



The Perimenopause Reset Diet & Meal Plan Guide

A 2-Week Structured Nutritional Guide & Recipe Collection

1. Introduction & Overview

Welcome to **The Perimenopause Reset Diet**, a 2-week structured nutritional approach designed to nourish and support your body through hormonal transitions.

Core Goals

- **Stabilize Blood Sugar:** Prevent dramatic energy crashes and metabolic spikes.
- **Support Hormone Synthesis & Muscle:** Fuel your body for cellular repair, hormone production, and muscle retention.
- **Reduce Inflammation & Promote Cardiovascular Health:** Protect long-term heart health while regulating metabolism.

Key Dietary Principles

1. **Eat Adequate Protein:** Essential for tissue repair, muscle building, and metabolic stability.
2. **Eat Adequate Fiber:** Supports digestive function, hormone metabolism, and blood sugar control.
3. **Focus on Whole, Unprocessed Foods:** Prioritize clean, nutrient-dense ingredients.
4. **Minimize Inflammatory Foods:** Exclude or significantly reduce sugar, dairy, wheat, refined carbohydrates, and alcohol during the reset period.

Daily Hydration & Caffeine Guidelines

- **Water Intake:** Drink a minimum of **60 ounces of water daily**.
- **Caffeine Allowance:** Limit caffeine to 1 cup per day of black tea or coffee with plant-based milk (no sweetener).
- **Approved Beverages:** Sparkling water with fresh lemon, herbal teas, and filtered water.

How to Implement & Track Your Progress

1. **Set Your 2-Week Window:** Select two consecutive weeks to commit to the reset diet.
2. **Budget Time for Prep:** Allocate dedicated time for weekly grocery shopping, meal prepping, and cooking.
3. **Track Your Symptoms:** Observe how you feel before and after the 2-week period. Pay close attention to energy levels, mood, digestion, skin clarity, body stiffness, and sleep quality.
4. **Identify Long-Term Habits:** After 2 weeks, reflect on which dietary habits and recipes feel sustainable for long-term health.



Meal Prep & Lifestyle Tips

- **Batch Cook Staples Ahead:** Prepare batch portions of quinoa, brown rice, steel-cut oats, soups, and roast chicken on weekends.
- **Embrace Repurposed Veggies & Leftovers:** Use remaining dinner vegetables for the next day's lunch salad/bowl, and enjoy leftover soup dinners for lunch.
- **Partner Up:** Invite a friend or family member to follow the reset and prep meals together.
- **Convenience Supports:** Incorporate approved meal delivery services (such as Thistle, Daily Harvest, or Factor) for 1 meal a day if needed.
- **Dining Out:** Choose restaurant options with reset friendly menu options to take a break from cooking.

2. Sample 7-Day Meal Plan

This 7-day meal plan utilizes combinations from the reset menu and make-ahead basics. Notice how dinner vegetables are strategically repurposed for lunch the next day, and soup dinners double as a quick lunch!

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Overnight Oats + Protein Shake	Roast Chicken with Warm Lentil Salad	Berries & a slice of cheese	Wasabi Salmon Bowl
Day 2	2 Poached Eggs & Greens + Protein Shake	Quinoa-Tabouleh Salad w/ Repurposed Cucumber & Carrots	Roasted salted cashews & 2 dates	Ground Beef Bowl with Quinoa & Cucumber Salad
Day 3	Steel Cut Oats with Nut Butter & Soy Milk + Green Smoothie	Ground Beef & Spinach Bowl w/ Repurposed Cucumber	Beef stick & an apple	Lentil Soup with Brown Rice & Avocado
Day 4	Overnight Oats + Green Smoothie	Leftover Lentil Soup with Brown Rice & Avocado	Guacamole with almond flour crackers	Roast Chicken, Sweet Potatoes & Steamed Broccoli
Day 5	2 Poached Eggs & Greens + Protein Shake	Canned Tuna & Quinoa Bowl w/ Repurposed Sweet Potato & Broccoli	Green Smoothie	Chicken Noodle Soup with Spinach
Day 6	Steel Cut Oats with Nuts & Fruit + Protein Shake	Leftover Chicken Noodle Soup with Spinach	Berries & a slice of cheese	Sheet Pan Mediterranean Chicken
Day 7	Overnight Oats + Green Smoothie	Warm Lentil Salad over Greens w/ Repurposed Roasted Mediterranean Veggies	Roasted salted cashews & 2 dates	Fennel Crusted Halibut with Asparagus Sauce

