

M U S H R O O M & S P I N A C H S C R A M B L E

Ingredients:

- 2 eggs (or egg whites)
- 1/2 cup mushrooms, sliced
- 1/2 cup spinach, chopped
- 1 tablespoon olive oil
- Salt and pepper, to taste



Instructions:

1. Heat the olive oil in a pan over medium heat.
2. Add the sliced mushrooms and sauté for 3-4 minutes until they soften.
3. Add the spinach and cook until wilted.
4. Crack the eggs into the pan, stirring until scrambled.
5. Season with salt and pepper, then serve warm.

Benefits: Vitamin D in eggs helps combat mood swings and supports mental health, which is crucial for menopausal women facing emotional ups and downs. Mushrooms and spinach add fiber, essential minerals, and antioxidants to the meal, supporting digestion and reducing stress levels. This breakfast also provides a good dose of protein to stabilize energy levels.

SWEET POTATO & BLACK BEAN BOWL

Ingredients:

- 1 medium sweet potato, cubed
- 1/2 cup black beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)



Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the sweet potato cubes in olive oil, cumin, paprika, salt, and pepper. Roast in the oven for 20-25 minutes until tender.
3. In a bowl, layer the roasted sweet potato with black beans.
4. Garnish with fresh cilantro and serve warm.

Benefits: Complex carbs in sweet potatoes help stabilize blood sugar, which is essential for avoiding mood swings. Sweet potatoes are rich in fiber, vitamin C, and potassium, which can help ease bloating and fluid retention. Black beans add fiber and protein, aiding digestion and promoting a feeling of fullness. Together, they create a comforting and satisfying meal without sudden spikes in blood sugar.

C U C U M B E R & A V O C A D O S M O O T H I E

Ingredients:

- 1/2 cucumber, peeled and chopped
- 1/2 avocado, pitted and scooped
- 1/2 cup coconut water
- 1/4 cup fresh mint leaves
- 1 tablespoon lime juice
- Ice cubes (optional)



Instructions:

1. In a blender, combine cucumber, avocado, coconut water, mint leaves, and lime juice.
2. Blend until smooth.
3. Add ice cubes for a refreshing, chilled smoothie.
4. Pour into a glass and enjoy a hydrating, mood-boosting start to your day.

Benefits: Cucumber is hydrating, and the healthy fats in avocado promote clarity, focus, and balanced moods. Coconut water in this smoothie adds potassium, which can help reduce bloating, while mint provides a cooling, calming effect. This smoothie is ideal for reducing stress and supporting mental clarity during hormone fluctuations.

T U R M E R I C C H I C K E N W I T H C A U L I F L O W E R R I C E

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tbsp turmeric powder
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 head cauliflower, grated (or cauliflower rice)
- 1 tbsp fresh parsley, chopped (for garnish)
- 1 lemon, wedges (for serving)



Instructions:

1. Preheat the oven to 375°F (190°C). Season the chicken breasts with turmeric, olive oil, salt, and pepper.
2. Bake the chicken for 25-30 minutes or until fully cooked.
3. While the chicken bakes, heat olive oil in a pan over medium heat and sauté the grated cauliflower for 5-7 minutes, until tender.
4. Serve the turmeric chicken on top of the cauliflower rice, garnished with parsley and lemon wedges.

Benefits: Turmeric contains curcumin, which has powerful anti-inflammatory effects that can ease joint and muscle pain, common in menopause. The cauliflower rice is a low-carb alternative that provides fiber, promoting digestion and helping to prevent bloating. This dish is also rich in lean protein, helping to maintain muscle mass.

SPICY SALMON WITH AVOCADO SALSA

Ingredients:

- 2 salmon filets
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper, to taste
- 1 ripe avocado, diced
- 1/4 cup red onion, finely chopped
- 1 small tomato, diced
- 1 tbsp cilantro, chopped
- 1 lime, juiced



Instructions:

1. Preheat a grill or skillet over medium heat. Rub the salmon filets with olive oil, chili powder, cumin, salt, and pepper.
2. Grill or pan-sear the salmon for 4-5 minutes per side or until cooked to your liking.
3. In a small bowl, combine the diced avocado, red onion, tomato, cilantro, and lime juice to make the salsa.
4. Serve the salmon topped with avocado salsa.

