

Thrive through Menopause

WEEK ONE PROGRAMME & RECIPES



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Nutrition & Hormone Health



VIP

PREPARATION

FOLLOW THESE STEPS TO HELP YOU GET AHEAD

Familiarise yourself with the meal plan and recipes and plan any adaptations.

Look through your cupboards and freezer to check what you already have so that you don't buy more ingredients than you need.

Remove any very tempting food or drink to somewhere more difficult to get to.

Roast some vegetables for the frittata on day 1 e.g. pepper, courgette, red onion.

Prepare a jar of mixed seeds and/or nuts to sprinkle on yoghurt, salads and soup.

Read through the sleep tips and choose which one you will try for the week.

Schedule some physical activity and relaxation into your calendar, such as arranging to go for a walk or coffee with a friend, booking a yoga class or swim.



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MEAL PLAN

WEEK 1

	BREAKFAST	LUNCH	DINNER
MON	<u>Yoghurt & berries</u>	<u>Veggie frittata</u>	<u>Salmon & super green sauce</u>
TUES	<u>Yoghurt & berries</u>	Leftover veggie frittata	<u>Squash, chickpeas & tahini</u>
WED	<u>Boiled Eggs & Veg</u>	<u>Mackerel & rainbow slaw</u> -	<u>Meatballs & tomato sauce</u>
THU	<u>Bircher muesli</u>	Leftover mackerel & rainbow slaw	Leftover squash, chickpeas & tahini
FRI	Leftover Bircher muesli	<u>Super Salad</u>	<u>Chickpea, prawn & coconut curry</u>
SAT	Spicy scrambled <u>tofu</u> OR <u>eggs</u>	<u>Watercress soup</u>	Your choice or see Extra recipes
SUN	<u>Nutty granola & Stewed apple</u>	Leftover watercress soup	<u>Basil & lemon chicken</u>
EXTRAS	<u>Smoothies</u> <u>Energy balls</u> <u>Carrot cake cookies</u>	<u>Tofu Hummus</u>	<u>Bean chilli</u> <u>Sticky tofu</u>

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BREAKFAST

Cereals and toast and jam are quick and easy. However, starting the day with these kinds of carbohydrates can disrupt your energy, mood and appetite for the rest of the day.

Despite their healthy claims, most cereals and granolas are heavily processed and full of sugar and refined carbohydrates and hidden sugars like dried fruit, honey and syrups. All this sweetness raises can raise your blood glucose, affect our insulin and oestrogen levels and give you a mid-morning energy slump.

The ideal breakfast is high in protein, healthy fats and fibre, full of vitamins, minerals and polyphenols and low in refined carbohydrates.

BREAKFAST RECIPES

Yoghurt and Berries P5
Soft boiled eggs and veg P10
Bircher Muesli P7
Spicy Scrambled Tofu P8
Spicy Scrambled Eggs P9
Nutty Granola P10
Stewed Apple P11



Breakfast ingredients that will nourishing your body and balancing your blood-sugar for the day:

Eggs - free-range or organic cooked any way you like

Ground Linseed - store in the fridge to add to smoothies and yoghurt

Yoghurt - unsweetened natural, greek or kefir

Spinach & kale - fresh or frozen to add to eggs and smoothies

Berries - all varieties, fresh or frozen

Nuts & Seeds - all varieties of whole nuts and salt and sugar-free nut-butters

YOGHURT & BERRIES

This recipe is endlessly adaptable, you can add extra toppings or have a smaller portion before exercising or for a snack or desert. You can make it in advance and keep it in a jar or container if you are out and about.

Berries are high in antioxidant polyphenols, frozen berries retain their nutrients and are often cheaper and available all year round. Greek yoghurt is higher in protein than natural yoghurt. Flaxseed, also known as linseed, is high in fiber and omega-3 fats, it is also is a phytoestrogen that helps to balance oestrogen levels.

INGREDIENTS

Serves 1

150g Greek yoghurt

100g fresh or defrosted berries
(blueberries, blackberries,
raspberries, blackcurrants etc)

100ml kefir

1 tbsp ground linseed/flaxseed

1 tbsp seeds or nuts

1 tsp nut butter

Optional Extras:

Fruit eg apple, banana, peaches

A tsp maple syrup or honey

A tbsp oats or coconut flakes

A sprinkle of cinnamon

Cacao nibs



METHOD

Add most of the berries, yoghurt, kefir and ground linseed to a bowl or container if you are out and about.

Mix and top with the remaining berries, seeds and nut butter.

Add any optional extras.

Mix, swirl or smoosh to your liking.

SOFT BOILED EGGS & VEG

I love poached eggs but they often end up with a watery puddle. Soft boiled eggs are a reliable alternative, they can be made ahead and are ideal for packed lunches. Eggs are a nutrient-dense option for menopause, providing high-quality protein, vitamin D, choline, and healthy fats to support bone strength, brain health, and steady energy. Colourful vegetables add extra flavour and nutrients.

INGREDIENTS

1 Serving

1 or 2 eggs per person

Wholegrain toast

Your choice of topping:

Mashed avocado

Tofu hummus

or shop hummus

A drizzle of olive oil

Your choice of veg:

Tomatoes, avocado

Kimchi or sauerkraut

Sautéed chard or kale

Rocket or watercress.

METHOD

Bring a small pan of water to the boil.

Get ready to set your timer.

When the water is bubbling gently slowly lower the eggs into the water using a spoon.

Quickly set your timer for 5 mins for a gooey middle or a smaller egg and 6 mins for a firmer yolk.

Plate up your veggie sides.

When the timer goes off remove the eggs.

Leave them to cool slightly while you make the toast (or put aside for later).

Drizzle the toast with olive oil or add your topping.

Peel the whole egg (I like to ease them out of the shell with a spoon) and gently pop it on the toast.

Halve the egg and season with salt or a dash of chilli sauce.



Hummus, beetroot kimchi & rainbow chard.



Avocado, tomato, coriander, lime & chilli sauce.

BIRCHER MUESLI

The perfect recipe to get ahead whatever your plans are in the morning. Experiment with fruits and toppings as they all contain different vitamins and polyphenols.

INGREDIENTS

2 servings

Base:

80g jumbo or porridge oats

1 tbsp ground linseed/flaxseed

1 tbsp chia seeds

100g greek yogurt

200ml unsweetened milk

1 apple grated

1 handful of frozen berries

1/2 tsp cinnamon

1 scoop of protein powder (optional)

Optional Toppings:

Extra fruit & flavour eg:

- seasonal fruit
- banana and cacao powder or nibs
- raspberry and coconut flakes

1 tbsp mixed seeds or nuts

1 tsp nut butter or tahini



METHOD

Add all of the base ingredients to a bowl and mix well.

If you are going to be out and about divide the mixture into two containers.

Cover and chill overnight or for at least an hour.

