



ethical  
nutrition

Plant-Based Menopause  
Support Program

---

Mark Robertson

<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.
























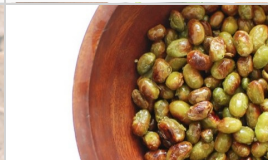
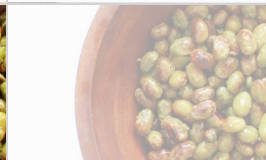
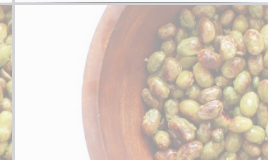


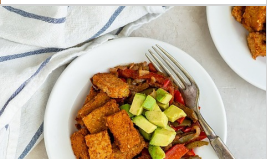
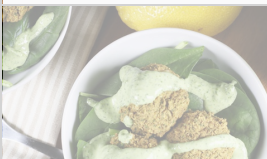
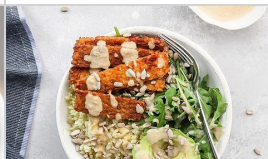

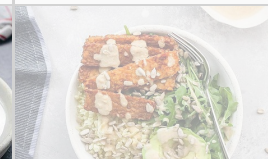
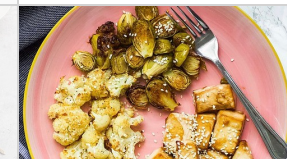
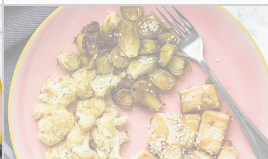
Most supplements are full of synthetic nutrients that your body can't absorb, in quantities that don't make a difference.

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	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Brownie Protein Pancakes	 Brownie Protein Pancakes
Snack 1	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Raspberry Chia Protein Pudding	 Clean Trail Mix	 Clean Trail Mix	 Clean Trail Mix
Lunch	 Falafel Salad with Green Tahini Sauce	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Cauliflower Bowl	 Creamy Pasta with Kale	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars
Snack 2	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers	 Roasted Edamame	 Roasted Edamame	 Roasted Edamame	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers
Dinner	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Tempeh Cauliflower Bowl	 Creamy Pasta with Kale	 Tempeh Cauliflower Bowl	 One Pan Tofu, Brussels Sprouts & Cauliflower	 One Pan Tofu, Brussels Sprouts & Cauliflower

## Fruits

- 4 1/2 Avocado
- 1 1/2 Banana
- 2 1/2 Lemon
- 40 milliliters Lemon Juice
- 58 milliliters Lime Juice
- 185 grams Raspberries

## Breakfast

- 47 grams Almond Butter
- 33 grams Maple Syrup

## Seeds, Nuts & Spices

- 68 grams Cashews
- 156 grams Chia Seeds
- 5 grams Chili Powder
- 225 grams Clean Trail Mix
- 4 grams Cumin
- 3 grams Garlic Powder
- 13 grams Ground Flax Seed
- 575 milligrams Paprika
- 14 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 6 grams Sesame Seeds
- 1 gram Smoked Paprika
- 24 grams Sunflower Seeds

## Frozen

- 187 grams Frozen Berries
- 90 grams Frozen Cauliflower
- 465 grams Frozen Edamame

## Vegetables

- 120 grams Arugula
- 120 grams Baby Spinach
- 88 grams Brussels Sprouts
- 1/2 head Cauliflower
- 340 grams Cauliflower Rice
- 98 grams Cherry Tomatoes
- 145 grams Fresh Peas
- 4 2/3 Garlic
- 1 Green Bell Pepper
- 55 grams Kale Leaves
- 84 grams Matchstick Carrots
- 122 grams Parsley
- 176 grams Purple Cabbage
- 1 Red Bell Pepper
- 2/3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 1/2 Zucchini

## Boxed & Canned

- 112 grams Chickpea Pasta
- 325 grams Chickpeas
- 396 grams Lentils
- 200 grams Seed Crackers
- 59 milliliters Vegetable Broth

## Baking

- 8 grams Arrowroot Powder
- 14 grams Baking Powder
- 8 grams Cacao Nibs
- 15 grams Cacao Powder
- 46 grams Chickpea Flour
- 5 grams Cocoa Powder
- 60 grams Dark Chocolate Chips
- 6 grams Nutritional Yeast
- 61 grams Oats
- 20 grams Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

- 510 grams Tempeh
- 450 grams Tofu

## Condiments & Oils

- 30 milliliters Avocado Oil
- 7 milliliters Coconut Oil
- 76 milliliters Extra Virgin Olive Oil
- 155 grams Tahini
- 54 grams Tamari

## Cold

- 480 milliliters Plain Coconut Milk
- 1.4 liters Unsweetened Almond Milk

## Other

- 121 grams Chocolate Protein Powder
- 97 grams Vanilla Protein Powder
- 305 milliliters Water



## Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

### Ingredients

240 milliliters Unsweetened Almond Milk  
1/2 Zucchini (chopped, frozen)  
24 grams Chocolate Protein Powder  
1/2 Banana (frozen)  
12 grams Chia Seeds  
16 grams Almond Butter  
5 grams Cacao Powder  
3 grams Cacao Nibs (optional)

### Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

240 milliliters Plain Coconut Milk  
(unsweetened, from the box)  
1/2 Zucchini (chopped, frozen)  
45 grams Frozen Cauliflower  
93 grams Frozen Berries  
1/4 Avocado  
12 grams Chia Seeds  
24 grams Vanilla Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

13 grams Ground Flax Seed  
89 milliliters Water  
46 grams Chickpea Flour  
49 grams Chocolate Protein Powder  
5 grams Cocoa Powder  
14 grams Baking Powder  
240 milliliters Unsweetened Almond Milk (or water)  
60 grams Dark Chocolate Chips  
7 milliliters Coconut Oil

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

**Save Time:** Make the pancake batter in a blender.

**Toppings:** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers:** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour:** Try oat flour instead. Results may vary.



