

30 Day Menopause Belly Reset

Module 1: Sample meal plan

Medical Disclaimer

This meal plan is designed for educational and sharing purposes, and you follow it at your own risk. You are an adult, capable of listening to your body and knowing what foods you may need to avoid so you feel your best.

If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Sherry Smilar Fitness and Nutrition assumes no risk for your voluntary participation in this meal plan.

30 day Menopause Belly Reset: Sample Meal Plan & Recipes

The menu is broken down to include breakfast, lunch, and dinner, as well as two daily snacks.

The simple recipes are intended to make preparing your meals easy and fast. The home-style meals are delicious and nutritious, and best of all SUGAR-FREE!

All recipes serve 2 – one for you and one for your challenge buddy, or leftovers!

SAMPLE MEAL PLAN

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
BREAKFAST	Chia Coconut Porridge	Quick Green Eggs and Ham + 1 cup of mixed berries	Yogurt Berry Parfait (dairy-free)	Egg Muffins	Green Berry Smoothie
SNACK	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice
LUNCH	Vegetable Frittata Cups + avocado green salad	1 cup Easy Lentil Soup + 6 ounce chicken breast + 1 cup steamed broccoli	Spinach Greek Salad with Chicken	Tuna Avocado Salad	Lentil stuffed mushrooms
SNACK	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice
DINNER	Grilled Salmon with Dijon Mustard Sauce + Roasted asparagus	Beef and Broccoli Stir Fry on Quinoa	Lemon Basil Chicken Breast with Incredible Shrinking Greens	Bolognese sauce on zucchini noodles	Mexican Chicken Bowl with Cauliflower Rice

RECIPES

BREAKFAST RECIPES:

Chia Coconut Porridge

Ingredients

¼ cup chia seeds
¼ cup dried unsweetened shredded coconut
1 cup unsweetened coconut milk
½ cup fresh blueberries
¼ tsp vanilla extract or one-drop liquid stevia
⅛ tsp cinnamon

Directions

1. Place whole chia seeds and shredded coconut into a bowl.
2. Put the coconut milk, spices, and vanilla into the bowl and mix.
3. Stir well and let sit for at least 10-15 minutes or overnight in the fridge.
4. Top with blueberries.

Quick Green Eggs and Ham

Ingredients

2 cups chopped leafy greens (Kale, Collards or Swiss Chard)
4 whole eggs
1 ounce (about 1 thumb) of lean ham per serving, chopped

Directions

1. Turn heat on medium-high.
2. Place leafy greens in a skillet with 2 tbsp of water.
3. Cover and let steam for 3 minutes.
4. Make four holes in the greens and break one egg into each hole.
5. Cover and let cook for another 3 minutes.
6. Sprinkle chopped ham.

Add 1 cup of fresh or frozen mixed berries to be eaten on the side.

Yogurt Berry Parfait

Ingredients

2 cups plain almond, cashew or coconut yogurt (unsweetened)
½ cup fresh raspberries, blueberries, or strawberries
¼ cup walnuts
1 tbsp chia seeds or hemp seeds

Directions

1. In 2 broad glasses alternate with 4 tbsp plain yogurt, and 2 tbsp fresh berries until you've used 1 cup of yogurt and ¼ cup berries in each cup.
2. Sprinkle with walnuts and cinnamon if desired.

Egg Muffins

Ingredients

6 whole eggs
1 cup of egg whites

½ tbsp olive oil
1 cup broccoli, finely ground
1 cup mushroom, finely chopped
½ cup onion, chopped

Directions

1. Preheat oven to 350° F
2. Grease muffin tin (use oil mister) and set aside.
3. Using a food processor or blender, pulse the raw broccoli until it's finely ground, set aside and chop mushrooms and onions.
4. Heat frying pan over medium heat and add oil. Sautee mushrooms and onion until tender. Mix mushroom and onion mixture in with broccoli. Stir to combine.
5. Using a tablespoon, spoon vegetable mixture into the bottom of each muffin tin.
6. Combine whole eggs with liquid whites. Whisk until combined.
7. Pour egg mixture over vegetables until ¾ way full.
8. Bake for 15 – 20 minutes or until firm.

