

# 28 Days to a Happier and Healthier Menopause July 2020

## *Recipes from the group*

### *Breakfast*



Caroline – Berries & Seeds  
Blueberries, raspberries,  
pomegranate seeds,  
greek yoghurt, chia and  
flax seeds.

Washed down with  
English breakfast tea, my  
only caffeine of the day.



Emma - Post work out  
brekky!

Avocado with white wine  
vinegar, three eggs, onion,  
tomatoes and a sprinkle of  
grated cheese.

And the pre workout food  
was Greek yoghurt,  
blueberries and nuts. High  
protein today:-) 🙌



Sarah - Full fat Greek yoghurt, berries and seed/nut mix!

I always have half a grapefruit (liver detox & blood cleansing)

Caroline's Smoothie:

Kale, courgette, apple and lime with Maca, Spirulina and Wheatgrass.

Tastes surprisingly good and very fresh!



## Lunch



Caroline - My scrambled eggs without toast! Had them with spring onions, tomatoes, avocado and feta with some seeds on top; tasted good.



Andrea – Rainbow Salad

See 'Eat for Perimenopause and Beyond' for ingredient options – Salads will never be dull again!



Sharon - Garlic Mushroom Frittata

### Ingredients

Olive oil 250g/9oz chestnut mushrooms, sliced 1 small garlic clove, crushed 1 tbsp thinly sliced fresh chives, 4 large free-range eggs beaten, freshly ground black pepper. Serve with a simple crunchy salad – add in nuts, carrot, cabbage for the crunch!

Place a small amount of olive oil in a small, flame-proof frying pan and place over a high heat. (The base of the pan 18cm/7in.) Stir-fry the mushrooms in three batches for 2-3 minutes, or until softened and lightly browned. Leave the cooked mushrooms in a sieve over a bowl to catch any juices – you don't want the mushrooms to become soggy. Return all the mushrooms to the pan and stir in the garlic and chives, and a pinch of ground black pepper. Cook for a further minute, then reduce the heat to low. Preheat the grill to its hottest setting. Pour the eggs over the mushrooms. Cook for five minutes, or until almost set. Place the pan under the grill for 3-4 minutes, or until set. Combine the salad ingredients in a bowl. Remove from the grill and loosen the sides of the frittata with a round-bladed knife. Turn out onto a board and cut into wedges. Serve hot or cold with salad.



# Dinner



Caroline -

Roast beetroot, courgette and carrot with mild spice chicken and asparagus 😊 my gut won't know what's hit!

Sarah - Mediterranean Fish Bake

Selection of Mediterranean veg (includes onion, peppers, courgette, tomatoes) cover in olive oil and season with salt and pepper. Bake in oven until just starting to brown. Lay white fish amongst veggies drizzle olive oil and fresh lemon juice. Season again and bake for another 15 mins.

Lemon quinoa- cook quinoa mix with fresh lemon juice and olive oil and season. Add green leafy veg!



Caroline -

Tonight's offering, absolutely stuffed!  
Salmon with salad leaves, tomatoes, beetroot, red onion, red and yellow peppers, olives, salad topper and five bean salad!  
Delicious. 🙌



## Caroline - Butternut Squash & Chickpea Curry

### Ingredients

400g tinned chick peas, drained and rinsed

3tbsp Olive Oil

2tbsp mustard seeds

1tbsp cumin seeds

12 cardomon pods, split

2 large onions chopped

5 garlic cloves, finely chopped

Ginger paste

2tsp ground turmeric

1tsp ground cumin

1tsp ground coriander

1 pink hot veg stock

200g green beads, cut

6 medium tomatoes

4 handfuls of spinach

1 handful chopped coria

### Method

- Heat the oil in a large saucepan over a high heat, then add the mustard and cumin seeds and cardamom.. Cook, stirring, for 30 seconds, or until the mustard seeds begin to pop.
- Add the onions to the pan, reduce the heat to medium and cook, stirring often, for 8 minutes, or until softened and starting to brown. Toss the garlic and ginger into the pan and cook for 2 minutes. Lower the heat a little, stir in the ground spices and cook, stirring, for 1 minute.
- Pour in the vegetable stock and bring to the boil. Add the butternut squash, bring back to the boil, then lower the heat and simmer for 15 minutes. Stir in the coconut cream, chickpeas, tomatoes and beans and cook for 10–15 minutes, or until the sauce is reduced and thickened slightly.
- Just before serving add spinach and fresh coriander to the top of the pot to wilt



Joanne - Vegetable packed chilli with roasted pepper (instead of jacket potato)

Olive oil  
Garlic  
Chilli pepper  
1 bell pepper  
Mushrooms  
Green peppers  
Red onion  
250g lean mince  
Tinned tomatoes  
Kidney beans  
1tsp chilli powder  
Half tsp cumin  
Oxo cube

Soften all vegetables, add mince and spices, than add tomatoes and kidney beans. Simmer for about an hour.

