

YOST Wellness Center
CREATING VITAL HEALTHY LIVES

The Menopause Menu:

Empowering Paleo Recipes for Every Stage

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Introduction

Hello, I'm Dr Heather Yost, and for the past 21 years, I have devoted my life to the field of holistic healthcare with a deep passion for empowering women's health. Throughout my career, I've witnessed the transformative power of food—not just as fuel for the body but as a vital ally in achieving hormonal harmony and vibrant well-being. Our health doesn't have to be complicated or overwhelming. In fact, it can be as simple as making small, intentional choices that add up to monumental shifts.

I firmly believe that consistent, nourishing habits—repeated day by day—have the potential to elevate not just our physical health but our entire experience of life. The choices we make in the kitchen have the power to affect our energy, our mood, and how gracefully we navigate life's changes, especially as we age. For women, this is particularly important. Our hormones are at the heart of how we feel, how we function, and how we thrive. And the beauty of it all? These changes don't have to be daunting.

This cookbook is a celebration of that belief. It's not just about satisfying your hunger for delicious, nutrient-rich meals; it's about cultivating a hunger for more out of life. My hope is that these recipes will inspire you to embrace the wisdom of your body and to nourish it in ways that help you feel your best, no matter your age or life stage. Menopause, aging, and hormonal changes don't mark the end of vitality—they offer a powerful opportunity to add life to your years.

So, let this book be your companion as you explore the joy of eating whole, healing foods that are simple, yet profoundly beneficial. I am confident that the best is yet to come, and with each nourishing bite, you're taking one step closer to living a fuller, more vibrant life.
Welcome to a journey of health, balance, and the belief that we can age with grace and strength. Let's thrive together.

Brief Overview of the Paleo Diet and Its Benefits for Hormones

The paleo diet is based on the idea of eating whole, unprocessed foods similar to what our ancestors might have consumed during the Paleolithic era. The diet focuses on nutrient-dense foods like lean meats, fish, vegetables, fruits, nuts, and seeds while avoiding processed foods, grains, dairy, and refined sugars. It promotes eating high-quality fats, proteins, and fiber-rich carbohydrates, which are essential for overall health.

Benefits of the Paleo Diet for Hormones

1. **Stable Blood Sugar Levels**

The paleo diet eliminates refined carbs and sugars, which helps maintain stable blood sugar. Balanced blood sugar levels can reduce insulin resistance, a key factor in hormone imbalances, especially for women in menopause.

2. **Healthy Fats for Hormone Production**

The inclusion of healthy fats from sources like avocados, nuts, seeds, and fish is vital for the production of sex hormones (e.g., estrogen and progesterone). These fats also help reduce inflammation, which can disrupt hormone function.

3. Support for Thyroid Health

The diet encourages nutrient-rich foods that support thyroid function, such as seafood, which provides iodine and selenium, and leafy greens, which offer magnesium. A well-functioning thyroid is crucial for regulating metabolism and energy levels, which are often affected by hormonal changes.

4.Reduced Inflammation

By avoiding processed foods and sugar, the paleo diet helps lower systemic inflammation, which can disrupt hormone balance and worsen menopause symptoms like hot flashes and mood swings.

5. **Weight Management**

The diet's emphasis on lean proteins and fiber-rich vegetables can help regulate appetite and support weight management, which is particularly important during menopause when metabolism tends to slow down.

6. **Improved Gut Health**

A healthy gut is essential for hormone balance. The paleo diet, rich in fiber and prebiotic foods, helps nourish gut bacteria, promoting better digestion and more efficient hormone regulation.

In summary, the paleo diet's emphasis on whole, unprocessed foods, healthy fats, and balanced nutrition can support hormonal health, especially during menopause.

Importance of Fiber and Protein for Hormonal Health

1. **Fiber**: Balancing Hormones and Detoxification

Fiber is crucial for hormonal balance, particularly for women. It plays a significant role in maintaining stable hormone levels and supporting the body's natural detoxification processes.

- **Gut Health:** A high-fiber diet supports a healthy gut microbiome, which is essential for proper hormone regulation. The gut influences the production and metabolism of certain hormones, including serotonin and estrogen. By promoting a healthy gut, fiber helps keep hormone production stable.

- **Estrogen Balance:** Fiber helps regulate estrogen levels by aiding in the elimination of excess estrogen through digestion. Soluble fiber binds to used estrogen in the digestive tract and ensures it is excreted, preventing hormone imbalances like estrogen dominance, which can lead to issues such as PMS, weight gain, and menopausal symptoms.

- **Blood Sugar Regulation:** Fiber slows the absorption of sugars into the bloodstream, preventing spikes and crashes in blood sugar. This stabilizes insulin levels, reducing insulin resistance, which can contribute to hormonal imbalances like polycystic ovary syndrome (PCOS) and weight gain.

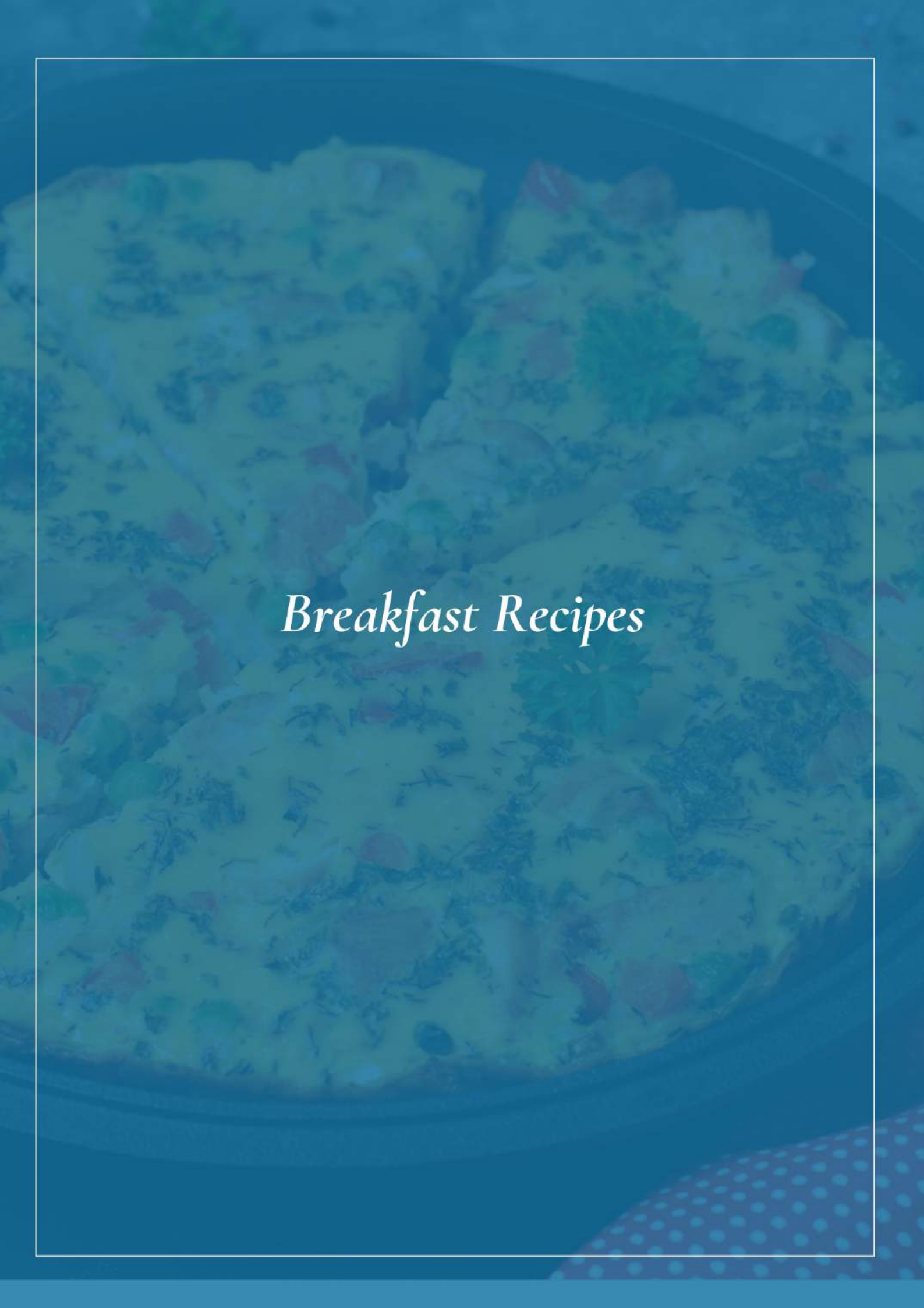
2. **Protein:** Hormone Building and Regulation

