

MACKENZIE WELLS

Perimenopause Recipe Pack

NOURISHING RECIPES WITH NUTRIENTS TO SUPPORT WOMEN THROUGH PERIMENOPAUSE.

Hey Hey!

Perimenopause can start years before your last period. As your hormones shift, it's common to notice changes in your sleep, mood, energy, and where your body holds weight. What you eat every day is one of the simplest ways to support yourself through it.

Every one of these 30 recipes has at least 20 grams of protein to help protect your muscle, plus fiber, healthy fats, and plenty of produce to keep you full and your energy steady. Everything comes from a regular grocery store and is simple enough for a busy weekday.

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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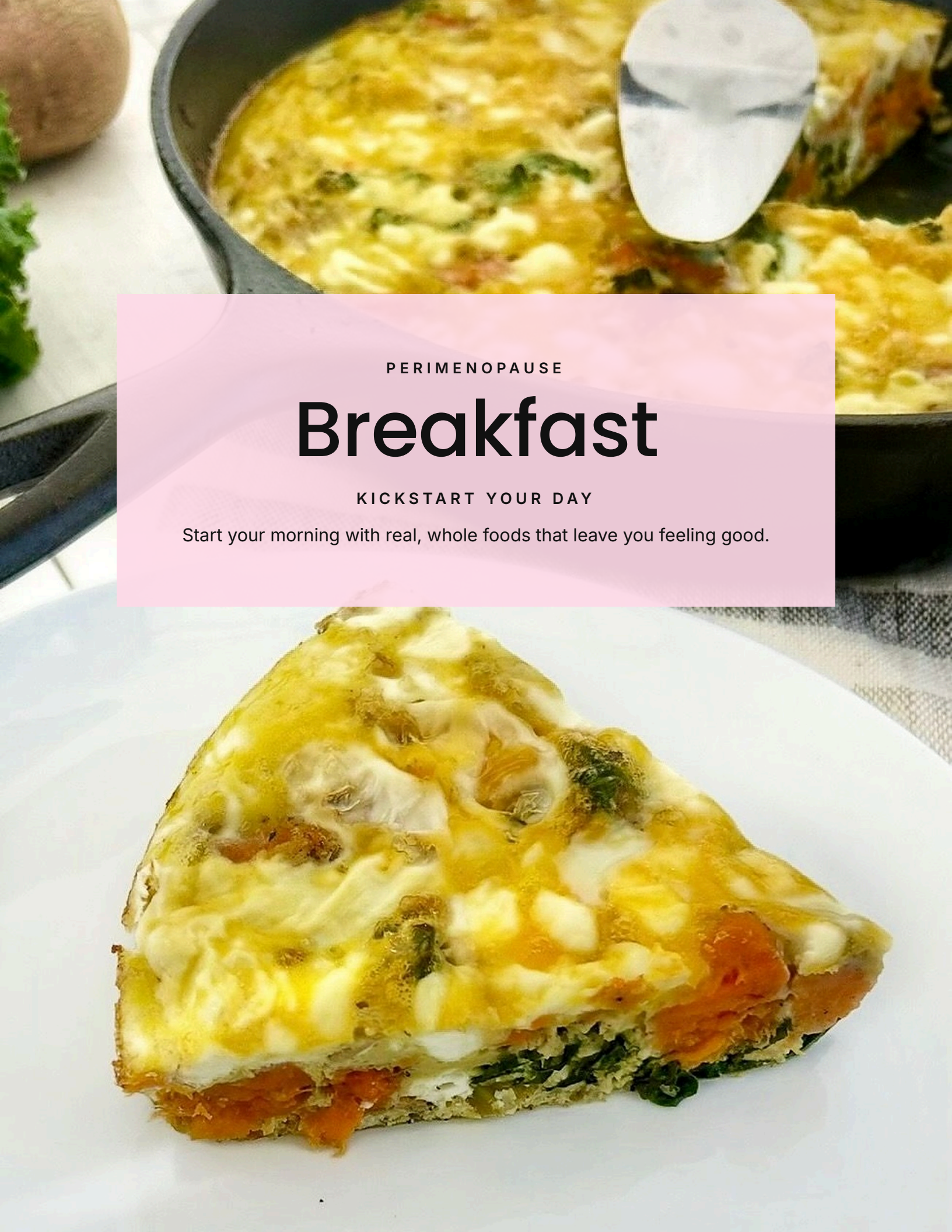
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PERIMENOPAUSE

Breakfast

KICKSTART YOUR DAY

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

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

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

Vanilla Cinnamon Protein Oats



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

0.5 cup [45 g] Rolled Oats Gluten Free

0.5 cup [120 ml] Organic Unsweetened Almond Milk

0.5 cup [118.5 g] Water

1 tbsp [10 g] Flaxseed Meal

1 tablespoon [16 g] Almond Butter

1 scoop [20 g] Collagen Powder (Vanilla flavored is

DIRECTIONS

1. Add the oats, almond milk, water, flaxseed meal, almond butter, collagen powder, and cinnamon to a bowl or airtight container. Stir until well combined.
2. Cover and refrigerate overnight, or for at least 6 hours.
3. Top with the sliced strawberries before serving. preferred) 0.25 tsp [0.57 g] Cinnamon 1 cup [152 g] Strawberries (Sliced)

416	18 g	47.2 g	23.4 g	10.9 g	8.5 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

Sweet Potato & Turkey Breakfast Hash



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	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.