When you are ready to eat give it a stir and add a dash of extra milk or a tsp of maple syrup or honey if needed.

Top each portion with your choice of toppings.

SCRAMBLED TOFU VG

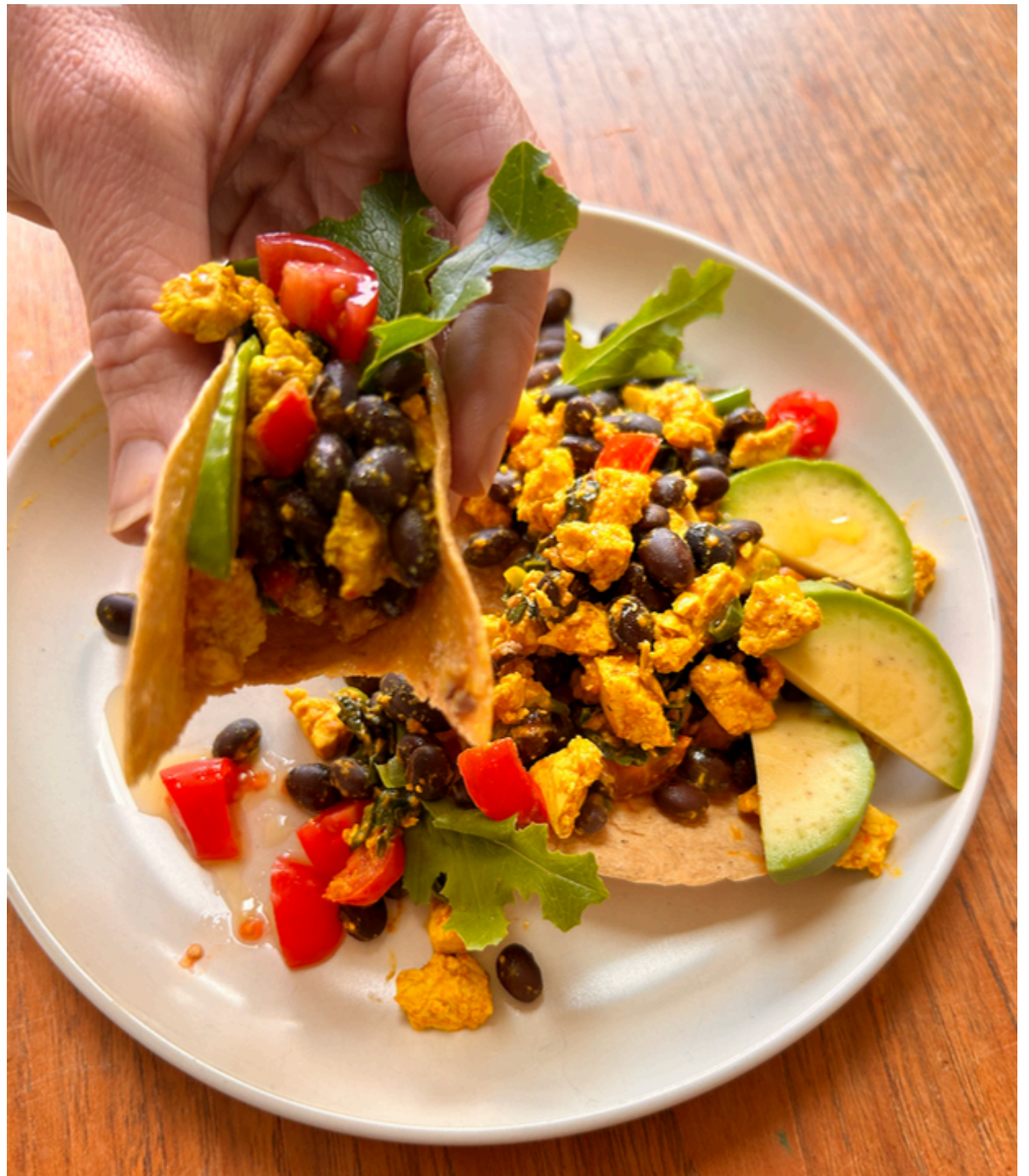
Forget bland tofu, the sweetness of spring onions and tomatoes and spices add lots of flavour, colour and fibre. Delicious in a wrap or with corn tortillas.

INGREDIENTS

Serves 2

1 block of firm tofu
4 spring onions
12 cherry tomatoes
1/2 tsp ground cumin
1/2 tsp ground turmeric
1/2 tsp paprika
1 tbsp milk (more if needed)
3 tbsp. chopped coriander
1 can of black beans
olive oil

*Serve with your choice of sides:
corn tortillas or wholegrain wrap,
avocado, guacamole, salsa, greens
and chilli sauce.*



METHOD

Chop the spring onions and tomatoes into small pieces and finely chop the coriander.

Drain and rinse the black beans.

Add 1 tsp olive oil to a pan on a medium heat and add the spring onions and tomatoes to the pan and cook for around 4 minutes until starting to soften.

Crumble the tofu into the pan, sprinkle with the spices and mix with 1 tablespoons of milk.

Stir and cook until the milk has evaporated and add the black beans and 2 tbsp coriander.

When everything is hot, taste and add more spices and seasoning to your liking.

Remove from the heat and sprinkle with the remaining coriander.

Serve with tacos, wraps or on toast with your choice of sides.

Store any leftovers in the fridge and warm in a pan.

SPICY SCRAMBLED EGGS

This is my go-to breakfast for when I want something filling and nourishing but don't have the time or energy to think about what to cook. It is ready in under 10 minutes and also works for a quick lunch or light dinner.

INGREDIENTS

Serves 1

2 or 3 large eggs
6 cherry tomatoes
2 spring onions
1/2 a red chilli (optional)
Or a pinch of chilli powder
1/2 tsp ground cumin
1/2 tsp turmeric
A handful of chopped kale
or chard
2 tbsp. chopped coriander
Olive oil

Optional extras:

50g feta crumbled
1/4 avocado



METHOD

Chop the spring onions, tomatoes and kale or spinach into small pieces.

Finely chop the chilli if using.

Add 1 tsp olive oil to a pan on a medium heat.

Add the vegetables and cook on a medium heat for around 4 minutes until soft.

Add the kale or spinach, chilli and spices and cook until the greens start to wilt.

Reduce the heat to low and add the eggs and half the coriander stirring gently.

Clow on a low heat and stirring frequently until the eggs are cooked.

Remove from the heat, sprinkle with the remaining coriander and crumbled feta.

Season with pepper, as feta is salty you may not need salt.

Serve on wholegrain sourdough toast with mashed avocado and drizzled with olive oil or in a wholegrain wrap.

GRANOLA

This low sugar granola is high in protein and healthy fats to keep you fuller for longer. Granola should be enjoyed as a topping rather than by the bowlful.