3. Recipe Collection

Breakfasts



Steel Cut Oatmeal

Prep Time: 5 mins | **Cook Time:** 30 mins (stovetop) / 4 mins high pressure (Instant Pot) | **Servings:** 3–4 servings

Ingredients:

- 1 cup steel cut oats
- 3 cups water (use 2.5 cups for Instant Pot method)
- 1/2 cup almonds, walnuts, or cashews (chopped)
- 1/2 cup dried fruit (apricots, cranberries, or raisins) or fresh sliced apples
- 1/4 tsp ground cinnamon or cardamom
- *Optional boosters:* 1 tbsp ground flax seed, almond butter, or coconut milk
- *Pinch of sea salt (for Instant Pot method)*

Step-by-Step Instructions:

1. **Stovetop Method:** In a saucepan, bring oats and water to a boil. Turn heat down to low, cover, and simmer for approximately 30 minutes. As the oatmeal thickens, stir in nuts, fruit, spices, and optional boosters.
2. **Instant Pot Method:** Combine oats, 2.5 cups water, and a pinch of salt in an Instant Pot. Cook on high pressure for 4 minutes, then allow pressure to release naturally for 10 minutes. Stir in nuts, fruit, and spices before serving.

Poached Eggs and Greens

Prep Time: 5 mins | **Cook Time:** 8–9 mins | **Servings:** 1 serving

Ingredients:

- 2 organic eggs
- 1 tbsp apple cider vinegar
- Sea salt and black pepper, to taste
- 2–3 large handfuls baby spinach
- 1 tsp extra virgin olive oil

Step-by-Step Instructions:

1. **Poach Eggs:** Bring water to a boil in a shallow dish or pan. Stir in apple cider vinegar. Reduce heat to a very slow boil. Carefully drop cracked eggs into water and cook for 4–5 minutes. Remove eggs with a slotted spoon.
2. **Sauté Greens:** Heat olive oil in a sauté pan over low heat. Add baby spinach and a small splash of water. Cover and steam for 3–4 minutes until spinach is wilted.
3. **Assemble:** Season eggs and steamed greens with sea salt and black pepper, then serve immediately.



Green Smoothie

Prep Time: 5 mins | **Cook Time:** 0 mins | **Servings:** 2 servings

Ingredients:

- 2 cups baby spinach
- 1 apple, cored
- 1 cup frozen pineapple or mango
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- Filtered water

Step-by-Step Instructions:

1. Add chia seeds and hemp seeds to a blender and process first to grind into a powder.
2. Add cored apple, frozen fruit, baby spinach, and filtered water.
3. Blend on high speed until completely smooth.

Overnight Oats

Prep Time: 5 mins (plus overnight chilling) | **Cook Time:** 0 mins | **Servings:** 2 servings

Ingredients:

- 1 cup rolled oats
- 2 tbsp chia seeds
- 2 tbsp raw unsweetened cacao nibs
- 1 tbsp pure maple syrup
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- Pinch of sea salt
- 1.5 cups soy milk
- *Toppings:* Fresh fruit and nuts

Step-by-Step Instructions:

1. Add all ingredients into a sealable jar or container and mix thoroughly.
2. Cover and refrigerate overnight.
3. Serve cold topped with fresh fruit and nuts.

Protein Smoothie

Prep Time: 5 mins | **Cook Time:** 0 mins | **Servings:** 1 serving

Ingredients:

- 1 scoop Kechava protein powder
- 1/2 cup fresh or frozen berries
- 1 cup soy milk

Step-by-Step Instructions:

1. Combine protein powder, berries, and soy milk in a high-speed blender.
2. Blend until creamy and serve cold.



Lunches & Dinners

Warm Lentil Salad

Prep Time: 15 mins | **Cook Time:** 40 mins | **Servings:** 4 servings

Ingredients:

