

# 14-Day Menopause Support Plan



## Why this can help (evidence in brief)

- **Resistance training** in post-menopausal women improves bone mineral density (lumbar spine/hip) and preserves muscle; higher-intensity protocols are effective when well-coached.
- **Exercise & hot flushes:** data are mixed overall, but a randomised trial found **15 weeks of resistance training reduced moderate–severe hot flushes**; ongoing RCTs are comparing strength vs. aerobic training.
- **Mediterranean-style eating** is linked with better cardiometabolic and menopausal health outcomes and is endorsed by expert groups.
- **Calcium, vitamin D & protein** are cornerstone nutrients for bone in Australian guidance (food first; supplement only if dietary intake/sunlight are inadequate).
- **Soy isoflavones** (from foods like fortified soy milk/tofu/tempeh) can modestly reduce hot-flush frequency/severity for some women, though results are variable—food-first, consistent intake helps.
- **Lifestyle/nonhormone guidance (NAMS 2023):** weight management, exercise, and selected nonhormonal strategies can support vasomotor symptoms; HRT remains most effective but isn't always chosen/indicated.

## Part 1 – 14-Day Meal Plan (Weeks 1 & 2)

### From Brad:

This plan is built around what I use with women navigating menopause — and what I've seen help most in real life, including with my own wife. The aim isn't perfection. It's steady strength, calmer flushes, better sleep, and a metabolism that works *with* you, not against you.

We're hitting roughly **80 g protein/day**, plenty of calcium, magnesium, phytoestrogens (from soy & legumes), omega-3 fats, and anti-inflammatory plants — all proven to support this stage of life.

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## Week 1

### Day 1

- **Breakfast:** Protein bircher – ½ cup rolled oats, 250 mL calcium-fortified soy milk, 150 g Greek or soy yoghurt, 1 tbsp chia, 1 cup berries.  
*Soak overnight, top with berries in the morning.*
  - **Lunch:** Chickpea & tuna salad – 1 tin tuna, 1 cup chickpeas, salad leaves, cherry tomatoes, capsicum, lemon-EVOO dressing.
  - **Dinner:** Oven-baked salmon with sweet potato wedges and steamed broccoli.
  - **Snack:** 1 piece fruit + 10 almonds.
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### Day 2

- **Breakfast:** 2–3 eggs on wholegrain toast with sautéed spinach & mushrooms.
  - **Lunch:** Chicken wrap – shredded roast chook, salad, avocado in a wholegrain wrap.
  - **Dinner:** Tofu & veg stir-fry with garlic, ginger, tamari, served over brown rice.
  - **Snack:** 200 mL calcium-fortified soy milk.
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### Day 3

- **Breakfast:** Smoothie – soy milk, yoghurt, banana, 1 tbsp peanut butter, oats, cinnamon.
  - **Lunch:** Pumpkin & lentil soup with wholegrain toast + cheese (or soy cheese).
  - **Dinner:** Lean beef chilli with kidney beans, tomato, onion, and spices.
  - **Snack:** Kiwi fruit (vitamin C boosts iron absorption).
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## Day 4

- **Breakfast:** Yoghurt bowl – 200 g yoghurt, ¼ cup granola, 1 tbsp flaxseed, berries.
  - **Lunch:** Salmon & quinoa salad with cucumber, herbs, EVOO dressing.
  - **Dinner:** Roast chicken thighs with carrots, beans, and roast potatoes.
  - **Snack:** 2 squares dark chocolate.
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## Day 5

- **Breakfast:** Veggie omelette + tomato, on wholegrain toast.
  - **Lunch:** Tofu or edamame sushi pack + seaweed salad (supermarket).
  - **Dinner:** Baked barramundi, brown rice, bok choy sautéed with sesame oil.
  - **Snack:** Cottage cheese (or soy yoghurt) with pineapple.
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## Day 6

- **Breakfast:** Overnight chia-oat cup – oats, soy milk, chia, berries.
  - **Lunch:** Halloumi (or tempeh) salad with roast beetroot, rocket, walnuts.
  - **Dinner:** Turkey meatballs in tomato-veg sauce over wholemeal pasta.
  - **Snack:** Apple with 1 tbsp peanut butter.
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## Day 7

