



ethical
nutrition

Menopause Support Program

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<https://ethical-nutrition.com/>

Dear Customer,

Welcome to your meal plan! Feel free to add in your own recipes with similar nutrition values.

Shopping List Tips

This plan includes a full shopping list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The shopping list is organised into categories based on how a typical supermarket is laid out. This will allow you to do your grocery shopping in an organised way, saving you time.

Recipe Tips

Recipes states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, eat one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Leftovers are a great way to save you money and time!

Do I need to take supplements if eat a healthy diet?






































Even with a great diet it's virtually impossible to get optimum levels of all micronutrients. Vegetables contain fewer nutrients than they did 30 years ago. Medications and stress can decrease the absorption of the nutrients we consume and increase the amount we need.

Most supplements are full of synthetic nutrients that your body can't absorb, in quantities that don't make a difference.

It's worth spending more on supplements containing natural nutrients in doses that make a difference. Remember, investing in your health is the best investment you can ever make.

We created a range of superior supplements that support the menopause. To complement this diet I recommend to take the [Ethical Multivitamin](#), [Omega 3](#), [Meno Complex](#) and [Magnesium Taurate](#).

Wishing you the best of health. Mark, Head of Nutrition.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Salmon Stuffed Avocado Boats	 Salmon Stuffed Avocado Boats	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	 Egg & Beef Breakfast Bowl	
Snack 1	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	 Dark Chocolate Almond Mousse	
Lunch	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Broccolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles
Snack 2	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	 Brazil Nuts	 Sauerkraut Avocado Mash with Crackers	
Dinner	 Chicken, Carrots & Broccolini	 Tempeh, Quinoa & Broccoli	 Crispy Broiled Haddock & Broccolini	 One Pan Roasted Edamame & Broccoli Salad	 Ground Chicken	 One Pan Sesame Trout & Bok Choy	 Steak, Butternut Squash & Zoodles	 Chicken, Carrots & Broccolini

Fruits

- 6 Avocado
- 1/2 Lemon
- 144 grams Strawberries

Breakfast

- 45 grams Almond Butter

Seeds, Nuts & Spices

- 100 grams Brazil Nuts
- 250 grams Chia Seeds
- 10 grams Cinnamon
- 1 gram Dried Thyme
- 660 milligrams Italian Seasoning
- 17 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 2 grams Sesame Seeds
- 60 grams Walnuts

Frozen

- 78 grams Frozen Edamame

Vegetables

- 280 grams Bok Choy
- 408 grams Broccoli
- 2 bunches Broccolini
- 420 grams Butternut Squash
- 2 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 21 grams Kale Leaves
- 48 grams Mushrooms
- 3 1/3 Zucchini

Boxed & Canned

- 227 grams Canned Wild Salmon
- 84 grams Quinoa
- 172 grams Salsa
- 170 grams Sardines
- 200 grams Seed Crackers
- 39 milliliters Vegetable Broth

Baking

- 26 grams Cocoa Powder
- 22 grams Monk Fruit Sweetener
- 18 grams Nutritional Yeast
- 3 milliliters Vanilla Extract

Bread, Fish, Meat & Cheese

- 227 grams Chicken Breast
- 454 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Chicken
- 299 grams Extra Lean Ground Turkey
- 2 Haddock Fillet
- 454 grams Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 168 grams Tempeh

Condiments & Oils

- 7 milliliters Apple Cider Vinegar
- 98 milliliters Avocado Oil
- 39 milliliters Balsamic Vinegar
- 20 milliliters Coconut Oil
- 30 milliliters Extra Virgin Olive Oil
- 71 grams Sauerkraut

Cold

- 4 Egg
- 288 milliliters Unsweetened Almond Milk
- 900 grams Unsweetened Coconut Yogurt



Zucchini Turkey Breakfast Skillet

2 servings

20 minutes

Ingredients

5 milliliters Coconut Oil
302 grams Extra Lean Ground Turkey
1 1/3 Zucchini (large, finely diced)
173 grams Salsa
2 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Salmon Stuffed Avocado Boats

1 serving

10 minutes

Ingredients

1 Avocado
113 grams Canned Wild Salmon
1/4 Lemon (juiced)

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.