Protein is the building block of most hormones and enzymes in the body. Adequate protein intake is essential for hormone production and overall hormonal health.

- **Hormone Synthesis:** Many hormones, such as insulin, growth hormone, and thyroid hormones, are made from amino acids, the building blocks of proteins. Without sufficient protein in the diet, the body may struggle to produce these hormones effectively, leading to imbalances.
- **Satiety and Blood Sugar Control:** Protein helps regulate appetite by increasing levels of satiety hormones, like peptide YY and GLP-1. This reduces overeating and helps maintain stable blood sugar levels, which in turn supports balanced insulin and cortisol levels.
- **Muscle Mass and Metabolism:** During menopause and aging, muscle mass tends to decline, leading to a slower metabolism and weight gain. Protein helps maintain lean muscle mass, which is crucial for a healthy metabolism and hormonal balance, especially as estrogen levels drop.

Combined Benefits of Fiber and Protein

Together, fiber and protein help stabilize blood sugar and insulin levels, regulate digestion and detoxification, and support the production and metabolism of essential hormones. This makes them especially important for managing hormonal shifts during life stages like menopause.



Breakfast Recipes

Sweet Potato Hash with Eggs

Why it's great for menopause: Sweet potatoes are rich in fiber and vitamin A, which support hormone balance and skin health. Eggs provide protein and healthy fats, helping to stabilize energy levels throughout the day.

Ingredients



- 1 small sweet potato, peeled and diced
- 1 tablespoon olive oil or coconut oil
- 1 to 3 eggs
- Salt and pepper to taste

Instructions

- Heat the oil in a pan over medium heat.
- Add the diced sweet potato and cook until tender and slightly crispy, about 7 to 10 minutes.
- Push the sweet potato to one side of the pan and crack the eggs into the empty space.
- Cook the eggs to your desired doneness.
- Season with salt and pepper, and mix everything together before serving.

Chia Seed Pudding with Almond Butter and Berries

Why it's great for menopause: Chia seeds are rich in fiber and omega-3 fatty acids. Berries provide antioxidants that support healthy aging.

Ingredients



- 3 tbsp chia seeds
- 1 tbsp almond butter
- 1 tsp vanilla extract
- 1 cup unsweetened almond milk
- ½ cup mixed berries (blueberries, raspberries, or strawberries)

Instructions

- In a bowl, mix the chia seeds, almond milk, almond butter, and vanilla extract.
- Stir well and refrigerate overnight or for at least 4 hours to allow the chia seeds to absorb the liquid.
- Before serving, top with fresh berries.

Cauliflower Breakfast Scramble

Why it's great for menopause: Cauliflower is rich in fiber and antioxidants, while eggs provide essential protein.

Ingredients



- 3 large eggs
- 1 cup spinach, chopped
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 small head of cauliflower, grated or riced

Instructions

- Heat olive oil in a skillet over medium heat. Add onion and garlic, sautéing until fragrant and softened.
- Add cauliflower and cook for 5-7 minutes until slightly crispy.
- Stir in spinach and cook until wilted.
- Beat the eggs in a bowl, season with salt and pepper, and pour over the cauliflower mixture.
- Scramble the eggs with the cauliflower and spinach until cooked through. Serve warm.

Pumpkin Paleo Pancakes

Why it's great for menopause: Pumpkin is high in fiber and vitamin A, which supports skin health and digestion.

Ingredients



- 1 cup pumpkin puree
- 2 large eggs
- 1 cup almond flour
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp vanilla extract
- Coconut oil for cooking

Instructions

- In a bowl, mix together pumpkin puree, eggs, almond flour, cinnamon, nutmeg, and vanilla extract.
- Heat a skillet over medium heat and add a little coconut oil.
- Pour small amounts of batter onto the skillet, cooking each pancake for 2-3 minutes on each side, or until golden brown.
- Serve with a drizzle of maple syrup or fresh fruit.

Kale and Avocado Smoothie

Why it's great for menopause: Kale is rich in calcium and fiber, and avocado provides healthy fats to support hormone balance.

Ingredients



- ½ avocado
- 1 tbsp chia seeds
- 1 tbsp lemon juice
- Ice cubes (optional)
- 1 cup unsweetened almond milk
- 1 cup kale, chopped (stems removed)

Instructions

- Place all ingredients in a blender.
- Blend until smooth and creamy. Adjust the consistency with more almond milk if needed.
- Pour into a glass and enjoy immediately.

Almond Flour Muffins with Blueberries

Why it's great for menopause: Almond flour is a great source of protein and healthy fats, while blueberries are full of antioxidants.



Ingredients

- 2 cups almond flour
- 3 large eggs
- 2 tbsp honey
- 1 tsp baking soda
- 1 tsp vanilla extract
- Pinch of salt
- 1 cup blueberries (fresh or frozen)

Instructions

- Preheat the oven to 350°F (175°C). Grease a muffin tin or line with paper cups.
- In a bowl, whisk the eggs, honey, and vanilla extract together.
- Add the almond flour, baking soda, and salt. Stir until combined.
- Gently fold in the blueberries.
- Divide the batter evenly among the muffin cups.
- Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.

Zucchini & Bacon Frittata

Why it's great for menopause: Zucchini is high in fiber and low in calories, while bacon adds protein and healthy fats.

