

MENOPAUSE MEAL PLAN FOR WEIGHT LOSS



SHOPPING LIST



ELEVATE 2019

JUICE

KALE
SPINACH
STRAWBERRIES
APPLES
LIME
PINEAPPLE
SPINACH
CELERY
TANGERINE
GINGER
BROCCOLI
CUCUMBER
ORANGES
BANANAS
ALMOND MILK
CHIA SEEDS
GREEN TEA

FOOD

BANANAS
EGGS
GLUTEN-FREE OATS
ONIONS
GARLIC
TOMATO PUREE
TINS CHOPPED TOMATOES
MIXED VEG
CHICKEN BREASTS
GINGER
COCONUT MILK
MINCED BEEF
MIXED PEPPERS
PASSATA
KIDNEY BEANS
CANNELLINI BEANS
BACON
AVOCADO
SWEET POTATOES
CHICKEN THIGHS
CARROTS
LEEKS
PARSNIPS
SMOKED SALMON
WATERCRESS
SPINACH
BUTTER BEANS
SUNDRIED TOMATOES
FETA CHEESE
CABBAGE
MIXED MUSHROOMS
BEETROOT
RED CHILLI
SWEDE

SPICES

FRESH MINT
CURRY POWDER
KORMA CURRY POWDER
FRESH CORIANDER
GROUND CUMIN
GROUND CORIANDER
CHILL POWDER
DRIED PARSLEY
DRIED BASIL
DRIED OREGANO
TURMERIC
FRESH ROSEMARY
FRESH THYME
CINNAMON
FLAT LEAF PARSLEY
DILL
FENUGREEK
MUSTARD SEEDS

DAY ONE

Juice

BEGINNERS BERRY JUICE

Six large leaves of kale and one cup of spinach, then add 12 strawberries, two green apples, one whole lime and a handful of fresh mint.

Meal 1

BANANA PANCAKES

INGREDIENTS

1 banana
1 egg
30g gluten-free oats 1/2 tsp cinnamon
2 tsp coconut oil

INSTRUCTIONS

Mix all ingredients together in a bowl. Heat coconut oil in a frying pan. Half the ingredients and make into balls. Press down the balls into the pan. Cook for a couple of minutes each side.

Meal 2

QUICK VEG CURRY

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 1/2 tbsp curry powder
- 2 tbsp tomato purée
- 1 (400g) tin chopped tomatoes
- 1 vegetable stock cube
- 285g frozen mixed vegetables
- 340ml water
- Himalayan salt and pepper to taste
- 1 tbsp chopped fresh coriander to garnish

Method

1. In a large saucepan over medium high heat, heat coconut oil and sauté onion and garlic until golden.
2. Stir in curry powder and tomato purée, cook 2 to 3 minutes.
3. Stir in tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper to taste.
4. Cook approximately 20 to 30 minutes until vegetables are well done (not crunchy). Sprinkle with fresh coriander prior to serving.



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DAY TWO

Juice 1

SECRET GREEN JUICE

To create this blend, combine one cup of pineapple chunks with six cups of spinach, one stalk of celery and one large, peeled tangerine and chill for an hour before serving in an ice-filled glass.

Meal 1

BBQ CHICKEN SKEWERS

Ingredients:

4 chicken breasts cut into cubes Marinade:

- 2 limes, juiced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 4 garlic cloves, finely grated
- 4 tsp ginger, finely grated
- 4 tbsp coconut milk

Method:

Marinate the chicken in the mix and leave for a few hours. Remove the chicken pieces and thread onto skewers. Place in a frying pan on medium heat and cook 4-5 mins on each side or BBQ.

Meal 2

CHILLI CON CARNE

- 500g (1 1/4 lb) minced beef • 1 onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 1 (600g) jar passata
- 2 (400g) tins kidney beans, liquid reserved from one tin • 1 (400g) tin cannellini beans, liquid reserved
- 1/2 tbsp chilli powder
- 1/2 tsp dried parsley
- 1 tsp Himalayan salt
- 3/4 tsp dried basil
- 3/4 tsp dried oregano
- 1/4 tsp ground black pepper

Method

1. Place the mince in a frying pan over medium heat, and cook until evenly brown. Drain fat.
2. Place the mince in a slow cooker, and mix in remaining ingredients.
3. Cover, and cook 8 hours on Low.