- 1 cup green lentils, rinsed
- 2 red onions, sliced into thin half-moons
- 2 carrots, diced
- 2–3 stalks celery, diced
- Small handful flat-leaf parsley, minced
- 1-inch piece kombu
- 12 cups filtered water
- Chilled lettuce leaves, for serving
- **Dressing:** 1 tsp red miso, 1 tbsp balsamic vinegar, 1 tbsp extra virgin olive oil

Step-by-Step Instructions:

1. **Cook Lentils:** Place kombu at the bottom of a pot. Layer sliced red onions, carrots, and rinsed lentils on top. Cover with water and bring to a boil. Reduce heat to low and simmer covered until lentils are tender (~40 minutes).
2. **Combine:** Drain lentils and discard kombu. Stir in diced celery and minced parsley.
3. **Dress & Serve:** Whisk red miso, balsamic vinegar, and olive oil in a small bowl. Gently toss dressing with warm lentils and serve over chilled lettuce leaves.

Quinoa-Tabouleh Salad

Prep Time: 10 mins | **Cook Time:** 0 mins (using pre-cooked quinoa) | **Servings:** 2–3 servings

Ingredients:

- 1 cup cooked quinoa
- 1 bunch fresh parsley, chopped
- 1/4 cup pine nuts or chopped walnuts
- 1/4 cup dried currants
- 1 red bell pepper, diced
- Several tbsp lemon juice, to taste
- 2 tbsp olive oil or flax seed oil
- Sea salt and black pepper, to taste

Step-by-Step Instructions:

1. Combine cooked quinoa, chopped parsley, pine nuts, dried currants, and diced bell pepper in a bowl.
2. Drizzle with fresh lemon juice and olive oil or flax seed oil.
3. Season with salt and pepper, toss well, and serve cold or at room temperature.



Garlic Chickpeas and Greens

Prep Time: 10 mins | **Cook Time:** 10–12 mins | **Servings:** 3–4 servings

Ingredients:

- 2 tbsp extra-virgin olive oil
- 6 cloves garlic, crushed
- 1 lb mustard greens, trimmed and coarsely chopped
- 1 cup organic low-sodium chicken broth
- 4 cups cooked chickpeas
- Sea salt and black pepper, to taste
- *Serving Option:* Cooked brown rice or quinoa

Step-by-Step Instructions:

1. **Sauté Garlic:** Heat olive oil in a skillet over medium heat. Add crushed garlic and sauté for 2 minutes.
2. **Wilt Greens:** Add mustard greens, tossing briefly in garlic oil until slightly wilted. Season with salt and pepper.
3. **Simmer:** Pour in chicken broth and bring to a gentle boil. Cover pan, reduce heat, and simmer greens for 7–8 minutes.
4. **Finish:** Uncover, stir in chickpeas, and adjust seasoning. Serve warm over brown rice or quinoa.

Massaged Kale Salad

Prep Time: 15 mins | **Cook Time:** 0 mins | **Servings:** 3–4 servings

Ingredients:

- 1 bunch kale, stemmed and chopped
- 1 apple, diced
- 1 carrot, grated
- 2 tbsp roasted salted pumpkin seeds
- 2 dates, pitted and chopped
- Sea salt, to taste
- **Dressing:** 2–3 tbsp lemon juice, 2–3 tbsp extra virgin olive oil, 1 tsp pure maple syrup

Step-by-Step Instructions:

1. **Massage Kale:** Sprinkle sea salt over chopped kale in a mixing bowl. Massage kale firmly with your hands for a few minutes until tender and deep green.
2. **Dress Salad:** Whisk lemon juice, olive oil, and maple syrup. Add diced apple, grated carrot, pumpkin seeds, and chopped dates to kale. Pour dressing over salad and toss thoroughly.



