



**Empowering & supporting women to be happy, healthy and feel their very best**



*Wishing you a warm welcome*

I'm excited to help you navigate your way through perimenopause and menopause. Giving you the tools, support and motivation to reclaim your health and feel amazing. I really hope you find the protein guide useful and enjoy the protein packed recipes. Please do get in touch with your feedback and share pictures of your creations on our social media channels [@rebalancebysally](https://www.instagram.com/rebalancebysally) - let's build a caring and sharing community.

*Sally X*



# The power of protein

Protein plays an important role for our overall health and specifically to menopause, eating protein with every meal has many benefits:

**Hormone balance:** During menopause, there is a decline of oestrogen and progesterone production from the ovaries. Protein plays a crucial role in the production and regulation of hormones in the body. Consuming an adequate amount of protein can help support hormonal balance during this transitional phase.

**Bone health:** There is an increased risk of osteoporosis as we lose bone density due to the decline of oestrogen. Protein is essential for the development and maintenance of bone health. Including protein-rich foods in the diet can support bone health during menopause.

**Muscle maintenance:** As we age, we tend to lose muscle mass. Consuming adequate protein can help maintain muscle mass and strength during menopause. This is important because muscles play a role in supporting joint health, posture, and overall physical function.

**Weight management:** Protein helps to boost metabolism and is known to reduce appetite and keep you feeling fuller for longer. Including protein-rich foods in meals and snacks can help control cravings, manage hunger, and support weight management during menopause.

**Good sources of protein** include lean meat, fish, dairy, eggs, quinoa, lentils, chickpeas, beans, oats, chia seeds, tofu, nuts & seeds.

The recommended daily protein allowance is 0.8 grams per kilogram of body weight. Protein should be part of a balanced diet that includes a variety of nutrients. For a healthy menopause ensure you are consuming adequate amounts of fruits, vegetables, whole grains, healthy fats, and staying hydrated.

*Enjoy the protein packed recipes below*



## Quick & easy protein breakfasts

### Chia Seed Pudding

#### Ingredients - Serves 1:

- 2 tbsp chia seeds
- 150ml oat or almond milk
- 2 tsp maple syrup (optional)

#### Topping

- Fruit topping of your choice (e.g. berries or banana)
- Greek yoghurt (extra protein)



#### Method:

1. Combine the chia seeds, milk (& maple syrup if using) in a bowl or glass
2. Cover & leave overnight in the fridge
3. In the morning give it a stir and top with fruit of your choice (& Greek yoghurt if using)
4. Enjoy!



## Overnight Oats

### Ingredients - Serves 1:

- 50g porridge oats
- 100ml oat or almond milk
- ¼ tsp cinnamon

### Topping choices

- Fruit topping of your choice (e.g. berries or banana)
- Nuts e.g. walnuts, pecan nuts, pistachio (extra protein)
- Nut butter (stir in pure peanut, almond or hazelnut butter for extra protein)
- Greek yoghurt (extra protein)
- Ground flaxseeds (protein, fibre, magnesium, calcium)



### Method:

1. Combine the oats, milk (& cinnamon if using) in a bowl
2. Cover & leave overnight in the fridge
3. In the morning give it a stir and top with fruit & toppings of your choice
4. Enjoy!



## Brunch Frittata

### Ingredients – Serves 2:

- Olive oil for frying
- 150g mushrooms, thinly sliced
- 100g spinach
- 100g boiled new potatoes cut into rough chunks
- 100g cherry tomatoes, halved
- 4 medium organic eggs, beaten
- Freshly ground salt & black pepper



### Method:

1. Fry the mushrooms in a little olive oil on medium heat for 5 minutes, until they are browned and softened. Set aside.
2. Fry the potatoes and tomatoes on medium heat in a little olive oil without stirring too much, until browned but don't fall apart – about 5 minutes.
3. Meanwhile, beat the eggs in a bowl and season with ground salt & black pepper.
4. Add the spinach to the frying pan and cook for 1-2 minutes, until wilted but still bright green
5. Add the mushrooms back to the pan with the other vegetables and pour over the egg mixture, combine ingredients gently. Cook over a medium heat for 10 minutes, until the egg looks set around the edges (it may be a little runny on the top).
6. Place the pan under the grill for 2 minutes to finish cooking the frittata on top. Turn out the frittata onto a plate and let it cool slightly before cutting into wedges.
7. Serve with a crunchy salad for maximum veggies. Enjoy!



## Protein rich lunches

### Quinoa, lentil & feta salad

Ingredients - Serves 4:

#### Salad

- 200g Quinoa (dried) or 1 x 250g packet
- 250g puy or green lentils (packet or can)
- 100g feta crumbled (or non-dairy alternative)
- ¼ cucumber diced
- 1 bell pepper diced
- 100g canned sweetcorn
- 50g pomegranate seeds
- Pea shoots, broccoli sprouts or water cress



#### Dressing

- 2 Tbsp Tahini paste
- 1 lemon
- 4 Tbsp extra virgin olive oil

#### Method:

1. If using dried quinoa, cook in a pan of boiling water for 15 – 20 mins until tender.  
Rinse, drain and leave to cool
2. To make the dressing combine all the ingredients and stir. Add water if too thick
3. Add the quinoa, lentils, cucumber, pepper and sweetcorn to a bowl and toss together
4. Add the dressing and gently toss
5. Top with feta, pomegranate, pea shoots, broccoli sprouts or water cress
6. Enjoy!



