

3 DAY MENOPAUSE REFRESH & RESET

NUTRITION Guide



FITNESS WITH AILSA

JOIN FACEBOOK GROUP: 50 SHADES OF MENOPAUSE



INTRODUCTION TO THE 3 DAY MEAL PLAN

All the meals in this 3 day program are full of good carbohydrates, proteins and healthy fats. The meals are tasty, filling and nutritious.

Try and be mindful of timings for your meals each day and try and regulate them so you are consistent so your body knows what to expect.

Don't allow yourself to feel hungry as your energy levels will drop.

You can mix up the days if you wish and also repeat meals if you have a preference for a soup at lunchtime, for example, you can make enough to have 2 days in a row.

The food will give you energy and will help curb your cravings for sweet foods.

Please ONLY eat what is in the program over the 3 days.

Please make sure you drink plenty of water each day. Start your day re-hydrating your body and cells.

A quick note about caffeine:

If you like tea or coffee, then please change to de-cafeinated. Please also reduce the number to 1 cup a day during this program. For best results stop drinking caffeinated drinks. They dehydrate you, spike your hormones and leave you with a low feeling once the caffeine has worn off.

ENJOY THE MEALS AND PLAN AHEAD TO MAKE SURE YOU ARE ON TRACK.

SHOPPING LIST

VEGETABLES:

Spinach
Baby spinach or mixed greens
Broccoli
Asparagus
Onions
Carrots
Tomatoes
Sweet Potatoes
Root Ginger
Peppers (red orange and yellow)
Lettuce
Cucumber

MEAT

Chicken Breast
Beef fillet

FISH (Option)

Prawns OR
Salmon

STAPLES

Brown rice
Brown pasta
Tortilla wraps / whole grain or plain

DAIRY / NON- DAIRY

Non Fat Greek Yoghurt
Almond Milk
Eggs
Tofu (If vegetarian)
Soya yoghurts
(flavours of your choice)
vanilla, blueberry, strawberry

FRUIT

Blueberries (frozen or fresh)
Cherries (frozen or fresh)
Raspberries (frozen or fresh)
Bananas (frozen or fresh)
Mango (frozen or fresh)
1 pomegranate
1 lemon or lime

SEEDS:

Pumpkin seeds
Chia seeds
Flax seeds
Cinnamon
Mixed Spice
Sesame seeds

EXTRAS

Honey
Coconut Oil (1 Cal spray)
Almond flour
Oat bread
Peanut butter
(wholesome crunchy
no additives)
Whole grain oats
Garlic
Protein Powder (Optional)
(vegan low sugar in
vanilla or chocolate)

DAY 1

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

(You can choose this option or from Day 2 or 3)

ALMOND BLUEBERRY PANCAKES

Ingredients:

1 cup almond flour
1/3 cup coconut milk
or unsweetened almond milk
2 eggs
1 tbsp maple syrup or honey
A pinch of sea salt, to taste
Coconut oil spray, for cooking
1 cup blueberries
1 banana, sliced
2 tbsp non-fat plain Greek yogurt



Directions

In a large mixing bowl, combine almond flour, coconut/ almond milk, 2 eggs, pinch of salt, a few blueberries and mix well with a wooden spoon until a batter is formed.

Over a medium heat, heat the coconut oil spray in a large skillet/ pan. Drop 1/2 cup of batter into the pan and cook until bubbles appear in pancake's surface (approximately 3 minutes) When bubbles appear, flip the pancakes with a rubber spatula, and cook for an additional 2–3 minutes.

Top with a dollop of yogurt, berries, and banana. The honey / maple syrup is an option but see if you like them without.

DAY 1

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH (Eat between 11.30am & 12.30pm)

VEGETABLE SOUP

2-3 servings

Use your imagination!

