



PATTY WILSON COACHING

— FREE GUIDE · WOMEN 35+

The Menopause *Meal Plan*

A week of hormone-smart eating to steady your energy and calm the bloat, without giving up the food you love.

7-day menu

Bloat-friendly swaps

Grocery list included

Created by **Coach Patty Wilson** · Scottsdale, AZ · pattywilsoncoaching.com

Your body changed the rules. *Here's how to eat with it.*

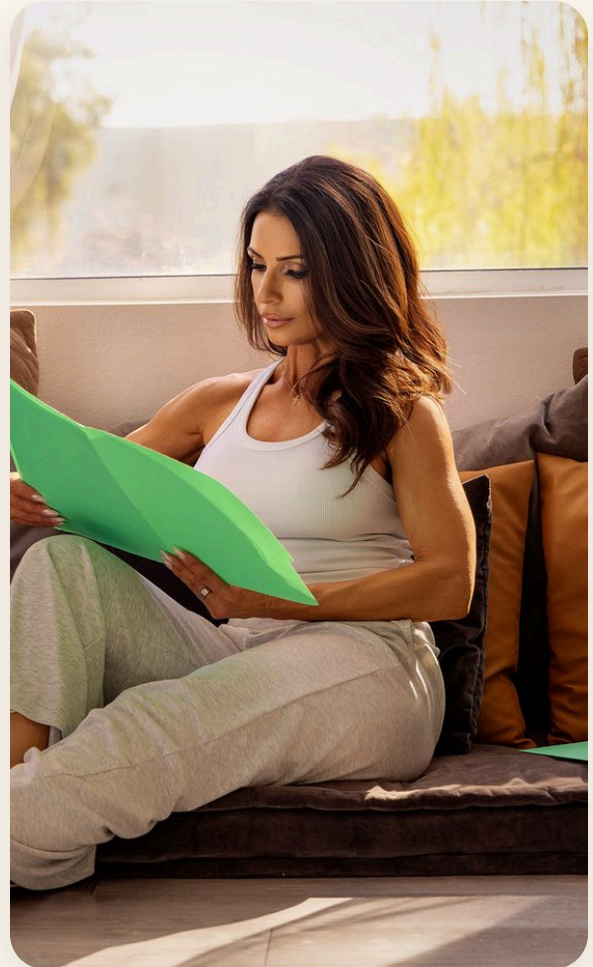
As estrogen drops, three things get harder: holding onto muscle, keeping your blood sugar steady, and beating the bloat. The good news is that most of the fix is on your plate, and it isn't complicated.

I built this week for women in perimenopause and menopause who are tired of feeling puffy, foggy, and hungry an hour after they eat. Every day has enough protein and fiber to help you hold onto muscle, stay full, and keep your energy even.

Nothing here is extreme. It's real food, protein first, with a few simple habits that make a big difference in how you feel.

How to use this plan

- 01 Learn the combos**
The habits and blood-sugar pairings on page 3.
- 02 Shop once**
The grocery list on page 7 covers the whole week.
- 03 Follow the menu**
Seven days on pages 4 and 5. Swap meals between days freely.
- 04 Track how you feel**
Use the swaps on page 6 and the tracker on page 8.



30g+

PROTEIN PER MEAL

Helps protect the muscle that keeps your metabolism up.

25–30g

FIBER A DAY

Keeps you full and supports steady blood sugar and digestion.

1st

PROTEIN FIRST

Eat it before the carbs to help soften the sugar spike.

Four habits. *Six steadying combos.*

1

Protein + fiber at every meal

The combo that keeps you full and steady for hours.

2

Front-load your day

A bigger breakfast and a lighter dinner.

3

Ease off late caffeine and alcohol

Both can disrupt your sleep, and many women find they make hot flashes worse.

4

Walk 10 minutes after meals

The simplest blood-sugar tool there is. Around the block counts.

Blood-sugar-steadying *combos*

Carbs aren't the enemy. Naked carbs are. Give every carb a protein, fat, or fiber partner and it lands softer. Every pairing below comes straight from your week.

