



*Positively Menopausal*  
educate support thrive

## Recipes to Support Hormonal Balance

*Discover easy, healthy and tasty recipes to nourish the body and promote balance*

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



# Chocolate Baked Oats

## Serves 1

- ½ cup (40g) rolled oats
- 1 tsp. chia seeds
- ⅓ cup (80ml) almond milk, unsweetened
- 2 tbsp. water
- 1 scoop (25g) chocolate whey
- 1 tbsp. cocoa powder
- ⅛ tsp. salt
- ¼ tsp. baking soda

## What You Need To Do

1. Preheat the oven to 350°F (180°C). Lightly grease an oven-safe dish with oil.
2. In a bowl, combine all the ingredients and then transfer to the earlier prepared dish.
3. Place the dish in the oven and bake for 20-25 minutes. Serve hot or cold, with your favourite toppings.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	288	6	33	30	7

\*Nutrition per serving



# Peach, Honey & Cinnamon Overnight Oats

## Serves 2

### **For the oats:**

½ cup (140g) Greek yogurt  
⅔ cup (160ml) almond milk, unsweetened  
2 tbsp. honey  
1 tsp. vanilla extract  
1 tbsp. chia seeds  
½ cup (40g) rolled oats  
1 scoop (25g) vanilla protein powder  
1 tsp. ground cinnamon  
1 peach, diced  
pinch of salt

### **For topping:**

1 peach, diced  
2 tbsp. almonds, sliced

## What You Need To Do

1. Place all the ingredients in a bowl, mixing well to ensure they are well combined.
2. Divide the mixture between two jars, cover with a lid and refrigerate for a minimum of 3 hours or overnight.
3. Top with diced peach and sliced almonds before serving.

**Storage:** Will store in the refrigerator for 4-5 days.

MP V N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	3 hrs	266	9	40	30	6

\*Nutrition per serving



# Spicy Chicken & Chickpeas

## Serves 4

1 tbsp. olive oil  
1 lb. (450g) chicken breast, chopped  
1 tsp. chili flakes  
1 cup (170g) chickpeas, drained  
2 garlic cloves, minced  
1 tbsp. lemon juice  
2 green onions (spring onions), sliced  
2 tbsp. chopped parsley  
salt & pepper

## What You Need To Do

1. Heat the olive oil in a non-stick skillet/frying pan over medium-high heat. Season the chicken with salt, pepper and chili flakes. Cook in the pan for 5-6 minutes until the chicken is cooked through.
2. Add in the chickpeas, garlic and green onions, and continue cooking for another 3-4 minutes.
3. Take the pan off the heat, drizzle with the lemon juice and top with chopped parsley to serve.

**Serving Suggestions:** white rice, hummus, fresh salad

GF DF LC MP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	158	5	8	19	2

\*Nutrition per serving



# Kale, Quinoa & Blueberry Salad

## Serves 4

### **For the salad:**

- 1 cup (170g) quinoa
- 1 large bunch kale, stems removed, leaves chopped (approx. 6 cups/400g)
- 15 oz. (400g) can chickpeas, drained
- 1 cup (190g) blueberries
- 4 oz. (115g) goats cheese, crumbled
- ½ cup (150g) almonds, chopped
- 1 avocado, flesh cubed

### **For the dressing:**

- 4 tbsp. olive oil
- 4 tbsp. lemon juice
- 2 tbsp. honey
- 1 ½ tsp. Dijon mustard
- salt & pepper

## What You Need To Do

1. Cook the quinoa according to instructions on packaging. Once cooked set aside to cool.
2. Place the torn kale leaves in a salad bowl.
3. In the meantime, make the dressing by whisking together all the dressing ingredients, season to taste with salt and pepper, and drizzle over the kale. Mix the dressing through the kale leaves to coat.
4. Once quinoa has cooled, add it to the bowl with the kale, along with the chickpeas, blueberries, goats cheese, almonds, and avocado. Give it a gentle mix and serve.