Ingredients



- 1 medium zucchini, sliced
- 4 large eggs
- ½ onion, chopped
- 1 tbsp olive oil
- Salt and pepper to taste
- 2 slices bacon, cooked and crumbled

Instructions

- Preheat the oven to 375°F (190°C).
- Heat olive oil in an ovenproof skillet over medium heat. Add zucchini and onion, and sauté until softened, about 5-7 minutes.
- Beat the eggs in a bowl and season with salt and pepper.
- Pour the eggs over the zucchini mixture. Add crumbled bacon.
- Transfer the skillet to the oven and bake for 10-12 minutes, or until the eggs are set.
- Slice and serve warm.

Eggs with Avocado and Salsa

Why it's great for menopause: This dish is rich in protein and healthy fats, which can help balance blood sugar and support hormones.

Ingredients



- 2 large eggs
- 1 avocado, sliced
- ¼ cup salsa (fresh or jarred)
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

- Heat olive oil in a pan over medium heat and cook the eggs to your liking (scrambled, sunny side up, etc.).
- Season the eggs with salt and pepper.
- Serve the eggs topped in the avocado slices and salsa.

Collagen-Boosting Smoothie

Why it's great for menopause: Collagen supports skin elasticity, while high-fiber fruits promote digestive health.

Ingredients



- 1 cup spinach
- ½ avocado
- 1 tbsp flax seeds
- 1 scoop collagen powder
- 1 cup unsweetened almond milk

Instructions

- Blend all ingredients in a high-speed blender until smooth.
- Adjust consistency by adding more almond milk if needed.
- Serve immediately.



Lunch Recipes

Paleo Lemon Garlic Salmon with Roasted Vegetables

Why it's great for menopause: Sweet potatoes are packed with fiber and antioxidants. Eggs offer protein, and spinach is rich in magnesium, which can help with sleep and mood regulation.

Ingredients



- 2 tbsp olive oil
- 1 onion, chopped
- 4 large eggs
- Salt and pepper to taste
- 2 medium sweet potatoes, peeled and diced
- 2 cups spinach, fresh or frozen
- Optional: Fresh herbs (like parsley or thyme)

Instructions

- Heat olive oil in a large skillet over medium heat. Add diced sweet potatoes and cook until softened, about 10-12 minutes.
- Add the chopped onion and cook for 3-4 minutes until translucent.
- Stir in spinach and cook until wilted.
- In a separate pan, cook the eggs to your preference (scrambled, sunny side up, etc.).
- Season the sweet potato mixture with salt and pepper. Top with eggs and serve immediately.

Grilled Chicken and Avocado Salad

Why it's great for menopause: This dish is rich in protein and healthy fats, which can help balance blood sugar and support hormones.



Ingredients

- 2 avocados, sliced
- 1 cucumber, sliced
- 1 tbsp olive oil (for grilling)
- 1 tbsp lemon juice
- Salt and pepper to taste
- 2 boneless, skinless chicken breasts
- Optional: Cherry tomatoes, red onion, or a sprinkle of pumpkin seeds
- 4 cups mixed salad greens (e.g., spinach, arugula, lettuce)

Instructions

- Preheat your grill or grill pan over medium-high heat. Season chicken breasts with olive oil, salt, and pepper.
- Grill the chicken for about 6-7 minutes per side or until fully cooked through.
- While the chicken is cooking, prepare the salad. Toss mixed greens, cucumber, diced avocado, and optional ingredients in a large bowl.
- Slice the grilled chicken and place it on top of the salad.
- Drizzle with lemon juice and serve immediately.

Turkey Lettuce Wraps with Guacamole

Why it's great for menopause: Turkey is a lean protein that helps maintain muscle mass, and avocados provide healthy fats for hormone balance.

Ingredients



- 1 lb ground turkey
- 1 tbsp olive oil
- 1 tbsp taco seasoning or cumin and paprika
- Lettuce leaves (such as Romaine or Butter lettuce)
- 1 cup guacamole (store-bought or homemade)
- Salsa (optional)

Instructions

- Heat olive oil in a skillet over medium heat. Add ground turkey and cook until browned, breaking it up with a spoon as it cooks.
- Season with taco seasoning or cumin and paprika. Cook for another 5 minutes to blend flavors.
- Assemble the wraps: Lay a lettuce leaf flat on a plate, spoon in the cooked turkey mixture, and top with guacamole and salsa if desired.
- Serve immediately.

Spaghetti Squash with Ground Beef

Why it's great for menopause: Spaghetti squash is high in fiber and low in carbs, while ground beef provides protein to support metabolism and muscle health.

Ingredients



- 1 medium spaghetti squash
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: Fresh basil for garnish
- 1 lb ground beef (grass-fed preferred)
- 1 cup marinara sauce (homemade or low-sugar store-bought)

Instructions

- Preheat the oven to 400°F (200°C). Slice the spaghetti squash in half and remove the seeds. Drizzle with olive oil and season with salt and pepper.
- Place the squash halves cut-side down on a baking sheet and roast for 35-40 minutes until tender.
- While the squash is roasting, heat olive oil in a skillet over medium heat. Add ground beef and cook until browned.
- Add garlic and cook for another 1-2 minutes. Pour in marinara sauce and simmer for 5 minutes.
- Once the squash is cooked, use a fork to scrape out the "noodles" from the squash.
- Serve the ground beef mixture over the spaghetti squash. Garnish with fresh basil if desired.

Chicken Salad with Walnuts and Apples

Why it's great for menopause: Walnuts provide omega-3 fatty acids, while apples add fiber and antioxidants to support heart health and digestion.

Ingredients



- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- ¼ cup walnuts, chopped
- 2 cooked chicken breasts, shredded or diced
- 1 apple, diced (preferably a sweet variety like Gala or Fuji)
- 4 cups mixed greens (e.g., spinach, arugula)

Instructions

- In a large bowl, combine the shredded chicken, diced apple, walnuts, and mixed greens.
- In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- Drizzle the dressing over the salad and toss gently to combine.
- Serve immediately or refrigerate for later.

Salmon Avocado Salad with Lemon Dressing

Why it's great for menopause: Salmon is rich in omega-3 fatty acids, which help reduce inflammation, and avocado adds heart-healthy fats.



Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- 1 avocado, sliced
- 4 cups mixed greens
- 1 lemon, juiced
- Salt and pepper to taste

Instructions

- Heat olive oil in a skillet over medium-high heat.
- Season salmon fillets with salt and pepper.
- Cook the salmon for 3-4 minutes per side, until it flakes easily with a fork.
- While the salmon is cooking, assemble the salad with mixed greens and avocado slices.
- Drizzle with lemon juice and toss gently.
- Once the salmon is cooked, flake it over the salad and serve immediately.

Stuffed Bell Peppers with Turkey

Why it's great for menopause: Bell peppers are high in vitamin C and fiber, while turkey adds lean protein to support weight management.

