

7-Day Menopause-Friendly Anti-Inflammatory Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
1	Turmeric Chia Overnight Oats	Mediterranean Lentil Salad	Turmeric Coconut Chickpea Stew	Walnut & Berry Yogurt Bowl
2	Avocado Matcha Smoothie	Wild Salmon & Quinoa Bowl	Baked Mackerel with Garlic Greens	Golden Milk Latte
3	Miso & Greens Breakfast Soup	Roasted Veggie Hummus Wrap	Cauliflower "Rice" Stir-Fry with Tempeh	Edamame with Sea Salt
4	Turmeric Chia Overnight Oats	Mediterranean Lentil Salad	Wild Salmon & Quinoa Bowl	Walnut & Berry Yogurt Bowl
5	Avocado Matcha Smoothie	Roasted Veggie Hummus Wrap	Turmeric Coconut Chickpea Stew	Golden Milk Latte
6	Miso & Greens Breakfast Soup	Wild Salmon & Quinoa Bowl	Cauliflower "Rice" Stir-Fry with Tempeh	Edamame with Sea Salt
7	Turmeric Chia Overnight Oats	Mediterranean Lentil Salad	Baked Mackerel with Garlic Greens	Walnut & Berry Yogurt Bowl