**Storage:** The salad can be stored in container in the refrigerator for up to 3 days.

GF MP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	599	32	65	18	14

\*Nutrition per serving



# Keto Aubergine Lasagna

Serves 8

## What You Need To Do

### For the lasagna:

2 large aubergines  
2 tbsp. olive oil  
2 cups (500g) full fat ricotta cheese  
1 cup (100g) Parmesan cheese, shredded  
10 fresh basil leaves, chopped  
2 cups (150g) mozzarella cheese, shredded  
1 tbsp. dried oregano  
salt & pepper

### For the meat sauce:

1 lb. (450g) ground (minced) beef (5% fat) or  
vegan alternative (Quorn)  
1 onion, diced  
2 cloves garlic, minced  
1 tsp. sea salt  
2 x 14 oz. (400g) cans whole tomatoes, with liquid  
4 tbsp. tomato paste (puree)  
1 tsp. dried oregano  
1 tsp. dried basil  
½ tsp. garlic powder  
½ tsp. onion powder  
¼ tsp chili flakes  
salt & pepper

### For the sauce:

1. Place a large pot/saucepan over medium-high heat, and cook the beef or Quorn until brown. Drain off any excess fat from the meat and add in the onion, garlic and 1 teaspoon of sea salt. Continue to cook for another 3-4 minutes until the onion has softened.
2. Next, add in the tomatoes and break them up with a spatula. Mix in the tomato paste, oregano, basil, garlic powder, onion powder, and red pepper flakes. Season to taste with salt and pepper.
3. Reduce the heat to low and simmer uncovered for around 30 minutes, until sauce has reduced.

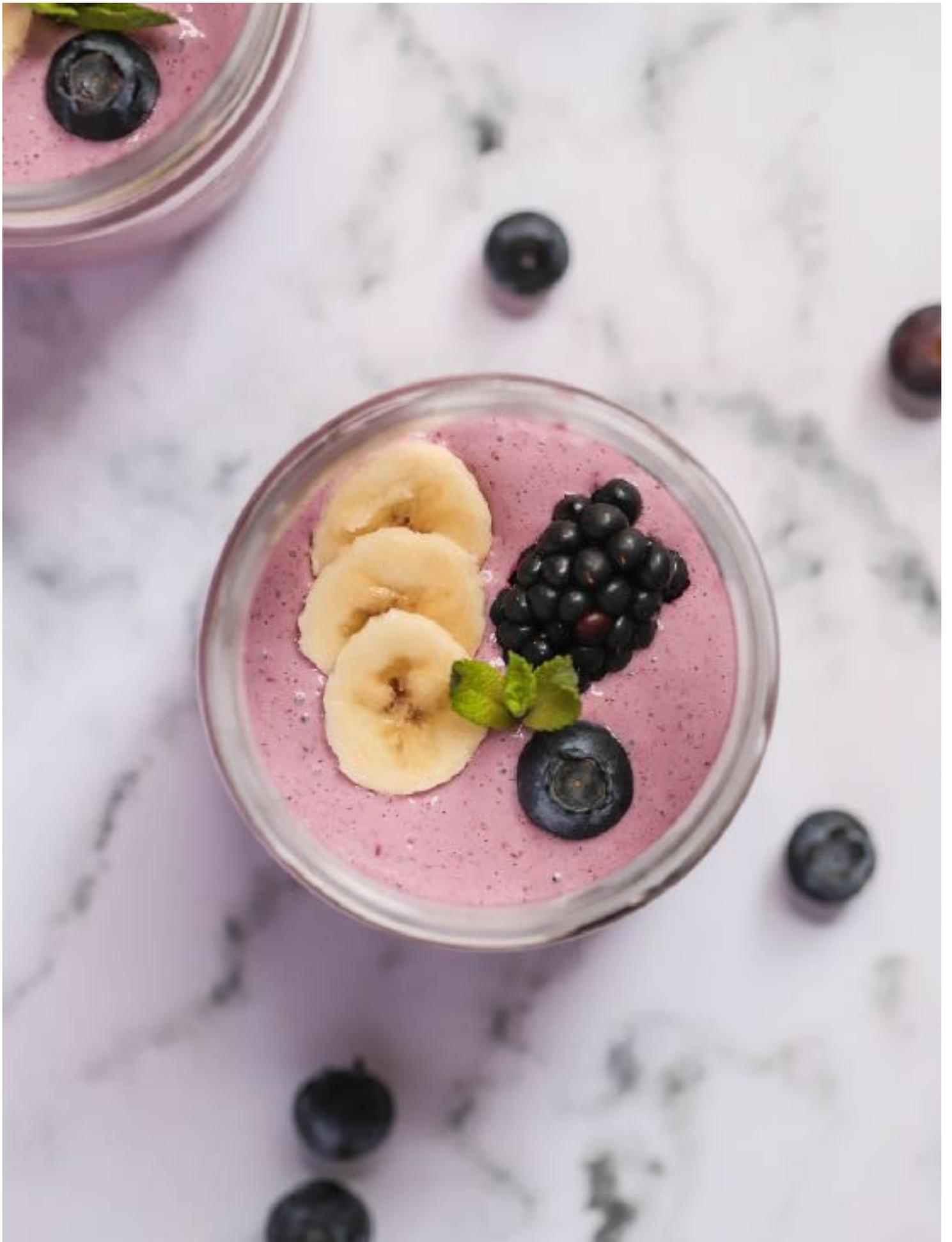
### For the lasagna:

4. Preheat the oven to 400°F (200°C) and lightly grease a 8x13 inch (20x33cm) baking dish with oil.
5. Cut the ends off the aubergines and slice lengthwise in ¼ inch slices (approximately 10 slices in total).
6. Brush each slice of aubergine with olive oil, season with salt and pepper and place on a baking sheet lined with baking parchment. Bake in the oven for 6-7 minutes each side.
7. In a large bowl, combine the ricotta, Parmesan and basil.
8. Pour 2 cups of the meat sauce into the bottom on the oiled baking dish, then place half the slices of aubergine in a layer over the top. Spread over half of the ricotta mixture and ½ cup of mozzarella cheese.
9. Repeat the process layering the remaining aubergine, ricotta mixture and another ½ cup of mozzarella cheese.
10. Finally layer the 2 remaining cups of sauce and 1 cup of mozzarella cheese and oregano. Cover with tin foil and bake in the oven for 30 minutes.
11. Remove the foil and broil (grill) on high for another 5-8 minutes until the cheese is golden on top. Remove the dish from the oven and allow it to stand for 15 minutes before cutting.

GF LC HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	60 mins	390	25	14	27	4

\*Nutrition per serving



# Blackberry & Vanilla Linseed Pudding

## Serves 4

8 tbsp. ground linseeds (flax seeds)  
1 tsp. Vanilla extract  
2 ½ cups (700g) Greek yogurt  
2 tbsp. honey  
1 cup (150g) blackberries, frozen  
1/2 cup (80g) fresh berries, for garnish

## What You Need To Do

1. Place all the ingredients, apart from the fresh berries in a high-speed blender or food processor and blitz until smooth and well combined.
2. Divide the mixture equally between 4 glasses or jars and serve topped with the fresh berries.

**Storage:** Store in the refrigerator for up to 2 days or can be frozen

GF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	262	8	32	17	5

\*Nutrition per serving



# Vanilla & Cinnamon Protein Balls

## Makes 16

- ¾ cup (60g) rolled oats
- ½ cup (125g) almond butter, smooth
- ½ cup (75g) almonds
- 4 tbsp. honey
- 2 scoops (50g) vanilla whey protein powder + 2 tbsp. for coating
- 1 tbsp. ground cinnamon
- 1 tsp. vanilla extract
- 2 tbsp. water

## What You Need To Do

1. Place the oats, almond butter, almonds, honey, protein powder, cinnamon and vanilla extract into a food processor and process until a dough like consistency forms. Add the 2 tablespoons of water and continue to blitz the mixture until it starts to stick together.
2. Roll the mixture into 16 balls (about 1 tablespoon per ball).
3. Mix 2 tablespoons of vanilla protein powder and 1 teaspoon of ground cinnamon in a large zip-lock bag. Place the protein balls inside the bag and gently toss in the mixture until the balls are coated.

**Storage:** Place the balls into an air-tight container and store in the refrigerator for up to 2 weeks.

LC MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	114	7	10	8	2

\*Nutrition per serving