Ingredients



- 1 lb ground turkey
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- 1 cup diced tomatoes (fresh or canned)
- 4 bell peppers, tops removed and seeds discarded

Instructions

- Preheat the oven to 375°F (190°C).
- Heat olive oil in a skillet over medium heat. Add onion and garlic, sautéing until soft.
- Add ground turkey and cook until browned. Stir in diced tomatoes, oregano, salt, and pepper, cooking for another 5 minutes.
- Stuff the bell peppers with the turkey mixture and place them in a baking dish.
- Cover with foil and bake for 30 minutes, then uncover and bake for an additional 10 minutes.
- Serve warm.

Paleo Chicken Soup with Bone Broth

Why it's great for menopause: Bone broth supports joint and gut health, and chicken offers lean protein that aids in muscle maintenance.

Ingredients



- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh herbs (e.g., parsley or thyme) for garnish
- 4 cups bone broth (chicken or vegetable)
- 2 chicken breasts, cooked and shredded

Instructions

- In a large pot, heat bone broth over medium heat.
- Add carrots, celery, onion, and garlic. Simmer for 15-20 minutes until vegetables are tender.
- Stir in the shredded chicken and simmer for another 10 minutes.
- Season with salt and pepper to taste, and garnish with fresh herbs.
- Serve hot.

Zucchini Noodles with Pesto and Shrimp

Why it's great for menopause: Zucchini noodles are fiber-rich and low in carbs, while shrimp provides protein and omega-3s.

Ingredients



- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 2 medium zucchinis, spiralized into noodles
- 1 lb shrimp, peeled and deveined
- 2 tbsp dairy-free pesto (store-bought or homemade)

Instructions

- Heat olive oil in a large skillet over medium heat. Add shrimp and cook for 2-3 minutes on each side until pink and cooked through.
- Remove shrimp from the skillet and set aside.
- In the same skillet, add minced garlic and cook for 1 minute until fragrant.
- Add zucchini noodles and sauté for 3-4 minutes until tender but still slightly firm.
- Toss the noodles with pesto, then add the shrimp back in. Season with salt and pepper.
- Serve immediately.

Baked Salmon with Asparagus

Why it's great for menopause: Asparagus is high in fiber and folate, and salmon provides omega-3 fatty acids to reduce inflammation.

Ingredients



- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- Salt and pepper to taste

Instructions

- Preheat the oven to 375°F (190°C).
- Place the salmon fillets on a baking sheet and drizzle with olive oil. Season with salt and pepper.
- Arrange asparagus around the salmon and sprinkle with garlic.
- Top the salmon with lemon slices and bake for 15-20 minutes, until the salmon is cooked through.
- Serve immediately.

Eggplant and Ground Turkey Casserole

Why it's great for menopause: Eggplant is rich in fiber, and ground turkey provides lean protein essential for maintaining muscle mass.

Ingredients



- 2 eggplants, sliced
- 1 lb ground turkey
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 tsp dried oregano
- 1 cup shredded dairy- free cheese (optional)
- 2 cups diced tomatoes (fresh or canned)

Instructions

- Preheat the oven to 375°F (190°C).
- Heat olive oil in a skillet over medium heat. Add onion and garlic, cooking until soft.
- Add ground turkey and cook until browned. Stir in tomatoes, oregano, salt, and pepper. Simmer for 5 minutes.
- In a casserole dish, layer the eggplant slices with the turkey mixture.
- If desired, sprinkle cheese on top. Bake for 25-30 minutes, until the eggplant is tender.
- Serve warm.



Dinner Recipes

Salmon with Roasted Brussels Sprouts

Why it' is great for menopause: Salmon is rich in omega-3 fatty acids, which help reduce inflammation and improve heart health, while Brussels sprouts are loaded with fiber and nutrients.



Ingredients

- 2 salmon fillets
- 1 lb Brussels sprouts, halved
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 lemon, sliced (optional)

Instructions

- Preheat the oven to 400°F (200°C).
- Toss Brussels sprouts with olive oil, salt, and pepper, then spread them on a baking sheet in a single layer.
- Place the salmon fillets on another baking sheet or alongside the Brussels sprouts. Season with salt, pepper, and a drizzle of olive oil.
- Roast both the salmon and Brussels sprouts for about 15-20 minutes or until the salmon flakes easily with a fork and the Brussels sprouts are crispy and golden.
- Serve the salmon with the roasted Brussels sprouts, garnishing with lemon slices if desired.

Coconut Curry with Chicken and Vegetables

Why it's great for menopause: Coconut milk is full of healthy fats, and chicken provides lean protein to support muscle maintenance.

Ingredients



- 2 chicken breasts, cubed
- 1 can (14 oz) coconut milk
- 1 tbsp curry powder
- 1 bell pepper, sliced
- 1 cup broccoli florets
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

- Heat olive oil in a large skillet over medium heat. Add the cubed chicken and cook until browned on all sides.
- Add garlic, bell pepper, and broccoli to the pan, sautéing for 3-4 minutes.
- Stir in the coconut milk and curry powder. Season with salt and pepper to taste.
- Bring to a simmer and cook for 10-12 minutes until the chicken is fully cooked and the vegetables are tender.
- Serve warm, garnished with fresh cilantro or a squeeze of lime if desired.

Baked Cod with Cauliflower Mash

Why it's great for menopause: Cod is a lean protein source, and cauliflower is high in fiber and antioxidants

Ingredients



- 2 cod fillets
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 lemon, sliced
- Salt and pepper to taste
- 1 head cauliflower, cut into florets

Instructions

- Preheat the oven to 375°F (190°C). Place the cod fillets on a baking sheet, drizzle with olive oil, and season with salt, pepper, and garlic. Top with lemon slices.
- Bake for 12-15 minutes until the cod flakes easily with a fork.
- Meanwhile, steam or boil the cauliflower florets until tender, about 10-12 minutes.
- Drain the cauliflower and mash with a potato masher or blend until smooth. Season with salt, pepper, and a drizzle of olive oil.
- Serve the baked cod on a bed of cauliflower mash, garnished with additional lemon or herb if desired.

Lamb and Zucchini Stir-Fry

Why it's great for menopause: Lamb is rich in protein and iron, while zucchini adds fiber and hydration.



Ingredients

- 1 lb ground lamb
- 2 zucchinis, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- tomato
- Salt and pepper to taste

Instructions

- Heat olive oil in a large skillet over medium-high heat.
- Add the ground lamb and cook, breaking it up with a spoon, until browned and cooked through.
- Add onion, tomato, and garlic, sautéing until softened, about 3-4 minutes.
- Stir in the zucchini slices and cook for another 4-5 minutes until tender but still slightly crisp.
- Season with salt and pepper to taste and serve immediately.

Grilled Steak with Broccoli

Why it's great for menopause: Steak is a great source of iron and protein, essential for energy and muscle health.

