



DR. HYMAN+

Functional Medicine Deep Dive Companion Recipe Guide: Menopause

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Introduction

Your hormones are like a symphony. Each hormone acts as a different instrument, interpreting a signal from the conductor and then responding appropriately. They all work together. However, what would it sound like if one instrument was too loud and another too quiet? Or if one was playing a different song entirely or totally out of tune? That's kind of what happens in our body when our hormones are out of whack. Everything else tends to fall apart.

As women enter menopause, their ovaries slow the production of the hormones estrogen and progesterone causing their menstrual cycles to stop. This is a type of disharmony in the hormonal symphony, no matter how natural or inevitable it may be.

Using the power of food as medicine, we know there is so much a woman can do to support her hormones during menopause. (Note: The tips for supporting hormones during menopause are the same for supporting all hormones, so even if this topic may not apply to you directly, you can absolutely apply the principles and notice the benefits of an in-tune and in-sync symphony.)

The first step involves removing the bad stuff. We know that sugar, dairy, gluten, caffeine, alcohol, stress, and lack of exercise all contribute to hormonal imbalances—including PMS, menopause, and andropause.

After removing the bad stuff, we need to replace it with good stuff. Eating plenty of phytonutrient-rich, organic plant foods and some sustainably raised animal products is a way to ensure all those orchestral instruments are tuned up and playing the same sheet music.

In this month's Functional Medicine Deep Dive, you'll learn all about supporting and balancing hormones, which is something everyone can benefit from, as well as some targeted information for understanding and easing menopausal symptoms. And in this month's Companion Recipe Guide, you'll experience nutrient-dense foods for balancing hormones, encouraging bone and muscle integrity, and feeling amazing, no matter your age.

You'll enjoy recipes using pasture-raised chicken, which is important for supporting muscle strength and integrity as we age; chia seeds, which can aid in decreasing inflammation and improving mood; almonds, a rich source of calcium for supporting bone strength; bok choy, that can be helpful for reducing menopausal symptoms; and antioxidant-rich yams, which are hormone-balancing superstars.

Entering a new phase of life doesn't have to be uncomfortable. By supporting our body's hormonal orchestra, avoiding the things that cause our instruments to play out of tune, and incorporating the things that keep our instruments in tip-top shape, we can support vibrant wellness at any age.

Wishing you health and happiness,
Mark Hyman, MD



A stylized, handwritten signature in grey ink that reads "Mark Hyman".

Crispy Hot Chicken with Gluten-Free Biscuits



Ingredients:

Chicken

4-6 pasture-raised chicken thighs, skinless and boneless
2 tablespoons no sugar added hot sauce of choice, with apple cider vinegar (if can't find one with apple cider vinegar, add 1 tablespoon of it to this part of the recipe)
¼ cup canned full-fat coconut milk
2 pasture-raised eggs, beaten
½ cup brown rice flour
¼ cup arrowroot flour
¼ teaspoon Himalayan salt

Biscuits

1 ½ cups gluten-free flour for baking
1 tablespoon baking powder
½ teaspoon Himalayan salt
4 tablespoons grass-fed ghee, cold
½ cup canned full-fat coconut milk
½ tablespoon apple cider vinegar

Chicken Glaze

¼ cup grass-fed ghee, cold
1 tablespoon cayenne pepper
½ teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon Himalayan salt
¼ teaspoon black pepper
1 tablespoon granulated monk fruit (optional)

Makes: 6 servings

Prep Time: 25 minutes

Cook Time: 50 minutes

Protein is an essential macronutrient in all phases of life, but it's especially important during the pre-and postmenopausal transitions. The pasture-raised chicken in this recipe gives you plenty of protein in a comfort-food-made-healthy package. Muscle mass starts decreasing as estrogen declines, so it's important to eat more protein to stay strong and mobile at any age. Postmenopausal women who consume more protein have better body fat percentages and fat-to lean mass ratios.