Egg & Beef Breakfast Bowl

3 servings

25 minutes

Ingredients

- 15 milliliters Coconut Oil
- 454 grams Extra Lean Ground Beef
- 48 grams Mushrooms (sliced)
- 21 grams Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 18 grams Nutritional Yeast

Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is roughly 2 cups of the beef mixture.

More Flavor: Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings: Top with sliced cherry tomatoes.



Coconut Chia Seed Yogurt

4 servings

30 minutes

Ingredients

900 grams Unsweetened Coconut Yogurt
192 grams Chia Seeds
10 grams Cinnamon
144 grams Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Dark Chocolate Almond Mousse

3 servings

3 hours 5 minutes

Ingredients

288 milliliters Unsweetened Almond Milk
58 grams Chia Seeds
26 grams Cocoa Powder
38 grams Almond Butter
22 grams Monk Fruit Sweetener
3 milliliters Vanilla Extract
2 grams Sea Salt

Directions

- 1 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 2 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter: Use another nut or seed butter instead.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Sauerkraut Avocado Mash with Crackers

1 serving

5 minutes

Ingredients

1/2 Avocado (peeled, pit removed)
18 grams Sauerkraut (roughly
chopped)
50 grams Seed Crackers

Directions

1

Use the back of a fork to mash together the avocado and sauerkraut in a bowl.
Serve with crackers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Brazil Nuts

1 serving
5 minutes

Ingredients

33 grams Brazil Nuts

Directions

- 1 Divide into bowls and enjoy!



Chicken, Carrots & Broccolini

1 serving
30 minutes

Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 7 milliliters Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.



Tempeh, Quinoa & Broccoli

2 servings

55 minutes

Ingredients

- 40 milliliters Vegetable Broth
- 40 milliliters Balsamic Vinegar
- 667 milligrams Italian Seasoning
- 2 grams Sea Salt
- 1 1/3 Garlic (clove, minced)
- 170 grams Tempeh (cut into thin pieces)
- 85 grams Quinoa (uncooked)
- 182 grams Broccoli (cut into florets)

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

Ingredients

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 30 milliliters Avocado Oil
- 1 gram Dried Thyme
- 3 grams Sea Salt

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



One Pan Roasted Edamame & Broccoli Salad

2 servings

30 minutes

Ingredients

228 grams Broccoli (chopped into florets)
78 grams Frozen Edamame (shelled)
60 grams Walnuts
30 milliliters Avocado Oil (divided)
2 grams Sea Salt
8 grams Almond Butter
7 milliliters Apple Cider Vinegar

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheet with foil.
- 2 In a large mixing bowl, toss the broccoli florets, edamame, walnuts, half the avocado oil, and season with salt. Transfer to baking sheet and spread into an even layer. Bake for 25 minutes.
- 3 Meanwhile, in a small jar, combine the remaining avocado oil, almond butter and apple cider vinegar. Shake well. Add more water to thin if necessary.
- 4 Drizzle desired amount of dressing over top of the salad and serve.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups.

No Walnuts: Use cashews, almonds or pecans instead.

Nut-Free: Use sunflower seeds or pumpkin seeds instead of walnuts. Use sunflower seed butter instead of almond butter.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.



Ground Chicken

2 servings

20 minutes

Ingredients

8 milliliters Avocado Oil
227 grams Extra Lean Ground Chicken
750 milligrams Sea Salt (or more to taste)

Directions

- 1 Heat the avocado oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks.
- 2 Once cooked through, season to taste with sea salt and enjoy!

Notes

Storage: Keeps well in fridge for up to 3 days. Freeze for longer.

Serve it With: Tacos, salads, stir fries and any time you need to add protein.

Spice it Up: Add seasonings like cayenne pepper, chili powder, black pepper, turmeric, paprika, onion powder, garlic powder or dried basil to add more flavour.



One Pan Sesame Trout & Bok Choy

2 servings

15 minutes

Ingredients

2 Rainbow Trout Fillet
280 grams Bok Choy (baby, halved)
30 milliliters Avocado Oil
2 grams Sea Salt
2 grams Sesame Seeds

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.



Steak, Butternut Squash & Zoodles

2 servings

40 minutes

Ingredients

420 grams Butternut Squash (peeled, seeds removed, chopped)

15 milliliters Extra Virgin Olive Oil

6 grams Sea Salt

454 grams NY Striploin Steak

2 Zucchini (spiralized)

Directions

1

Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.

2

Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.

3

Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.

4

In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.

5

Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.