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DAY THREE

Juice

GOLDEN LIVER FLUSHING DRINK

INGREDIENTS

1/2 tsp turmeric

A small knob of ginger Juice 1/2 a lemon

1/2 cup water

INSTRUCTIONS Blend all together

Meal 1

BACON AND EGGS

Ingredients

- 2 rashers of organic bacon
- 2 eggs
- 1 avocado
- Himalayan salt
- Pepper
- Kick Start coconut oil

Method

Fry 2 rashers of bacon in coconut oil for 5 mins or until crispy. Crack 2 eggs, whisk them up and pour into a frying pan

with a small amount of coconut oil and stir until

cooked through and fluffy. Add a small pinch of Himalayan salt and pepper to taste.

Half an avocado and scoop out the inside and chop into chunks. Plate it all up together.

Meal 2

CHICKEN STEW

- 1 tbsp coconut oil
- 1 onion, finely chopped
- 4 garlic cloves, sliced
- 1.4l chicken stock
- 1 large sweet potato, finely grated
- 1 tbsp fresh thyme leaves
- 2 tsp fresh rosemary leaves
- 2 x 850g packs skinless chicken thighs
- 6 carrots, halved lengthways and cut into chunks • 2 parsnips, halved lengthways and cut into chunks
- 3 leeks, well washed and thickly sliced

Method

1. Heat the coconut oil in your largest pan – an extra-large wok with a lid is ideal. Fry the onion and garlic for a few mins until soft, then pour in the stock and stir in the potato and herbs.

2. Add the chicken and bring to the boil. Stir in the carrots, parsnips and leeks, then cover the pan and leave to simmer on a low heat for 40-45 mins, stirring every now and then, until the chicken is tender.



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DAY FOUR

Juice

GREEN COLADA

INGREDIENTS

1 cucumber
1/2 head broccoli 2CM fresh ginger 100ml coconut milk 1 slice pineapple

INSTRUCTIONS

Juice the cucumber, broccoli and ginger. Blend with coconut milk and finely diced pineapple. Add more coconut milk to taste.

Meal 1

AVOCADO SALAD

Ingredients

1 large avocado, 100g smoked salmon (optional),
1 boiled egg, 4 handfuls fresh spinach, 4 handfuls watercress, 2 green peppers, 1 garlic clove, 1 small onion, 2 tbsp extra virgin olive oil.

Method

Chop and combine all ingredients and drizzle with olive oil.

Meal 2

BUTTERBEAN STEW

- 4 x 235g cans butter beans
- 100ml extra virgin olive oil
- 3 small red onions, finely sliced
- 2 large carrots, finely sliced
- 3 celery stalks with leaves, finely chopped
- 4 sundried tomatoes, sliced
- 1kg ripe tomatoes, skinned, deseeded and finely chopped • 4 garlic cloves, chopped
- 1 tsp paprika
- 1 tsp ground cinnamon
- 2 tbsp tomato purée
- small pack flat-leaf parsley, finely chopped
- small pack dill, finely chopped
- 100g feta (optional), crumbled

Method

1. Drain the canned beans, reserving 200ml of the liquid.
2. Heat the oil in a large flameproof lidded casserole dish, and cook the onions, carrots and celery until tender and the onions are soft and transparent, but not coloured. Stir in the remaining ingredients, reserving half of the chopped herbs and feta (if using).
3. Pour it into a slow cooker and cook for 4-6 hours on low until ready.



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DAY FIVE

Juice

MORNING BOOST JUICE

Process one medium beet along with one large red apple, a few stalks of celery and one whole lime.

Meal 1

GREEN SOUP

Ingredients

Onions, Kale, Broccoli, Red pepper, Carrots, Sweet potato, cabbage and 300ml vegetable stock.

Method

Sweat off the vegetables in coconut oil then add vegetable stock and simmer for 15 minutes. Blitz with a hand blender until smooth. Season with salt and pepper.

