

MACKENZIE WELLS

Postmenopause Recipe Pack

PROTEIN-PACKED RECIPES FOR
STRONG BONES, A HEALTHY HEART,
AND LASTING ENERGY.

Hey Hey!

Once you're past menopause, your body's needs shift. Bone loss speeds up in the years after your last period, and cholesterol tends to rise, so taking care of your bones, heart, and muscle matters more now than ever.

I hand-picked these 30 recipes with that in mind. Every one has at least 20 grams of protein, with lots of calcium-rich foods like yogurt, kefir, and cottage cheese, plus fiber, fish, beans, and olive oil for your heart.

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

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Contents

Breakfast

Kefir Overnight Oats 5
High Fiber Berry Yogurt Smoothie 6
Chia Yogurt Nourish Cup 7
Creamy Chocolate Chia Shake 8
Apple Berry Oat Bake 9
Turkey and Egg Breakfast Cups 10
Veggie Egg Bake Muffins 11
Roasted Sweet Potato and Kale Frittata 12
Cinnamon Vanilla Protein Oats 13
Peach Strawberry Cottage Cheese Bowl 14

Lunch

Easy Herby Chicken Soup 16
Salmon & Roasted Cauliflower Bowl 17
High Fiber Hummus 18
Chicken & Chickpea Salad 19
Salmon Quinoa Power Bowl 20
Turkey Avocado Wrap with Mustard Yogurt Sauce 21
Sourdough Egg Sandwich 22
Strawberry Spinach Caprese Salad 23
Southwest Black Bean & Guacamole Wrap 24
Shrimp Ceviche 25

Dinner

Quinoa Salmon Cakes with Broccoli Slaw 27
Garlic Herb Pork with Cauliflower Mash 28
Lemon Garlic Yogurt Roasted Chicken and Vegetables 29
Roasted Turkey Breast with Whipped Sweet Potatoes and Pumpkin 30
Mexican Street Corn Brussels Sprout Salad 31
Mediterranean Turkey and Lentil Stuffed Peppers 32
Roasted Garlic Turmeric Salmon and Veggies 33
Turkey & Veggie Chili 34
Chickpea Pasta with Pesto Chicken & Tomatoes 35
Coconut Shrimp with Quinoa and Broccoli 36



POSTMENOPAUSE

Breakfast

KICKSTART YOUR DAY

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

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

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

Chia Yogurt Nourish Cup



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain

2 tbsp [24 g] Chia Seeds

0.25 cup [36.25 g] Blueberries

0.25 cup [38 g] Strawberries *(Halved)*

0.5 tbsp [5 g] Flaxseed Meal

2 tbsp [15 g] Slivered Almonds

DIRECTIONS

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

442	24.4 g	31.8 g	28.7 g	12.7 g	11.4 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

Apple Berry Oat Bake



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	30 minutes

INGREDIENTS

0.5 cup [45 g] Rolled Oats Gluten Free

2 tbsp [20 g] Flaxseed Meal

1 tbsp [12 g] Chia Seeds

2 scoop [40 g] Protein Powder

0.5 medium [90 g] 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 5×7 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.

434	15.4 g	45 g	33.5 g	10.5 g	21.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Turkey and Egg Breakfast Cups



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	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.

442	22.1 g	20.2 g	40.5 g	10.3 g	7.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Veggie Egg Bake Muffins



SERVINGS	PREP TIME	COOKING TIME
2	5 minutes	25 minutes

INGREDIENTS

5 large [250 g] Egg

0.25 cup, dry [42.5 g] Quinoa

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.

406	23.5 g	23.8 g	24.1 g	5 g	1.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Roasted Sweet Potato and Kale Frittata



SERVINGS	PREP TIME	COOKING TIME
4	30 minutes	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 medium [55 g] Yellow Onions *(Diced)*

2 cup, cubes [266 g] Sweet Potato

0.75 cup [184.5 g] Ricotta Cheese

3 tbsp [36 g] Chia Seeds

1 tbsp [10 g] Flaxseed 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.

