

The Menopause Diet: 5-Day Plan To Lose Weight

JUSTFIT!

BREAKFAST

LUNCH

DINNER

DAY 1



Avocado toast with eggs



Chickpea salad with krill meat



Chicken with green bean fries

DAY 2



Keto broccoli & bacon quiche



Salmon & beet salad



Baked Cod & side salad

DAY 3



Spinach, avocado, and protein powder smoothie



Baked chicken thighs & cauliflower rice



Grilled chicken breast with quinoa and broccoli

DAY 4



Keto smoked salmon & avocado plate



Chickpea salad, greek yogurt and berries



Stir-fried tofu with vegetables

DAY 5



Greek yogurt with mixed berries



Mediterranean chicken wrap



Keto hamburger patties with creamy tomato sauce