INGREDIENTS

Approx 10 servings as a topping

200g mixed seeds e.g. linseed, pumpkin, sunflower, chia, hemp
150g mixed nuts e.g. hazelnuts, pecans, walnuts, almonds, cashews
100g jumbo oats
1 tbsp pure maple syrup or honey
2 tbsp olive oil
1 tsp ground cinnamon
A pinch of salt

Variations & extras:

50g coconut flakes
1 grated carrot (think carrot cake!)
2 tblsp of peanut butter
Orange zest & 1 tblsp cacao powder
Cacao nibs after cooking

METHOD

Preheat the oven to 180°C.

Line a large baking tray with greaseproof paper.

Roughly chop half the nuts.

Add all the ingredients to a large bowl and mix well until everything is coated in oil and syrup.

Pour onto the baking sheet into an even layer.

Bake for 15 mins.

Gently turn the granola and bake for an additional 5-10 mins, until golden brown.

Keep a close eye on it as the edges burn quickly.

Once golden remove from the oven.

Allow it to cool and crisp up (if you can resist).

Store in a glass container for a few weeks.

Enjoy sprinkled on top of fruit and yoghurt or as a crumble topping over stewed fruit.



SIMPLE STEWED APPLE

Apples are naturally rich in prebiotic fibre, which feeds your good gut bacteria. Keeping the skins on gives you extra fibre and nutrients and using desert apples and berries means you don't need to add any sugar. They are easy to make, store well in the fridge, and are delicious for a quick crumble or spooned over yoghurt or porridge.

INGREDIENTS

4 servings

4 to 6 medium apples

(I like using a mix of eating and cooking apples but any apples work well)

1 handful frozen berries

3 tbsp water

Serve with the granola recipe for a crumble topping.



METHOD

Wash the apples, core them, and chop into bite-sized chunks, no need to peel, the skins add extra fibre.

Pop the apples in a saucepan with the water and any extras you're using.

Cover with a lid and gently simmer for 10 mins, stirring now and then.

Add the frozen berries.

Cook until soft, less time if you like the apples and berries firm chunky, longer if you prefer them even softer.

For a quick crumble - top the warm cooked apple and berries with the granola topping.

They're also lovely warm on their own or spooned over yoghurt or porridge.

Keep any leftovers in the fridge for a few days.

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LUNCH

TIPS FOR A QUICK AND HEALTHY LUNCH

Love your leftovers

Turn last night's dinner into something new: use leftovers for salads, frittatas, baked eggs, soups, or grain bowls.

Stock up smartly

Make sure you've always got the basics for a quick lunch:

- Cupboard – eggs, cans of tuna, chickpeas, pre-cooked quinoa, rice or lentils, plus wholemeal pitta, rye seedy or sourdough bread for open sandwiches.
- Fridge – longer-lasting staples like feta, kimchi, halloumi, olives, tofu, tomatoes, carrots and a bag of rocket or watercress to throw into meals.
- Freezer – pitta, wholegrain bread, edamame beans, spinach, falafel.

Packed lunch

Save time and money with a packed lunch. Try jars for dips and veg or yoghurt, a thermos for soups and compartment lunchboxes for salads and sides.

Eating out

Look for protein-rich options: salads with beans, lentils, eggs, fish, chicken or falafel, or hearty soups. Skip supermarket sandwiches, pasta or couscous salads, chips and sweet or processed sauces.

LUNCH RECIPES

Vegetable Frittata P13

Mackerel & Rainbow Slaw P15

Toast ideas P16

Watercress Soup P17

Super Salads P18



VEGETABLE FRITTATA

INGREDIENTS

2 Servings

5 large eggs

50g of feta cheese

1 red pepper

4 spring onions

12 cherry tomatoes

1 handfuls of chopped greens e.g.
cooked broccoli, spinach,
watercress or rocket.

Olive oil

Chilli sauce & salad to serve

Variations

Cooked potatoes and sweet pots

Roasted or leftover vegetables

Goats cheese or cottage cheese

Smoked salmon



METHOD

Cut the vegetables and greens into small pieces.

Add ½ tbsp olive oil to a medium sized non-stick frying pan on a medium heat.

Add the pepper, tomatoes and spring onion to the pan and cook for approx 5 minutes until softened but not browned.

Add the chopped greens and stir.

Crack the eggs into a bowl and mix with a fork.

Pour the egg mixture over the cooked vegetables in the frying pan.

Cook on a low/medium heat without stirring for around 5 mins until the egg at the bottom is cooked but not burning.

Place the pan under a grill on a medium heat for around 3 to 5 mins until the egg is fully cooked. Check there is no runny egg in the middle with a fork.

Once done eat from the pan or place a plate on top and flip it upside down to serve.

Don't worry if some bits get stuck at the bottom of the pan, it will still taste delicious.

Serve half hot or cold with chilli sauce and a salad.

Refridgeate the other half where it will keep well for a couple of days.

MORE FRITTATA IDEAS

Quick, easy to make and endlessly versatile.

Perfect for livening up leftovers, tired vegetables and herbs.

Delicious eaten hot from the pan or cool in a packed lunch or picnic.

Full of healthy fats, protein and vegetables for your blood sugar and gut health.

Cherry tomato, kale & mozzarella



Salmon, new potato & rainbow chard



Sweet potato, spinach & dill



Broccoli, tomato, goats cheese & basil

MACKEREL & RAINBOW SLAW

Mackerel is rich in protein and omega-3 fats that support heart, brain, and hormone health, while keeping you full and energised. is delicious with mackerel, eggs, salmon, figs, cheese, humous and so much more. Its worth making a big batch as it keeps well for a few days.

INGREDIENTS

2 Servings

Mackerel pâté

2 smoked mackerel fillets

2 tblsp greek yogurt

Zest and juice of a half a lemon

Chopped parsley (optional)

Pepper & extra lemon to taste.

Rainbow slaw

1 medium raw beetroot

1 large carrot

1 eating apple

2 celery sticks

2 tbsps. pumpkin seeds

1 tbsp olive oil

1/2 tbsp apple cider vinegar or
juice of 1/2 a lemon

Handful of rocket or watercress salad.
Sourdough or wholegrain bread.

METHOD

Rainbow slaw: Peel and grate the beetroot and carrot.

Chop the apple and celery into small pieces.

Add the beetroot, carrot, apple and celery to a large bowl.

Dress with olive oil and cider vinegar or lemon juice and stir, season to taste and sprinkle with the pumpkin seeds.

Mackerel pâté : Remove the skin and any bones from the mackerel.

Place in a bowl with the yoghurt, lemon zest and juice and mash with a fork. Season with pepper, extra lemon juice if needed and parsley (optional).

Serve the mackerel pâté on toasted wholegrain or sourdough bread with the slaw and salad on the green side.

Mackerel salad:

Add the salad and slaw to a bowl and top with chunks of smoked mackerel.