460	28.1 g	27.5 g	25.9 g	7.4 g	5.5 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

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



POSTMENOPAUSE

Lunch

RE-FUEL AND RE-ENERGIZE

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

LUNCH

Easy Herby Chicken Soup



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	30 minutes

INGREDIENTS

6 oz [168 g] Skinless Chicken Breast

1 tsp [1.2 g] Kosher Salt

1 tsp, dried [1 g] Thyme

1 tsp, dried [1.2 g] Rosemary

1 tbsp [14 g] Olive Oil

1 tbsp, minced [8.5 g] Garlic

1 cup [113 g] Shredded Carrots

1.5 cup [360 ml] Organic Chicken Bone Broth

0.5 cup [125 g] Cannellini Beans (Canned) *(Rinsed and drained)*

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 the chicken reaches an internal temperature of 165°F (73°C).
3. While the chicken is baking, heat the 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 to the pot and bring to a gentle boil.
5. Once the chicken is fully cooked, let it rest for 5 minutes, then 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.

518	16.9 g	28.2 g	60.2 g	16 g	6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Salmon & Roasted Cauliflower Bowl



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	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.

558	31.6 g	33.3 g	39.8 g	14.8 g	4.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

High Fiber Hummus



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	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

1 scoop [20 g] Protein Powder

0.25 tsp [0.53 g] Cumin

1 tsp [1.2 g] Kosher Salt

2 [2 cube] Ice Cubes

DIRECTIONS

1. Add the chickpeas, cottage cheese, tahini, lemon juice, minced garlic, 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.

522	21.9 g	53.6 g	33.6 g	15.5 g	9.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Chicken & Chickpea Salad



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	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.

494	24.8 g	31.8 g	37.2 g	11.2 g	7.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Salmon Quinoa Power Bowl



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	15 minutes

INGREDIENTS

- **4 oz, boneless, raw** [113.4 g] Salmon
- **1 tsp** [1.8 g] Italian Seasoning
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 cup, dry** [42.5 g] Quinoa
- **1 cup, chopped** [67 g] Kale
- **0.25 avocado** [34 g] Avocado *(Sliced)*
- **1 tbsp** [7 g] Pumpkin Seeds
- **1 tbsp** [14 g] Lemon Juice
- **0.5 tbsp** [7 g] Olive Oil

DIRECTIONS

1. Preheat oven to 390°F (198°C).
2. Season the salmon on both sides with the Italian seasoning and Kosher salt. Place it on a nonstick sheet pan and bake for 12–15 minutes, or until it reaches an internal temperature of 145°F (63°C) and flakes easily with a fork.
3. Cook the quinoa according to the package instructions.
4. In a large bowl, combine the cooked quinoa, kale, avocado, pumpkin seeds, lemon juice, and olive oil. Toss until evenly coated.
5. Top with the baked salmon and serve warm.

530	25.9 g	40.4 g	35.5 g	6.7 g	0.1 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

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

Strawberry Spinach Caprese Salad



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	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.

517	29.1 g	21.8 g	39.8 g	8.7 g	11.6 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