Ingredients



- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 lemon, sliced
- Salt and pepper to taste
- 1 head broccoli, cut into florets
- 2 grass-fed steaks (e.g., ribeye or sirloin)

Instructions

- Preheat the grill to medium-high heat. Season the steaks with salt and pepper.
- Grill the steaks for 4-6 minutes per side, depending on your preferred level of doneness.
- While the steak cooks, heat olive oil in a large skillet over medium heat. Add garlic and sauté for 1-2 minutes.
- Add the broccoli florets to the skillet and cook for 5-7 minutes until tender.
- Serve the grilled steak alongside the sautéed broccoli, garnished with lemon slices.

Shrimp and Avocado Salad with Cilantro Dressing

Why it's great for menopause: Shrimp provides lean protein and omega-3s, and avocado adds fiber and healthy fats.



Ingredients

- 1 avocado, diced
- 4 cups mixed greens
- 2 tbsp olive oil
- 1 tbsp lime juice
- Salt and pepper to taste
- 1 lb shrimp, peeled and deveined
- ¼ cup fresh cilantro, chopped

Instructions

- Cook shrimp in a skillet over medium heat with a drizzle of olive oil, sautéing until pink and cooked through, about 3-4 minutes.
- In a large bowl, combine mixed greens, diced avocado, and cooked shrimp.
- In a small bowl, whisk together cilantro, olive oil, lime juice, salt, and pepper.
- Drizzle the cilantro dressing over the salad and toss gently.
- Serve immediately.

Turkey Meatballs with Zucchini Noodles

Why it's great for menopause: Turkey meatballs are protein-packed, and zucchini noodles are a fiber-rich, low-carb alternative to pasta

Ingredients

- 1 lb ground turkey
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 2 zucchinis, spiralized into noodles
- 1 cup marinara sauce (store-bought or homemade)



Instructions

- Preheat the oven to 375°F (190°C). In a bowl, mix ground turkey, minced garlic, salt, and pepper. Form into meatballs and place them on a baking sheet.
- Bake the meatballs for 20-25 minutes until cooked through.
- While the meatballs are baking, heat olive oil in a skillet over medium heat. Add zucchini noodles and sauté for 3-4 minutes until tender.
- Add marinara sauce to the skillet and heat through.
- Serve the turkey meatballs over the zucchini noodles with sauce.

Baked Chicken Thighs with Root Vegetables

Why it's great for menopause: Chicken thighs are rich in healthy fats and protein, and root vegetables add fiber and vitamins.

Ingredients



- 4 carrots, peeled and sliced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp thyme
- Salt and pepper to taste
- 4 chicken thighs, bone-in, skin-on
- 2 sweet potatoes, peeled and cubed

Instructions

- Preheat the oven to 400°F (200°C).
- Toss sweet potatoes, carrots, and garlic with olive oil, thyme, salt, and pepper. Spread them in a single layer on a baking sheet.
- Season the chicken thighs with salt, pepper, and a drizzle of olive oil. Place them on the baking sheet with the vegetables.
- Bake for 35-40 minutes, until the chicken is cooked through and the vegetables are tender.
- Serve warm.

Paleo Beef Stir-Fry with Bell Peppers

Why it's great for menopause: Grass-fed beef offers protein and iron, and bell peppers provide antioxidants and fiber.

Ingredients



- 1 lb beef strips (e.g., flank steak)
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 2 tbsp coconut aminos
- Salt and pepper to taste

Instructions

- Heat olive oil in a large skillet or wok over medium-high heat.
- Add beef strips and cook until browned, about 3-4 minutes.
- Add garlic, bell peppers, and onion, cooking for an additional 5-6 minutes until vegetables are tender.
- Stir in coconut aminos and season with salt and pepper.
- Serve immediately.

Seared Scallops with Asparagus

Why it's great for menopause: Scallops are high in protein and low in fat, while asparagus offers fiber and folate.

Ingredients



- 12 scallops, patted dry
- 1 bunch asparagus, trimmed
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 lemon, sliced
- Salt and pepper to taste

Instructions

- Heat olive oil in a skillet over medium-high heat. Season scallops with salt and pepper, then sear them for 2-3 minutes per side until golden brown and cooked through.
- While the scallops cook, sauté garlic in the same pan for 1 minute, then add asparagus and cook until tender, about 4-5 minutes.
- Serve the seared scallops with asparagus, garnished with lemon slices.



Snack Recipes

Almond Butter Energy Balls

Why it's great for menopause: Almonds are a great source of healthy fats and magnesium, while chia seeds add fiber and omega-3s.



Ingredients

- 1 cup almond butter
- 2 tbsp chia seeds
- 1/4 cup shredded coconut
- 2 tbsp honey
- 1 tsp vanilla extract

Instructions

- In a large bowl, combine almond butter, chia seeds, shredded coconut, honey, and vanilla extract.
- Stir until well mixed. If the mixture is too sticky, add more coconut or chia seeds to firm it up.
- Roll the mixture into small balls (about 1 inch in diameter).
- Place on a baking sheet or plate and refrigerate for at least 30 minutes to set.
- Store in an airtight container in the fridge.

Veggie Sticks with Paleo Hummus

Why it's great for menopause: Vegetables provide fiber, while the paleo-friendly hummus adds healthy fats and protein.

Ingredients



- For the Paleo Hummus
  - 1 cup tahini
  - 2 tbsp lemon juice
  - 1 clove garlic, minced
  - Salt and pepper to taste
  - 2-3 tbsp water (to adjust consistency)
- For the Veggie Sticks:
  - Carrots (cut into sticks)
  - Celery (cut into sticks)
  - Cucumber (cut into sticks)
  - Bell peppers (cut into strips)

Instructions

- To make the paleo hummus, blend tahini, lemon juice, garlic, and water in a food processor until smooth. Add more water if needed to achieve a dip-able consistency.
- Season with salt and pepper to taste.
- Serve veggie sticks with a side of the paleo hummus for dipping.

Hard-Boiled Eggs with Avocado Slices

Why it's great for menopause: Eggs are high in protein, and avocados provide healthy fats and fiber to keep you full.

Ingredients



- 2 hard-boiled eggs
- 1 avocado, sliced
- Salt and pepper to taste

Instructions

- Peel the hard-boiled eggs and slice them.
- Slice the avocado and arrange the eggs and avocado slices on a plate.
- Sprinkle with salt and pepper to taste. Enjoy as a satisfying snack.

Coconut and Almond Protein Bars

Why it's great for menopause: These bars are packed with protein and healthy fats, keeping energy levels stable.

Ingredients



- 1/2 cup coconut flakes
- 1/2 cup almond butter
- 2 tbsp honey
- 1 tsp vanilla extract
- 1/2 cup protein powder (vanilla or chocolate)

Instructions

- In a large bowl, mix almond butter, coconut flakes, protein powder, honey, and vanilla extract until well combined.
- Press the mixture into a baking dish lined with parchment paper.
- Refrigerate for at least 2 hours to firm up.
- Cut into bars and store in the fridge.