TOAST IDEAS

Toast and open sandwiches are a healthier choice than some sandwiches as they are loaded with colourful, nutrient-dense toppings that will keep you full without an energy slump.

COTTAGE CHEESE, AVOCADO & SPROUTS



SCRAMBLED EGG, SALMON & BEETROOT SAUERKRAUT



FIGS, GOATS CHEESE & RAINBOW SLAW



TOFU HUMMUS **VG** RECIPE P33



WATERCRESS SOUP

This cosy green soup is packed with nutrients that support your body through menopause. Watercress is one of the richest sources of antioxidants and contains calcium and vitamin K for strong bones, edamame and peas add plant-based protein, fibre and phytoestrogens that can help ease symptoms and fermented miso can support gut health.

And the best part? It comes together in just 15 minutes and can be made in advance, making it a quick, nourishing choice for even the busiest days.

INGREDIENTS

Serves 2

1 tbsp olive oil + extra to drizzle
4 spring onions
2 sticks celery
400ml vegetable stock
1 heaped tsp white miso paste
2 x 80g bag of watercress
Handful fresh or frozen spinach
1 cup of frozen edamame
1/2 a cup of frozen peas

To serve:

Wholegrain bread and your choice of:
Squeeze of lemon juice
A drizzle of olive oil
A dollop of Greek yoghurt
Grated parmesan
1 tbsp seeds



METHOD

Heat the oil in a large pan, add the spring onion and celery and sauté over a medium heat for 5 mins until pale golden.

Stir in the edamame beans, peas and stock and bring to the boil.

Cover and simmer until the beans and peas are cooked, around 5 mins.

Stir in the watercress, spinach or kale and miso.

Cover and cook for a further 3 mins or until the greens have wilted.

Blitz the soup with a hand blender or transfer it to a food processor until it is fairly smooth. Add more stock or water if it is too thick.

Taste and season with salt and pepper and your choice of extra flavour

- a squeeze of lemon juice, a drizzle of olive oil, spoonful of greek yoghurt or some grated parmesan.

Serve with wholegrain bread.

SUPER SALAD FORMULA

A super salad is a balanced, filling bowl full of flavour, colour and texture topped off with a homemade dressing. Salads are a great way to be creative, use up leftovers and get plenty of variety. Try using the basic flow below or see the next page for more ideas.



1. 1 to 2 handfuls of leaves
2. A handful of colourful vegetables
3. A fistful of protein and pulses
4. Half a handful of grains or starchy veg
5. A combination of the following:
 - some extra flavour (sweet, salty and sour)
 - some texture
 - some herbs
6. Finish with a homemade dressing (p20)

One: Leaves

Rocket
Watercress
Spinach
Chicory
Little gem

Two: Vegetables

Tomatoes
Peppers
Radishes
Cucumber
Spring onions
Fennel
Avocado
Red cabbage
Roasted vegetables
Green beans

Three: Protein & pulses

Roast chicken
Soft boiled egg
Tinned or smoked fish
Marinated tofu/tempeh
Chickpeas
Lentils
Beans
Edamame beans
Halloumi

Four: Slow carbs

Quinoa
Brown or wild rice
Grated carrot/ beetroot
Roast squash
Roast sweet potatoes
New potatoes

Five: Extra flavour

Apple or pear
Sliced oranges
Pomegranate seeds
Watermelon
Figs
Feta cheese
Olives
Capers
Artichokes

Five: Texture

Sprouts
Toasted seeds
Nuts
Pomegranate seeds

Five: Herbs

Coriander
Parsley
Basil
Mint



Six: Homemade dressing

Add the following to a jar and shake:

¼ cup olive oil

¼ cup apple cider vinegar

A pinch of sea salt

Or see page 20 for more dressing ideas.

SALAD IDEAS

Some of the best salads are the ones you throw together with whatever tasty bits you have in the fridge or cupboard – a mix of colours, textures, and flavours. If your salad doesn't include pulses, grains, or potatoes, just add a slice of wholegrain bread on the side to keep it balanced and satisfying.

Antipasto: Parma ham, melon, avocado, tomatoes, cucumber and rocket.



Tinned: Tuna, beans, capers, olives celery, tomato, spring onions & rocket.



Quick: Cottage cheese with seedy bread, lots of colourful fruit & veg.



Leftovers: Roast squash & tahini with rice, halloumi & salad.



SALAD DRESSINGS

Homemade dressings are free from the additives, unhealthy oils and sugars found in most shop bought dressings. They are a great way to add more plant foods, are easy to make and can transform a plain dish into something delicious. Dressings work brilliantly on hot and cold foods.



Vinaigrette

4 tbsp olive oil

4 tbsp cup apple cider vinegar

1 heaped tsp dijon mustard

Salt and pepper to taste

Variation for a warm, spiced dressing:

Leave out the dijon mustard and add 1 tsp ground cumin and a pinch of cinnamon.

Method:

Add all of the ingredients to a jar and shake.

If using it within a few days keep it out of the fridge as the oil can solidify or remove from the fridge before use.

Herby yoghurt dressing

1/2 cup of full fat natural or greek yoghurt

Or half an avocado

1/2 handful of soft green herbs

(coriander, mint, basil and tarragon all work well)

1 tbsp of extra virgin olive oil

Half a lemon

Salt and pepper to taste

Method:

Whizz everything up (including the half lemon), adding a little water and/or more olive oil to thin it out if you prefer. Keep in the fridge.



Asian style

4 tbsp olive oil

2 tbsp white wine or rice vinegar

1 lime juiced

2 tbsp tamari or soy sauce

1 tsp honey/maple syrup

2cm fresh ginger finely grated (optional)

Method:

Add all of the ingredients to a jar and shake. Dip a salad leaf into it to taste. Season with pepper but not salt as tamari/soy are salty. Add more honey if needed.

VIP

DINNER

TIPS FOR HEALTHY EATING WITH LOVED ONES

For many women in mid-life one of the most challenging things about making changes to eating habits is thinking about how to fit it in with the rest of the family. Cooking separate meals takes time which many women don't have a lot of. Here are a few tips that may help:

Eat meze style - serve different parts of the dish such as vegetables and sauces separately so that everyone can help themselves to the bits they enjoy.

Tweak your family favourites - you can often add more vegetables or pulses, swap from white to wholemeal pasta or cut back the sugar in a recipe without anyone noticing. You can also serve everyone the same meal but make some tweaks to your own plate, having a smaller portion of foods you are cutting back on and adding extra vegetables, pulses or wholegrains.

Mealtimes are about more than just the food - involve your family in planning and cooking and make time to sit down and enjoy eating together.