Half the bell pepper, remove seeds etc. Pop in the oven for 20 mins.

Sarah – I have an abundance of free range eggs on my farm. I made a thin omelette with peppers, onions, mushrooms, spinach, ham and bit of Parmesan.

Then salad with pumpkin seeds and olive oil/lemon dressing.







### Andrea – Mushroom Pizza's

Take all your favourite pizza toppings and chop up into really small pieces – I used tomato, spring onion, bell pepper, pepperoni, then topped with grated cheese, pumpkin/sunflower seeds – packed onto large open mushrooms. Cook in the oven 180 (fan) for about 10 to 15 mins. Also put cherry tomatoes on the vine in at the same time.

Served with a large rainbow – See 'Eat for the Perimenopause and Beyond' for ingredient suggestions so you have a tasty salad every time. My recommendation is to aim for a minimum of 9/10 ingredients, and you can get up to about 15!

# Pick-Me-Up Treats

Both of these sweet treats come from recipes for adrenal fatigue – this means they're packed full of nutrients that your body would really like (and need) whilst you're healing yourself from exhaustion.

Once you've had your fresh meal packed with all the nutritional goodies you've come to love, then you can have a treat at weekends with this chocolate dessert, if you love a sweet treat. Even if you're on a simple liver detox, you can enjoy this without it setting you back

- 2 tsp Cocoa powder
- ½ tsp Maca powder (optional)
- ½ tsp Cinnamon
- 2 tsp Ground Flax seeds
- 1 tsp Collagen powder (optional)
- 2 ripe Bananas - organic for a richer flavour
- ¼ cup Almond milk
- 1 tsp coconut oil
- couple of drops Almond extract
- couple of drops of Vanilla extract
- Honey to taste



## Directions:

In a bowl combine the cacao powder, maca powder, and Ceylon cinnamon. Set aside. In a blender combine bananas, almond milk, ground flax, and optional collagen together. Blend on low speed until the banana is blended. Add the bowl of dry ingredients to the blender on low speed just until combined.

Pour into a reusable dish and set in the fridge for 30 minutes to thicken. Stir before serving. Or pour into a couple of small reusable dishes for individual servings throughout the week. Top with banana slices / cocoa nibs.



## Raw Carrot Bites

1 Cup Medjool dates pitted • 1 Cup raw walnuts • ¼ Cup Coconut oil, melted • 2 Cup shredded carrots, 3-4 large carrots • 1 Cup Unsweetened shredded coconut • 2 ½ tsp Ceylon cinnamon, ground • 1 tsp Ginger, ground or 1 inch cube of fresh • ½ tsp Nutmeg, ground • ¼ tsp Cardamom, ground • ¼ tsp Sea salt  
Ingredients (Cashew Frosting) • 1 Cup Cashews, soaked • ¼ Cup Coconut milk • ¼ Cup Coconut oil, melted • 2 Tbsp Maple syrup • 1 tsp Vanilla extract • 2 tsp Lemon juice

### Directions:

Soak the cashews overnight, to reduce phytic acid for digestibility and to create a nice creamy consistency for this frosting. Line a pan with parchment paper. Set aside.

Using a food processor shred the carrots then place carrot into a bowl. Next in the food processor combine Medjool dates, coconut oil and walnuts to blend creating a paste. Then add into the food processor the shredded carrots, shredded coconut, Ceylon cinnamon, ginger, nutmeg, cardamom, and sea salt. Blend on medium speed to combine all ingredients well together.

Transfer mixture to the pan and gently press down. Place in the freezer for about 10 minutes while making the frosting. To create the delectable cream cheese frosting, simply combine all the frosting ingredients together into the food processor. Blend on high until smooth and creamy. Remove the cake from the freezer and layer on the frosting. If desired, add additional small walnut pieces and Ceylon cinnamon on top of frosting. Return to the freezer for at least 2 hours to set. After setting, remove the pan from the freezer and release the side of the pan to cut up the carrot cake into the desired size.

Store the carrot cake in a container and back into the freezer for optimal texture. Eat at room temperature!