Green Berry Smoothie

1 cup spinach
1 cup berries
Protein powder of choice – brown rice, hemp, etc.
1 cup almond milk, unsweetened
½ cup water as needed

Directions:

1. Combine all ingredients in a high-speed blender and blend until smooth.

LUNCH RECIPES:

Vegetable Frittata Cups

Ingredients

½ tbsp extra virgin olive oil
½ red onion, halved, thinly sliced
¼ cup pepper, cut into short, thin strips
1 small clove garlic, crushed
¼ cup asparagus, cut into 1-inch pieces
5 pieces sun-dried tomatoes, finely chopped
3 eggs
¼ cup almond milk, unsweetened
Salt and black pepper to taste

Directions

1. Preheat oven to 375° F.
2. Heat oil in a large frying pan over medium-high heat.
3. Add the onion, pepper, and garlic. Cook, stirring often, for 5 minutes.
4. Add the asparagus and cook for 3 minutes.
5. Remove from the heat and set aside to cool a little.
6. Stir in the sun-dried tomatoes.
7. Using an oil mister, spray 4 large muffin cups with oil.
8. Whisk together the eggs and almond milk, and season with salt and pepper.
9. Divide the vegetables among the 4 muffin pan cups. Pour the egg mixture evenly over the vegetables.
10. Bake for about 20-25 minutes, or until frittatas are set and lightly golden.
11. Set aside in the pan for 10 minutes before turning out.

Add a big green salad with your lettuce and veggies of choice. Add in ¼ cup of avocado. Mix 1 tbsp of extra virgin olive oil with 1 tsp of Apple Cider Vinegar and pour dressing over the salad.

Easy Lentil Soup

Ingredients

½ yellow or white onion
3 cloves of garlic
1 medium sweet potato (equivalent to 1 ½ cups)
1 stalk celery
2 tbsp extra virgin olive oil
1 cup dried green or brown lentils
Spices: ½ tsp salt, ½ tsp black pepper, ½ tsp cumin, 1 tsp coriander
3 cups water or broth
1 cup chopped tomato

Directions

1. In large soup pot add onion, garlic, sweet potato, and celery. Cook on medium heat in extra virgin olive oil, until onions are soft.
2. Add dried green or brown lentils and spices.
3. Cover with water and add fresh tomato.
4. Cook until the lentils are soft, approx. 25-40 minutes.
5. Top with fresh parsley and lemon (optional).

Bake a 6 ounce chicken breast with garlic and lemon at 350° F for 15 – 20 minutes. Have on the side of the soup. Steam 1 cup of broccoli and enjoy on the side with the chicken

Spinach Greek Chicken Salad

Ingredients

4 handfuls of Romaine lettuce, chopped
¼ cup of red onion, thinly sliced
1 cup tomatoes, chopped
10 large black or green olives, chopped
½ cup red bell pepper, chopped
2 tsp flaxseed oil or olive oil
Lemon juice, approximately half a lemon
4oz/120g of nitrate free turkey deli meat

Directions

1. Combine all ingredients in a bowl.
2. Top with salad dressing or flax oil and lemon juice.

Tuna Avocado Salad

Ingredients

1 ripe avocado, chopped into ½ inch pieces
1 can of tuna in water, drained
¼ cup red onion, finely chopped
½ cup cilantro, roughly chopped
1 tbsp olive oil
1 half lemon, juice squeezed
1 tbsp balsamic vinegar

Salt and pepper to taste

Directions

1. Combine the first four ingredients in a medium-sized bowl and set aside.
2. In a small bowl, combine olive oil, lemon juice, balsamic vinegar, salt, and pepper and stir well to make the dressing.
3. Pour dressing onto the tuna avocado bowl and gently stir with a spoon to combine.

Lentil Stuffed Portobello Mushrooms

Ingredients

2 large Portobello mushrooms
1 cup green lentils (BPA free can, drained)
½ cup chopped yellow onion
½ cup chopped red bell pepper
1 clove garlic, finely chopped
¼ cup low-sodium chicken or vegetable broth
Salt and Pepper to taste

Directions

1. Preheat oven to 425° F.
2. Prepare mushrooms by brushing top and bottom with olive oil and place onto a well oiled baking sheet.
3. Heat 1 tbsp of olive oil in a pan on medium heat. Add onions and cook for 2 minutes.
4. Add chopped garlic and simmer for another 2 minutes.
5. Add pepper, lentils, and vegetable broth, and allow to simmer on low for 10 minutes.
6. Place lentil mixture into the mushrooms and fill up each mushroom cap until full
7. Place mushrooms into oven and cook for 20-25 minutes
8. Allow to cool slightly before serving.

DINNER RECIPES:

Grilled Salmon with Dijon Mustard Sauce

Ingredients

6 ounces raw salmon fillet
¼ of a lemon
2 tbsp Dijon mustard
2 tsp extra virgin olive oil
2 tbsp lemon juice
2 tbsp dried pine nuts (optional)
2 tsp dried dill weed
Salt and pepper

Directions

1. Preheat grill or oven to 425° F.. Rinse fillet with cold water. Squeeze lemon juice (use the ¼ lemon for this) over fillet and season to taste with salt and pepper.
2. To make the sauce, mix mustard, oil, 2 tbsp of lemon juice, pine nuts, and dill in a bowl.
3. Grill or bake the fish until cooked through.