DINNER RECIPES

Salmon and Super Greens P22
Roast squash & Tahini P23
Meatballs & Tomato Sauce P24
Chickpea, Prawn & Coconut Curry P25
Roast Lemon and Basil Chicken P26

For additional vegan recipes
See Extras section at the back:
Bean Chilli P35
Sticky Tofu P34



SALMON & SUPER GREENS

This fresh, vibrant dish is full of menopause friendly nutrients. Salmon for omega-3s to support mood, memory and joint health, leafy greens help clear excess oestrogen and provide bring calcium and vitamin K to protect your bones and edamame and miso are phytoestrogens which support hormone balance.

INGREDIENTS

2 servings

2 Salmon fillets

Your choice of 2 green veg: broccoli, pak choi, kale, sugar snap peas, brussel sprouts

2 tbsps edamame beans

Wholegrain rice to serve.

Super green sauce ingredients

A small bunch of coriander (25g)

1 small garlic clove, roughly chopped

2 cm ginger, roughly chopped

1 tsp light miso paste (or soy sauce)

1 lime juice (and zest if you like)

1 tblsp olive oil



METHOD

Green sauce

Add all of the sauce ingredients to a blender and whizz together until smooth. Each time I make this sauce it is a slightly different shade of green so don't worry if yours is different from the picture.

Salmon and vegetables

Heat the oven to 180C/160C fan/gas 4.

Brush each salmon fillet with olive oil and season well.

Put the salmon fillets in an ovenproof dish with the green vegetables and edamame beans. Cover if you prefer your salmon to be tender, or leave uncovered if you want the flesh to roast slightly.

Roast for 10-15 mins (or about 4 mins per 1cm thickness) until the salmon is just opaque and flakes easily with a fork and the vegetables are cooked.

Serve the salmon, green vegetables and brown rice with the sauce on the side or on top.

Keep any leftover sauce in the fridge and use it as a salad dressing.

ROAST SQUASH & TAHINI VG

This golden tray of squash, cauliflower and pulses is packed with fibre, plant protein and phytoestrogens. It's a warming way to support energy, digestion and hormone balance.

INGREDIENTS

Serves 2 to 4 , *cooking time 1 hour*

Vegetables:

½ a medium squash

1 large red onion

4 garlic cloves, whole in their skins

1 tsp ground cumin

2 tbsp olive oil

Half a cauliflower cut into chunks

1 tin chickpeas or lentils, rinsed

2 handfuls of rainbow chard or kale

1 tsp cumin (ground or seeds)

Olive oil

Tahini dressing:

2 tbsp tahini

1 tbsp lemon juice or cider vinegar

1 tsp maple syrup or honey

Pinch of salt

2-3 tbsp water

Optional extras to serve: quinoa or wild rice, halloumi, feta, pomegranate, fresh coriander, flaked almonds.



METHOD

Roast the vegetables

Preheat the oven to 180°C fan/200°C.

Wash and chop the squash into small pieces (no need to peel).

Chop the cauliflower into florets/ chunks

Slice the red onion into thick slices.

Place the chopped vegetables and garlic cloves on a baking tray and drizzle with olive oil, the cumin and salt and pepper.

Roast the vegetables in the oven for around 40 mins, until lightly browned.

Wash and chop the kale or chard and drain and rinse the can of pulses.

Remove the tray from the oven and add the pulses and greens and a drizzle more olive oil, roast for a further 5 minutes.

Make the dressing

While the vegetables are roasting make the tahini dressing by whisking the ingredients together vigorously until smooth and creamy, taste and add more lemon juice or water if needed.

Serve

Serve the roasted vegetables and pulses in a bowl with the tahini dressing.

Save a portion for leftovers.

MEATBALLS & TOMATO SAUCE

Meatballs are a family favourite and by swapping white pasta for butterbeans or wholegrain or lentil pasta you are getting more fibre and nutrients and balancing your blood sugar. Lean beef is rich in iron and B12 which are critical for energy levels and mood.

INGREDIENTS

Serves 4

Meatballs

400g lean beef mince

1 packet of puy lentils (optional)

1 heaped tsp dijon mustard

1 sprig of rosemary finely chopped

Tomato sauce

1 onion finely chopped

2 garlic cloves

1 red pepper

2 x 400g cans tomatoes or pasata

1 tsp mediteranean herbs (optional)

To serve

Olive oil for cooking

Parmesan

Wholemeal or red lentil pasta

OR 1 can of butterbeans, rinsed

Green leaves



METHOD

Tomato sauce

Peel and finely chop the onions, pepper and garlic.

Put a large pan on a medium heat with 1 tablespoons of olive oil.

Add the onions and fry for 5 mins until starting to soften.

Add the pepper and garlic and cook for a further 5 to 10 minutes.

Stirring regularly, until the veg are soft and taste sweet but are not browned.

Pour in the tomatoes and butterbeans (if using) and simmer for around 15 minutes.

Season to taste, either leave the sauce as it is or blitz until smooth.

Meatballs (& Pasta if using)

While the sauce is simmering make the meatballs and cook the pasta (see packet).

Add the meatball ingredients to a large mixing bowl and season with salt and pepper.

Mix it all together with a fork or your hands.

Roll the mixture into around 12 to 18 small meatballs (small ones cook faster).

Add the meatballs to a medium hot frying pan with 1 tbsp olive oil.

I sometimes fry a small piece of the meatball mixture to check the seasoning.

Cook the meatballs until browned all over and cooked in the middle, around 10 mins.

Serve the meatballs with the tomato sauce, pasta (if using) and some green leaves.

CHICKPEA & PRAWN COCONUT CURRY

This sunny curry is quick, comforting and packed with nutrients that support hormone balance. Prawns are an excellent source of protein, zinc and B2 as well as iodine, zinc and selenium which are harder to get which support thyroid function, immunity and energy. For a vegan twist, swap the prawns for a handful of cashew nuts, or if you don't fancy prawns swap them for fish fillets or cubed chicken pieces and adjust the cooking times.

INGREDIENTS

Serves 3

150-200g prawns

OR 1 handful unsalted cashew nuts

400g can chopped tomatoes

400g can chickpeas

400g can coconut milk

1 red onion

1 red pepper

3 inches ginger

3 garlic cloves

1 tbsp mild curry powder

1 tsp garam masala

1/2 tsp ground turmeric

1 lime

200g chopped spinach

Wholegrain rice

Optional to serve: chopped coriander,
pinch of chilli flakes, extra lime.

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METHOD

Chop the onion and pepper and sauté in a pan on a medium heat with 2 tsp coconut oil.

Add the garlic, ginger and dry spices and heat for a minute until they smell amazing.

Pour in the tomatoes, coconut milk and chickpeas.

Simmer on a medium-low for around 5 mins.

Add the prawns and squeeze in the lime juice, fold in the spinach.

Cook for a final few minutes, checking the prawns are cooked through.

Take care not to overcook as the prawns can become rubbery.

Top with chopped coriander and serve on its own or with wild rice.

