

A practical 4-week plan and 30 satisfying recipes

The Perimenopause Kitchen

A beautiful, realistic way to eat for strength, steadier energy, and bone health, without fads, perfection, or separate meals.

Printable menus | grocery lists | nutrition estimates

Family-friendly and flexible

Your body changed. Your kitchen can too.

If the meals that used to work suddenly don't, you're not imagining it. Midlife changes how your body builds muscle, stores fat, and protects your bones.

The years around menopause bring real shifts: muscle becomes harder to keep, bone density begins to fall faster, and heart health needs more attention. Energy can feel less predictable, and many women notice their shape changing even when the scale barely moves.

Food can't stop any of that on its own. But it's one of the most powerful tools you have for the parts you can influence: how strong you stay, how well you protect your bones, and how steady your energy feels through the day.

This book gives you a clear, realistic way to eat for this stage. Four priorities, a 4-week plan with grocery lists, and 30 recipes your family will eat too.

Recipes	Average protein, meals	Weekly grocery lists
30	30 g	4



A note on medical care

This book is for education and is not medical advice. Menopause symptoms can have many causes, and effective treatments exist. Talk to your clinician about symptoms, bone health, and heart health.

Who it's for

Women in their late 30s through their 50s, in perimenopause or after menopause, who want a practical way to eat for this stage without cooking separate meals.

Start with one meal

Try the Berry Chia Yogurt Bowl on page 25 or the Salmon Quinoa Bowl on page 34. You do not need to begin the full plan to get value from the book.

Inside this book

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Body composition, muscle, bone, heart, and energy.

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Four priorities and a calcium guide.

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Protein-first mornings that carry you past the mid-morning slump.

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Balanced, portable lunches built to prevent the 3 p.m. crash.

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Small bites and treats that pull their weight.

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Start here

Read "What food can and can't do" first, then the four priorities. Start the plan on any Monday.

Calcium-rich favorites

- Berry Chia Yogurt Bowl p. 25
- Savory Oats with Egg and Spinach p. 26
- Green Protein Smoothie p. 28
- Pumpkin Spice Overnight Oats p. 30
- Tofu Breakfast Scramble p. 31
- Sardine and White Bean Salad p. 33
- Salmon Quinoa Bowl with Tahini p. 34

What food can and can't do

Honesty first. There's a lot of confident advice about eating for menopause online, and much of it goes beyond the evidence.

Where food genuinely helps

- [ ] Keeping muscle, with enough protein alongside strength training
- [ ] Protecting bone, with calcium, vitamin D, and protein
- [ ] Supporting heart health, with fiber, plants, fish, and healthy fats
- [ ] Steadier energy, by balancing meals and snacks
- [ ] Managing weight, which can itself ease some symptoms

Where the evidence is weak

- [ ] Soy foods or soy extracts to stop hot flashes
- [ ] Specific diets or “menopause superfoods” to cure symptoms
- [ ] Supplements and herbal remedies for hot flashes
- [ ] Cutting out entire food groups to balance hormones

What the experts say

The Menopause Society's 2023 position statement on nonhormone therapies did not recommend soy foods, supplements, or dietary changes for hot flashes, citing limited or inconsistent evidence. Weight loss was among the recommended options. Effective treatments do exist, including hormone therapy and several nonhormone medications, so if symptoms are affecting your life, talk to your clinician.

So why a kitchen book?

Because muscle, bone, heart, and energy are where the long-term payoff is, and they're where your daily food choices matter most. That's what every page in this book is built around.

The four priorities

Everything in the 4-week plan and every recipe is built on these four ideas.

Protein at every meal

About 25 to 30 g at breakfast, lunch, and dinner. Research on older adults suggests spreading protein evenly helps protect muscle, and many women get most of theirs at dinner.

Fiber from plants

The common target is about 25 g a day for women up to 50 and 21 g after. Fiber supports heart health, digestion, and steady energy. Most women fall short.

Calcium every day

1,000 to 1,200 mg a day depending on age, ideally from food. Dairy, calcium-set tofu, canned fish with bones, and some greens and seeds are your best sources.

Plants and healthy fats

A Mediterranean-style pattern with vegetables, legumes, whole grains, fish, nuts, and olive oil is one of the best-studied ways to eat for heart health.

What about weight?

If you're aiming to lose weight, these priorities still apply, and protein and fiber help you feel full on less. A registered dietitian can help you set a calorie target that fits your body and your goals.

Breakfasts

Mediterranean Egg Muffins

Make a batch on Sunday and breakfast is handled all week.

Make-ahead · Freezer-friendly · Vegetarian



Protein	Calories	Fiber	Calcium	Serves	Time
21 g	220	1 g	150 mg	4	30 min

Ingredients

- **8 large** eggs
- **3/4 cup (200 g)** liquid egg whites
- **2 packed cups (60 g)** baby spinach, chopped
- **2/3 cup (100 g)** cherry tomatoes, quartered
- **1/2 cup (60 g)** crumbled feta
- **1/2 small (50 g)** red onion, finely diced
- **1 tsp** dried oregano

Method

1. Heat the oven to 350°F (175°C). Grease a 12-cup muffin tin well.
2. Whisk the eggs, egg whites, oregano, salt, and pepper.
3. Divide the vegetables and feta among the cups, then pour in the eggs.
4. Bake 20 to 24 minutes, until set. Cool 5 minutes before removing.

Notes

Portion

One serving is three muffins.

Store

Refrigerate up to 4 days or freeze up to 2 months.