



3 Day Meal Plan To Calm your Anxiety And Hot Flashes So That Your Menopausal Weight Drops Naturally

What makes this plan so special?

I have tailored this plan for women like me, going through peri- or menopause that suffer from anxiety and hot flashes and also have put on some weight that they would like to lose naturally.

The ingredients chosen are all whole foods enriched with macronutrients that calm your nervous system and cool your body down naturally.

You can adjust this plan to fit into the intermittent fasting of 18/6 and your feeding window. This means you would eat. Your first meal between 11 am and 12 pm and your last meal at 5 or 6 pm. Otherwise just go with whatever feels natural to you time wise.

Look out for my videos for easy food prep videos that will save you a ton of time every week [Susanne McAllister Wellness Hacks facebook page](#)

I hope you enjoy this taster plan.

Love

Susanne

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Day 1

Breakfast

Tofu, Tomato and Spinach Scramble



Serves: 1

Ingredients

- 150g firm tofu
- 15ml olive oil
- 1 tbsp. nutritional yeast
- 1 tsp. turmeric
- 1 tbsp. (20ml) filtered water
- 1 small (90g) tomato, diced
- 1 cup (30g) baby spinach leaves
- Himalayan salt & pepper

Method

1. Place the tofu in a bowl and using a masher or fork, mash into small curds.
2. Heat oil in a large non-stick frying pan over a medium to high heat. Add tofu and cook until some liquid has released and tofu is slightly golden, about 3 minutes.
3. Add nutritional yeast, turmeric and water. Stir through and cook for about 2 minutes. Add in tomato and cook for a further 2 minutes, then add spinach and stir through until wilted.
4. Season with salt and pepper. Serve

Nutrition Facts

Servings per recipe: 1

Serving size: 306.65g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	356 cal	116 cal
Protein	21g	6.8g

	Average Quantity Per Serve	Average Quantity Per 100g
Fat, total	25.3g	8.2g
- saturated	3.7g	1.2g
Carbohydrate	5.2g	1.7g
- sugars	3.7g	1.2g
Sodium	79mg	26mg

Snack

Protein Berry Bliss Shake



Serves: 1

Ingredients

- 1 tbsp. (13g) vegan protein powder (flavour of your choice)
- 150ml unsweetened almond milk
- 1 tsp. macca powder
- 50ml filtered water
- 30g frozen blueberries

Method

1. Add all ingredients in a blender and blend until smooth.
2. Pour shake into a large glass.
3. Serve.

Nutrition Facts

Servings per recipe: 1

Serving size: 191.5g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	127 cal	67 cal
Protein	12.0g	6.3g
Fat, total	5.2g	2.7g
- saturated	0.5g	0.2g
Carbohydrate	6.8g	3.6g
- sugars	4.7g	2.4g
Sodium	169mg	89mg

LUNCH

Turmeric Sweet Potato Fritters

[Print Recipe](#)



Serves: 2

Ingredients

- 1 small (130g) sweet potato, grated
- 2 tbsp. (30g) hulled tahini
- ¼ cup (42g) flaxseed meal
- 1 tbsp. ground turmeric
- 1 garlic clove, minced
- Himalayan salt & pepper
- 60g baby spinach leaves
- ½ medium (68g) avocado, sliced

- 1 tbsp. (20ml) balsamic vinegar

Method

1. Preheat oven to 180 degrees Celsius and line a baking tray with baking paper.
2. To make the fritters, combine the sweet potato, tahini, flaxseed meal, turmeric, garlic, salt and pepper in a bowl until well combined. Shape into 4 patties using your hands and place on the lined tray.
3. Bake in the oven for 20 minutes or until golden and firm. After 10 minutes, flip the patties over to ensure both sides are cooked. Once cooked, remove from the oven.
4. Add fresh spinach and avocado to a bowl and drizzle with balsamic. Add 2 patties and half of the spinach and avocado to a plate for lunch today. Refrigerate remaining portion for tomorrow's leftovers.

Nutrition Facts

Servings per recipe: 2

Serving size: 171.5g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	356 cal	196 cal
Protein	10.1g	5.6g
Fat, total	25.8g	14.2g
- saturated	3.8g	2.1g
Carbohydrate	20.0g	11.0g
- sugars	7.3g	4.0g
Sodium	38mg	21mg

Snack

Vanilla Hemp Seed Protein Balls



* This is a sample photo only

Serves: 5

Ingredients

- 2 tbsp. (25g) vanilla vegan protein powder (or flavour of your choice)
- ½ tbsp. (6.5g) raw hulled hemp seeds
- 20g almond meal
- 40g desiccated coconut
- 20g unsweetened cashew butter
- 30ml filtered water

Method

1. Combine protein powder, hemp seeds, almond meal and coconut in a bowl until well combined.
2. Add in cashew butter and water and combine with your hands until a soft dough has formed.
3. Using the palm of your hand, roll the mixture into 5 even balls and set in the fridge for half an hour.
4. Serve 1 ball and refrigerate the leftover balls to be consumed over the week.

Nutrition Facts

Servings per recipe: 5

Serving size: 22.5g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	130 cal	578 cal
Protein	6.4g	28.6g
Fat, total	10.0g	44.5g

	Average Quantity Per Serve	Average Quantity Per 100g
- saturated	4.8g	21.2g
Carbohydrate	2.7g	12.2g
- sugars	1.4g	6.4g
Sodium	16mg	71mg

Dinner

Chilli Chickpea San Choy Bow

[Print Recipe](#)



Serves: 2

Ingredients

- 2 tsp. (10ml) coconut oil
- 1 medium (90g) brown onion, diced
- 1 garlic clove, finely diced
- 4 spring onions, finely diced
- 1 long red chilli, seeds removed, finely diced
- 1/3 cup (36g) raw unsalted peanuts, finely chopped
- 1 tbsp. fresh ginger, finely diced
- 1 medium (61g) carrot, grated
- 1 medium (130g) zucchini, finely diced
- 100g mushrooms, roughly chopped
- 1 cup (170g) canned chickpeas, rinsed
- 2 tbsp. soy sauce

- 2 tsp. (4.5g) sesame seeds
- 2 tsp. (4.5 g) flax seeds
- 6 lettuce cups
- Pinch of chilli flakes

Method

1. Heat coconut oil in a large skillet pan over a medium to high heat.
2. Add onion, garlic, spring onions, chilli, peanuts and ginger and sauté for 2-3 minutes.
3. Add in carrot, zucchini and mushrooms and cook for 4-5 minutes, or until veggies are tender.
4. Add in tinned chickpeas and stir through. Cook for a few minutes, or until most of the liquid from the veggies has absorbed.
5. Add in soy sauce and reduce to a low to medium heat. Cook for a further 2 minutes, then stir through the sesame seeds and flax seeds
6. Place 3 lettuce cups on a plate. Fill cups with half of the chickpea mixture to serve for tonight's dinner. Sprinkle with chilli flakes to serve.
7. Refrigerate remaining mixture and lettuce cups for tomorrow's leftovers.

Nutrition Facts

Servings per recipe: 1

Serving size: 332g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	344 cal	104 cal
Protein	16.3g	4.9g
Fat, total	19.4g	5.8g
- saturated	6.1g	1.8g
Carbohydrate	20.9g	6.3g
- sugars	7.1g	2.1g
Sodium	935mg	281mg

DAY 2

Keto Green Brekkie Salad



Serves: 1

Ingredients

- 2 cups (60g) baby spinach leaves
- 1 medium (130g) zucchini, grated
- ½ cup (25g) snow peas, ends removed, sliced in halves
- ¼ medium (35g) avocado, diced
- 1 tsp. olive oil
- Himalayan salt & pepper
- 15g raw unsalted walnuts, roughly chopped
- 15g raw unsalted almonds, roughly chopped

Method

1. Add spinach, zucchini, snow peas and avocado to a bowl and toss to combine.
2. Drizzle with olive oil and season with salt and pepper. Toss through.
3. Sprinkle with walnut and almonds to serve.

Nutrition Facts

Servings per recipe: 1

Serving size: 309.5g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	356 cal	115 cal
Protein	9.8g	3.2g
Fat, total	31.2g	10.1g
- saturated	3.8g	1.2g
Carbohydrate	6.1g	2.0g
- sugars	5.2g	1.7g
Sodium	18mg	6mg

Snack



Vanilla Hemp Seed Protein Balls (leftover)

Lunch



Turmeric Sweet Potato Fritters (leftover)

Snack

Spinach And White Bean Dip



Serves: 2

Ingredients

- 80g natural coconut yoghurt
- 50g canned cannellini beans, rinsed
- 30g baby spinach leaves
- Himalayan salt and pepper
- 1 medium (160g) cucumber, cut into matchsticks

Nutrition Facts

Servings per recipe: 2

Serving size: 160g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	128 cal	80 cal
Protein	2.9g	1.8g
Fat, total	9.8g	6.1g
- saturated	9.0g	5.6g
Carbohydrate	6.0g	3.8g
- sugars	2.8g	1.8g
Sodium	88mg	55mg

Method

1. Add coconut yoghurt, beans and spinach to a blender and blitz until smooth. Season with salt and pepper to taste. If you prefer a thinner consistency for your dip, add a little water and blitz.
2. Serve half the dip with half of the cucumber sticks as a snack. Refrigerate remaining portion for tomorrow's leftovers.

Dinner



Chilli Chickpea San Choy Bow (leftover)

DAY 3

Breakfast

Yummy Raspberry Protein Smoothie



Serves: 1

Ingredients

- 2 tbsp. (26g) vegan protein powder (flavour of your choice)
- 250ml unsweetened almond milk
- 50g frozen raspberries
- 20g natural almond or peanut butter

Method

1. Add all ingredients to a blender and blend until a smooth consistency is formed.
2. Pour smoothie into a large glass.
3. Serve.

Nutrition Facts

Servings per recipe: 1

Serving size: 343.5g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	356 cal	104 cal
Protein	29.6g	8.6g
Fat, total	18.7g	5.4g
- saturated	1.8g	0.5g
Carbohydrate	12.7g	3.7g

	Average Quantity Per Serve	Average Quantity Per 100g
- sugars	8.0g	2.3g
Sodium	296mg	86mg

Snack

Spinach And White Bean Dip



LUNCH

Peach, Fennel And Carrot Buckwheat Salad



Serves: 2

Ingredients

- 2 small (260g) peaches, pips removed, thickly sliced
- 1 tbsp. (20ml) olive oil
- ¼ cup (41g) uncooked buckwheat, rinsed
- Himalayan salt & pepper
- 2 medium (122g) carrots, grated
- 1 medium (230g) fennel bulb, thinly sliced
- 2 cups (60g) baby spinach leaves
- ½ medium (68g) avocado, sliced

Method

1. Add half of the olive oil to a medium skillet pan over a medium heat. Add in peaches and sauté for 2 minutes. Set aside.
2. Boil 2 cups (500ml) of water in a saucepan over a medium heat and add in buckwheat. Cook for 20 minutes, covered, until buckwheat is cooked, but still tender to the bite. Season with a little salt and pepper and set aside.
3. Add carrots, fennel, spinach leaves and sauteed peaches to a bowl with remaining olive oil. Toss well. Add in buckwheat and stir through.
4. Top with sliced avocado.
5. Serve one bowl for lunch and refrigerate the second bowl for tomorrow's leftovers.

Nutrition Facts

Servings per recipe: 2

Serving size: 409.6g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	342 cal	83 cal
Protein	7.1g	1.7g
Fat, total	17.3g	4.2g
- saturated	3.3g	0.8g
Carbohydrate	32.2g	7.9g
- sugars	18.7g	4.6g
Sodium	84mg	20mg

Snack



Vanilla Hemp Seed Protein Balls (leftover)

Dinner

Curried Tempeh Fried Rice

[Print Recipe](#)



Serves: 2

Ingredients

- ¼ cup (45g) uncooked brown rice, rinsed
- 2 tsp. (10ml) coconut oil
- 1 medium (90g) brown onion, diced
- 1 garlic clove, finely diced
- 3cm knob ginger, finely diced
- 2 tsp. curry powder
- 2 tsp. ground turmeric

- 2 tbsp. soy sauce
- 1 ½ cups (375ml) boiling water
- 180g tempeh, cut into approx. 2cm cubes
- 1 medium (120g) red capsicum, finely diced
- ¼ cup (40g) frozen corn, thawed
- ¼ cup (32g) frozen green peas, thawed
- ½ cup (55g) green beans, halved
- Himalayan salt and pepper

Method

1. Boil ¾ cup (170ml) of water in a saucepan over a medium heat. Add rice and reduce to a simmer. Cover and cook for 25 minutes or until rice is cooked. Once cooked, stand covered for 5 minutes.
2. Meanwhile, heat coconut oil in a large skillet pan. Add in onion, garlic and ginger and sauté for 3 minutes. Add in curry powder, turmeric, 1 tbsp of soy sauce and 1 cup (250ml) of boiling water. Stir through.
3. Add tempeh and cook for 3-4 minutes, covered.
4. Add in capsicum, corn, peas, beans and remaining ½ cup (125ml) of boiling water. Cook for 4-5 minutes, or until veggies are cooked and most of the water has absorbed.
5. Add in cooked brown rice and remaining soy sauce. Stir through until well combined. Add a pinch of salt and a few crunches of black pepper.
6. Serve one bowl for tonight's dinner and refrigerate the second bowl for tomorrow's leftover.

Nutrition Facts

Servings per recipe: 2

Serving size: 317g

	Average Quantity Per Serve	Average Quantity Per 100g
Calories	353 cal	111 cal
Protein	21.1g	6.6g
Fat, total	10.8g	3.4g
- saturated	4.8g	1.5g
Carbohydrate	38.8g	12.2g
- sugars	7.8g	2.5g
Sodium	892mg	281mg