Prawn curry can be safely reheated once, either on the stovetop or in the microwave, as long as it's brought to a piping hot temperature. Store leftovers in the fridge within an hour of cooking and eat within 1-2 days.

ROAST CHICKEN WITH LEMON, BASIL & GARLIC

I love a full Sunday roast but sometimes I crave something lighter, easier and with less washing up. I first discovered this easy sticky, tangy chicken Nigel Slater recipe as a student in 1999 and have been coming back to it ever since.

INGREDIENTS

Serves 4

6 to 8 free-range chicken pieces, bone in (or ask your butcher to cut up a whole chicken)

olive oil

6 fat cloves of garlic

1 lemon

A large handful of basil leaves (about 30)

A glass of white wine or chicken stock

500g new potatoes

Serve with roasted new potatoes and a crunchy green salad or steamed vegetables.



METHOD

Preheat the oven to 200 C/ 180 fan/ gas mark 6.

Wash the potatoes and cut them into halves.

Season the chicken and put the pieces in a roasting tin skin side up.

Pour over enough olive oil to moisten them and lightly oil the base of the tin.

Tuck the garlic cloves in amongst the chicken.

Squeeze the lemon over the chicken and add the halves to the tin.

Add the potatoes to the other end of the pan, drizzle with olive oil and season.

Roast in the oven for around 30 mins.

Take the chicken out of the oven, add the wine and torn up basil leaves to the tin.

Put back in the oven for a further ten minutes until the strong alcohol smell has gone and the chicken and potatoes are cooked through.

Eat with some crunchy green salad leaves or steamed vegetables, to mop up the sticky pan juices from your plate and a glass of the white wine if you fancy it with your meal.

Save the bones and any leftover meat or juices to make a chicken soup.

This is adapted from Nigel Slater's Real Food recipe for roast chicken with basil and lemon.

VIP

HEALTHY SNACK IDEAS

If you can't wait for your next meal choose a healthy snacks that includes protein and fibre to keep you going without an energy slump

SAVOURY

Seedy crackers or vegetables with:

- Hummus or **Tofu Hummus P33**
- Cheese
- Guacamole

Bone broth or miso soup

Boiled egg and chilli sauce

Falafels

Olives

Kimchi

SWEET

Fruit and yoghurt or nuts

+70% dark chocolate and nuts

Apple slices and nut butter

Figs and ricotta

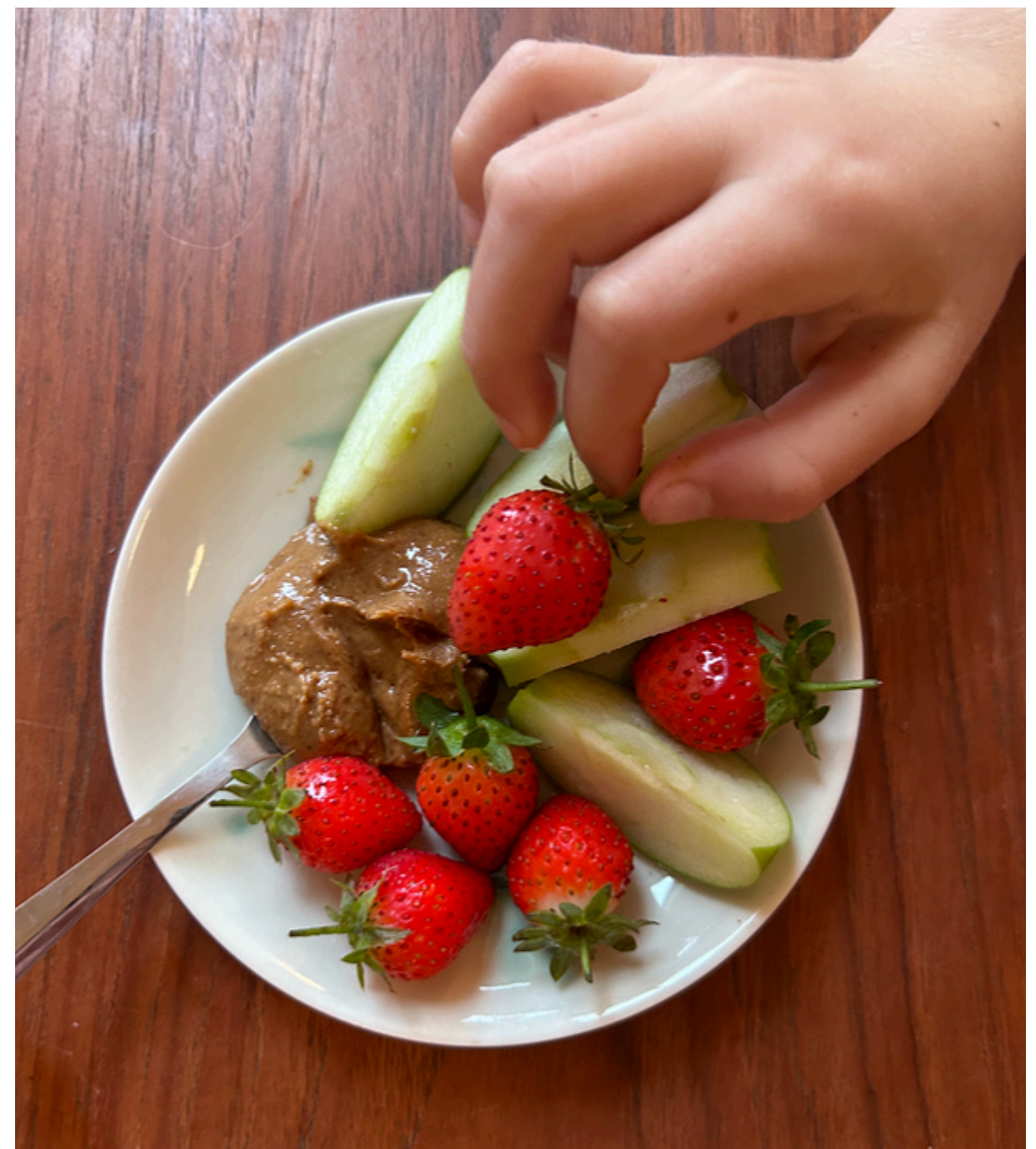
Cottage cheese and apple slices

Toast, nut butter and banana

Smoothies P28 to 30

Energy balls P31

Carrot cake cookies P32



Extras

SMOOTHIE TIPS

Home-made smoothies are a handy way to pack in lots of nutrients if you are in a hurry, on the go, for a light breakfast or to change the taste or texture of some healthy ingredients. You can add different vegetables, protein and healthy fats to keep you full and stay clear from the added sugars, juices and additives often found in shop-bought smoothies.

TIPS

Add protein and healthy fats and a small amount of fruit to balance your blood sugar and keep you full.