446	25.9 g	27.1 g	27.2 g	4.7 g	7.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

BREAKFAST

Savory Rice Breakfast Bowl



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	15 minutes

INGREDIENTS

0.25 cup, dry [46.25 g] White Rice

0.5 cup [118.5 g] Water

2 large [100 g] Egg

0.25 tbsp [3.5 g] Olive Oil

0.5 cup, chopped [10.5 g] Kale

0.5 avocado [68 g] Avocado *(Sliced)*

0.25 cup [37.25 g] Cherry Tomatoes *(Halved)*

1 tsp [4.7 g] Lemon Juice

0.5 tsp [0.6 g] Kosher Salt

1 tbsp [10 g] Hemp Seeds

DIRECTIONS

1. In a small saucepan, combine the white rice with the water. Bring to a boil, reduce the heat, cover, and simmer for 15–18 minutes, or until the water is absorbed and the rice is tender. Let the rice rest, covered, for 5 minutes, then fluff with a fork.
2. Cook the eggs to your preferred doneness (soft-boiled, poached, or over easy are recommended).
3. Heat the olive oil in a small skillet over medium heat. Sauté the kale for 2–3 minutes, or until just wilted.
4. In a medium bowl, combine the cooked rice, sautéed kale, avocado slices, halved cherry tomatoes, lemon juice, and salt. Stir gently to mix.
5. Top the rice mixture with the cooked eggs and sprinkle with the hemp seeds.
6. Serve immediately or refrigerate for later.

544	30 g	47.2 g	21.3 g	6.3 g	2.5 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

Simple Banana Pancakes



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	15 minutes

INGREDIENTS

- **1 medium** [118 g] Banana *(Ripe)*
- **1 medium** [44 g] Egg
- **1 scoop** [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.

529	20.4 g	56.8 g	33.6 g	11.1 g	18.6 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

Berry Greek Yogurt Parfait



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	0 minutes

INGREDIENTS

- **1.5 cup** [340.5 g] Whole Milk Greek Yogurt - Vanilla
- **1 tbsp** [21 g] Honey
- **1 tbsp** [12 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.

552	21 g	51.7 g	43.3 g	8.6 g	35 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR



PERIMENOPAUSE

Lunch

RE-FUEL AND RE-ENERGIZE

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

LUNCH

Chicken, Lentil, and Quinoa Power Bowl



SERVINGS	PREP TIME	COOKING TIME
2	5 minutes	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.

591	31.3 g	51.5 g	28.8 g	11.4 g	7.7 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

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 and Green Pea Salad



SERVINGS	PREP TIME	COOKING TIME
2	20 minutes	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 mayonnaise, Greek yogurt, salt, black pepper, and apple cider vinegar. Refrigerate until ready to use.
2. Place bacon in a cold, non-stick skillet. Cook over medium-low heat, flipping occasionally, until crispy. Transfer to a paper towel-lined plate. Once cooled, roughly chop.
3. In a large bowl, combine thawed green peas, chopped bacon, red onion, carrots, and shredded chicken. Add dressing and gently toss to coat.
4. Refrigerate until ready to serve.

NOTES

1. **Tip for thawing frozen peas:** To thaw peas, place them in a large bowl lined with paper towels. Let them sit at room temperature for 30–60 minutes to absorb excess moisture and prevent mushiness.
2. **Dressing ingredient options:** Feel free to substitute mayonnaise with Greek yogurt or sour cream, and vinegar with lemon or lime juice.

453	20.5 g	34.1 g	33.6 g	10 g	13.8 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

Marinated Olive Medley



SERVINGS	PREP TIME	COOKING TIME
2	10 minutes	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.

542	34.6 g	35.7 g	31.6 g	8.2 g	9.9 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

LUNCH

Chicken Quinoa Bowls



SERVINGS	PREP TIME	COOKING TIME
1	5 minutes	15 minutes

INGREDIENTS

4 oz [112 g] Skinless Chicken Breast

0.25 cup, dry [42.5 g] Quinoa

0.5 cup [118.5 g] Water

0.5 avocado [68 g] Avocado

0.25 medium [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 juce to a bowl.

458	15.2 g	51.2 g	33.3 g	8.5 g	4.8 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR



PERIMENOPAUSE

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

Turkey & Mushroom–Stuffed Acorn Squash



SERVINGS	PREP TIME	COOKING TIME
4	5 minutes	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.

