



Harley Street at Home

MENOPAUSE

Your Meal Plan Checklist

- Base meals for week around protein sources
 - 2 x Fish
 - 2 x Red meat
 - Chicken
 - Eggs
 - Beans
- If you're not eating oily fish, do you have a daily source of plant-based omega 3?
- Prioritised unsaturated fats over saturated fats
- Included a source of fibrous carbohydrates each day
- Included your 5-a-day for fruits and vegetables each day
- Included 3 sources of dairy each day
- Scheduled your vitamin D supplement each day