Optional serving suggestions

Avocado slices
Monk fruit maple syrup

Instructions:



1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a small mixing bowl, add chicken thighs, hot sauce, coconut milk, and eggs. Mix well so chicken is evenly coated and set aside while making the biscuits.



5. Transfer dough onto parchment paper and flatten. Fold the dough over on itself a few times, then gently again until about 1-inch thick. Cut biscuits into rounds using a cup or cookie cutter. Transfer onto lined baking sheet and leave a 1-inch gap between biscuits.



9. When chicken is fully coated, make the glaze by adding all of the glaze ingredients into a small saucepan over medium heat. Once the ghee is melted and sizzling, add the optional monk fruit, if using.



3. In a medium mixing bowl, add flour, baking powder, and salt. Mix well.



6. Bake for 15 minutes or until lightly browned.
7. While the biscuits bake, continue with the chicken, transferring the pieces onto a paper towel and reserving the marinade liquids.



10. Evenly coat both sides of the chicken. Transfer to the oven for a total of 40 minutes or until golden brown, flipping chicken after 20 minutes.
11. Serve chicken with biscuits and optional avocado and maple syrup.



4. Using a fork, incorporate the cold ghee until the flour resembles breadcrumbs. Add coconut milk and apple cider vinegar, then mix until combined.

8. In a mixing bowl, add the brown rice flour, arrowroot, and salt, and mix well. Then, drop one piece of chicken at a time and coat with flour. Transfer to marinade again and then back to the flour. Place on a sheet rack and continue with the remaining chicken. Let the chicken dry for at least 15 minutes before transferring to a parchment paper-lined baking sheet.

Nutritional analysis (per serving):
Calories: 521, Total Fat: 28 g, Saturated Fat: 16 g, Cholesterol: 196 mg, Fiber: 2 g, Protein: 24 g, Carbohydrates: 41 g, Sodium: 725 mg, Sugars: 1 g

Miso Glazed Cod

with Bok Choy



Ingredients:

Cod

2 tablespoons gluten-free miso paste
2 tablespoons coconut aminos
2 tablespoons coconut vinegar or rice vinegar
1 tablespoon sesame oil
16 ounces wild cod, cut into 4 pieces

Veggies

2-3 heads baby bok choy
2 tablespoons avocado oil
3 garlic cloves, thinly sliced
1 (1 ½-inch) piece fresh ginger, microplaned or thinly grated
2 cups broccoli florets
4 cups assorted mushrooms of choice, sliced to bite-size pieces
4 cups spinach, stems removed
2 tablespoons [hoisin sauce](#)
1 tablespoon [curry paste](#)
¼ cup water, boiling

Optional Toppings

Spicy red pepper, such as Fresno, sliced into thin rounds
1 teaspoon black sesame seeds

Makes: 4

Prep Time: 30 minutes

Cook Time: 15 minutes

I love having a few fish recipes in my routine for quick, protein-rich meals. This one serves cod over a delicious bed of tender bok choy with garlic and ginger. Leafy greens and cruciferous vegetables like bok choy are associated with reduced menopausal symptoms, not to mention an array of many other health benefits, so include one form or another in every meal if you can.

Instructions:



1. In a medium bowl, stir together miso, coconut aminos, vinegar, and sesame oil until smooth. Add the cod and top with marinade. Cover and refrigerate while working on the veggie components. You could store the fish for up to 12 hours.

2. Heat oven to broil on high and arrange fish on a baking tray covered with parchment paper.

4. Once the oven is hot, add fish and broil for 5 minutes. After 5 minutes, turn the oven to 350°F and bake for 5-8 minutes, or until the fish flakes easily. Remove from heat.



3. Prepare a large bowl of ice water. Bring a large pot of water to boil, then add bok choy and boil for 2 minutes. Remove from heat and transfer to ice water to stop cooking. Pat dry and roughly chop.

6. In a small mixing bowl, add hoisin, curry paste, and water. Stir until combined, then add to the vegetables in the wok or pan, stir for 30 seconds, and remove from the heat.