CARB

Apple

+

PARTNER

Almond butter

CARB

Berries + granola

+

PARTNER

Greek yogurt + chia

CARB

Small sweet potato

+

PARTNER

Chicken + broccoli

CARB

½ cup rice

+

PARTNER

Lean beef + mixed veg

CARB

Seedy toast

+

PARTNER

Smoked salmon +
avocado

CARB

Pineapple

+

PARTNER

Cottage cheese

Eat in this order

When you can, start with the vegetables, then the protein, and finish with the starch. Same food, same plate, a gentler ride for your blood sugar.



COACH PATTY TIP

Craving something sweet after dinner? Have it right after the meal, not two hours later on its own. Your protein and fiber are still working for you.

Seven hormone-smart days. *Real food, protein first.*



DAY 1

~110g protein

BREAKFAST Veggie omelette (3 eggs) + avocado + berries.

LUNCH Salmon quinoa bowl with greens and olive oil.

DINNER Chicken, roasted broccoli, small sweet potato.

SNACK Greek yogurt + walnuts.

DAY 2

~115g protein

BREAKFAST Greek-yogurt parfait: yogurt, chia, berries, granola.

LUNCH Big cobb salad: chicken, egg, avocado, seeds.

DINNER Turkey meatballs, marinara, zucchini noodles.

SNACK Cottage cheese + flax + cinnamon.

DAY 3

~110g protein

BREAKFAST Cottage cheese bowl + berries + pumpkin seeds.

LUNCH Lentil & chicken soup + a side salad.

DINNER Baked cod, asparagus, wild rice.

SNACK Apple + almond butter.

DAY 4

~115g protein

BREAKFAST Tofu or egg scramble + spinach + black beans.

LUNCH Tuna & white-bean salad over greens.

DINNER Lean beef stir-fry, mixed veg, ½ cup rice.

SNACK Edamame + a square of dark chocolate.

Protein numbers are estimates for palm-plus portions (about 4–6 oz cooked meat or fish). Your exact total will vary.

Finish the week *feeling steady.*

DAY 5

~110g protein

BREAKFAST **Protein smoothie:** protein powder, flax, spinach, berries.

LUNCH **Chicken & chickpea Mediterranean bowl.** Make a double batch.

DINNER Shrimp & veggie fajita bowl, black beans.

SNACK Greek yogurt + berries.

DAY 6

~115g protein

BREAKFAST Smoked salmon + avocado on seedy toast.

LUNCH Leftover chicken & chickpea bowl.

DINNER **Turkey chili** loaded with beans and veg.

SNACK Cottage cheese + pineapple.

DAY 7

~110g protein

BREAKFAST **Veggie frittata** + a side of berries.

LUNCH Big salad with salmon and lentils.

DINNER Sheet-pan chicken sausage, peppers, broccoli.

SNACK A handful of almonds + herbal tea.

Easy fiber boosters

Most women fall short on fiber. Add one of these to any meal this week:

- **1 tbsp chia or ground flax** in yogurt, cottage cheese, or a smoothie.
- **A scoop of beans or lentils** on a salad or in soup.
- **Pumpkin seeds** on your breakfast bowl.
- **An extra cup of veg** at lunch and dinner.

Cook once, eat twice

- Day 5's chickpea bowl is Day 6's lunch.
- Make the Day 6 chili a big pot and freeze portions.
- Cook a batch of lentils on Day 3 for Day 7's salad.
- Roast extra broccoli on Day 1 for the week.



COACH PATTY TIP

New to beans and lentils? Start with a small scoop, rinse canned ones well, and build up over the week so your gut can adjust.

Small trades, *calmer belly*.

You don't have to give up everything you love. Make a few smart trades and notice how your sleep and your mornings feel.



