

Thrive Through Menopause - The Brazilian Way!



Menopause Meal Plan Sample Menu

Created by Mara, Certified Health Coach

This simple 1-day meal plan is designed to support hormonal balance, boost energy, and reduce common menopause symptoms — all inspired by Mara's Brazilian wellness approach.

■ Breakfast: Hormone Harmony Smoothie

Blend 1 cup almond milk, ½ banana, 1 tbsp chia seeds, 1 tbsp hemp seeds, ½ cup mixed berries, and a handful of spinach. Add a scoop of plant-based protein. This combination helps balance blood sugar and support hormone production.

■ Lunch: Brazilian Quinoa Bowl

Combine 1 cup cooked quinoa, ½ cup black beans, ½ avocado, chopped tomatoes, red onion, and cilantro. Drizzle with olive oil and lime juice. High in fiber and plant-based protein for sustained energy and digestion support.

■ Snack: Glow Bites

A handful of pumpkin seeds, walnuts, and a few slices of fresh mango. Rich in zinc and healthy fats to ease mood swings and support skin health.

■ Dinner: Tropical Salmon Plate

Grilled salmon with steamed broccoli and roasted sweet potatoes, topped with a light coconut-lime sauce. Provides omega-3 fatty acids to reduce inflammation and support brain and heart health.

■ Hydration Tip:

Sip water infused with cucumber, mint, and lemon throughout the day to reduce bloating and stay refreshed.

Ready to Personalize Your Plan?

Book a free wellness consultation with Mara to create a customized plan for your body's needs and lifestyle.

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Consultation
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