

7-Day Diet Plan for Menopause: Balanced Meals to Support Your Health

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Greek yogurt with fresh blueberries, chia seeds, and a sprinkle of walnuts	Whole-grain pasta tossed with roasted chicken and vegetables and a drizzle of olive oil	Baked salmon with a side of steamed cauliflower, sweet potato, and broccoli	Cucumber slices with tzatziki dip
Day 2	Overnight oats with flaxseed, raspberries, and calcium-fortified soy milk	Hearty lentil soup with a side of mixed greens and whole-grain toast	Turkey stir-fry with brown rice, bok choy, and mushrooms	Whole-grain crackers with low-fat cheese
Day 3	Vegetable omelet with peppers, spinach, and feta cheese	Tuna and white bean salad with arugula, cucumbers, and olive oil	Grilled chicken breast, roasted Brussels sprouts, and wild rice	Orange slices and pistachios
Day 4	Green smoothie with kale, banana, soy protein powder, and fortified oat milk	Chickpea and avocado wrap with tomato, lettuce, and a whole-grain tortilla	Baked salmon with roasted carrots, green beans, and quinoa	Almonds and dried figs
Day 5	Whole-grain toast with peanut butter (or any nut butter of your choice), chia seeds, and fresh strawberries	Mediterranean grain bowl with grilled vegetables, hummus, and feta cheese	Lean beef and vegetable stew (with optional sweet potatoes)	Lightly salted edamame pods
Day 6	Calcium-fortified cereal with milk, flaxseeds, and banana slices	Grilled turkey burger with no bun (or with a whole-grain bun, alternatively) with a side salad and berries	Shrimp and vegetable stir-fry over soba noodles	Hard-boiled egg with carrot sticks
Day 7	Apple pie-inspired overnight oats with cinnamon and walnuts	Tofu and vegetable miso soup with a side of whole-grain rice	Roast chicken with kale side salad and lentils	Greek yogurt topped with fresh figs and sunflower seeds