Avoid adding sweetened milks or juices which increase blood sugar levels.

Use frozen berries which are full of nutrients, don't raise blood sugar and can be better value.

Add linseed and cruciferous veg such as kale, broccoli and cauliflower to oestrogen levels.



NOURISHING INGREDIENTS

Proteins, Fats & Fibre - nut butter, tahini, Greek yoghurt, hemp seeds, flaxseed, cottage cheese, chia, tofu, oats, unsweetened protein powder.

Vegetables - spinach (fresh or frozen), kale, broccoli, cauliflower, avocado, beetroot, cucumber, courgette.

Fruit - frozen berries, apple, pear, banana, pineapple, kiwi (with skin on).

Liquid - unsweetened milk, natural yoghurt, kefir, coconut water.

Flavour - ginger, mint, lime, lemon, cacao, cinnamon.

SMOOTHIES

CREAMY CACAO

This chocolatey smoothie blends calming magnesium and anti-oxidant rich cacao with kefir, a probiotic powerhouse to supports your gut health and immunity.



INGREDIENTS

Makes 1 large or 2 small smoothies

2 tsp cacao powder
1 tbsp nut butter
1 frozen banana
½ avocado (frozen if possible)
200 ml kefir
100ml Greek yoghurt
1 tbsp ground linseed
Pinch of cinnamon
1 tsp maple syrup or honey (if needed)
Milk if needed.

METHOD

Blitz all of the ingredients together until smooth and lump-free. Add a little milk if it is too thick or a tsp of honey if it needs sweetening.

PURPLE POWER

This smoothie contains lots of antioxidants and greens to support oestrogen detox. You will need a powerful blender such as a nutribullet, if you don't have one try the cacao or berry smoothie.



INGREDIENTS

Makes 1 large or 2 small smoothies

1 small raw/roasted beetroot (not pickled!)
1 handful of frozen berries
1 handful of kale or frozen spinach
Half an apple
3cm chunk of cucumber
1/2 cm piece of fresh ginger
1 tbsp ground linseed or hemp seeds
A squeeze of lemon juice
200ml water

METHOD

Blitz all of the ingredients together until smooth and lump-free. Add more water if it is too thick or a tsp of honey or more apple if it's too sour.

Extras

SMOOTHIES

SPINACOLADA

Don't be put off by the greens, this is full of sunshine flavours and packed with fibre, healthy fats and phytoestrogens to support your hormones and keep you energised.



INGREDIENTS

Makes 1 large or 2 small smoothies
1 handful spinach (frozen) or kale
Half a frozen banana
Half a frozen avocado
1/2 handful of frozen pineapple
OR half an orange
A squeeze of lime
200ml your choice of milk
1 tbsp nut butter
1 tbsp ground linseed or hemp seeds

METHOD

Blitz all of the ingredients together until smooth and lump-free. Add a little more milk if it is too thick or more banana if it needs sweetening.

BERRY YOGHURT

This protein smoothie goes down well with my kids for breakfast or an after-school snack. It also works well as the base for a smoothie bowl topped with fruit, coconut, nuts and seeds.



INGREDIENTS

Makes 1 large or 2 small smoothies
Half a frozen banana
150g Greek yoghurt
150ml your choice of milk
1 handful of frozen berries
1 tbsp oats
1 tbsp nut butter
1 tbsp ground linseed or hemp seeds
Optional Toppings
Fresh fruit, coconut, nuts and seeds

METHOD

Blitz all of the ingredients together until smooth and lump-free. Add a little more milk if it is too thick or more banana if it needs sweetening.

Extras

ENERGY BALLS

Energy balls are ideal for when you need a quick boost or when you are out and about. They will give you a sweet hit and keep you fuller for longer than a biscuit. This recipe contains a lot less dried fruit than most, which will help to balance your blood sugar levels.

For a nut free version (perfect for kids packed lunches) try the apricot and coconut recipe which uses seeds, coconut flakes and coconut oil instead of nuts and nut butter.



INGREDIENTS

Chocolate and nuts

100g of any combination of nuts or seeds
30g prunes or dates
1 tbsp of ground flaxseed
1 heaped tsp of cacao powder
1 tbsp of nut butter



Apricot and Coconut (Nut Free)

80g of any seeds
30g dried apricots
20g unsweetened desiccated coconut
1 tbsp of ground flaxseed
½ tsp cinnamon
1 tbsp of coconut oil

METHOD

Whizz up the nuts and seeds until finely ground.

Add the remaining ingredients and blitz again.

Taste the mixture.

If you need a bit of extra sweetness - add a drizzle of maple syrup or more fruit.

If it's too dry to hold together - add more nut butter or coconut oil.

If it's too sticky add more nuts or seeds.

Blitz the mixture again to combine.

When you are happy with the taste and consistency roll into small balls and keep in the fridge for up to a week or in the freezer.

Experiment with different flavour combinations.

Extras

CARROT CAKE COOKIES

Quick, easy cookies packed with goodness for having with a cuppa or a packed lunch.

Ingredients

Makes approx 24 cookies.

125g spelt or buckwheat flour
125g jumbo porridge oats
½ tsp bicarbonate soda
1 tsp ground cinnamon
3 tbsp maple syrup or honey
2 large carrots coarsely grated
100ml olive oil or melted coconut oil
100g chopped nuts and seeds (e.g. sunflower, pumpkin, linseed, walnuts)
1 egg (if the mixture is too crumbly)
Optional: zest of an orange, 1tsp ginger
60g of chopped dried apricots or raisins, leave out the nuts for packed lunches.



Method

Preheat your oven to 180°C/160°C/Gas 4.

Add the flour, oats, baking soda and salt to a large bowl. Mix well so the baking soda and salt are evenly distributed. Add the remaining ingredients.

Mix everything together, if the mixture does not stick together add an egg.

Scoop by the tablespoon and press into rounds on a baking tray lined with greaseproof paper.

You'll probably get about a dozen per tray.

If you don't want 2 batches, just freeze the rest of the mixture for another day.

Bake for 10 mins, or until just starting to set and turn golden. They'll set to be soft and chewy like this.

If you'd like crisper cookies, carefully flip them over and return to the oven for 2 mins to crisp up the bottoms.

Remove from the oven and leave to cool on a cooling rack.

Once cooked, they store well for a few days week in an airtight container.

Adapted from Able and Cole Breakfast Cookies.

Extras TOFU HUMMUS VG

Tofu is high in protein and a natural phytoestrogen which helps balance oestrogen levels. Tofu itself doesn't have much flavour so this recipe relies on lots of seasoning to make it tasty. This is great on toast, as a dip and dolloped on salads.

INGREDIENTS

1 Serving

½ a block of tofu
1 can of chickpeas
1 garlic cloves, finely chopped
1 lemon, zest and juice
1 tbsp tahini
2 tbsps extra virgin olive oil
1 tsp white miso paste
Sea salt and pepper

Optional:

2 tbsp nutritional yeast

Serve with sourdough or rye toast and your choice of veg or rainbow salad.