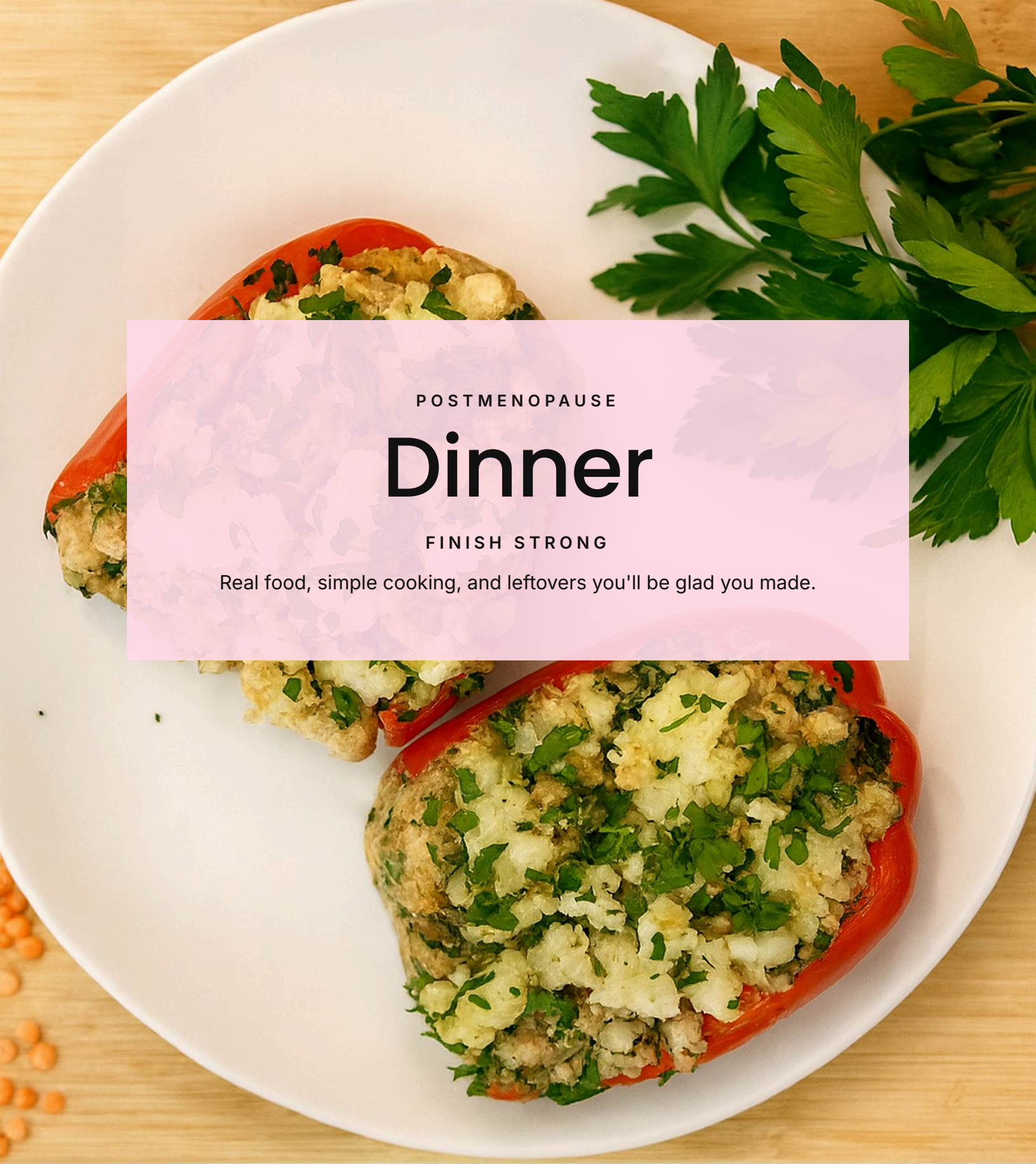
0.25 medium [28.5 g] Orange Bell Pepper *(Diced small)*

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



POSTMENOPAUSE

Dinner

FINISH STRONG

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

DINNER

Quinoa Salmon Cakes with Broccoli Slaw



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	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] Flaxseed 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.

641	33.1 g	40.2 g	48.2 g	8.2 g	4.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Garlic Herb Pork with Cauliflower Mash



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	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.

470	22.3 g	31 g	35.7 g	12.6 g	3.4 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

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

Mexican Street Corn Brussels Sprout Salad



SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	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 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 medium [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.

552	24.7 g	54.5 g	37.3 g	10 g	10.6 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

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

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

Coconut Shrimp with Quinoa and Broccoli



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	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.

571	35.8 g	31.1 g	27.9 g	5.7 g	2.5 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR