

Ultimate Menopause Transformation for Professional Women



The first week of the reset programme always requires a bit more of an expensive grocery shop than normal. Note that some of the foods will be leftover for week two. If you are very budget conscious, just select the meals on the plan that require less expensive ingredients. Remember the meal plan is flexible to suit your taste buds and your budget. You'll be eating more fresh produce, but eating less dairy, bread and meat which will balance out your grocery bill a little more. This is based on one person following the programme, however there will be leftovers from some of the meals as some of the dinner meals yield more servings.

Essentials – These are needed almost every day. Make sure you have them in the pantry.

- Kelp Sea salt – for thyroid function and fat burning
- Coconut Water – for hydration and electrolyte replenishment (optional)
- Coconut/Olive oil – for cooking and can be used as a butter replacement
- Chamomile Tea – for sleep
- 90% Dark Chocolate – for a daily low sugar treat
- Rice Milk/Almond Milk/Oat milk – Dairy alternative. Base for milkshakes & smoothies.
- Lemons – Vitamin C, Immunity, Liver Cleansing

Vegetables	Fruits
1 can corn kernels	2 to 3 avocados
Bag of potatoes	2 bunches of bobby bananas
Onions	1 Bag frozen wild Blueberries
5 x handfuls of spinach	1.5 kg red apples
1 bag of rocket lettuce	1 bag of apricots
1 iceberg lettuce	1 bag of dates
2 packets of cherry tomatoes	1 can pineapple slices
2 to 3 cucumbers	2 large pears
2 packets of low fat pre made falafels	4 Red Apples
1 kg carrots	Limes/Lemons as many as you like
10 mushrooms	1 or 2 punnets of strawberries
Staples	Herbs & Spices
2 x Uncle tobys brown rice pots	Cinnamon
1 rotisserie Chicken	Mint, coriander leaves
1 can of Watties Mexican beans	Turmeric powder
Herbal tea (chamomile)	lemongrass
Animal Proteins	ginger
	Red curry paste
Dairy/Alternatives	Nuts & Seeds
1 x can of Coconut Milk or oat milk	Handful of walnuts
1 x 300ml cream for coffee	
Sauce/Dressings	
Hummus – low fat option, canola free	
Watties burger sauce	
Gluten free gravy	
Garlic aioli – dairy free, egg free	
Dijon mustard	

Supplements (optional)

Clinicians Vitamin B12 (with methylcobalamin)

Use Vitamin B12 in liquid form with a dropper. Necessary for the liver's 2000 functions, including the immune system, detoxification, balancing blood sugars, nerve and brain function. Suggested dose is 1 x dropperful in the morning and 1 x dropperful in the evening.

Clinicians Liquid Zinc Sulphate

The correct zinc is important to get the results you are after. Liquid zinc sulphate is anti-viral, anti-bacterial and is necessary for all 2000 functions of the liver. Zinc stabilises the immune system. Recommended dosage 1 x full squirt per day. For more extreme levels of menopause issues add an extra dose to your evening routine.

Ashwaghandha Capsules

Ashwaghandha is a useful supplement to stabilise the adrenal glands. Like the immune system, the adrenal glands can overreact or under perform when dysfunctional. The adrenal glands are sensitive to heat, so multiple hot flushes over many years can damage them. The adrenal glands step in and produce hormones like progesterone and oestrogen when the ovaries start to shut down, so if the adrenals aren't working properly, you can have a hormonal imbalance among the issues. **Note ashwaghandha is not to be used with anti-depressants or anti-anxiety medications.**

Organic Barley Grass Powder

Barley grass powder alkalises and cleanses the blood, reduces joint pain, removes dark circles under the eyes, eases digestive issues, removes toxins that feed pathogens and cleanses the liver. Recommended dosage 2 teaspoons, twice per day.

Organic Spirulina Powder

Contains vital nutrients that help the liver detox function, Removes toxins from the body and liver, contains plant based iron and is the highest protein based food in the world. Recommended dosage 1 teaspoon twice per day.