

5-Day Meal Plan to Lose Weight for The Menopause Diet



Breakfast

Lunch

Snack

Dinner

DAY 1

- Greek yogurt with mixed berries and nuts



- Grilled chicken breast with roasted vegetables



- Celery sticks with hummus



- Broiled salmon with quinoa and steamed broccoli



DAY 2

- Omelet with spinach, mushrooms, and feta cheese



- Roast beef with baked sweet potato and green salad



- Apple slices with almond butter



- Baked chicken with brown rice and asparagus



DAY 3

- Protein smoothie with banana, peanut butter, and almond milk



- Quinoa salad with mixed greens, and a vinaigrette dressing



- Baby carrots with guacamole



- Baked cod with roasted Brussels sprouts



DAY 4

- Scrambled eggs and whole-grain toast with baked veggies



- Meatballs and green salad



- Cucumber slices with tzatziki dip



- Turkey chili with mixed vegetables and avocado



DAY 5

- Overnight oats with mixed berries and chia seeds



- Falafel with mixed greens and balsamic vinaigrette dressing



- Edamame



- Grass-fed beef meat with roasted sweet potatoes and greens