Roasted Chickpeas with Turmeric

Why it's great for menopause: Chickpeas are high in fiber and protein, and turmeric has anti-inflammatory properties.

Ingredients



- 1 tbsp olive oil
- 1 tsp turmeric
- Salt to taste
- 1 can (15 oz) chickpeas, drained and rinsed

Instructions

- Preheat the oven to 400°F (200°C).
- Pat the chickpeas dry with a paper towel, removing as much moisture as possible
- Toss the chickpeas with olive oil, turmeric, and salt.
- Spread them on a baking sheet in a single layer and roast for 25-30 minutes, shaking the pan halfway through.
- Let them cool before serving.

Chia Seed Crackers with Guacamole

Why it's great for menopause: Chia seeds are fiber-rich, and guacamole adds healthy fats to support hormone health.

Ingredients



- Guacamole:
  - 2 ripe avocados
  - 1 tbsp lime juice
  - Salt to taste
  - 1 clove garlic, minced
- Chia seed crackers (store-bought or homemade)

Instructions

- To make the guacamole, mash the avocados in a bowl.
- Add minced garlic, lime juice, and salt. Stir until smooth.
- Serve the chia seed crackers with a side of guacamole for dipping.

Paleo Trail Mix with Nuts and Dried Fruit

Why it's great for menopause: Nuts provide protein and healthy fats, while dried fruit adds fiber and antioxidants.

Ingredients



- 1/2 cup almonds
- 1/2 cup walnuts
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds

Instructions

- In a bowl, combine almonds, walnuts, dried cranberries, and pumpkin seeds.
- Mix well and store in an airtight container for a quick snack.

Apple Slices with Almond Butter

Why it's great for menopause: Apples provide fiber, and almond butter adds protein and healthy fats.

Ingredients

- 1 apple, sliced
- 2 tbsp almond butter



Instructions

- Slice the apple into wedges.
- Serve the apple slices with almond butter for dipping.

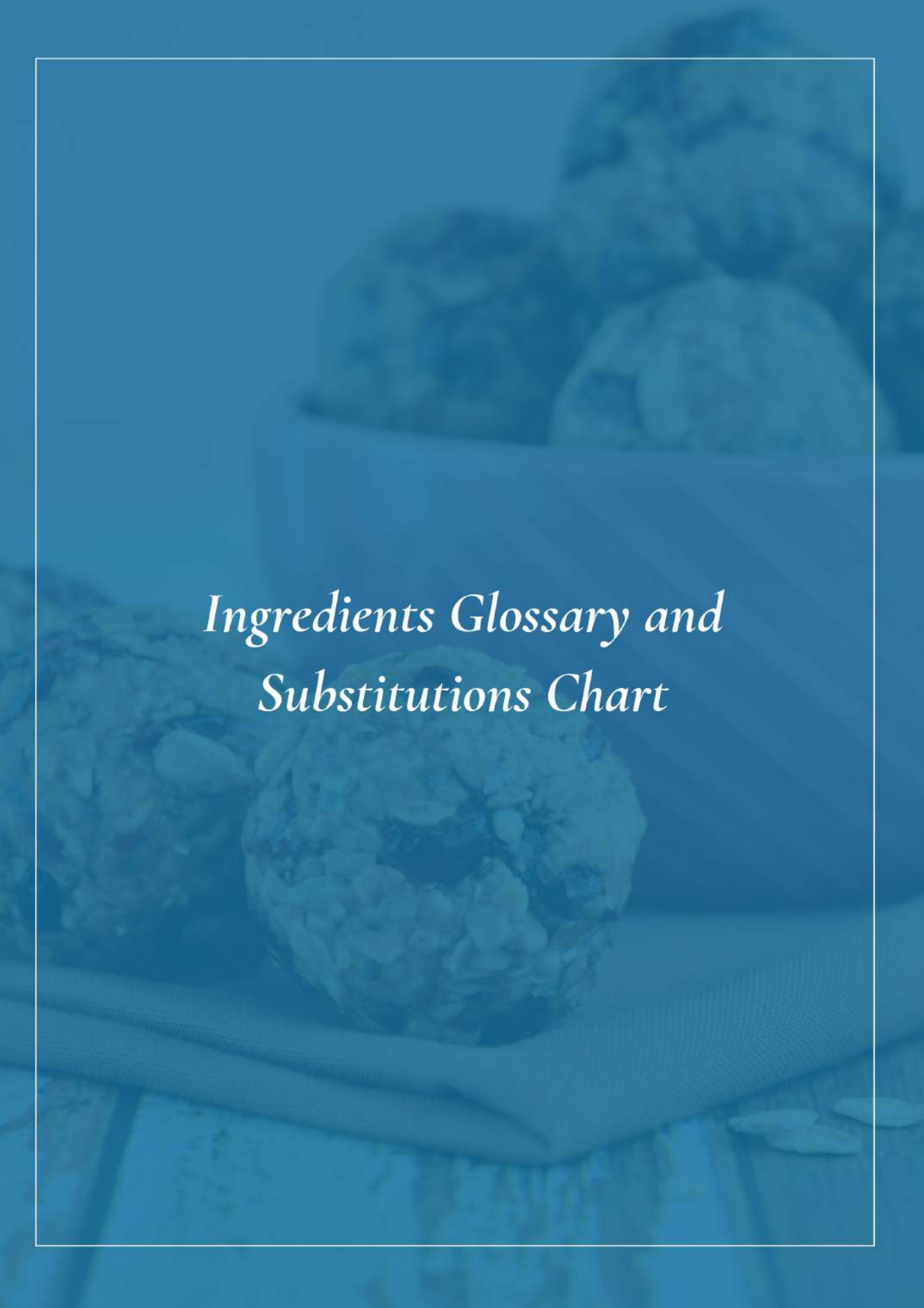
Celery Sticks



Why it's great for menopause: Celery is hydrating, supports digestion, heart health, and mood stability.

Instructions

- Slice the celery into sticks.



Ingredients Glossary and Substitutions Chart

Arrowroot Powder

A starchy, gluten-free thickening agent derived from the root of tropical plants. Commonly used in Paleo baking and sauces to add structure or thicken soups and stews.

Substitutions:

- 1/4 cup arrowroot powder = 1/4 cup tapioca starch
- 1/4 cup arrowroot powder = 1/4 cup potato starch
- 1/4 cup arrowroot powder = 1 tbsp. coconut flour (but reduce liquid in the recipe)

Almond Flour

A Paleo staple made from ground almonds. It's a great gluten-free flour alternative and adds healthy fats and protein to recipes. Ideal for baking.

Substitutions:

- 1 cup almond flour = 1 cup sunflower seed flour
- 1 cup almond flour = 1 cup hazelnut flour
- 1 cup almond flour = 3/4 cup coconut flour (but add extra eggs and liquid to maintain moisture)

Coconut Flour

Made from dried coconut meat, this flour is high in fiber and absorbs a lot of liquid, making it ideal for gluten-free and Paleo baking.