Lentil Soup

Prep Time: 15 mins | **Cook Time:** 25 mins | **Servings:** 6 servings

Ingredients:

- 1 tbsp olive oil
- 1 large onion, chopped
- 4 garlic cloves, crushed
- 3 large carrots, diced
- 1 tbsp dried thyme
- 1 tbsp garam masala
- 2 cups green lentils, rinsed
- 8 cups water or vegetable/chicken broth
- 2 cups chopped tomatoes
- 4 cups baby spinach
- 1–2 tsp sea salt
- Juice of 1 lemon

Step-by-Step Instructions:

1. **Sauté Aromatics:** Set Instant Pot to sauté mode and heat olive oil. Add onion, garlic, carrots, thyme, and garam masala; cook until translucent.
2. **Pressure Cook:** Add rinsed lentils and 8 cups water or broth. Lock lid and cook on high pressure for 15 minutes.
3. **Finish:** Release pressure and set back to sauté mode. Stir in chopped tomatoes, spinach, lemon juice, and sea salt. Simmer for 10 minutes and serve warm.

Chicken Noodle Soup with Spinach

Prep Time: 15 mins | **Cook Time:** 15 mins | **Servings:** 4 servings

Ingredients:

- 2 tbsp olive oil
- 1/2 onion, chopped
- 2 carrots, diced
- 2 celery sticks, diced
- 4 cloves garlic, crushed
- 1 tbsp dried Italian herbs
- 3/4 lb chicken thighs
- 6 cups chicken broth
- 1/2 package (6–8 oz dry) gluten-free protein pasta (e.g., Banza)
- 4 cups baby spinach, chopped
- Sea salt, black pepper, and chili crunch, to taste

Step-by-Step Instructions:

1. **Sauté & Brown:** Heat olive oil in Instant Pot on sauté mode. Add onion, carrots, celery, garlic, Italian herbs, and salt; sauté 5 minutes. Add chicken thighs and brown lightly.
2. **Pressure Cook:** Pour in chicken broth, lock lid, and cook on high pressure for 10 minutes.
3. **Cook Pasta:** Boil gluten-free protein pasta separately on stovetop according to package directions; drain.
4. **Assemble:** Allow pressure to release naturally. Divide pasta and raw chopped spinach into bowls. Ladle hot broth and chicken over spinach to wilt. Season with chili crunch.



Wasabi Salmon Bowl

Prep Time: 15 mins | **Cook Time:** 10–12 mins | **Servings:** 2 servings

Ingredients:

- 3/4 lb wild-caught skinless salmon
- 1 cup cooked brown rice
- 1 carrot, grated
- 1 cucumber, cut into matchsticks
- Handful of sprouts or microgreens
- 1 ripe avocado, sliced
- 1 sheet dried nori, cut into strips
- **Glaze/Dressing:** 1/2 tsp wasabi, 1 tbsp sesame oil, 1 tsp maple syrup, 1 tsp sesame seeds, 1 tsp grated ginger, 1 tbsp rice wine vinegar

Step-by-Step Instructions:

1. **Prep Marinade:** Preheat oven to 425°F. Whisk wasabi, sesame oil, maple syrup, sesame seeds, ginger, and rice wine vinegar in a small bowl.
2. **Bake Salmon:** Place salmon in a baking dish and coat with half the marinade. Add a few tablespoons water to dish, cover with foil, and bake 10–12 minutes.
3. **Build Bowls:** Divide brown rice, grated carrot, cucumber, microgreens, avocado, and nori into bowls. Top with baked salmon and drizzle reserved marinade over bowls.

Ground Beef Bowls with Cucumber Salad

Prep Time: 15 mins | **Cook Time:** 10 mins | **Servings:** 3–4 servings

Ingredients:

- 1 lb ground beef
- 1 tsp sesame oil
- 1 tbsp soy sauce
- 1 tbsp pure maple syrup
- 1 tbsp hoisin sauce
- 4 green onions, sliced
- Cooked quinoa, for base
- Garlic chili crisp, to taste
- **Cucumber Salad:** 1 cucumber (sliced), 4 cups baby spinach, 1 carrot (grated), 1 tbsp toasted sesame oil, 1 tbsp lime juice, 1/2 tsp maple syrup, 1/2 tsp soy sauce

Step-by-Step Instructions:

1. **Cook Beef:** Heat 1 tsp sesame oil in a skillet over medium-high heat. Brown ground beef. Stir in soy sauce, maple syrup, and hoisin sauce. Toss in green onions and remove from heat.
2. **Make Salad:** Whisk toasted sesame oil, lime juice, maple syrup, and soy sauce. Toss dressing with cucumber, spinach, and grated carrot.
3. **Assemble:** Place cooked quinoa in bowls, top with ground beef and cucumber salad, and finish with garlic chili crisp.