INSTEAD OF	TRY	WHY IT HELPS
Late-night wine	Sparkling water + lime, three nights this week	Watch how your sleep and your morning bloat change.
Heavy dairy	Greek yogurt or lactose-free options	If dairy leaves you puffy, these are often easier to handle.
Afternoon coffee	Herbal tea after noon	Less late caffeine, better sleep, fewer next-day cravings.
A big bowl of pasta	Zucchini noodles with marinara and meatballs	All the comfort, more veg, a lighter feeling after.
White toast	Seedy or sprouted bread	More fiber and protein to slow things down.
Salty takeout	A sheet-pan dinner you season yourself	You control the salt, which can mean less puffiness.
Gulping water at meals	Sipping steadily through the day	You stay hydrated without that over-full feeling.

Remember

Protein first, fiber alongside, and a short walk after. Do that most of the time and your hormones get a lot easier to live with.



COACH PATTY TIP

Try one swap at a time for three days. That's how you learn what actually bothers your body.

One trip. *The whole week.*

Check items off as you shop. Buy the amounts that fit your household.

Protein

- ☐ Chicken breast & thighs
- ☐ Salmon, cod, shrimp
- ☐ Smoked salmon
- ☐ Lean beef & ground turkey
- ☐ Chicken sausage
- ☐ Canned tuna
- ☐ Eggs (2 dozen)
- ☐ Tofu
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Protein powder

Fiber & produce

- ☐ Spinach & salad greens
- ☐ Broccoli & asparagus
- ☐ Peppers, onions, zucchini
- ☐ Cucumber & tomatoes
- ☐ Avocados
- ☐ Berries, apple, pineapple
- ☐ Limes
- ☐ Sweet potato
- ☐ Edamame
- ☐ Lentils & chickpeas
- ☐ Black & white beans
- ☐ Chia, flax, pumpkin seeds

Pantry

- ☐ Quinoa, wild rice, rice
- ☐ Seedy / sprouted bread
- ☐ Granola
- ☐ Olive oil
- ☐ Marinara & salsa
- ☐ Chicken broth
- ☐ Canned tomatoes + chili spices
- ☐ Almonds, walnuts
- ☐ Almond butter
- ☐ Cinnamon
- ☐ Dark chocolate
- ☐ Herbal tea
- ☐ Sparkling water

Shop smarter

Canned beans, lentils, and frozen fish are just as useful as fresh and save you time. Rinse canned beans before using.

Label check

Pick plain yogurt and bread with at least 3g of fiber per slice. Flavored yogurts often hide a lot of sugar.

Extras for my household:

Notice what *your body tells you.*

Tick the habits you hit each day. Each evening, rate your energy and bloat (1 = low, 5 = high) and jot down your hours of sleep. By Day 7 you'll see your patterns.

DAY	PROTEIN + FIBER 3 MEALS	10-MIN WALK AFTER A MEAL	CAFFEINE BEFORE NOON	NO LATE ALCOHOL	TRIED A SWAP	SLEEP HRS	ENERGY 1-5	BLOAT 1-5
Day 1	☐	☐	☐	☐	☐			
Day 2	☐	☐	☐	☐	☐			
Day 3	☐	☐	☐	☐	☐			
Day 4	☐	☐	☐	☐	☐			
Day 5	☐	☐	☐	☐	☐			
Day 6	☐	☐	☐	☐	☐			
Day 7	☐	☐	☐	☐	☐			

What I *noticed*

Foods that left me puffy or tired:

Meals that kept me full and steady:

How I slept this week:

The swap I'm keeping:

Loved your week? *Let's go deeper.*

This plan is your reset button. Training, nutrition, and recovery built around your hormones, with a coach in your corner, is how it lasts.

“

Patty has been an inspiration to me over the last 5 years. I have used multiple coaches over the last 10 years and she by far is the most well versed in training techniques, muscle development and diet. She makes every session both fun and challenging at the same time! Patty is by far the most talented coach I have had the pleasure of training under.

CAROLE D., CLIENT FOR 5 YEARS

Book your free 15-minute call

Tell me how your week went, what your body's doing right now, and where you want to be in 90 days. I'll map out your best next step, no pressure.

pattywilsoncoaching.com/contact



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