METHOD

Drain the tofu and pat it dry in a clean tea towel or some kitchen roll.

Drain and rinse the can of chickpeas.

Finely slice the garlic.

Add all of the ingredients to the food processor:

crumbled tofu, chickpeas, garlic, lemon zest and juice, olive oil, miso paste, nutritional yeast (if using) and season with salt and pepper.

Blitz for a few minutes until smooth and creamy.

Taste the hummus and check whether it needs more liquid or oomph:

a bit more lemon juice, a splash of water, more miso umami or seasoning?

Blitz again and taste, add more season if needed.

Serve with wholegrain toast or pitta and your choice of vegetables.

Extras

BEAN CHILLI VG

INGREDIENTS

Serves 4

1 sweet potato cut into small pieces
2 mixed-coloured peppers
1 level tsp cayenne pepper or paprika,
plus a pinch for sprinkling
1 heaped tsp ground cumin, plus a pinch
1 level tsp ground cinnamon, plus a pinch
1 large onion
2 cloves garlic
1 bunch fresh coriander (25g)
1 to 2 fresh chillies, deseeded
2 x 400 g tins of mixed beans e.g. black,
kidney, mixed, cannellini, rinsed and drained
2 x 400 g tins plum tomatoes or pasatta
2 small squares dark chocolate (optional)
olive oil

Lime juice to taste

*Serve with your choice of extras: feta ,
chopped spring onions, avocado, guacamole,
little gem lettuce, yoghurt, chilli sauce, grated
cheese, brown or wild rice or wholegrain wraps.*



METHOD

Preheat the oven to 200°C/400°F/gas 6.

1. Chop the sweet potato into small pieces and the peppers into bite sized chunks, then place onto a baking tray. Sprinkle with a large pinch each of cayenne, cumin, cinnamon, sea salt and black pepper, drizzle with oil then toss to coat. Roast for around 30 to 40 minutes, or until golden and tender.
2. Meanwhile peel and roughly chop the onion and finely slice the garlic.
3. Finely chop the coriander stalks, saving the leaves. Deseed and finely chop the chillies.
4. Add 1 tbsp olive oil to a large pan over a medium-high heat, then add the onion and garlic, and cook for 5 minutes, stirring regularly.
5. Add the coriander stalks, chillies and remaining spices, and cook for a further 5 to 10 minutes stirring occasionally until softened and starting to caramelise.
6. Add the rinsed beans and tomatoes, stirring well.
7. Bring to the boil, then reduce the heat to medium-low and leave to cook for 15 minutes, or until thickened – keep an eye on it, and add some water to loosen, if needed.
8. Stir in the roasted sweet potato and peppers, the dark chocolate and most of the coriander leaves, then taste and adjust the seasoning, if needed.
9. Finish with a squeeze of lime or lemon juice, to taste, then scatter over the remaining coriander. Serve with your choice of extras.

Adapted from Jamie Oliver's recipe for versatile veggie chilli.

Extras **STICKY TOFU VG**

A flavour-packed, plant-based protein that's a perfect midlife staple, it is naturally rich in calcium, iron and phytoestrogens. Serve with wild rice and stir-fried vegetables (spring onions, pak choi, broccoli, carrots, peppers and mushrooms all work well) or on top of a salad.

INGREDIENTS

2 to 3 Servings

1 x 450g block extra-firm tofu

2–3 tbsp olive oil for frying

Marinade

3 tbsp low salt soy sauce or tamari

3 tbsp rice wine vinegar or lime juice

1 tbsp maple syrup

1 tsp toasted sesame oil or olive oil

1 tsp miso paste (optional)

2 garlic cloves, grated

A thumb-sized piece of fresh ginger, grated



METHOD

Squeeze the unwrapped tofu to remove water.

Cut the tofu into cubes and pat with kitchen paper or a clean tea towel.

In a small bowl, mix together all of the marinade ingredients.

Place the pressed tofu in a shallow dish and pour over the marinade. Cover and refrigerate for at least 15mins, or longer if you have time.

Heat the oil in a large non-stick or cast iron pan over medium-high heat.

Lift the tofu from the marinade (save the excess marinade for later), and fry until golden on all sides — this takes about 6–8 minutes. Or roast in an air fryer.

Pour the leftover marinade into the pan and stir through to coat. Let it bubble and reduce slightly to glaze the tofu.

Serve hot with a stir fry or cold in a salad bowl.

VIP

NOURISH

Foods to Enjoy & Minimise

Enjoy as part of a balanced diet

Vegetables - a wide variety of colourful, cruciferous and green vegetables

Whole fruit - colourful, seasonal fruit, especially berries (including frozen)

Nuts - different types of whole nuts and nut butters (no added sugar or oil)

Seeds - ground flaxseed, chia, hemp, pumpkin, sunflower, sesame

Dairy - unsweetened greek and natural yoghurt, cheese, unsalted butter

Wholegrains - pearl barley, quinoa, wild rice, buckwheat, oats, millet, spelt, teff

Eggs - poached, scrambled, omelette, frittata, boiled, shakshuka

Fish and seafood - fresh, smoked or tinned, especially oily fish

Pulses - dried, canned or packets of unsalted lentils, chickpeas, beans

Soy - tofu, tempeh, frozen edamame beans, miso, tamari, soy milk and yoghurt

Meat - unprocessed, free-range or organic meat

Oils - extra virgin olive oil for everyday, coconut oil for baking and frying

Fermented foods - contain live cultures: sauerkraut, kimchi, kefir, sourdough

Herbs - fresh or dried basil, rosemary, mint, coriander, oregano, tarragon etc

Spices - fresh or dry ginger, turmeric, rosemary, cloves, cinnamon, cumin

Sweetness - cinnamon, cacao, cocoa, +70% dark chocolate, a little maple syrup, local honey



Minimise and enjoy occasionally

Alcohol - reduce your intake as much as possible.

Caffeine - avoid caffeine after midday especially if you aren't getting enough good quality sleep. You may also be sensitive to caffeine in dark chocolate.

Refined carbohydrates - bread and wraps which contain additives and preservatives, white rice, white pasta, crisps, crackers.

Sweetened foods - cakes, biscuits, pastries, ice-cream, sweets, dried fruits, flavoured yoghurt, chocolate, deserts, cereals, flavoured porridge, sauces.

Highly processed meals - ready, frozen and microwave meals, chicken nuggets, ham, pizza, sausage rolls, fake meats, instant noodles.

Unhealthy oils - deep fried foods, sunflower and vegetable oil, margarine.

Sweetened drinks - fizzy, sugar-free drinks, sweeteners, added sugar, fruit juices, supermarket smoothies.

