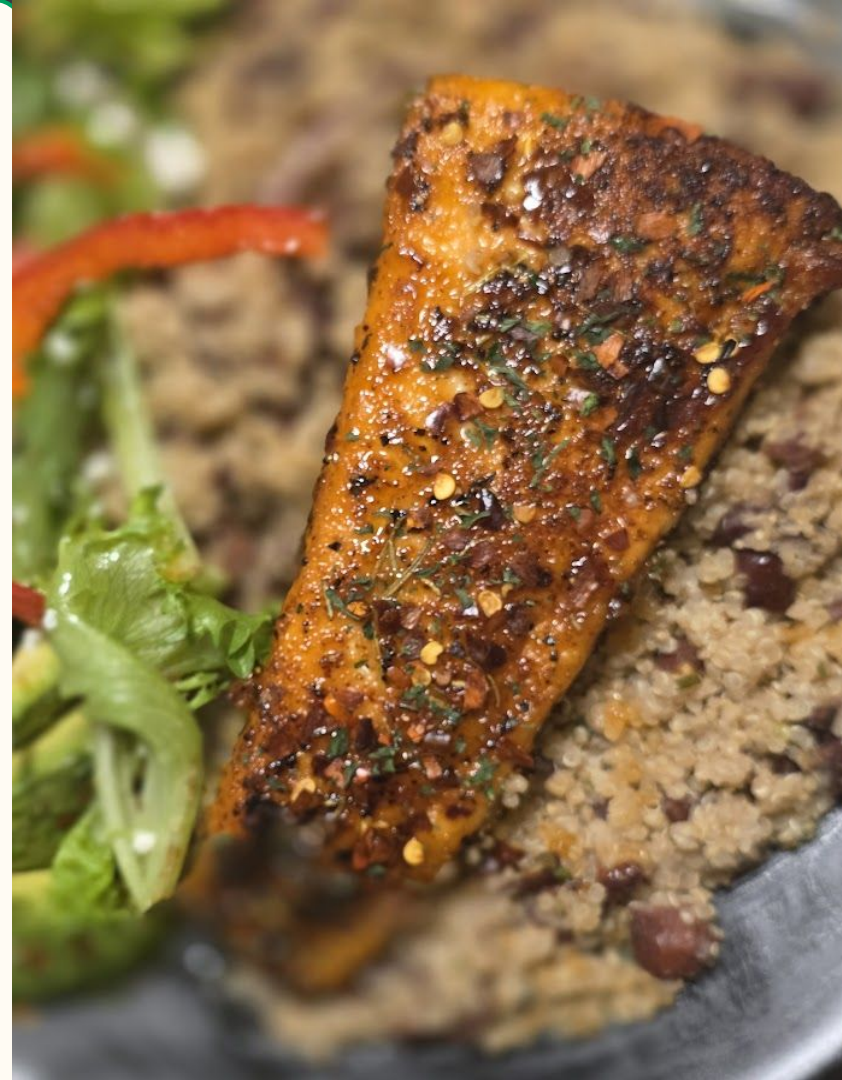


# 3 Quick, Easy & Delicious Recipes that Support Menopause

Support Your Body, Support *Menopause*

Dr. Nickie Ann





## MENOPAUSE NOURISHMENT GUIDE (FOODS LIST)

### Title:

**Eat to Ease Menopause: A Holistic Food Guide**

### Foods That Help:

- Avocado
- Olive oil
- Eggs
- Leafy greens
- Lentils & beans
- Sweet potatoes
- Fermented foods

### Foods to Limit:

- Sugar
- Alcohol
- Ultra-processed foods
- Excess caffeine
- Refined carbs

Food is hormonal information.  
Choose accordingly.

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# Teriyaki Salmon with Quinoa and Red Beans

## Ingredients

- 2 salmon fillets
- 1/2 cup quinoa (uncooked)
- 1 cup water or broth
- 1 cup cooked red beans (rinsed)
- 1/4 cup teriyaki sauce
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: green onions or sesame topping



## Instructions

1. Rinse quinoa, then cook in water or broth (bring to boil, cover, simmer 15 minutes). Fluff and set aside.
2. Heat olive oil in a pan over medium heat. Season salmon lightly with salt and pepper.
3. Cook salmon 3–4 minutes per side until cooked through.
4. Pour teriyaki sauce over salmon and simmer 1–2 minutes until glazed.
5. Warm red beans in a small pan or microwave.
6. Serve salmon over quinoa with red beans on the side.

# Amazing Mushroom Pasta

## The Ingredients

- **8 oz Chickpea or Lentil Pasta:** Higher in protein and fiber than white pasta to help manage "menopause belly" and blood sugar.
- **2 cups Mixed Mushrooms:** Use a blend of **Shiitake** (for heart health) and **Lion's Mane** (for brain fog). If those aren't available, Crimini/Baby Bella are great for Vitamin D.
- **2 cups Fresh Baby Spinach:** A "cooling" green rich in calcium for bone density.
- **1/4 cup Raw Walnuts:** Roughly chopped. These provide healthy fats to combat skin dryness and mood swings.
- **3 cloves Garlic:** Minced (anti-inflammatory).
- **2 tbsp Extra Virgin Olive Oil:** To help absorb the nutrients in the mushrooms.
- **Zest and Juice of 1/2 Lemon:** To brighten the flavor without using heavy, bloating creams.
- **Optional:** 1 tbsp **Nutritional Yeast** (adds a cheesy flavor plus B-vitamins for energy).

## Directions

1. **The "Sun-Boost" (Optional):** If you have time, place your mushrooms in a sunny window for 15 minutes before cooking to naturally spike their **Vitamin D** levels!
2. **Boil the Pasta:** Cook the pasta in salted water until al dente. Reserve 1/2 cup of the starchy pasta water before you drain.
3. **Sear the Mushrooms:** In a large skillet, heat the olive oil over medium-high heat. Add the mushrooms in a single layer. Let them cook for 3 minutes without stirring to get them golden and "meaty"—this sears out the most flavor.
4. **Add Aromatics:** Turn the heat down to medium. Add the minced garlic and chopped walnuts. Sauté for another 2 minutes until the mushrooms are fragrant and the walnuts are slightly toasted.
5. **Build the Sauce:** Toss in the cooked pasta and the spinach along with the reserved pasta water and the lemon juice. Stir gently until the pasta, walnuts and the water creates a silky, light sauce that coats the mushrooms.
6. **The Finish:** Turn off the heat. Stir in the lemon zest, nutritional yeast (if using), and plenty of cracked black pepper.



### Ingredients– Parfait

- 1 cup plain or vanilla yogurt
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 tbsp chia seeds
- 1–2 tsp honey or maple syrup (optional)

### Ingredients – Tuna Omelet

- 2 eggs
- 1/4 cup canned tuna or sardine (drained)
- 2 tbsp chopped red bell pepper
- 2 tbsp chopped purple onion
- 1 tsp olive oil
- 1 Avocado
- Salt and pepper to taste



### Instructions

1. In a glass or bowl, layer yogurt, blueberries, raspberries, and chia seeds. Drizzle lightly with honey if desired.
2. Whisk eggs with salt and pepper. Stir in tuna, bell pepper, and onion.
3. Heat olive oil in a pan over medium heat. Pour in egg mixture and cook until set, flipping once if needed.
4. Serve omelet warm with sliced avocados alongside the parfait.



*Eat  
Well!*

*Love and Blessings - Dr. Nickie Ann*



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*Love and Blessings Dr. Nickie Ann*