Meal 2

MUSHROOM CURRY

- 500g mixed mushrooms (portobello, chestnut etc) • 2 cloves of garlic, chopped
- 5 cm piece of ginger, chopped
- 1 onion, chopped
- 1 fresh red chilli, copped
- 500g ripe mixed-colour tomatoes, chopped • Groundnut oil
- 1 tsp turmeric
- 1 tsp fenugreek
- 1 heaped tsp black mustard seeds
- 1 heaped tsp medium curry powder
- 1 tin of coconut milk
- 2 limes
- 1 bunch of fresh coriander

Method

1. Preheat the oven to 200°C/400°F. Roughly chop some of the mushrooms, keeping the smaller ones whole and tearing up the rest. Tip into a large casserole dish and toast on the hob over a medium heat for 5 to 8 minutes, until nutty and really golden. 2. Meanwhile, peel and finely slice the garlic, ginger and onion. Trim and finely slice the chilli, then roughly chop the tomatoes.
3. Add all of it to the pan except the tomatoes, then add 1 tablespoon of oil and the spices. Toss for 2 minutes, stirring continuously, until the spices are toasted and it's smelling lovely. Add the tomatoes and coconut milk, stir to combine and season well with sea salt and black pepper.
4. Cook for 30 minutes until all cooked through. Taste and season as required, adding a little lime juice if needed.
5. Roughly chop the coriander leaves and scatter over the top when serving. Cut the remaining lime into wedges for people to squeeze over the top.



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DAY SIX

Juice

SPINACH AND ORANGE SMOOTHIE

Ingredients

- 1 orange, peeled
- 1/2 banana, peeled
- 1 handful fresh spinach
- 60ml almond milk
- 1 tbsp chia seeds
- Ice

Method

Add all ingredients to a blender with a few ice cubes and blend. Add more almond milk if needed.

Meal 1

GREEN AND PINK SALAD

INGREDIENTS

- Extra virgin olive oil
- 1 lemon, zest and juice
- 1 bag mixed salad
- 1 beetroot peeled, coarsley grated 1 pinch Himalayan salt
- 1 pinch black pepper
- 1 pinch red chilli, finely chopped

INSTRUCTIONS

Combine all ingredients with a squeeze of lemon and glug of olive oil. Toss in a bowl to coat and serve!

Meal 2

VEG STEW

Ingredients

- 1 tbsp coconut oil
- 1 onion, peeled and sliced
- 2 carrots, peeled and diced
- 2 parsnips, peeled and diced
- 2 celery stalks, chopped
- 250g swede, peeled and diced • 600ml hot vegetable stock
- 400g can tomatoes
- 420g can butter beans, drained • A handful of chopped parsley

Method

1. Heat the coconut oil in a large pan, add the onion and fry slowly for 5 mins. Add the other vegetables, cover and fry over a medium heat for 5 minutes, so they start to soften.
2. Pour in the stock and canned tomatoes, bring to the boil, cover and simmer for 10 minutes. Stir in the beans and cook for another 5 minutes, until the vegetables are tender. Sprinkle with the chopped parsley.



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DAY SEVEN



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Juice

GREEN KALE JUICE

Ingredients

- 240ml green tea, chilled
- 1 handful fresh parsley
- 1 handful kale
- 1/2 cucumber, chopped
- 1/4 pineapple, chopped
- Juice of 1 lemon
- 1 tbsp fresh ginger, grated
- 1/2 avocado, chopped

Method

Blend all ingredients together until smooth.

Meal 1

EGGS MARINARA

Ingredients

- 2 eggs
- 1 handful cherry tomatoes
- 1 handful parsley
- Himalayan salt
- 1 tsp Kick Start coconut oil

Method

Heat the coconut oil in a saucepan on a medium heat. Crack in 2 eggs and fry until cooked to your desired consistency.

Blend 1 handful of cherry tomatoes and 1 handful of parsley with a sprinkle of Himalayan salt.

Serve the tomato sauce over your eggs.

Meal 2

CHICKEN KORMA

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 tsp finely chopped fresh root ginger
- 2 tbsp korma (mild) curry powder
- 600g skinless chicken breast fillets, thickly sliced
- 150ml hot chicken stock
- 400ml can coconut milk
- 50g ground almonds
- 2 tbsp chopped fresh coriander (optional)

Method

1. Fry the flavourings: Preheat the oven to 180°C (160°C fan oven), gas 4. Heat the oil in a flameproof casserole or heavy pan and lightly cook the onion and ginger for 4-5 minutes or until softened. Stir in the curry paste or powder and cook over a low heat for 1 minute, taking care that it does not burn.

2. Cook the chicken: Add the chicken slices to the casserole or pan, stirring to coat them in the spicy onions.

3. Add the stock and coconut milk, and bring to the boil. Season.

If cooked in a pan, transfer to a warm slow cooker. Leave to cook 4-6 hours on low. Add the almonds:

When ready to serve, stir in the ground almonds to thicken the sauce. Scatter coriander on top, if you like.