## Roasted vegetable & quinoa salad

Ingredients - Serves 4:

### Salad

- 200g Quinoa (dried) or 1 x 250g packet pre-cooked
- 400g tin chickpeas, drained and rinsed
- Half butternut squash, chopped into 1cm cubes
- 2 parsnips, cut into chunks
- 1 courgette
- 1 red pepper, cut into chunks
- 1 red onion, sliced into chunks
- 100g feta crumbled (or non-dairy alternative)
- Handful of fresh coriander, chopped roughly

### Dressing

- 2 Tbsp Tahini paste
- 1 lemon
- 4 Tbsp extra virgin olive oil

### Method:

1. Heat the oven to 200°C/180°C Fan
2. Put the butternut squash, parsnips, courgette, pepper and red onion into a roasting tin, drizzle with olive oil and roast for 30 minutes or until tender
3. If using dried quinoa, cook in a pan of boiling water for 15 – 20 mins until tender. Rinse, drain and leave to cool
4. To make the dressing combine all the ingredients and stir. Add water if too thick
5. Add the quinoa, chickpeas and coriander to a bowl and stir together
6. Top with the roasted vegetables and crumbled feta cheese
7. Pour over the dressing and gently toss. Garnish with coriander
8. Enjoy!



## Prawn, mango & halloumi salad

### Ingredients – Serves 1 -2:

- 2 handfuls leafy greens (kale, spinach, lettuce)
- 100g puy or green lentils (packet or can)
- Half bunch coriander
- Half an avocado diced
- 5 radishes sliced
- 75g cooked king prawns
- Half a mango cubed
- 1 beetroot cubed (optional)
- 2 slices halloumi (optional)



### Dressing:

- 1 tbsp lemon juice
- 1 tbsp lime
- 3 tbsp olive oil
- Black pepper

### Method:

1. Combine the leafy greens & lentils in a bowl
2. Top with all other ingredients
3. Griddle halloumi (if using) for 2 minutes each side and add to salad
4. Whisk together dressing ingredients and pour over salad
5. Enjoy!





## Delicious protein dinners

### Nutty sweet potato, lentil & spinach curry

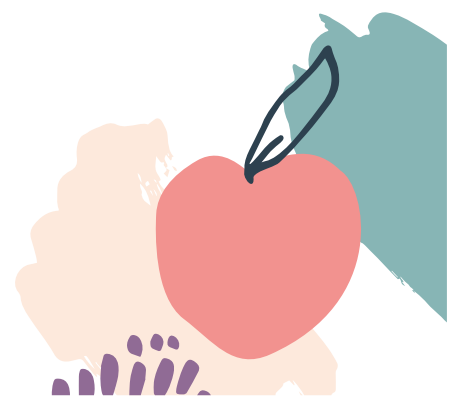
Serves 4:

- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 red pepper
- Olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1 tsp turmeric
- ½ tsp ground cinnamon
- 2 large sweet potatoes, skin on diced
- 300g dried red lentils (soak overnight)
- 400g coconut milk
- 1 heaped tbsp peanut butter or almond butter
- 4 handfuls baby spinach



Method:

1. In a large saucepan over a medium heat, sauté the onion, garlic and pepper in olive oil until soft (approx. 5-10 mins)
2. Add the cumin, coriander, garam masala, turmeric and cinnamon and sauté for a further 2 mins
3. Add the sweet potato, lentils and coconut milk. Simmer for 30-40 mins, stirring often, until the liquid has reduced right down into a thick sauce. Add water if required.
4. Once the sauce has thickened, add the nut butter and stir.
5. Take the pan off the heat and stir in the spinach until it wilts
6. Enjoy!



## Salmon & prawn Thai curry

Serves 2-3:

- 1 tbsp coconut oil
- 2 star anise
- 1 stalk of lemongrass
- ½ red onion. Finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 kaffir lime leaves
- 1 garlic clove, crushed
- 1cm piece of fresh ginger, peeled and finely chopped
- 1 red pepper, diced
- 100g mange tout
- 400g can coconut milk
- 2 x salmon fillets, skinned and cut into 2cm cubes
- 200g raw prawns
- 1 tbsp fish sauce
- Juice of 1 lime
- Handful of fresh coriander, chopped



**Method:**

1. Melt the coconut oil in a large frying pan or wok over a medium heat
2. Bash the lemongrass with a rolling pin or something heavy to release fragrant oils.
3. Add the star anise, lemongrass, onion, ginger, kaffir leaf, garlic, chilli and red pepper and stir-fry for 3-4 minutes until the onion is soft.
4. Pour in the coconut milk, bring to the boil and then simmer 5 minutes.
5. Add the salmon, prawns and mange tout and continue simmering for 3-4 minutes until the salmon is cooked through.
6. Take the pan off the heat, remove the lemongrass, star anise and kaffir lime leaf
7. Add the fish sauce, lime juice.
8. Enjoy!