**Choose whichever vegetables/
greens you like and follow the steps below**

**If you make a big batch, you can eat soup
for multiple lunches, with different
toppings to keep it interesting!
(This can be pre-made if you have a
busy day).**

Chop the vegetables

**Spray pan with low calorie coconut oil. Fry the vegetables until they
start to soften**

**Add chicken or vegetable stock to the veggies (enough to cover
them), then leave to simmer for 10-15 minutes**

**Blend the soup until smooth or if you like texture blitz until it's a
consistency you like. You could add some fresh or dried herbs at
this point, such as cilantro, parsley, or basil – use whatever is your
favourite. Add pinch of salt and pepper to taste.**

**You can add toppings like sunflower seeds, pumpkin seeds, flax
seeds, plain Greek yoghurt or chilli slices to give extra flavour.**

Accompanied by

**1 slice Oat Toast with crunchy whole peanut butter (toast is
optional)**



DAY 1

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**



MID AFTERNOON SNACK

(no later than 3.30pm)

(Only if you know you can't reach dinner time without nibbles !)

½ cup of unsalted almonds

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

BEEF / CHICKEN/ PRAWN STIRFRY

(meat of fish of your choice)

Select Lean Beef and create strips
(do this with chicken as an alternative)

1 onion

2 peppers (go for colour!)

Add Sugar Snaps

Broccoli spears

1 tsp ginger root minced

(or use frozen ginger)

2 tbs of hoisin sauce

1 tbs Sesame seeds

60g Brown rice per person

Mixed salad for the side



DIRECTIONS:

Heat pan and use low calorie coconut oil spray. Brown off the meat with the onion and peppers. Add the ginger. Add sugar snaps and broccoli spears. And allow to cook through. Then add the hoisin sauce and a tbs of sesame seeds. Cook brown rice alongside the cooking of the stir fry. Serve stir fry with brown rice on the side and a large bowl of salad. (Rice is optional)

This serves 2 people

DAY 1

To end your first day well. Take some time to wind down at the end of the day and try this pre-bed time drink.

PRE-BEDTIME FAT BURNING RESTORATIVE DRINK

Ingredients:

3oz. warm water

1 tbsp. honey

1 tsp. ginger (ground or fresh)

1 tsp. lemon juice

2 mint leaves (optional) OR 1 tsp. cinnamon (ground or fresh)

Combine and drink. It's best to drink this in the evening warm. It will help relax your body and mind. Also, to enhance and activate the overnight fat-burning effects.



'ME 'TIME

Something to think about, is to take a shower after your pre-bedtime elixir. The last 30 seconds of the shower, use cold water. It may be a small shock to your body, but a bigger shock to your metabolism! The cold exposure has an influence on your body's fat cell activation. There's brown fat and white fat. White fat builds up when we consume more calories than we burn off. This leads to fat storage around the waist, hips, thighs and tummy. According to a Study done by Joslin Diabetes Center, a Harvard Medical School affiliate, "Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold." It is also a refreshing way to end your day and get ready for bed.

DAY 2

*Start each day with a glass of water either cold or warm with a slice of lemon

A MORNING RE-CHARGE DRINK

Ingredients:

100ml warm water

1 Tbsp honey

1 Tbsp lemon juice

1 tsp. ginger (ground or fresh)

1 pinch cayenne pepper

1 pinch cinnamon

Combine and drink.

You can have this warm or cold.

You've now given fuel to your cellular engine to rev up your metabolism for the morning.



BREAKFAST

MORNING POWER SMOOTHIE

Ingredients:

½ an hour after your morning re-charge drink

Ingredients:

½ cup cold water

2 handfuls spinach

½ cup blueberries (frozen or fresh)

¼ cup cherries (frozen or fresh)

¼ cup pomegranate (fresh)

½ banana (frozen or fresh)

1 tbsp. non-fat plain Greek yogurt

½ tbsp. chia seed

Blend and enjoy.

To make this thicker you can add crushed ice, but drink before it all melts! You can swap in other fresh / frozen fruit that you love if you don't like some included above. Raspberries, summer fruits (frozen), strawberries etc.



DAY 2

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

SCRAMBLED EGGS WITH GREENS AND PEPPERS

2 eggs

A handful of spinach

½ red pepper

1 small onion

Pinch of salt and pepper

Accompanied: Salad preferred option

(If dressing needed then use a drizzle of olive oil only)

OR

A slice of Oat Toast

Directions: Spray low calorie coconut oil into pan. Fry onion and peppers until soft and cooked through. Whisk up eggs with a pinch of sea salt and some black pepper and add them to pan with the peppers and onion. When eggs are cooked through serve on a plate of salad or a slice of oat toast.