- **Breakfast:** Avocado toast + 2 poached eggs.
  - **Lunch:** Leftover turkey meatballs in a grain roll with salad.
  - **Dinner:** Veg & bean fajitas with guacamole, corn tortillas.
  - **Snack:** Herbal tea (peppermint or chamomile).
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## Week 2

## Day 8

- **Breakfast:** Protein bircher (as Day 1).
  - **Lunch:** Tuna-bean salad – tuna, cannellini beans, tomato, parsley, EVOO.
  - **Dinner:** Tofu korma with mixed frozen veg over microwave basmati.
  - **Snack:** Yoghurt + berries.
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## Day 9

- **Breakfast:** Smoothie (as Day 3).
  - **Lunch:** Leftover tofu korma in a wrap with salad.
  - **Dinner:** Grilled lamb backstrap with tabbouleh and yoghurt dip.
  - **Snack:** 10 almonds.
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## Day 10

- **Breakfast:** Eggs with mushrooms & spinach.
  - **Lunch:** Pumpkin & lentil soup + toast.
  - **Dinner:** Teriyaki salmon with edamame and brown rice.
  - **Snack:** Piece of fruit.
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## Day 11

- **Breakfast:** Yoghurt bowl with flaxseed.
  - **Lunch:** Chicken & avocado salad with corn and lime-EVOO dressing.
  - **Dinner:** Veggie stir-fry with tempeh + soba noodles.
  - **Snack:** Soy latte or warm soy milk with cinnamon (evening).
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## Day 12

- **Breakfast:** Avocado toast + 2 poached eggs.
  - **Lunch:** Sardines on toast with tomato, red onion, parsley.
  - **Dinner:** Beef & veggie mince bowls over quinoa with salsa & yoghurt.
  - **Snack:** Kiwi fruit.
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## Day 13

- **Breakfast:** Chia-oat cup.
  - **Lunch:** Roasted veg & chickpea tray salad with feta and olives.
  - **Dinner:** Roast chicken + mixed veg + small roast potatoes.
  - **Snack:** Apple + peanut butter.
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## Day 14

- **Breakfast:** Smoothie (as Day 3).
- **Lunch:** Sushi/edamame pack + miso soup.
- **Dinner:** Baked barramundi or salmon with greens and brown rice.
- **Snack:** Herbal tea.

### Why this works

- **Protein** protects lean mass and supports metabolism.
- **Calcium & vitamin D** protect bone health (aim for 3–4 serves dairy or fortified soy per day).
- **Phytoestrogens** from soy/tofu/tempeh may help hot-flush frequency and severity.
- **Omega-3s** (salmon, sardines, chia, walnuts) support joint health and mood.
- **Low-GI carbs** and high fibre steady blood sugar and reduce energy dips.

## BP Menopause Movement Plan

### Your 14-Day Strength & Walking Routine

*(Repeat this two-week plan indefinitely — the benefits build over time.)*

### Weekly Structure


Day	Exercise	Time	Notes
Mon	Strength Session	20 mins	<a href="#">Annie September Set</a>
Tues	Cardio (Walk)	30 mins	Rhythmic & Continuous
Weds	Strength Session	20 mins	<a href="#">Ellie August Set</a>
Thurs	Cardio (Walk)	30 mins	Rhythmic & Continuous
Fri	Strength Session	20 mins	<a href="#">Annie September Set</a>
Sat	Cardio (Walk)	60 mins	Rhythmic & Continuous
Sun	Cardio (Walk) + Strength Session	60 mins	<a href="#">Ellie August Set</a>

Strength sessions - <https://bp40plus.com.au/respect/>



## BP 14-Day Menopause Symptom & Energy Tracker

Use this as your daily check-in. There's no "right" score — the goal is simply to spot patterns. Over two weeks, you'll often see improvements in sleep, energy, and mood as nutrition, movement, and routine settle in.

Day	 Hot Flashes (M / Mod / Sev)	 Sleep Quality (1–5)	 Energy (1–5)	 Mood (1–5)	 Notes (e.g. food, stress, exercise)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Further Notes;