

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.

PLAN AHEAD TO MAKE SURE YOU STAY ON TRACK AND ENJOY THE MEALS ON THIS PROGRAM..

SHOPPING LIST

VEGETABLES:

Baby spinach or mixed greens
Broccoli, Cauliflour
Onions, Carrots
Tomatoes, Sweet Potatoes
Root Ginger, Parsley
Chestnut mushrooms
Button mushrooms
Avocado, red onion
Cherry tomatoes, Courgette
Peppers (red orange and yellow)
Lettuce, Cucumber

MEAT

Chicken Breast
Lean Beef strips
Lean 5% minced beef
Turkey slices

STAPLES

Brown rice
Brown pasta/ spaghetti
Tortilla wraps / whole grain or plain
Rolled oats
Cinnamon

SPICES

Ginger, Cardamom,
Paprika, Cayenne Pepper,
Thyme, Nutmeg, Oreggano

DAIRY / NON- DAIRY

Unsweetened Almond Milk
Eggs
Tofu (If vegetarian)
Soya yoghurts

FRUIT

Blueberries (frozen or fresh)
Cherries (frozen or fresh)
Raspberries (frozen or fresh)
Bananas (frozen or fresh)
Mango (frozen or fresh)
Lemon , Apple, Orange

SEEDS:

Pumpkin seeds
Chia seeds
Flax seeds

NUTS

Unsalted Pistachios
Unsalted Cashew nuts
Walnuts

EXTRAS

Honey
Coconut Oil (1 Cal spray)
Almond flour, Oat bread
Low Sodium Chickem broth
Peanut butter
(wholesome 100% no additives)
Vanilla extract
Beef stock or vegetable stock
Garlic, Basil Leaves
Red wine vinegar
Balsamic vinegar
Tin chopped tomatoes
Kidney beans
Butter beans
Protein Powder (Optional)

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)

VANILLA CHAI STYLE PORRIDGE

INGREDIENTS

2 cups unsweetened almond milk

1 cup rolled oats

1 tbsp honey

1 tsp vanilla extract

1/4 tsp ground cinnamon

1/8 tsp ground ginger

1/8 tsp ground cardamom

1/4 cup chopped pistachios

DIRECTIONS

In a medium pot, heat the milk over medium heat. Once hot, reduce the heat to low and stir in the oats, maple syrup, vanilla extract, cinnamon, ginger, and cardamom. Cook, stirring often, until all of the milk has been absorbed, about 10 minutes.



DAY 1

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

LUNCH (Eat between 11.30am & 12.30pm)

10-MINUTE CHUNKY CHICKEN SOUP

(serves 4)

Ingredients:

- 2 tbs coconut oil**
- 1 onion, chopped**
- 2 garlic cloves, minced**
- 1 tbs ginger, minced**
- 4 cups low-sodium chicken broth**
- 2 cups broccoli florets**
- 2 cups cauliflower florets**
- 2 cups cooked chicken, shredded or diced**
- ¼ cup fresh basil leaves, sliced**

DIRECTIONS:

Heat a large stockpot over medium heat. Add the coconut oil along with the onions, garlic, and minced ginger. Cook 1-2 minutes, stirring often, until the onions soften. Add chicken broth, broccoli, and cauliflower. Cook until the broccoli and cauliflower are tender. Stir in the chicken and fresh basil. Serve when chicken is hot

(For vegetarians use vegetable stock and a chicken substitute)

**If you make a big batch, you can eat soup for multiple lunches
(This can be pre-made if you have a busy day)**

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 !)

1/4 cup of unsalted cashews

DINNER

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

SPICY BEAN STEW

(serves 4)

*you can add chicken if you want meat

INGREDIENTS:

Coconut oil spray

1 onion, finely chopped

2 cloves of garlic

1 sweet potato, cubed

400g tin chopped tomatoes

500ml vegetable stock

400g tin kidney beans

(add diced grilled chicken breast optional)



400g tin butter beans

2 tsp paprika

1 tsb wholegrain mustard

1 tsb harissa

100g spinach

sea salt & pepper

60g brown rice per person

DIRECTIONS:

Heat large pan with coconut oil and add onions, cook through. Add garlic and fry. Add sweet potato, chopped tomatoes, stock, beans paprika, mustard, harissa & teaspoon salt. Bring to boil. Reduce heat and simmer for 25-30 minutes until potato is very soft and the sauce has thickened. .

Cook brown rice alongside the cooking of the stew.

Serve rice with stew.

(Grill chicken and cut into cubes and add to stew. You can also change vegetable stock to chicken stock if you do this)

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

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 or start your day. No later than 8.30pm.

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

CARROT CAKE SMOOTHIE

Ingredients:

1 carrot, chopped

¼ cup skin-on apple, chopped

½ cup unsweetened almond milk

4 ice cubes

1 tbsp walnuts, chopped

1 tbsp chia seeds

1 tbsp orange zest

½ tsp vanilla extract

½ tsp cinnamon

¼ tsp nutmeg

1 serving vanilla protein powder (optional)



Instructions :

Place all ingredients in a blender and process until smooth. If you add protein powder it will keep you full for the morning and add energy.

Serve immediately.

