 g] Dijon Mustard
- 2 tbsp [7.6 g] Parsley (*Fresh, chopped*)
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 tbsp [10 g] Flax Seed Meal
- 1 tbsp [14 g] Olive Oil (*Divided*)
- 2 cup [170 g] Broccoli Slaw
- 1 tbsp [14 g] Lemon Juice
- 1 tbsp [15 g] Tahini

## DIRECTIONS

1. In a large bowl, combine the canned salmon, cooked quinoa, eggs, almond flour, Dijon mustard, flaxseed meal, garlic powder, kosher salt, black pepper, and chopped parsley. Mix until well combined.
2. Heat half of the olive oil in a large skillet over medium heat.
3. Form the salmon mixture into 6–8 evenly sized patties.
4. Cook the patties in the skillet for 3–4 minutes per side, or until golden and cooked through.
5. In a separate bowl, whisk together the tahini, lemon juice, and remaining olive oil to create a dressing. Toss with the broccoli slaw just before serving.

## NUTRITION INFO

Calories : 640.88    Fat : 33.07 g    Carbs : 40.22 g    Protein : 48.19 g    Fiber : 8.17 g    Sugar : 4.46 g

# Turkey & Mushroom–Stuffed Acorn Squash



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 40 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 4 squash (4 inch dia) [1724 g] Acorn Winter Squash (*Halved and seeded*)
- 2 tbsp [28 g] Olive Oil (*Divided*)
- 2 clove [6 g] Garlic (*Minced*)
- 4 cup, chopped [84 g] Kale
- 0.5 cup [56 g] Chopped Walnuts
- 1 tsp [1.2 g] Rosemary (Dried)
- 1.25 tsp [1.5 g] Kosher Salt (*Divided*)
- 0.75 tsp [1.58 g] Black Pepper (*Divided*)
- 1 apple Apples (*Diced*)

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Use half of the olive oil to brush the insides of the squash halves and lay them cut-side up on a lined baking sheet. Evenly distribute 1/2 tsp salt and 1/4 tsp black pepper over the squash.
3. Bake for 30-40 minutes, or until squash can be easily pierced with a fork.
4. While squash is baking, heat the remaining olive oil in a large skillet over medium heat.
5. Saute the ground turkey with the diced apples, garlic cloves, rosemary, remaining salt and remaining black pepper until turkey is cooked through (about 7 minutes).
6. Add the kale and saute until wilted (about 3-4 minutes).
7. Stir in the walnuts and divide the filling evenly among the squash halves.

## NUTRITION INFO

Calories : 525.94    Fat : 25.42 g    Carbs : 55.55 g    Protein : 28.7 g    Fiber : 8.89 g    Sugar : 5.24 g

# Garlic Herb Pork with Cauliflower Mash



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 4 oz [113.4 g] Pork Loin (Tenderloin)
- 1 tsp [1.8 g] Italian Seasoning
- 1 tbsp [14 g] Olive Oil
- 1 cup [100 g] Cauliflower (*Steamed*)
- 1 tbsp, minced [8.5 g] Garlic
- 0.5 cup [130.5 g] Canned White Beans
- 0.5 2 tbsp [7 g] Organic Finely Ground Flaxseed (365)
- 1 cup, chopped [21 g] Kale (*Sautéed*)

## DIRECTIONS

1. Season the pork loin with Italian seasoning, salt, and pepper to taste. Heat the olive oil in a medium pan over medium heat. Add the pork and cook for 3–5 minutes per side, or until fully cooked through.
2. In a blender or food processor, combine the steamed cauliflower, canned white beans, ground flaxseed, and 1 clove minced garlic. Blend until smooth to create the mash.
3. Serve the pork alongside the cauliflower mash and sautéed kale.

## NUTRITION INFO

Calories : 470

Fat : 22.32 g

Carbs : 31.02 g

Protein : 35.73 g

Fiber : 12.6 g

Sugar : 3.4 g

# Roasted Veggie Salad and Steak



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 13 MINUTES

## INGREDIENTS

- 5 oz [140 g] Sirloin Steak
- 1 cup, cubes [82 g] Eggplant
- 1 sweetpotato, [130 g] Sweet Potato (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [18 g] Kosher Salt
- 1 cup, shredded or chopped [55 g] Mixed Salad Greens
- 1 tbsp [15 g] Balsamic Glaze

## DIRECTIONS

1. Preheat the oven to 375°F (190°C). Add chopped eggplant and sweet potato to a baking sheet. Drizzle with half of the olive oil and season with kosher salt. Roast for 25–30 minutes or until golden and tender.
2. While the vegetables are roasting, preheat a grill pan or skillet to 450°F (232°C). Season the steak with salt and grill for 3–5 minutes per side, or until it reaches your desired doneness. Let rest before slicing.
3. In a bowl, combine the roasted vegetables and mixed salad greens. Drizzle with the remaining olive oil and balsamic glaze. Serve topped with sliced steak.

