

FREE PERIMENOPAUSE DIET PLAN



7-DAY MEAL PLAN

DAY 1	Yogurt + berries	Lentil salad	Salmon + greens
DAY 2	Veggie omelet	Quinoa bowl	Chicken + roasted veg
DAY 3	Overnight oats	Chickpea salad	Tofu stir-fry
DAY 4	Berry smoothie	Turkey-avocado wrap	Sheet-pan vegetables
DAY 5	Yogurt + walnuts	Mediterranean bowl	Baked fish + greens
DAY 6	Chia pudding	Vegetable soup	Chicken + sweet potato
DAY 7	Avocado toast	Tuna salad	Vegetable curry + brown rice

THE PLATE FORMULA



$\frac{1}{2}$ COLORFUL VEGETABLES
 $\frac{1}{4}$ PROTEIN
 $\frac{1}{4}$ HIGH-FIBER CARBS



**PROTEIN
AT EVERY MEAL**



**25–30g
FIBER DAILY**



**OMEGA-3
RICH FOODS**



**CALCIUM +
VITAMIN D**

SHOPPING STARTERS

Greens • Berries • Eggs • Yogurt • Lentils • Salmon • Avocado • Walnuts

Adjust portions and ingredients to your needs. Speak with a qualified professional for personal medical or nutrition advice.