

**The Meno Vitality
Blueprint**
Nutrition for Energy,
Hormones, and Heart
Health



Menopause is a new beginning. With the right nutrition, you can thrive with energy, strength, and balance.

Perimenopause and menopause bring hormonal shifts that impact metabolism, energy, and mood. Instead of fighting these changes, the key is to support your body naturally with the right habits, nutrition, and supplementation. This blueprint helps you balance hormones, boost energy, and reduce stress—without overwhelm—so you can work with your body, not against it.

1. Calcium – Strong Bones

Leafy greens (spinach, kale, broccoli, brussels sprouts). Also offers Vitamin A, C, and K, which are great strengtheners

Hormone-free dairy if desired

2. Fiber – Heart Health

Aim for 21g+ daily

Beans, lentils, oats, chia, flax, veggies, and fruit

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**3. Healthy Fats – Mood &
Inflammation**

Omega-3s: salmon, flax, walnuts,
chia

Anti-inflammatory spices:
turmeric, ginger, garlic, cinnamon,
cayenne

4. Protein – Strength & Energy

- Start your day with 30g complete protein
- Prioritize protein at every meal
- Guidelines: Active & strength training = 0.8–1.0 g per lb body weight (ex: 150lbs x 1.0)
- Add 1 packet Arbonne Vegan Collagen daily

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**5. Hydration – Balance &
Digestion**

- 8–10 glasses (64–80 oz) water daily
- Active: $\frac{1}{2}$ body weight in ounces
- Herbal teas (green tea, ginger, turmeric)
- Limit caffeine & alcohol

Avoid drinking 30 min before/after meals

Bonus Support

Black Cohosh – may reduce hot flashes & night sweats (1–6.5 mg daily)

Lifestyle Habits

- Eat whole, fresh, organic foods
- Eliminate processed foods
- Practice mindful eating (chew slowly, no distractions)
- Meal prep weekly or plan meals daily

Top Foods for Women's Health



Here are 23 powerful foods for women. There are many more, but if you start with these, you will feel, a big difference in your health.

Sweet potatoes

Kale

Broccoli

Cabbage

Sprouts

Mushrooms

Garlic

Eggs

Salmon

Oysters

Beans,

Walnuts

Oatmeal

Quinoa

Flax Seeds

Chia Seeds

Extra Virgin Olive Oil

Coconut Oil

Blueberries

Figs

Pears

Lemons

Dark Chocolate

The Meno Vitality Sample Plan



The Meno Vitality Plan – Sample Day (Balanced meals for energy, hormones, and heart health)

Morning

- Hydration: 12–16 oz spring water before breakfast
- Breakfast:
 - 2 scrambled eggs with spinach + tomatoes (cooked in olive oil)
 - ½ avocado with turmeric + black pepper sprinkled on top
 - 1 slice sprouted grain toast
 - Protein add-on: 1 scoop Prestige Collagen in tea, smoothie, or water
- Total protein: ~30g

Mid-Morning Snack

- Greek yogurt (unsweetened, organic if possible)
- 1 Tbsp ground flax or chia seeds
- Handful of blueberries

Lunch

- Grilled salmon (or plant-based protein like tofu/tempeh)
- Quinoa or brown rice (fiber + minerals)
- Steamed broccoli + kale with garlic & olive oil
- Side of mixed greens with lemon-ginger vinaigrette

The Meno Vitality Sample Plan



The Meno Vitality Plan – Sample Day (Balanced meals for energy, hormones, and heart health)

Afternoon Snack

- Apple slices with 2 Tbsp almond butter
- Green tea (supports metabolism & reduces inflammation)

Evening Wind-Down

- Herbal tea (ginger or turmeric)
- Practice mindful eating: chew slowly, avoid screens, allow digestion to relax before bed

Dinner

- Grilled chicken breast OR lentil stew with vegetables
- Roasted Brussels sprouts + carrots (seasoned with garlic + turmeric)
- Small baked sweet potato with cinnamon

Hydration Goal

- 8–10 glasses (64–80 oz) spring water throughout the day
- If active: $\frac{1}{2}$ your body weight in ounces