4. Pour sauce over fish and serve with steamed broccoli and sweet potato or any of our preferred vegetables.

Beef and Broccoli Stir-Fry on Quinoa

Ingredients

½ cup quinoa
½ tbsp olive oil
½ cup chopped yellow onion
1 clove garlic, minced
½ cup chopped red bell peppers
2 cups broccoli
1 lb. lean beef tenderloin cut into thin strips
½ cup water and 2 tbsp tamari or soy sauce
2 tbsp chopped fresh basil
Sea salt and fresh ground black pepper, to taste

Directions

1. Cook quinoa according to package directions; set aside.
2. Meanwhile, heat oil in a wok or large skillet on medium-high. Add onion and garlic and cook for 2 to 3 minutes, until onions are soft.
3. Add bell peppers and broccoli and cook for 2 minutes, until onions are golden brown.
4. Add beef and cook for another 2 minutes, stirring frequently.
5. Add water-soy sauce combination and bring to a simmer over same heat. Simmer for 2 minutes, until steak is cooked through.
6. Remove from heat, stir in basil and season with salt and pepper.
7. Serve beef mixture over quinoa.

Lemon Basil Chicken Breast

Ingredients

6 ounces chicken breast
Olive oil cooking spray
1½ tbsp chopped basil
1½ tbsp chopped parsley
1 garlic clove, crushed
½ tsp grated lemon zest
½ tsp olive oil
Sea salt and freshly ground pepper to taste

Directions

1. Prepare grill.
2. Lightly coat the grill rack with olive oil cooking spray.
3. In a small bowl, mix the basil, parsley, garlic, lemon zest and olive oil. Set ½ tbsp of seasoning mix aside.
4. Coat the chicken with the seasoning mix pressing it into the meat on both sides.
5. Grill the chicken for 6 to 10 minutes, turning several times, until the meat is cooked through and tender.
6. Sprinkle the reserved tbsp of seasoning on top and add salt and pepper to taste. Serve with Incredible Shrinking Greens.

Incredible Shrinking Greens

Ingredients

2 pounds greens (use Swiss chard, spinach, mustard, turnip, beet, dandelion or collard greens or kale, or a mixture)
1 tbsp olive oil
½ cup chopped red peppers
¼ tsp cayenne pepper (optional)
2 cloves garlic, crushed
1 green onion, chopped (both white and green parts)
1 tsp ground ginger
¼ cup chopped onion

Directions

1. Wash the greens thoroughly in cool water, making sure to get rid of any sand or grit. Remove and discard the stems and dry the greens slightly with a paper towel. Tear the greens into bite-size pieces and set aside.
2. Meanwhile, in a large pot over medium heat, add olive oil, heat briefly. Add the remaining ingredients. Once the mixture has come to a boil, add the greens. Stir to incorporate the seasonings and reduce the volume of greens, about 1 minute.
3. Reduce heat to low and cook, uncovered, 20 to 30 minutes, or until the greens are tender. Add salt, if desired, to taste. Before serving, discard the garlic, if desired.

Bolognese Sauce with Zucchini Noodles

Ingredients

500 grams extra lean ground beef
1/2 cup chopped Spanish onion
3 cloves of garlic, finely chopped
1 large zucchini
1/2 cup of fresh basil
½ teaspoon garlic salt
2 tbsp olive oil
1 cup fresh spinach leaves
½ cup fresh grated carrot
1 jar of low sodium fresh tomato sauce (plain)
Salt and pepper to taste

Directions

1. Heat 1 tbsp olive oil in a pan on medium heat.
2. Add onions and allow to simmer for 2 minutes.
3. Add ground beef and allow to cook for 5 mins, breaking apart as it cooks.
4. Add salt and pepper and allow beef to cook another 5 minutes. Then add grated carrot, basil, and spinach. Allow to simmer for 2 minutes. Then add jarred tomato sauce and garlic salt.
5. Reduce temperature to low and let simmer for another 5 minutes.
6. Wash zucchini. On a clean cutting board, use a spiralizer to spiralize the zucchini or cut thinly by hand to the shape of pasta noodles.
7. Serve with ¾ cup sauce poured onto zucchini spirals. Add freshly ground pepper and additional fresh basil as a garnish, if preferred.