Desserts & Sweets



Coconut-Chia Seed Pudding

Prep Time: 5 mins (plus 30–45 mins chilling) | **Cook Time:** 0 mins | **Servings:** 2 servings

Ingredients:

- 1 can unsweetened coconut milk
- 2 tbsp chia seeds
- Pure maple syrup, to taste
- Dash of vanilla extract
- Spices (cinnamon, ginger, or cardamom), to taste

Step-by-Step Instructions:

1. Combine coconut milk, chia seeds, maple syrup, vanilla, and spices in a glass jar or bowl.
2. Whisk thoroughly and refrigerate for 30–45 minutes until set.

Chocolate Pumpkin Seed Flour Cake

Prep Time: 15 mins | **Cook Time:** 35–40 mins | **Servings:** 8–10 servings

Ingredients:

- 2 cups pumpkin seed flour (or almond flour)
- 3/4 cup cocoa powder
- 1/4 cup arrowroot powder
- 1.5 tsp baking soda
- 1/4 tsp sea salt
- 3 large organic eggs
- 2/3 cup raw honey
- 1/3 cup grapeseed oil
- 1.25 cups coconut milk
- 2 tsp vanilla extract
- *Serving Option:* Fresh raspberries

Step-by-Step Instructions:

1. Preheat oven to 350°F and grease a 9-inch round cake pan.
2. In a large bowl, whisk together pumpkin seed flour, cocoa powder, arrowroot powder, baking soda, and sea salt.
3. In a separate bowl, whisk eggs, honey, grapeseed oil, coconut milk, and vanilla extract.
4. Pour wet ingredients into dry ingredients and mix well.
5. Pour batter into pan and bake for 35 minutes until center is spongy.
6. Cool 10 minutes and serve with fresh raspberries.



Baked Apples and Nut Butter

Prep Time: 10 mins | **Cook Time:** 25–30 mins | **Servings:** 2–3 servings

Ingredients:

- 2–3 apples, cored and sliced
- 1 tsp pure maple syrup
- 1 tbsp lemon juice
- Ground cinnamon
- Almond butter, for serving

Step-by-Step Instructions:

1. Preheat oven to 425°F.
2. Toss sliced apples with lemon juice, then toss with maple syrup.
3. Spread on a baking sheet and bake for 25–30 minutes, tossing once or twice.
4. Sprinkle with cinnamon and serve warm alongside almond butter.

Make-Ahead Meal Prep Staples

- **Instant Pot Steel Cut Oats:** 1 cup oats + 2.5 cups water + pinch sea salt. Cook on High Pressure for 4 mins; natural release for 10 mins.
- **Fluffy Cooked Quinoa:** Combine 1 cup quinoa and 2 cups water in a saucepan. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes. Fluff with a fork.
- **Instant Pot Brown Rice:** 2 cups brown rice + 2.5 cups water + pinch sea salt. High Pressure for 22 mins; natural release for 10 mins.
- **Instant Pot Whole Roast Chicken:** Generously salt and oil a dry rotisserie-style chicken; season with garlic, thyme, and rosemary. Stuff cavity with half a lemon. Add 1 cup broth to Instant Pot, place chicken breast-side up on trivet, and cook on High Pressure for 6 mins per lb. Natural release for 10 mins. Broil on high in oven for 4–6 mins to crisp skin.

Additional Recommended Online Recipes

These additional online recipes integrate seamlessly into your 7-day meal plan for added variety:

- **Instant Pot Chicken & Wild Rice Soup (Dairy-Free/Gluten-Free):** Featured on Day 5 Lunch. myheartbeets.com
- **Fennel Crusted Halibut with Asparagus Sauce:** Featured on Day 7 Dinner. feastingathome.com
- **Sheet Pan Mediterranean Chicken:** Featured on Day 6 Dinner. feastingathome.com
- **Sheet Pan Thai Peanut Chicken Dinner:** Great rotation option. raisinggenerationnourished.com
- **Protein Strawberries & Cream Overnight Oats:** Great breakfast rotation option. raisinggenerationnourished.com