DAY 2

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

LUNCH

(Eat between 11.30am & 12.30pm)

MEDITERRANEAN EGG LUNCH WRAP

(Serves 1)

Ingredients :

2 eggs

1 - 2 slices cooked turkey, sliced into strips

Coconut oil spray

⅓ cup diced tomatoes

2 tsb olives, pitted, finely chopped

Fresh basil

Pinch of salt & pepper

Directions:

Whisk eggs, salt and pepper together Heat coconut oil in a large nonstick pan over medium heat. When pan is well heated, pour in the eggs and swirl the contents until they coat the entire bottom surface of the pan very thinly. When egg sets, loosen bottom with a large spatula and slide carefully onto a large flat plate in one large piece. Cover the egg evenly with turkey, tomatoes, olives and basil, and gently roll up away from you like a cigar. Slice in half with a sharp knife and serve immediately.

Accompanied: Salad preferred option (If dressing needed, then use a drizzle of olive oil only) 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

BEEF & MUSHROOM BOURGUIGNON

(Vegetarian Option take out beef) Serves 2

Ingredients

350g lean beef strips

250g chestnut mushrooms

250g button mushrooms

1 onion peeled and chopped

1 carrot peeled and sliced

1 garlic clove crushed (optional)

2 tbsp tomato puree

1 tbsp red wine vinegar

1 tbsp balsamic vinegar

500ml vegetable stock (1 cube)

Pinch of sea salt & black pepper

1 tsp dried parsley

2 tsp dried thyme

Sweet potato per person



Directions:

Heat up large frying pan and spray coconut oil. Cook the beef and mushrooms until brown and tender.

Place to one side. In same pan fry onions & carrot for 8 minutes until start to brown. Add garlic and continue to cook for 2 minutes. Season with salt & pepper. Add tomato puree, red wine vinegar, balsamic vinegar, stock and cook for 20 minutes.

Add the mushrooms and beef into the pan and cook for further 10 minutes. Check if it needs more seasoning and serve with sweet potato mash.

Sweet potato mash : Peel sweet potatoes, place in salted boiling water, check after 10 minutes. Cooking time depends on size of potatoes. Add 2 tsp olive oil and a splash of almond milk and mash.

Serve with Bourguignon,

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

2 tsp chia seeds

2 tsp flaxseeds

1 tbs pumpkin seeds

drizzle of honey

30g rolled porridge oats

30g scoop protein powder (optional. Vanilla is delicious. Choose vegan low sugar options to taste)

Directions: Place almond milk, porridge oats, chia seeds, flax seeds, (protein powder if you have it) in a bowl and mix. Top with pumpkin seeds & drizzle of honey.

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

Filling and full of protein goodness



DAY 3

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

LUNCH

(Eat between 11.30am & 12.30pm)

AVOCADO & TURKEY WRAP

1 tortilla wrap – plain, whole grain

2 Chicken or turkey slices

(vegetarian Quorn chicken or tofu)

1/2 avocado smashed, salt and pepper

1/4 red onion finely chopped

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: Take wrap and spread avocado on the base, then load wrap with the turkey, 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.

Alternatives: Cucumber, celery, red pepper, green pepper



DAY 3

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

DINNER

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

HEALTHY SPAGHETTI BOLOGNESE

(Serves 4) (Vegetarians use tofu or Quorn mince)

INGREDIENTS:	250g lean 5% fat beef mince
Coconut oil spray	2 tbsp tomato puree
1 onion peeled	1 tin chopped tomatoes
1 carrot peeled and diced	1 tbsp oregano
4 chestnut mushrooms chopped	1 tbsp basil
1 courgette chopped and diced	1 cube of beef stock 200ml boiling water
2 cloves of garlic crushed	Sea salt and ground black pepper
1tbsp worcestershire sauce	Small grating of parmesan cheese
	Brown spaghetti or tricolor pasta twists



DIRECTIONS:

Spray large pan with oil and heat up. Add the onions, carrots, courgette & garlic cook for 2 minutes. Add the minced beef and brown. Add the tomato puree, herbs, worcestershire sauce, tomatoes, salt and pepper mushrooms and beef stock. Cook through for further 5 -10 minutes. Boiling salted water in pan for spaghetti and cook to instructions. Serve

DESSERT (Optional)

Choose a Soya yoghurt (flavour of your choice). ¼ cup of frozen fruit like mango, blueberries, pumpkin seeds, chia seeds. Soya is a phytoestrogen and so is good for menopause hormone balance



This 3 Day Plan healthy eating plan is the Copy Right of Ailsa Petchey

**If you need any additional support please contact me at
hello@fitnesswithailsa.co.uk**

**To get the most out of this 3 day programme, buy my book
Don't Sweat It! Manage Your Menopause in 21 days
It can be purchased on Amazon in paperback or on Kindle**

**You can then continue on your menopause health journey by following
the rest of the programme and help you understand why your body is
going through all the changes you are feeling.**

**I am a qualified fitness instructor with over 28 years of experience. The 3
day eating plan is not a diet, but a healthy balanced nutrition guide.**

Disclaimer:

**I cannot guarantee weight loss or reduced menopause symptoms as we
are all unique. However, those women who have successfully completed
this program alongside the exercise, sleep hygiene, increased water
intake and self care found it to be extremely helpful and continued to
successfully complete the 21 day program with me and aw some very
positive results.**

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