## NUTRITION INFO

Calories : 532.5

Fat : 27.6 g

Carbs : 36.59 g

Protein : 32.46 g

Fiber : 10.8 g

Sugar : 10.84 g

# Coconut Shrimp with Quinoa and Broccoli



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 5 oz [142 g] Shrimp
- 0.5 cup [120 ml] Coconut Milk (from a can)
- 0.5 tsp [1.1 g] Turmeric (Ground)
- 1 tbsp, minced [8.5 g] Garlic
- 0.5 cup, cooked [80 g] Quinoa (Cooked)
- 1 cup, florets [71 g] Broccoli (*Steamed*)
- 1 tbsp [14 g] Olive Oil

## DIRECTIONS

1. Toss the shrimp with coconut milk, turmeric and salt/pepper to taste.
2. Add half the olive oil to a pan over medium heat. Simmer the shrimp until cooked throughout.
3. Serve the shrimp over the quinoa and broccoli. Drizzle with the remaining olive oil.

## NUTRITION INFO

Calories : 570.5

Fat : 35.83 g

Carbs : 31.1 g

Protein : 27.94 g

Fiber : 5.65 g

Sugar : 2.54 g

# Ground Chicken Kale Pesto Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 22 MINUTES

## INGREDIENTS

- 6 oz [170.4 g] Ground Chicken
- 1 cup, chopped [21 g] Kale
- 1 tbsp [10 g] Hemp Seeds
- 6 leaves [3 g] Basil
- 0.5 tsp [0.6 g] Kosher Salt (*Divided*)
- 0.5 tbsp [7 g] Olive Oil
- 1 tbsp [7 g] Pumpkin Seeds
- 0.25 cup [46.25 g] White Rice (Uncooked)

## DIRECTIONS

1. In a small saucepan, combine white rice with  $\frac{1}{2}$  cup water. Bring to a boil, then reduce heat, cover, and simmer for 15–18 minutes or until the rice is tender and water is absorbed. Remove from heat and let sit, covered, for 5 minutes. Fluff with a fork.
2. While the rice cooks, heat a skillet over medium heat. Cook the ground chicken until browned and fully cooked through. Add the chopped kale and  $\frac{1}{4}$  teaspoon kosher salt, and sauté for another 2–3 minutes, until the kale is wilted.
3. Meanwhile, in a blender or food processor, combine the basil, hemp seeds, pumpkin seeds, olive oil, and the remaining  $\frac{1}{4}$  teaspoon kosher salt. Blend until smooth to form the pesto.
4. To assemble the bowl, spoon the cooked white rice into a serving bowl. Top with the chicken and kale mixture, then drizzle or dollop the pesto over the top.
5. Enjoy!

## NUTRITION INFO

Calories : 573.7

Fat : 28.37 g

Carbs : 39.33 g

Protein : 39.69 g

Fiber : 1.2 g

Sugar : 0.56 g

# Sesame Chicken with Broccoli and Carrots



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- 0.5 tablespoon [3.5 g] Cornstarch (Hydrolyzed Powder)
- 0.5 tbsp [7.4 g] Water
- 2 cup [480 ml] Chicken Broth
- 0.25 cup [56 g] Coconut Aminos
- 1 tbsp [13.6 g] Sesame Oil
- 2 tsp [8 g] Monk Fruit Sweetener
- 1 tbsp, minced [8.5 g] Garlic
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 2 tbsp [28 g] Olive Oil
- 8 oz [224 g] Skinless Chicken Breast
- 2 cup, florets [142 g] Broccoli (*Cut into bit sized pieces*)
- 2 cup [298 g] Baby Carrots (*Thinly sliced*)
- 0.5 tbsp [4.5 g] Sesame Seeds

## DIRECTIONS

1. In a small bowl, mix the cornstarch and water to create a slurry. Set aside.
2. In another bowl, combine  $\frac{1}{4}$  of the chicken broth with coconut aminos, sesame oil, monk fruit sweetener, garlic, salt, and pepper. Whisk to form the sauce. Set aside.
3. In a deep saucepan, combine the chicken breast with the remaining chicken broth and enough water to cover. Bring to a boil over medium-high heat and cook until the chicken is fully cooked. Add water as needed.
4. Drain and shred the chicken with two forks.
5. In a non-stick skillet over medium heat, add olive oil and the shredded chicken. Cook until the chicken begins to brown.
6. Pour the prepared sauce over the chicken and vegetables. Stir to combine, then add the cornstarch slurry while stirring continuously. Simmer until the sauce thickens.
7. Serve topped with sesame seeds.