Mexican Chicken Bowl

Ingredients:

2 chicken breasts

½ cup tomato, diced
¼ cup finely chopped red onion
¼ cup finely chopped green bell pepper
½ cup chopped cilantro
1 avocado, sliced
1 teaspoon chipotle powder (check for sugar)
½ teaspoon paprika
½ teaspoon chili powder
½ teaspoon garlic salt
2 tablespoons olive oil
1 tablespoon apple cider vinegar
Salt and pepper to taste
1 lime

Directions

1. Heat olive oil in a medium pan. Prepare spice mixture along with half squeezed lime and one tablespoon olive oil in a mixing bowl and rub onto chicken.
2. Cook chicken until done and set aside.
3. Combine all other ingredients in a medium-sized bowl and add oil, apple cider vinegar and salt, and pepper.
4. Add chicken to the vegetable bowl and top with fresh squeeze lime and chopped cilantro.

Cauliflower Rice

Ingredients

1 small head of cauliflower
½ a medium yellow onion, finely chopped
1 tablespoon olive oil
Salt and pepper to taste
1 teaspoon garlic powder

Directions

1. Roughly chop cauliflower and place in a food processor.
2. Pulse until cauliflower is reduced to a rice or couscous like size.
3. Heat olive oil in a pan on medium heat.
4. Add onions and cook for 3 minutes until golden.
5. Add cauliflower and cook for 5-10 minutes on low, depending on preferred softness desired.

SNACK RECIPES:

Snacking is one area in which you have a bit of control on the 5 Day Sugar-Free Challenge. It is your choice which snack will fit your day. Aim to have a snack 2-3 hours after breakfast and again 2-3 hours after lunch. Try not to snack after dinner.

EASY

1. ½ cup hummus with 8 celery sticks
2. ½ a sliced apple or pear with 2 tbsp almond butter
3. almond butter and gluten-free crackers (Mary's brand)
4. One serving of low glycemic fruit like berries, cantaloupe, apricot
5. two hard-boiled eggs

ADVANCED

Mint Avocado Smoothie

Ingredients

½ cup roughly chopped mint leaves
1 avocado, sliced
½ cucumber, chopped
½ green apple, chopped
1 cup spinach
½ cup almond milk, unsweetened
½ cup coconut water or regular water

Directions

1. Combine all ingredients in a high-speed blender, and blend until smooth.

Peanut Butter Cookies

Ingredients

1 cup smooth peanut butter, natural and organic
1 egg
1 tsp vanilla extract
3 tsp powdered stevia or ½ tsp liquid stevia

Directions

1. Preheat the oven to 350° F.
2. In a medium bowl, combine the peanut butter, egg, and vanilla. Mix vigorously with a fork or whisk until the ingredients are well combined.
3. Add the stevia to the peanut butter mixture and stir until everything starts to resemble dough.
4. Use clean hands to form small, 1-inch balls of dough. Place the balls of dough on an ungreased cookie sheet. Press the balls down with a fork to flatten them and create those classic peanut butter cookie lines.
5. Bake the cookies in the oven for 12-14 minutes, or until the bottoms are just beginning to turn golden brown.
6. Remove the baking sheet from the oven and let the cookies cool on the pan for at least ten minutes (they will be too soft to eat directly from the oven).

Popcorn

Ingredients

1 tbsp coconut oil, heaping
½ cup (organic) popcorn kernels
Sea salt, to taste

Directions

1. Melt coconut oil in large pot over medium heat.
2. Once melted drop in popcorn kernels. Shake to coat.
3. Keep pot moving until popping stops. Watch out as it can burn easily near the end.
4. Sprinkle with sea salt.

Blueberry Walnut Spoon Bread

This recipe is a cross between a hot bowl of oatmeal and a blueberry muffin and is quick enough for a weekday snack.

Ingredients

1/3 cup plain oatmeal (quick oats, not instant)
1/4 cup almond milk, unsweetened
1/4 cup egg whites (2 whites)
1/8 tsp baking powder
1/4 cup frozen or fresh blueberries
1/2 tsp powdered stevia or 1/4 tsp liquid stevia
3 walnut halves, chopped

Directions

1. Place oats in a microwave-safe bowl. Stir in almond milk, egg whites, baking powder, blueberries, and stevia.
2. Sprinkle walnuts on top.
3. Microwave for 75 seconds or until puffed and solid.
4. Enjoy with a spoon.

Chocolate Avocado Pudding**Ingredients**

2 ripe avocado
1/2 cup unsweetened cocoa powder
1/2 cup unsweetened almond or coconut milk
1 teaspoon vanilla extract
1 pinch ground cinnamon
1 packet of stevia

Directions

1. Combine all ingredients in a high-speed blender or food processor.
2. Blend until very smooth.
3. Refrigerated for 20-30 minutes before serving.