5. In a wok or large pan over high heat, add avocado oil, garlic, and ginger and stir for no longer than 20 seconds. Immediately add the broccoli and mushrooms. Stir for 2 minutes, then add the bok choy and spinach. Continue to stir for 30 seconds.



Nutritional Analysis (per serving):

Calories: 362, Total Fat: 13 g, Saturated Fat: 2 g, Cholesterol: 62 mg, Fiber: 8 g, Protein: 39 g, Carbohydrates: 27 g, Sodium: 1230 mg, Sugars: 14 g

7. Serve fish on top of the vegetables along with optional toppings.

Aromatic Quinoa Yam Risotto



Ingredients:

3 tablespoons grass-fed ghee, divided
2 ½ cups cubed yams
1 cup quinoa
2 large shallot, thinly minced
2 garlic cloves, minced
3 large sage leaves, finely chopped
4 cups chicken stock or vegetable stock
1 ½ cups thinly sliced mushrooms of choice
½ cup chopped walnuts
¾ teaspoon salt, divided
½ cup coconut cream
Freshly ground pepper, to taste
⅓ cup crumbled goat cheese

Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 40 minutes

Yams are high in fiber and protective antioxidants. They've been associated with improved sex hormones and lipids in postmenopausal women which can decrease associated diseases like breast cancer and cardiovascular disease. This is a great recipe to enjoy them in a unique way, complemented with protein from quinoa, healthy fats in coconut milk, and savory aromatics like garlic and sage.

Instructions:



1. In a large skillet over medium heat, add 2 tablespoons of ghee. Once melted and the skillet is hot, add yams, shaking skillet occasionally until they are crispy and almost cooked through, about 10 minutes.



2. While the yams are cooking, begin making the quinoa. In a medium pot over medium-high heat, add the remaining 1 tablespoon of ghee, shallots, garlic, and sage and stir regularly until fragrant, about 3 minutes.



4. Add sliced mushrooms to the skillet of yams and continue cooking for 5 more minutes, then add the walnuts and ¼ teaspoon salt. After 5 minutes, remove from heat and set aside.



5. Once all the liquid in the quinoa has been absorbed, turn heat to high, add the remaining ½ teaspoon salt and coconut cream, and stir until creamy.



6. Add the yams to the quinoa and stir to combine.



7. Serve in bowls with freshly ground pepper and goat cheese.

Nutritional analysis (per serving):

Calories: 651, Total Fat: 38 g, Saturated Fat: 20 g, Cholesterol: 37 mg, Fiber: 9 g, Protein: 20 g, Carbohydrates: 63 g, Sodium: 636 mg, Sugars: 6 g

Minty Salsa Verde Lamb Meatballs



Ingredients:

Lamb Chia Meatballs

2 tablespoons chia seeds
¼ cup water
1 tablespoon low-sodium fish sauce
1 pound ground lamb
½ cup finely chopped yellow onion
3 tablespoons finely chopped dill
¼ teaspoon Himalayan salt
1 teaspoon freshly ground black pepper

Mint Salsa Verde

1 teaspoon anchovy paste or 2 anchovy fillets
1 garlic
6 green olives
½ teaspoon chile flakes
1 lemon, zested and juiced
¼ teaspoon Himalayan salt
1 cup mint leaves, finely chopped
3 tablespoons olive oil

Tahini Dressing

½ cup tahini paste
1 garlic clove, finely grated
3 tablespoons lemon juice
¼ teaspoon Himalayan salt
⅓ cup cold water

Makes: 6 servings

Prep Time: 20 minutes

Cook Time: 40 minutes

Ground lamb can be an interesting way to switch up your meatballs; I especially love it with this minty salsa verde on top. This recipe uses chia seeds instead of eggs to bind the meatballs together. Chia is rich in fiber and omega-3 fatty acids, both of which are considered beneficial during this phase of life to decrease inflammation and improve satiety/decrease cravings.

Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.



