



PERIMENOPAUSE 5-DAY MENU

TARGET

- Protein: 30 g per meal
- Fiber: 30 g per day
- Carbs: high-fiber vegetable carbs / complex vegetable carbs
 - Avoid grains and legumes
- Fats: butter, olive oil, avocado, nuts, duck fat, beef tallow
- Meals: 2–3 solid meals per day

NOTES

Because perimenopause is a time of high inflammation in the body, this menu is gluten-free and dairy-free with the intention of reducing inflammation.

If you tolerate dairy well, you can include it; if you're unsure or feel inflamed, remove dairy for 30 days and reassess.

On the weekends, meals are flexible. To keep the glycemic index low, eat fiber first, then protein, then carbs.

If eating sweet foods, go for at least a 30-minute walk, starting within 15 minutes after eating.

Apple cider vinegar in the morning:

- 1 tbsp apple cider vinegar + 1 glass of water
- If irritating, add apple cider vinegar to a microgreens salad at breakfast

Batch-Cooking Note

For this menu, boil one whole chicken per week.

Use the shredded chicken throughout the week for breakfasts and lunches, and reserve the broth for cooking or sipping.

MENU

DAY 1

Breakfast: Crepe Omelette with Chicken, Treeline Vegan Goat-Style Cheese, Microgreens & Avocado

Lunch: Lemon Chicken with Tabbouleh and Tahini Sauce

Dinner: Beef Stew with Roasted Potato–Cauliflower Mash

DAY 2

Breakfast: Crepe Omelette with Chicken, Treeline Vegan Goat-Style Cheese, Microgreens & Avocado

Lunch: Lemon Chicken with Roasted Sweet Potatoes, Peppers & Onion, Arugula Salad, and Tahini Dressing

Dinner: Beef Stew with Roasted Potato–Cauliflower Mash

DAY 3

Breakfast: Blueberry Protein Smoothie

Lunch: Chicken Lettuce Cups

Dinner: Stuffed Sweet Potato with Spicy Reduced Beef Stew

DAY 4

Breakfast: Crepe Omelette with Chicken and Treeline Vegan Goat-Style Cheese, served with Arugula and Roasted Vegetables

Lunch: Lemon Chicken with Tabbouleh and Avocado

Dinner: Grilled Salmon with Asparagus, Broccolini & Herb Sauce

DAY 5

Breakfast: Blueberry Protein Smoothie

Lunch: Grilled Salmon with Asparagus, Broccolini & Herb Sauce

Dinner: Chicken Lettuce Cups

RECIPES

Crepe Omelette

Ingredients (1 serving)

- 1 whole egg
- 2 egg whites
- Salt and pepper
- 1–2 tbsp chopped chives
- 1 tsp butter or olive oil (for pan)
- 2 oz boiled shredded chicken
- 2 tbsp Treeline vegan goat-style cheese
- Microgreens or arugula
- $\frac{1}{4}$ – $\frac{1}{2}$ avocado
- Olive oil
- Apple cider vinegar

Method

1. Beat egg, egg whites, salt, pepper, and chives.
2. Heat a large frying pan over low–medium heat and lightly grease.

3. Pour eggs into the pan, spreading into a very thin, crepe-like layer.
4. While cooking, mentally divide the omelette into quarters.
5. On one side only, add shredded chicken and vegan goat-style cheese.
6. Fold the omelette in half, then fold again into quarters.
7. Serve with greens and avocado dressed with olive oil and apple cider vinegar.

Batch note:

You can batch-cook 3 omelettes at once. Store with parchment paper between each omelette to prevent sticking.

Blueberry Protein Smoothie

Ingredients

- 1 cup blueberries
- 1 scoop collagen protein
- 1 tbsp pistachio or almond butter
- 1 tbsp coconut kefir or yogurt
- 2 tbsp chia seeds
- 1 tbsp cacao nibs
- 1 cup unsweetened almond milk
- A few ice cubes

Method

Blend all ingredients until smooth and creamy.

Lemon Chicken

Ingredients

- 1 lb chicken breast or thigh, cut into strips
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ tbsp garlic, minced
- $\frac{1}{2}$ tbsp onion, minced
- 1 tbsp dried oregano
- 1 tsp turmeric
- 2–3 tbsp olive oil
- 1 tsp salt
- Black pepper

Method

1. Combine all ingredients in a bowl and toss well.
2. Marinate for 30 minutes.
3. Cook in a pan over medium–high heat until golden and cooked through.

Roasted Sweet Potatoes, Peppers & Onion

Ingredients

- Sweet potatoes, peeled and cubed
- 2 bell peppers
- 1 onion
- Olive oil
- Salt and pepper
- Optional: chili powder
- 1 tsp garlic powder

Method

1. Preheat convection oven to 400°F / 205°C.
2. Peel and cube sweet potatoes. Toss with olive oil, salt, and pepper (optional chili powder).
3. Line a baking tray with parchment paper and spread the sweet potatoes on one side of the tray.
4. Cut peppers and onion the same size. Toss with olive oil, salt, pepper, and garlic powder.
5. Add peppers and onion to the other side of the tray.
6. Roast until peppers and onion are caramelized (about 15 minutes) and sweet potatoes are soft (25–30 minutes).

