Menopause Plate Guide

The Second Bloom - free guide

Half the plate: colorful vegetables

A quarter: protein, 25-30g (eggs, fish, tofu, chicken, lentils)

A quarter: slow carbs (oats, beans, quinoa, sweet potato)

A thumb of healthy fat: olive oil, nuts, avocado

Grocery list:

Greek yogurt, eggs, salmon, tinned beans, lentils, oats,

berries, leafy greens, flax and chia seeds, olive oil, walnuts.