

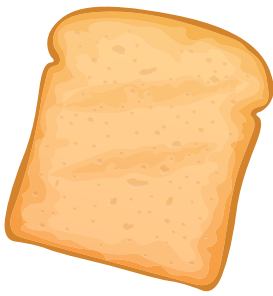


Harley Street at Home

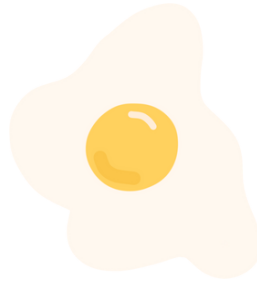
MENOPAUSE

Creating Balanced Meals

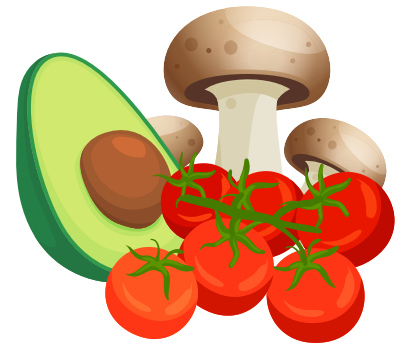
Breakfast



Toast



Egg



Veg



Cereal



Yoghurt



Fruit

How to Make A Balanced Smoothie



Oats



Fruit and Veg



Milk and/or
Yoghurt



Nuts and/or
seeds

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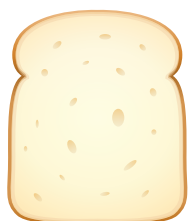
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Lunch



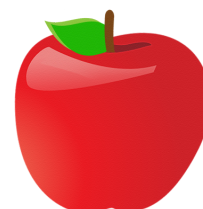
Vegetable
Soup



Bread



Cheese



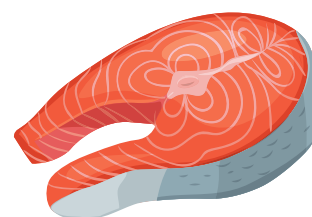
Apple



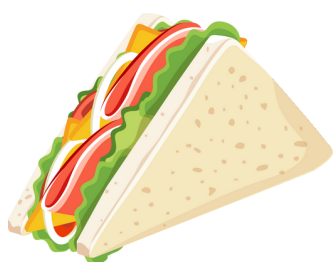
Salad



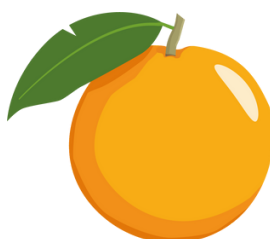
Rice



Fish



Sandwich



Satsuma



Yoghurt



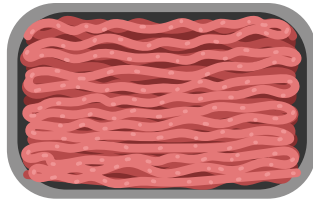
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Dinner



Pasta



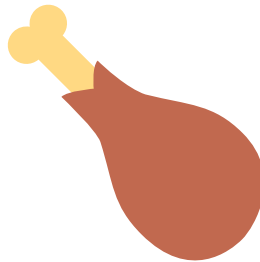
Beef Mince



Veg



Potatoes



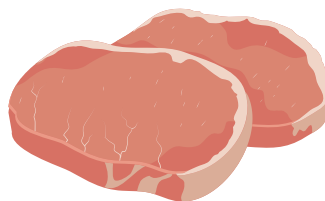
Chicken



Veg



Rice



Pork Chops



Veg



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Snacks

At least one of your snacks should have at least 2 of the following:

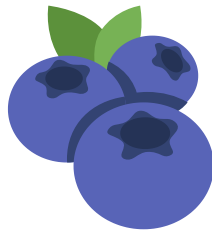
- Carbohydrates
- Protein
- Fruit and/or vegetables



Oat Cakes



Peanut Butter



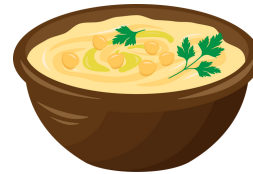
Blueberries



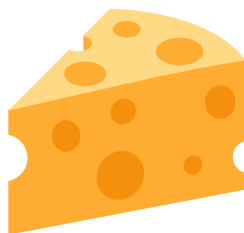
Yoghurt



Carrots



Hummus



Cheese



Cherry Tomatoes



Almonds



Satsuma

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