



MENOPAUSE monthlies

A HAPPIER, HEALTHIER MENOPAUSE **FOR YOU!**

This toolkit contains lifestyle tips, nutrition information and sleep hacks to help you **THRIVE** throughout all *the stages of your menopause!*



www.manchesterstress.com
email: info@manchesterstress.com
Tel: 0161 321 8382



Menopause Hot Flush Soup

MENOPAUSE HOT FLUSH SOUP

This soup contains plant proteins and is rich in essential amino acids, and complex complex carbohydrates for energy. It's high in magnesium, potassium and calcium to assist in electrolyte balance for optimal muscle function following hot flushes or night sweats, and it's rich in foods containing vitamins B1, B3, B5 & B6 for central nervous system function and repair. In addition, the kombu in the soup contains iodine which helps to boost energy and stimulate metabolism. It really is a 'Souper Soup' and superb for lunch or as an accompaniment to dinner. Eat it with some humus & rice cakes/cooked fish/wholemeal bread.

Ingredients

1 tbsp rapeseed oil
150g broccoli florets
1 tin kidney beans in chilli sauce
100g spinach
50g kale
1 tin lentils
50g brown rice
50g quinoa
1 onion, diced
3 cloves garlic, crushed
1.5 litres vegetable stock
2 strips kombu (optional - available from health stores)

Method

Heat the oil in large pan & fry off the onions
Add the kombu, garlic, broccoli, spinach, kale & brown rice, plus the vegetable stock to the same pan & bring to boil
Then cook on medium heat for 40 minutes
Now add the quinoa, kidney beans & lentils & cook for a further 10 minutes (add more water if necessary)
Allow to cool & remove / discard the kombu (you don't eat this)
Blend smooth or serve at desired consistency
(Makes approx 6 portions so you can freeze it until required)



Broccoli



Kombu



Lentils/pulses



Kale



Spinach



Menopause Nutrition Table

Protein & Vitamin Table

Protein	Vitamin B6	B9	B12	Zinc	Calcium & Vitamin K
Cod/Trout	Sweet potato	Strawberry	Red Meat	Collard Greens	Spring Onions
Salmon/Tuna	Oats	Lentils/Barely	Spinach	Pumpkin Seeds	Bok Choy
Oily fish	Kale	Bread	Chick Peas	Dried apricots	Dairy
Chicken/Turkey	Butternut Squash	Lemons/Limes	Aubergine	Rhubarb	Brussel Sprouts
Lamb/Beef	lettuce	Oranges	Avocados	Cottage Cheese	Cucumber
Eggs/Tofu		Eggs	Olive Oil	Quinoa/Milet	Soya Beans
Prawns	Melon	Tomatoes	Asparagus	Figs	Prunes
Tuna	Red Peppers	Kiwi Fruits	Almonds	Yoghurt	Tomatoes
Sushi/sashimi	Mango	Papaya	Pine nuts	Dates	Dark Chocolate



Salmon with Kale, Asparagus, Tomatoes, Pumpkin Seeds & Lime

Nutrition Info:

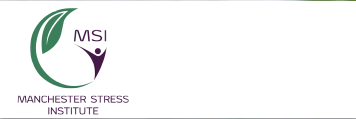
Omega 3
Vitamin K & Calcium
Vitamin E
Vitamin C
Magnesium

Inflammation, memory concentration, energy
Bone health and bone density
Powerful antioxidant to reduce free radical image and support adrenal function
Tissue repair and recovery
Heart health, muscle relaxation, anxiety & stress

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Prawns	Melon	Tomatoes	Asparagus	Millet	Prunes
Tuna	Red Peppers	Kiwi Fruits	Almonds	Yoghurt	Figs
Sushi/sashimi	Mango	Papaya	Pine nuts	Dates	Dark Chocolate



Chicken with Edamame Beans, Spinach, Puy Lentils & Cucumber

Nutrition Info:

Soy

Tryptophan

Vitamins A, C & E

Vitamin K

Iron

Reduces hot flushes and night sweats

Natural mood enhancer, helps relax and calm the body

Puy lentils are a rich source of vitamins that specifically boost immune health

Helps fight infection (esp. good for bladder)

Boost energy, stamina & the vitamin K for bone health

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Tuna	Red Peppers	Kiwi Fruits	Almonds	Yoghurt	Figs
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Smoked Trout with Sweet Potato Rosti, Egg, WaterCress, & Fig

Nutrition Info:

Choline

Vital for cognitive functions such as memory, concentration

B Vitamins

Help to release energy from food and vital for nervous system function

Iron

Oxygenates the cells and crucial for energy manufacture

Phosphorous

Essential for bone health and found in every cell in the body!

B12

Known as the 'energy' vitamin and helps to make neurotransmitters for mood/sleep

Vegetarian

Protein & Vitamin Table

Protein	Vitamin B6	B9	B12	Zinc / Calcium	Magnesium & Potassium
Soy	Sweet potato	Strawberry	Savoy Cabbage	Collard Greens	Cauliflower
Eggplant	Dried Prunes	Brussel Sprouts	Spinach	Pumpkin Seeds	Mung Beans
Tofu	Kale	Papaya	Chick Peas	Radish	Edamane beans
Tempeh	Squash	Lemons	Aubergine	Rhubarb	Puy Lentils
Seitan	Cos lettuce	Oranges	Avocados	Bok Choi	Brown Rice
Bulgur Wheat	Dried Apricots	Peppers	Olive Oil	Quinoa	Soya Beans
Portobello Mushrooms	Melon	Tomatoes	Dandelion leaves	Millet	Bananas
Legumes	Red Peppers	Kiwi Fruits	Almonds	Chick peas	Figs
Nuts	Mango	Radish	Pine nuts	Dates	Dark Chocolate



EXAMPLE THREE: VEGETARIAN LUNCH

TOFU & BUTTERNUT SQUASH WEDGES WITH PEAS, PARSLEY & CASHEW NUTS