Substitutions:

- 1/4 cup coconut flour = 1 cup almond flour
  (add an extra egg for moisture)
- 1/4 cup coconut flour = 1/4 cup cassava flour
- 1/4 cup coconut flour = 1/4 cup arrowroot powder
  (for thickening purposes)

Tapioca Starch

Extracted from the cassava root, tapioca starch is a versatile thickening agent and is often used in Paleo baking or sauces to give elasticity to baked goods.

Substitutions:

- 1/4 cup tapioca starch = 1/4 cup arrowroot powder
- 1/4 cup tapioca starch = 1/4 cup potato starch
- 1/4 cup tapioca starch = 1 tbsp coconut flour
  (in recipes needing thickening)

Cassava Flour

A grain-free flour made from the root of the cassava plant. It closely mimics regular wheat flour and works well for baking.

Substitutions:

- 1 cup cassava flour = 1 cup almond flour (adjust liquid)
- 1 cup cassava flour = 1/4 cup coconut flour (with extra liquid)
- 1 cup cassava flour = 1 cup sweet potato flour

Ghee (Clarified Butter)

Ghee is butter that has had the milk solids removed, making it lactose-free and Paleo-friendly. It adds richness to dishes.

Substitutions:

- 1 tbsp ghee = 1 tbsp coconut oil
- 1 tbsp ghee = 1 tbsp avocado oil
- 1 tbsp ghee = 1 tbsp grass-fed butter
  (for non-strict Paleo followers)

Coconut Oil

A versatile Paleo fat used in cooking, baking, and frying. Rich in healthy fats and can be solid or liquid depending on temperature.

Substitutions:

- 1 tbsp coconut oil = 1 tbsp avocado oil
- 1 tbsp coconut oil = 1 tbsp ghee
- 1 tbsp coconut oil = 1 tbsp olive oil

Maple Syrup

A natural sweetener allowed on the Paleo diet, maple syrup adds a rich, natural sweetness without refined sugars.

Substitutions:

- 1/4 cup maple syrup = 1/4 cup honey
- 1/4 cup maple syrup = 1/4 cup coconut sugar (with additional liquid)
- 1/4 cup maple syrup = 1/4 cup agave syrup

Coconut Sugar

A Paleo-friendly sweetener derived from the sap of coconut palms. It has a lower glycemic index than regular sugar and a caramel-like flavor.
Substitutions:

Substitutions:

- 1 cup coconut sugar = 1 cup maple syrup (reduce liquid in the recipe slightly)
- 1 cup coconut sugar = 1 cup honey (adjust for sweetness and liquid)
- 1 cup coconut sugar = 1/2 cup date sugar

Flaxseed Meal

Ground flaxseeds are used as a fiber-rich, Paleo-friendly binder or egg replacement in baking.

Substitutions:

- 1 tbsp flaxseed meal + 3 tbsp water = 1 egg (as an egg replacer)
- 1 tbsp flaxseed meal = 1 tbsp chia seeds (similar egg-replacement function)
- 1 tbsp flaxseed meal = 1 tbsp psyllium husk (with added liquid for fiber boost)

Key Notes on Substitutions:

- When substituting flours, always adjust the amount of liquid or eggs in a recipe to ensure the correct consistency.
- Paleo sweeteners vary in sweetness, so taste-testing is recommended when making substitutions to ensure balance.
- When replacing fats (like ghee or coconut oil), consider the smoke point if you're cooking at high temperatures.

Non-Dairy Milks (Almond, Coconut, Cashew Milk, etc.)

Non-dairy milks are plant-based alternatives to cow's milk and are common in Paleo diets. These milks are often used in cooking, baking, or as a base for smoothies and sauces.

Substitutions:

- 1 cup almond milk = 1 cup coconut milk (for a creamier texture)
- 1 cup almond milk = 1 cup cashew milk
- 1 cup almond milk = 1 cup homemade nut milk (e.g., hazelnut or macadamia)
- 1 cup almond milk = 1 cup water + 1 tbsp coconut cream (for richness)
- 1 cup coconut milk = 1 cup cashew milk
- 1 cup coconut milk = 1 cup almond milk (lighter, less creamy)
- 1 cup coconut milk = 1 cup hemp milk (similar nutrient profile)
- 1 cup cashew milk = 1 cup almond milk
- 1 cup cashew milk = 1 cup coconut milk (for thicker texture)

Note: If using coconut cream instead of milk, dilute with water (1/2 cream + 1/2 water) for a similar consistency to almond or cashew milk.

Palm Shortening

Palm shortening is a solid fat made from palm oil that is used in Paleo baking as a butter or margarine substitute. It is high in healthy fats and has a neutral flavor, making it ideal for a variety of recipes.

Substitutions:

- 1 cup palm shortening = 1 cup coconut oil (for slight coconut flavor)
- 1 cup palm shortening = 1 cup ghee (for a richer flavor)
- 1 cup palm shortening = 1 cup avocado oil
- (in non-baking recipes)
- 1 cup palm shortening = 1 cup lard (for baking and frying, though taste may vary)

Nutritional Yeast

Nutritional yeast is a deactivated yeast that provides a cheesy flavor and is often used as a dairy substitute in sauces and snacks. It is rich in B vitamins and provides a savory, umami taste.

Substitutions:

- 1 tablespoon nutritional yeast = 1 tablespoon miso paste (for a similar umami flavor)
- 1 tablespoon nutritional yeast = 1 tablespoon tahini (for creaminess)
- 1 tablespoon nutritional yeast = 1 tablespoon grated vegan cheese (for a cheesy taste)

Cassava Noodles

Cassava noodles are made from cassava flour and are a gluten-free, grain-free alternative to traditional pasta. They provide a chewy texture that works well in various dishes.

Substitutions:

- 1 cup cassava noodles = 1 cup zucchini noodles (for a lighter, vegetable-based option)
- 1 cup cassava noodles = 1 cup spaghetti squash (for a different texture)
- 1 cup cassava noodles = 1 cup shirataki noodle (for a low-calorie alternative)

Chia Seeds

Chia seeds are nutrient-dense seeds that are high in fiber, omega-3 fatty acids, and protein. They are often used as a thickening agent or egg replacer in baking.

Substitutions:

- 1 tablespoon nutritional yeast = 1 tablespoon miso paste (for a similar umami flavor)
- 1 tablespoon nutritional yeast = 1 tablespoon tahini (for creaminess)
- 1 tablespoon nutritional yeast = 1 tablespoon grated vegan cheese (for a cheesy taste)

Sea Salt

Sea salt is often used in cooking and baking to enhance flavor. It provides trace minerals and is considered a healthier alternative to table salt.

Substitutions:

- 1 teaspoon sea salt = 1 teaspoon Himalayan pink salt
- 1 teaspoon sea salt = 1 teaspoon kosher salt
- 1 teaspoon sea salt = 1 teaspoon flaked salt
  (for a different texture)

Baking Soda

Baking soda is a common leavening agent used in Paleo baking to help baked goods rise. It requires an acidic ingredient to activate.