2. In a small mixing bowl, mix together chia, water, and fish sauce. Mix well and wait 10 minutes until a gel forms.



3. In a separate mixing bowl, add the rest of the lamb meatball ingredients and combine. Once chia gel is ready, add to the lamb, and using your hands, mix all ingredients well until combined.



4. Roll lamb mixture into 1 ½-inch balls. Arrange on top of the lined baking sheet. Bake, shaking pan halfway through, for a total of 15-17 minutes.



5. While lamb is in the oven, make the salsa verde. Add anchovy paste, garlic clove, olives, chile flakes, lemon zest, and salt to a mortar and pestle. Grind until a paste forms. Then add the lemon juice, mint, and olive oil. Stir and set aside.



6. For the tahini dressing, combine all of the ingredients in a small bowl and mix well.



7. Spread a spoonful of tahini over a plate, top with meatballs and a drizzle of the salsa verde.

Nutritional Analysis (per serving):

Calories: 431, Total Fat: 35 g, Saturated Fat: 9 g, Cholesterol: 70 mg, Fiber: 5 g, Protein: 22 g, Carbohydrates: 10 g, Sodium: 707 mg, Sugars: 2 g

Italian Almond Biscotti



Ingredients:

- 2 cups blanched almond flour
- 1 tablespoon psyllium husk
- ¼ cup granulated monk fruit
- ¼ teaspoon sea salt
- 1 teaspoon baking powder
- 2 large pasture-raised eggs
- 3 tablespoons coconut oil, melted
- 1 teaspoon almond extract
- ½ teaspoon vanilla extract
- ¼ cup whole pistachios, raw
- ¼ cup whole almonds, raw

Makes: 13 servings (cookies)

Prep Time: 20 minutes + 20 minutes to chill

Cook Time: 40 minutes

Cookies don't have to hijack your healthy diet, and they can even be made with some really nutritious ingredients. Almonds are the star of this recipe, which are a great source of calcium. Since the risk of osteopenia and osteoporosis increases with menopause, calcium is an important mineral to think about. Keep in mind cookies should always be treated as an occasional indulgence, but you might as well get some supportive nutrients in the process!

Instructions:

1. Preheat the oven to 350°F.



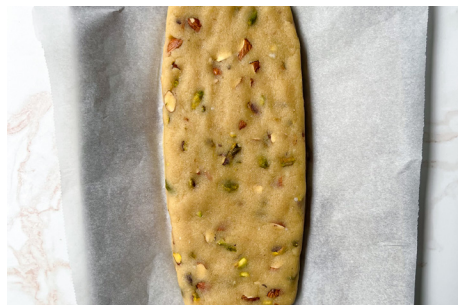
2. Mix dry ingredients in a large bowl. Then mix the wet ingredients in a smaller bowl, until the egg is fully beaten.



3. Roughly chop the pistachios and almonds.



4. Add wet ingredients to the dry ingredients and stir, then add chopped nuts and knead together until a dough-like consistency forms.



5. Place parchment paper on top of a baking sheet and place the dough on top. Roll into a log shape and flatten with your hands, to be about 1/2-inch thick.



6. Using a sharp knife, cut into biscotti-shaped cookies, the cookies will get thicker while cooking. Place cookies on sheet 1/2-inch apart and transfer to the oven for 25 minutes, until lightly browned.



7. Remove from the oven but keep the oven on; wait 15 minutes, then flip the cookies and bake for 15 more minutes.



8. Remove cookies from the oven and let them reach room temperature before serving. Optional to dust with powdered monk fruit.

Nutritional Analysis (per serving):
Calories: 170, Total Fat: 15 g, Saturated Fat: 4 g, Cholesterol: 29 mg, Fiber: 3 g, Protein: 6 g, Carbohydrates: 9 g, Sodium: 94 mg, Sugars: 1 g

Disclaimer

The Functional Medicine Deep Dive Companion Recipe Guide is not intended to diagnose or treat any disease. If you have an existing medical condition, are taking medication, are pregnant and/or nursing, or are under the age of 18, it is recommended to work closely with your doctor before making any changes to your diet or supplements.

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