## NOTES

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

## NUTRITION INFO

Calories : 455.5

Fat : 23.44 g

Carbs : 35.56 g

Protein : 30.81 g

Fiber : 7.8 g

Sugar : 17.3 g

# Cucumber Watermelon Salad with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 4 cup, diced [608 g] Watermelon
- 2 medium [402 g] Cucumber (*Diced*)
- 6 leaves [0.3 g] Peppermint (Mint) (*Thinly sliced*)
- 6 leaves [3 g] Basil (*Thinly Sliced*)
- 2 tbsp [14 g] Chopped Walnuts
- 1.5 tbsp [21 g] Chia Seeds
- 2 tbsp [42 g] Honey
- 2 Juice of 1 lime [76 g] Fresh Lime Juice
- 2 tbsp [28 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 8 oz [224 g] Skinless Chicken Breast
- 2 tsp [8 g] Green Goddess Seasoning Blend
- 4 pumps [4 g] Avocado Oil Cooking Spray
- 1 tbsp [15 g] Balsamic Glaze

## DIRECTIONS

1. Add the watermelon, cucumber, peppermint, basil, walnuts, chia seeds, honey, lime juice, olive oil, and salt to a bowl and gently toss all ingredients together until thoroughly combined. Refrigerate until ready to eat.
2. Season the chicken breasts on both sides with the green goddess seasoning blend.
3. Cook the seasoned chicken breasts over medium heat in a non-stick skillet greased with avocado oil cooking spray until fully cooked. Flip each chicken breast halfway through cooking to ensure an even sear.
4. Gently shred the cooked chicken and top with a drizzle of balsamic glaze.

## NOTES

1. **Protein options:** The chicken breast can be substituted with shredded rotisserie chicken, pan-seared salmon, or sautéed shrimp.
2. **Melon options:** The watermelon can be substituted with cantaloupe or honeydew melon.

## NUTRITION INFO

Calories : 548.77    Fat : 24.94 g    Carbs : 54.03 g    Protein : 32.75 g    Fiber : 8.61 g    Sugar : 41.01 g

# Mexican Street Corn Brussels Sprout Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast (*Diced into one inch pieces*)
- 1 tbsp [14 g] Olive Oil
- 2 cup [176 g] Brussels Sprouts (*Shredded*)
- 1 can [340 g] Yellow Sweet Corn (canned, 15.5 oz) (*Drained*)
- 0.25 onion (small) [37 g] Red Onions (*Diced*)
- 0.25 cup, crumbled [37.5 g] Feta Cheese
- 0.25 cup [4 g] Cilantro (Coriander) (*Chopped*)
- 2 tablespoon [28 g] Avocado Oil Mayonnaise
- 1 fruit [67 g] Lime (*Zested and juiced*)
- 1 tbsp [9 g] Taco Seasoning

## DIRECTIONS

1. In a small bowl, whisk together the mayonnaise, lime juice, lime zest, and half of the taco seasoning to create the dressing. Refrigerate until ready to use.
2. In another bowl, season the diced chicken breast with the remaining taco seasoning. Mix until the chicken is fully seasoned.
3. Heat olive oil in a non-stick skillet over medium heat. Add the seasoned chicken and cook until fully cooked through and lightly browned.
4. In a large mixing bowl, combine the cooked chicken, shredded Brussels sprouts, corn, red onion, feta cheese, cilantro, and the prepared dressing. Gently toss until all ingredients are evenly coated. Serve immediately.

## NOTES

1. **Protein options:** The chicken breast can be substituted with shredded rotisserie chicken or sautéed shrimp.
2. **Dressing consistency:** For a thinner and creamier dressing, add one tablespoon of cold water for every two tablespoons of mayonnaise.

3. **Dressing ingredient option:** The mayonnaise can be substituted with Greek yogurt or sour cream.

#### NUTRITION INFO

Calories : 551.63    Fat : 24.71 g    Carbs : 54.53 g    Protein : 37.31 g    Fiber : 9.96 g    Sugar : 10.63 g

# Herbed Chicken, Broccoli, and Cauliflower



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 2 cup, florets [142 g] Broccoli
- 1 floweret [13 g] Cauliflower (*Chopped*)
- 2 tablespoon [27 g] Olive Oil (*Divided*)
- 1 tsp [1.2 g] Kosher Salt
- 2 sweetpotato, [260 g] Sweet Potato (*Baked*)
- 1 tsp [1.2 g] Rosemary (Dried)
- 1 tbsp, ground [4.3 g] Thyme (Dried)

## DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Poke holes in the sweet potatoes and place them directly on the oven rack. Bake until tender.
3. While the sweet potatoes bake, tenderize the chicken breasts and season with rosemary, thyme, salt, and 1 tablespoon of olive oil.
4. Toss the broccoli and cauliflower with the remaining tablespoon of olive oil.
5. Arrange the chicken, broccoli, and cauliflower on a sheet pan. Roast for 25 minutes, or until the chicken reaches an internal temperature of 165°F (73°C) and vegetables are tender.
6. Serve the roasted chicken and vegetables warm alongside the baked sweet potatoes.

## NUTRITION INFO

Calories : 415.5

Fat : 16.02 g

Carbs : 31.97 g

Protein : 37 g

Fiber : 6.6 g

Sugar : 5.62 g