Substitutions:

- 1 teaspoon baking soda = 1 teaspoon baking powder
  (use more if needed, as baking powder is less potent)
- 1 teaspoon baking soda = 1/4 teaspoon cream of tartar + 1/4 teaspoon baking soda
  (to make a homemade baking powder)
- 1 teaspoon baking soda = 1/2 teaspoon vinegar
  (with additional dry ingredients to balance)

Gelatin

Gelatin is a protein derived from animal collagen that is used as a thickener or stabilizer in recipes, especially in desserts and jellies.

Substitutions:

- 1 tablespoon gelatin = 1 tablespoon agar-agar (for a vegetarian alternative)
- 1 tablespoon gelatin = 1/4 cup chia seeds (soaked in water for a thickening effect)
- 1 tablespoon gelatin = 1 tablespoon pectin (for fruit-based recipes)

Mustard (Dijon or Yellow)

Mustard adds a tangy flavor to dressings, marinades, and sauces. It is typically made from mustard seeds and vinegar, and it can be a great condiment in a Paleo diet.

Substitutions:

- 1 tablespoon mustard = 1 tablespoon apple cider vinegar + 1 teaspoon honey (for sweetness)
- 1 tablespoon mustard = 1 tablespoon horseradish (for heat)
- 1 tablespoon mustard = 1 tablespoon tahini (for creaminess in dressings)

Cacao Powder

Cacao powder is the purest form of chocolate and is rich in antioxidants. It is often used in desserts and smoothies for a chocolatey flavor without added sugar.

Substitutions:

- 1 tablespoon cacao powder = 1 tablespoon cocoa powder (less bitter, but not strictly Paleo)
- 1 tablespoon cacao powder = 1 tablespoon carob powder (for a sweeter, non-chocolate alternative)
- 1 tablespoon cacao powder = 1 tablespoon ground cinnamon (for a different flavor profile)



Paleo Condiments

Paleo Ketchup

Why it's great for menopause: This homemade ketchup is free from refined sugars and preservatives, offering a healthier alternative that can help stabilize blood sugar levels.

Ingredients



- 1 can (6 oz) tomato paste
- 1/4 cup apple cider vinegar
- 1/4 cup water
- 2 tablespoons honey or maple syrup
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon smoked paprika (optional)

Instructions

- In a bowl, combine all the ingredients and whisk until smooth.
- Taste and adjust sweetness or seasoning as needed.
- Store in an airtight container in the refrigerator for up to 2 weeks.

Creamy Avocado Dressing

Why it's great for menopause: Packed with healthy fats and fiber, this creamy dressing supports heart health and keeps you feeling satisfied.



Ingredients

- 1 ripe avocado
- 1 tablespoon lime juice
- 1 garlic clove
- Salt and pepper to taste
- Water to thin (if necessary)
- 1/4 cup coconut milk (or non-dairy milk of choice)

Instructions

- In a blender, combine all ingredients until smooth. Add water if a thinner consistency is desired.
- Taste and adjust seasoning as needed.
- Store in an airtight container in the refrigerator for up to 3 days.

Spicy Paleo Mayonnaise

Why it's great for menopause: This homemade mayo is rich in healthy fats, which are crucial for hormone production and overall health.

Ingredients



- 1 large egg
- Salt to taste
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 cup light olive oil or avocado oil
- Hot sauce or cayenne pepper (optional, for spice)

Instructions

- In a tall container, combine the egg, mustard, and vinegar.
- Using an immersion blender, blend while slowly adding the oil until emulsified.
- Season with salt and add hot sauce for extra spice, if desired.
- Store in an airtight container in the refrigerator for up to 1 week.

Garlic Herb Paleo Pesto

Why it's great for menopause: Packed with fresh herbs and healthy fats, this pesto is a great way to add flavor and nutrients to dishes.



Ingredients

- 2 cups fresh basil leaves
- 1/2 cup pine nuts (or walnuts)
- 1/2 cup extra-virgin olive oil
- 2 garlic cloves
- Salt to taste
- Juice of 1/2 lemon

Instructions

- In a food processor, combine the basil, pine nuts, garlic, and salt. Pulse until finely chopped.
- Slowly drizzle in the olive oil while the processor is running until smooth.
- Add lemon juice and pulse to combine. Adjust seasoning to taste.
- Store in an airtight container in the refrigerator for up to 1 week.

Paleo Mustard

Why it's great for menopause: This simple mustard adds tangy flavor without any additives, making it perfect for dressings or marinades.

Ingredients



- 1/2 cup apple cider vinegar
- 1/2 cup water
- 1 tablespoon honey (optional)
- Salt to taste
- 1/2 cup mustard seeds (yellow or brown)

Instructions

- In a bowl, combine mustard seeds, vinegar, water, and honey. Let sit for 2 hours to soften seeds.
- Transfer the mixture to a blender or food processor and blend until you reach desired consistency (smooth or chunky).
- Season with salt to taste.
- Store in an airtight container in the refrigerator for up to 1 month.

Paleo Mayo

Why it's great for menopause: This creamy mayo is rich in healthy fats, which support hormone production and provide sustained energy.

Ingredients



- Salt to taste
- 1 large egg (room temperature)
- 1 tablespoon Dijon mustard
- 1 tablespoon apple cider vinegar or lemon juice
- 1 cup light olive oil or avocado oil

Instructions

- In a tall container, combine the egg, mustard, and vinegar or lemon juice.
- Using an immersion blender, blend the mixture while slowly adding the oil until emulsified.
- Season with salt to taste.
- Store in an airtight container in the refrigerator for up to 1 week

Paleo Sour Cream

Why it's great for menopause: This sour cream alternative adds creaminess and probiotics, supporting gut health and digestion.

Ingredients



- 1/4 cup water
- Salt to taste
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 cup cashews (soaked for 2-4 hours and drained)

Instructions

- In a blender, combine soaked cashews, water, lemon juice, and apple cider vinegar.
- Blend until smooth and creamy. Add more water if needed for consistency.
- Season with salt to taste.
- Store in an airtight container in the refrigerator for up to 5 days.

Paleo Yogurt

Why it's great for menopause: This coconut yogurt is dairy-free and rich in probiotics, which can promote a healthy gut and support overall hormone balance.

Ingredients



- 1 can (13.5 oz) full-fat coconut milk
- 1 tablespoon probiotic powder
  or 2 capsules (opened)
- 1 tablespoon maple syrup (optional, for sweetness)

Instructions

- In a clean glass jar, combine the coconut milk and probiotic powder. If using capsules, add the contents of the capsules.
- Whisk until well combined.
- Cover the jar with a cheesecloth or breathable cloth and secure it with a rubber band. Let it sit at room temperature (ideally around 80°F) for 24-48 hours to ferment.
- After fermenting, refrigerate the yogurt to thicken. If desired, stir in maple syrup for sweetness.
- Store in an airtight container in the refrigerator for up to 1 week.



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