DAY 2

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

CHINESE CHICKEN

(Vegetarian Option is to use Quorn chicken pieces or tofu)

Ingredients

2 skinless chicken breasts, diced

1 onion

1 garlic clove crushed (optional)

½ tsp root ginger minced

Pinch of Sea Salt

¼ tsp ground black pepper

200g button mushrooms

2 carrots peeled and cut into strips

6 spring onions sliced

1 broccoli cut into florets

2 tbs dark soy

2 tbsp oyster sauce

2 tbsp rice vinegar

200ml chicken stock (or vegetable stock)

200ml boiling water



Accompanied :

Either: Steamed vegetables: carrots, broccoli. A salad of your choice

OR 50g Brown rice per person

Directions:

Heat up wok or frying pan and use coconut oil spray. Add the diced chicken, season with the salt and pepper and cook until brown. Remove chicken and set aside.

Spray pan with coconut oil and add in the vegetables and cook. Add the chicken back to the pan and stir in the dark soy sauce, oyster sauce and rice vinegar. Pour in the stock and stir well, allow to simmer for 8-10 minutes until sauce reduces and thickens. Cook brown rice for at least 30 minutes or stir fry some additional seasonal vegetables to add to the side of your plate OR serve alongside a salad. Keep any dressing to a minimum and only olive oil necessary.

DAY 3

*Start each day with a glass of water either cold or warm with a slice of lemon

BREAKFAST

(You can choose this option or from Day 2 or 3)

OVER NIGHT OATS

1 cup almond milk

½ cup blueberries

½ cup raspberries

1tsp chia seeds

1 tbs pumpkin seeds

100g porridge oats

30g scoop protein powder (optional. You can choose vegan low sugar options to taste)

Directions: Place almond milk, porridge oats, chia seeds (protein powder if you have it) in a bowl and mix. Top with blueberries, raspberries and pumpkin seeds.

Cover and leave for a minimum of 4 hours or preferably overnight. you can also add sliced bananas in the morning when you serve up.



DAY 3

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR MORNING !**

LUNCH

(Eat between 11.30am & 12.30pm)

IT' A WRAP!

1 tortilla wrap – plain, whole grain

2 Chicken or turkey slices

(vegetarian Quorn chicken or tofu)

Spinach or lettuce leaves

Cucumber sliced

Cherry Tomatoes/ tomatoes

A little low calorie salad dressing (1tsp is plenty to spread over base of wrap)



Direction: If you want salad dressing spread 1tsp low calorie dressing to base of wrap. Load wrap with the chicken, salad leaves and sliced tomatoes and cucumber. Roll and cut in half.

MID AFTERNOON SNACK (3pm)

Pre-sliced carrots into baton sticks. Have them in Tupperware in fridge.

Take a handful and add a spoonful of peanut butter to a plate and dip and crunch.

Sweetness from carrots, protein from peanut butter is filling and satiates your appetite.



DAY 3

****DON'T FORGET TO DRINK WATER THROUGHOUT YOUR DAY!**

DINNER

Try to eat no later than 7pm – preferably 5.30pm – 6.30pm

KEEP IT SIMPLE

This meal is going to be a meat or fish of your choice.

You can season it with herbs (cajon spices, cayenne pepper. With fish you can use lemon or dill.

Grill or bake. Make sure the meat or fish is no larger than the palm of your hand. Baked Sweet Potato (wash and keep skin on) Vegetables of your choice – broccoli, peas, carrots, asparagus, cauliflower, sweetcorn – your choice.

You can also have a salad of your choice on the side – if you need a small dressing use a drizzle of olive oil



DESSERT (Optional)

If you like something to follow Dinner you can have a Soya yoghurt (flavour of your choice)

¼ cup of frozen fruit

**like mango, blueberries
Pumpkin seeds, chia seeds**

for texture and protein

**Soya is a phytoestrogen
and so is good for
menopause hormone
balance**