Benefits: Omega-3 fatty acids in salmon help reduce inflammation, support heart health, and improve mood. Avocado salsa adds heart-healthy fats, fiber, and essential vitamins, enhancing skin health and promoting a glowing complexion. The combination of healthy fats and protein makes this meal satisfying and supportive of weight management.

B E R R Y - A V O C A D O S M O O T H I E

Ingredients:

- 1/2 avocado
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp honey (optional)



Instructions:

1. In a blender, combine the avocado, berries, chia seeds, almond milk, and honey.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy!

Benefits: Berries are rich in antioxidants, which combat oxidative stress and inflammation, both of which can increase during menopause. Avocado adds healthy fats that help with nutrient absorption and support hormone health. This smoothie is a refreshing and anti-inflammatory option to start the day or enjoy as an afternoon snack.

ZUCCHINI NOODLES WITH TURKEY MEATBALLS

Ingredients:

- 2 medium zucchinis, spiralized into noodles
- 1 lb ground turkey (lean)
- 1 egg (optional for binding)
- 1/4 cup almond flour (for meatball binding)
- 1/4 cup grated parmesan cheese
- 1 cup marinara sauce (low-sugar)
- 1 tbsp olive oil
- Salt, pepper, garlic powder, and dried oregano to taste



Instructions:

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, mix ground turkey, egg, almond flour, parmesan, garlic powder, salt, pepper, and oregano.
3. Form mixture into small meatballs and place them on the baking sheet.
4. Bake for 20-25 minutes, or until meatballs are fully cooked.
5. While meatballs bake, heat olive oil in a large pan over medium heat.
6. Add zucchini noodles and sauté for 2-3 minutes until tender.
7. Serve the zucchini noodles with turkey meatballs and top with marinara sauce

Benefits: Zucchini noodles are low-calorie and provide fiber, promoting fullness without extra carbs. Turkey is a lean protein that helps preserve muscle while supporting metabolism. This dish mimics the comfort of pasta without the calorie load, helping with weight management.

HIGH-PROTEIN EGG MUFFINS

Ingredients:

- 4 large eggs
- 1/4 cup diced bell peppers
- 1/4 cup spinach (chopped)
- 1/4 cup low-fat cheese (optional)
- Salt and pepper to taste
- 1 teaspoon olive oil (for greasing)



Instructions:

1. Preheat your oven to 350°F (175°C). Grease a muffin tin with olive oil.
2. In a bowl, whisk the eggs, then stir in the diced bell peppers, spinach, and cheese.
3. Pour the egg mixture evenly into the muffin tin, filling each cup about 3/4 full.
4. Bake for 15-20 minutes, or until the eggs are set and slightly golden on top.
5. Let cool slightly before serving. Enjoy them as a portable, protein-packed snack.

Benefits: High-protein snacks, like these egg muffins, increase thermogenesis, slightly boosting metabolism. Eggs provide choline, which supports brain health, while veggies add fiber and nutrients without extra calories. These muffins are an easy, portable option to keep you satisfied and energized.

CAULIFLOWER RICE STIR-FRY

Ingredients:


- 2 cups cauliflower rice (store-bought or grated from fresh cauliflower)
- 1 tbsp coconut oil or olive oil
- 1/2 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup frozen peas
- 2 tbsp soy sauce (low-sodium)
- 1 tsp sesame oil (optional)
- 1 tbsp chopped green onions
- 1 scrambled egg (optional for added protein)



Instructions:

1. Heat coconut oil or olive oil in a large skillet over medium heat.
2. Add diced onions and bell peppers, and sauté until softened, about 5 minutes.
3. Stir in frozen peas and cauliflower rice, and cook for another 5 minutes until heated through.
4. Drizzle with soy sauce and sesame oil, and stir to combine.
5. If adding an egg, push the mixture to one side of the skillet, scramble the egg on the other side, and then mix it into the stir-fry.
6. Garnish with chopped green onions before serving.

Benefits: Cauliflower rice is a low-carb swap for traditional rice, rich in fiber to aid digestion and keep you full. This stir-fry includes a variety of colorful veggies, adding antioxidants and essential nutrients to support overall health. Low-calorie and nutrient-dense, this meal fits well into a weight-loss plan without feeling restrictive.



These recipes are crafted to address common menopausal symptoms, from mood swings and hydration issues to inflammation and weight management. Each meal focuses on nutrient-dense, wholesome ingredients that support physical and emotional well-being, making them perfect additions to any menopausal self-care routine.

AKANNI BEAUTY