## Raspberry Chia Protein Pudding

4 servings

30 minutes

### Ingredients

96 grams Chia Seeds  
480 milliliters Unsweetened Almond Milk  
49 grams Vanilla Protein Powder  
185 grams Raspberries (divided)  
20 grams Unsweetened Coconut Flakes

### Directions

1

In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

2

In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

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

**Nut-Free:** Use coconut milk instead of almond milk.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Clean Trail Mix

3 servings

2 minutes

### Ingredients

225 grams Clean Trail Mix

### Directions

1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.

2

Pour into bowl and snack away!



## Falafel Salad with Green Tahini Sauce

3 servings

30 minutes

### Ingredients

61 grams Oats (quick or traditional)  
396 grams Lentils (cooked, drained and rinsed)  
2 Garlic (cloves, minced)  
3 grams Sea Salt  
122 grams Parsley (divided)  
1 Lemon (juiced and divided)  
30 milliliters Extra Virgin Olive Oil (divided)  
60 grams Tahini  
59 milliliters Water  
120 grams Baby Spinach (or mixed greens)

### Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

### Notes

**Speed It Up:** Skip making the tahini sauce and serve with hummus instead.



## Rainbow Chopped Salad Jars

2 servings

15 minutes

### Ingredients

50 grams Tahini  
1 1/3 Lemon (juiced)  
2 grams Sea Salt  
20 milliliters Water  
328 grams Chickpeas (cooked, from the can)  
99 grams Cherry Tomatoes  
85 grams Matchstick Carrots  
2/3 Yellow Bell Pepper (chopped)  
178 grams Purple Cabbage (chopped)

### Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for up to 4 days.

**No Tahini:** Use a nut butter or sunflower seed butter instead.



## Smashed Peacamole with Crackers

2 servings

10 minutes

### Ingredients

73 grams Fresh Peas  
1 Avocado  
1 Garlic (cloves, minced)  
1/8 Lemon (juiced)  
750 milligrams Sea Salt (or more to taste)  
100 grams Seed Crackers

### Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

**Serving Size:** There is approximately 1/3 cup of peacamole per serving.

**Likes it Spicy:** Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

**No Fresh Peas:** Use frozen peas, corn or edamame instead.

**No Lemon Juice:** Use apple cider vinegar instead.



## Roasted Edamame

3 servings

45 minutes

### Ingredients

465 grams Frozen Edamame  
22 milliliters Extra Virgin Olive Oil  
2 grams Sea Salt

### Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

### Notes

**Less Time:** Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



## Chili Lime Tempeh & Veggies

2 servings

1 hour 40 minutes

### Ingredients

5 grams Chili Powder (divided)  
 4 grams Cumin (divided)  
 3 grams Garlic Powder (divided)  
 5 grams Sea Salt (divided)  
 1 gram Smoked Paprika  
 58 milliliters Lime Juice  
 59 milliliters Vegetable Broth  
 7 grams Maple Syrup  
 255 grams Tempeh (cut into thin pieces)  
 1 Red Bell Pepper (thinly sliced)  
 1 Green Bell Pepper (thinly sliced)  
 1/2 Yellow Onion (thinly sliced)  
 15 milliliters Water  
 1 Avocado (diced)

### Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

### Notes

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

**More Flavor:** Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

**Additional Toppings:** Lime wedges or cilantro.

**Serve it With:** Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



## Tempeh Cauliflower Bowl

3 servings

30 minutes

### Ingredients

255 grams Tempeh (sliced into strips)  
36 grams Tamari  
575 milligrams Paprika  
15 milliliters Avocado Oil  
340 grams Cauliflower Rice  
45 grams Tahini  
20 grams Maple Syrup  
30 milliliters Lemon Juice  
44 milliliters Water  
750 milligrams Sea Salt  
120 grams Arugula  
1 Avocado (sliced)  
24 grams Sunflower Seeds

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

### Notes

**Leftovers:** Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

**More Flavor:** Add chili flakes to the cauliflower rice.

**Additional Toppings:** Add cooked sweet potato or other veggies if desired.

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



## Creamy Pasta with Kale

2 servings

40 minutes

### Ingredients

113 grams Chickpea Pasta  
56 grams Kale Leaves (sliced thin into ribbons)  
2/3 Garlic (clove, minced)  
69 grams Cashews (soaked for 30 minutes and drained)  
79 milliliters Water  
6 grams Nutritional Yeast (optional)  
10 milliliters Lemon Juice  
20 milliliters Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

### Notes

**No Kale:** Use another green instead such as spinach, collard greens or Swiss chard.

**Leftovers:** Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

**No Chickpea Pasta:** Use lentil, quinoa, brown rice or whole wheat pasta instead.





## One Pan Tofu, Brussels Sprouts & Cauliflower

2 servings

45 minutes

### Ingredients

450 grams Tofu (extra firm, drained)  
18 grams Tamari  
15 milliliters Avocado Oil  
7 grams Maple Syrup  
8 grams Arrowroot Powder  
88 grams Brussels Sprouts (trimmed and halved)  
1/2 head Cauliflower (chopped into florets)  
5 milliliters Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
6 grams Sesame Seeds

### Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 2 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 3 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

### Notes

**More Carbs:** Serve with rice or quinoa.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.

**Vegetable Alternatives:** The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.