Tabbouleh-Style Salad

Ingredients

- $\frac{1}{4}$ cup red onion, chopped
- $\frac{1}{4}$ cup fresh mint, chopped
- 3 Persian cucumbers, diced
- 1 cup cherry tomatoes, halved
- $\frac{3}{4}$ cup kalamata olives, chopped
- 1 bunch parsley, chopped
- $\frac{1}{2}$ cup pomegranate seeds
- $\frac{1}{3}$ cup olive oil
- Juice of 1 lemon
- 1 tsp sea salt
- 1 tsp black pepper

Method

Mix all ingredients in a large bowl. Toss well and adjust seasoning.

Tahini Dressing

Ingredients

- $\frac{1}{2}$ cup tahini
- $\frac{1}{4}$ cup fresh lemon juice
- 6 tbsp water, plus more as needed
- 1 small garlic clove, grated
- 1 small knob fresh ginger, grated (same amount as garlic)
- $\frac{1}{2}$ tsp sea salt
- 3 drops stevia (as needed)
- $\frac{1}{4}$ cup extra-virgin olive oil

Method

1. Whisk tahini, lemon juice, water, garlic, ginger, and salt.
2. Add olive oil and whisk until smooth.
3. Adjust consistency with water.
4. If too sour, add stevia (up to 3 drops).
5. If too sharp, add a little more olive oil.

Beef Stew

Ingredients

- 1 lb beef stew meat
- Salt and pepper
- Fresh rosemary
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 carrots, chopped
- 3 celery stalks, chopped
- 1 tbsp tomato paste
- ½ cup red wine (optional)
- Beef bone broth, to cover

Method

1. Season beef and dry-sear until deeply browned; remove.
2. Sauté onion and garlic.
3. Add carrots, celery, tomato paste, and wine.
4. Return beef, add rosemary, and cover with broth.
5. Simmer 40 minutes to 1 hour, until tender.

Potato–Cauliflower Mash

Ingredients

- 1 head cauliflower
- 3 potatoes
- 2 tbsp butter
- 1 tsp salt

Method

1. Preheat oven to 300°F / 150°C.
2. Cut cauliflower into four pieces and wrap in foil.
3. Place whole potatoes and wrapped cauliflower on a baking tray.
4. Bake 40 minutes, until soft.
5. Peel potatoes. Unwrap cauliflower. Add both to a food processor.
6. Add butter and salt. Blend until smooth.

Stuffed Sweet Potato with Spicy Beef Stew

Ingredients

- Leftover beef stew
- Sweet potatoes
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp chipotle powder
- Optional: vegan cream cheese

Method

1. Preheat oven to 350°F / 175°C.
2. Wrap sweet potatoes in foil and bake 30–40 minutes, until soft.
3. Warm leftover beef stew over medium–high heat.
4. Add spices and reduce until very thick and concentrated.
5. Split sweet potatoes and stuff with spicy beef stew.
6. Top with a dollop of vegan cream cheese, if desired.

Grilled Salmon with Asparagus & Broccolini

Ingredients

- 2 salmon steaks (skin on)
- Asparagus, trimmed
- Broccolini, trimmed
- Salt and pepper

Herb Sauce

- Parsley, chopped
- 3 tbsp olive oil
- Zest and juice of ½ lemon
- Shallot (optional)
- Capers, chopped

Method

1. Heat a grill pan over medium to high heat.
2. Add salmon skin-side down and cook until halfway through.
3. Flip salmon, lower heat to medium–low, and cook to your liking.
4. If you like crispy skin, remove the skin and place the inside of the skin down on the grill pan while the salmon is still cooking.
5. Remove salmon.
6. In the same pan, cook asparagus first, then broccolini, over medium to low heat until tender.
7. Spoon herb sauce over salmon and vegetables.

Leftover note:

Leftover salmon can be added to scrambled eggs the next morning.

Chicken Lettuce Cups

Ingredients

- 1 head iceberg lettuce

- Olive oil
- ½ red onion, chopped
- 1 clove garlic, minced
- 2 cups boiled shredded chicken
- 1 carrot, grated
- 1 zucchini, grated
- ½ box mushrooms, chopped
- 1 small knob ginger, grated
- 1 tbsp sesame oil
- 3 tbsp tamari
- 3 tbsp hoisin sauce
- Pinch cayenne pepper
- Juice of 1 lime
- 2 green onions, sliced
- ¼ bunch cilantro, chopped
- Chopped toasted cashews

Method

1. Separate iceberg lettuce leaves, keeping them whole to use as cups. Wash and set aside.
2. Heat a pan over medium–high heat with olive oil.
3. Add onion and garlic; cook until translucent.
4. Add mushrooms, carrot, zucchini, and ginger. Cook 3–5 minutes.
5. Add shredded chicken to warm through.
6. In a separate bowl, mix tamari, hoisin sauce, cayenne pepper, lime juice, cilantro, green onions, and sesame oil.
7. Pour sauce over chicken and vegetables and turn off heat.
8. Spoon into lettuce cups (2–3 per meal) and garnish with cashews.

Weekly Boiled Chicken (Batch Cooking)

Ingredients

- 1 whole chicken
- 2 carrots
- 3 celery stalks
- Small piece ginger
- Small piece turmeric
- 1 tbsp apple cider vinegar
- 2 tsp salt
- Water to cover
- Optional: thyme, rosemary, sage
- Optional: onion peels or vegetable scraps

Method

1. Place whole chicken in a large pot.
2. Add vegetables, ginger, turmeric, apple cider vinegar, salt, and herbs if using.
3. Add enough water to fully cover the chicken.
4. Leave lid off.
5. Cook on medium–high heat for 3 hours.
6. Remove chicken, shred meat, and reserve broth.

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