526	25.4 g	55.5 g	28.7 g	8.9 g	5.2 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

Roasted Veggie Salad and Steak



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	30 minutes

INGREDIENTS

1 cup, cubes [82 g] Eggplant

1 sweet potato [130 g] Sweet Potato *(Diced)*

1 tbsp [14 g] Olive Oil

1 tsp [1.2 g] Kosher Salt

5 oz [140 g] Sirloin Steak

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).
2. Cut the eggplant into ¾-inch to 1-inch (2–2.5 cm) cubes and the sweet potato into ¾-inch (2 cm) cubes, then place them on a non-stick baking sheet.
3. Drizzle the eggplant and sweet potato with half of the olive oil and season with half of the kosher salt. Toss to coat evenly. Roast for 25–30 minutes, or until tender and lightly browned.
4. While the vegetables are roasting, heat a grill pan or skillet over medium-high heat. Season the steak with the remaining kosher salt. Cook for 3–5 minutes per side, or until it reaches your desired doneness. Let the steak rest for 5 minutes before slicing.
5. In a bowl, combine the roasted vegetables and mixed salad greens. Drizzle with the remaining olive oil and balsamic glaze and toss gently to combine. Top with the sliced steak and serve immediately.

533	27.6 g	36.6 g	32.5 g	10.8 g	10.8 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

DINNER

Ground Chicken Kale Pesto Bowl



SERVINGS	PREP TIME	COOKING TIME
1	10 minutes	25 minutes

INGREDIENTS

- **0.25 cup, dry** [46.25 g] White Rice
- **0.5 cup** [118.5 g] Water
- **6 oz** [170.4 g] Ground Chicken
- **1 cup, chopped** [21 g] Kale
- **0.5 tsp** [0.6 g] Kosher Salt
- **6 leaves** [3 g] Basil
- **1 tbsp** [10 g] Hemp Seeds
- **1 tbsp** [7 g] Pumpkin Seeds
- **0.5 tbsp** [7 g] Olive Oil

DIRECTIONS

1. In a small saucepan, combine the white rice and ½ cup water. Bring to a boil, then reduce the heat to low, cover, and simmer for 15–18 minutes, or until the rice is tender and the water has been absorbed. Remove from the heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. While the rice cooks, heat a skillet over medium heat. Add the ground chicken and cook for 5–7 minutes, breaking it apart with a spoon, until browned and fully cooked through.
3. Add the chopped kale and half the kosher salt to the skillet and cook for 2–3 minutes more, or until the kale is wilted.
4. Meanwhile, in a blender or small food processor, combine the basil, hemp seeds, pumpkin seeds, olive oil, and the remaining kosher salt. Blend until mostly smooth, scraping down the sides as needed, to form the pesto.
5. To assemble, spoon the cooked rice into a serving bowl. Top with the chicken and kale mixture, then drizzle the pesto over the bowl.

574	28.4 g	39.3 g	39.7 g	1.2 g	0.6 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Sesame Chicken with Broccoli and Carrots



SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	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 cornstarch and water to form a slurry. Set aside.
2. In another bowl, whisk together ¼ of the chicken broth with coconut aminos, sesame oil, monk fruit sweetener, garlic, salt, and pepper. Set aside.
3. In a deep saucepan, combine chicken with remaining broth and enough water to cover. Bring to a boil over medium-high heat and cook until fully cooked, adding water as needed.
4. Drain and shred the chicken with two forks.
5. Heat olive oil in a non-stick skillet over medium heat. Add shredded chicken and cook until lightly browned.
6. Add broccoli and carrots to the skillet with the chicken. Pour in the sauce, stir to combine, and then add the slurry while stirring continuously. Simmer until the sauce thickens.
7. Serve topped with sesame seeds.

456	23.4 g	35.6 g	30.8 g	7.8 g	17.3 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR

DINNER

Cucumber Watermelon Salad with Chicken



SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	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 [18 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.

549	24.9 g	54 g	32.7 g	8.6 g	41 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

Herbed Chicken, Broccoli, and Cauliflower



SERVINGS	PREP TIME	COOKING TIME
2	15 minutes	60 minutes

INGREDIENTS

2 sweet potato [260 g] Sweet Potato

10 oz [280 g] Skinless Chicken Breast

1 tsp, dried [1.2 g] Rosemary

1 tsp, dried [1 g] Thyme

1 tsp [1.2 g] Kosher Salt

2 tbsp [28 g] Olive Oil

2 cup, florets [142 g] Broccoli

1 cup [107 g] Cauliflower *(Florets)*

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Pierce the sweet potatoes several times with a fork and place them directly on the oven rack. Bake until forktender, about 45–60 minutes.
3. While the sweet potatoes are baking, pound the chicken breasts to an even thickness and season with rosemary, thyme, salt, and half the olive oil.
4. In a bowl, toss the broccoli and cauliflower florets with the remaining olive oil.
5. Arrange the chicken, broccoli, and cauliflower in a single layer on a sheet pan. Roast for 25 minutes, or until the chicken reaches an internal temperature of 165°F (73°C) and the vegetables are tender.
6. Serve the roasted chicken and vegetables warm alongside the baked sweet potatoes.

423	16 g	33.2 g	37.8 g	6.9 g	6.4 g
CALORIES	FAT	CARBS	PROTEIN	FIBER	SUGAR