



Hi, I'm Jo. I'm so glad you grabbed this.

If you've been feeling like the way you used to eat just isn't working the way it did in your 30s, you're not doing anything wrong.

As your hormones shift through perimenopause and menopause, your body needs more protein to hold on to muscle, steady your energy, and keep you full. Most women aren't getting close to enough, and it shows up as the afternoon crash, the constant snacking, and the scale that won't budge.

This is your simple starting point. Three full days, each one landing over 100g of protein, spread across your meals with a mix of animal and plant options so there's something here for you no matter how you eat. No counting, no math, no complicated prep. Just follow along and feel the difference a protein-forward day actually makes.

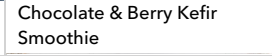
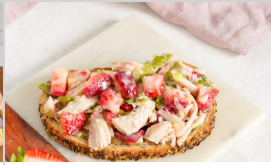
This is the first number in what I call the 100-30-50 Method: 100g protein, 30g fibre, 50g healthy fats. It's the foundation of everything I teach and how we eat in my Signature Feel Great in * Program, because when those three are handled, so much of the rest falls into place.

Try these three days. Notice how you feel, your energy, your hunger, your mood by mid-afternoon.

I mixed up plant vs animal protein recipes to be inclusive so there is a recipe for everyone in here

In great health,

Joanna Brown, BCR, CHNC, Functional Hormone Specialist, Mindful Eating Coach, R.P., NWLC, CBT Practitioner, Meditation Teacher, Professional Life Coach, & Chef

	Mon	Tue	Wed
Breakfast	 Eggs & Rice Breakfast Bowl	 Protein Fluffy Greek Yogurt Pancakes	 Breakfast Oatmeal Cookies  Chocolate & Berry Kefir Smoothie
Snack 1	 Snack Toasted Trail Mix	 Savory Nori & Seed Granola Bars	 Yogurt & Berries
Lunch	 Loaded Tofu & Black Bean Breakfast Burrito	 Strawberry Chicken Salad on Toast	 Egg Salad & Grape Snack Box
Snack 2	 Almond Butter & Jam Chia Pudding	 Dried Apricots & Pumpkin Seeds	 Everything Bagel Cottage Cheese & Veggie Dip
Dinner	 Salsa Verde Salmon with Tomatoes & Brown Rice	 One Pan Steak, Potatoes & Broccoli	 Meal Prep Spaghetti with Chicken, Spinach &...



Eggs & Rice Breakfast Bowl

1 serving
50 minutes

Ingredients

1/3 cup Brown Rice
2/3 cup Water
1/16 tsp Sea Salt
2 Egg
1/8 tsp Coconut Oil
1 1/3 cups Baby Spinach
1/3 Avocado (sliced)

Directions

- 1 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 2 Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- 3 In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- 4 Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

Make it Vegan: Omit the eggs and use a tofu scramble instead.

Meal Prep: Make a large batch of all ingredients and store each serving in separate airtight containers.



Protein Fluffy Greek Yogurt Pancakes

2 servings
25 minutes

Ingredients

1/2 cup Unsweetened Milk (I like to pick a higher protein milk)
1/3 cup Plain Greek Yogurt (or coconut yogurt or blended cottage cheese))
1 Egg
1 tbsp Honey
6 ozs Unbleached All Purpose Flour (or almond flour or GF four)
1 oz Collagen Powder
1 tsp Baking Powder
1/8 tsp Sea Salt
1 tsp Coconut Oil (for the pan)
1 cup Berries Of Choice
2 tbsps Maple Syrup (divided, use sugar free as needed)

Directions

- 1 In a mixing bowl, combine the milk, Greek yogurt, egg, and honey. Whisk in the flour, baking powder, and salt and continue to stir until just combined.
- 2 Heat a pan over medium-low heat. Add half of the oil to the pan and allow it to melt. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about two to three minutes per side or until golden brown and cooked through. Repeat with the remaining batter adding more oil to the pan as needed.
- 3 Divide pancakes, top with berries and syrup (mindful of syrup portion)

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a dry pan, toaster, or toaster oven until warmed through.

Serving Size: One serving equals two to three pancakes.

Gluten-Free: Use all-purpose gluten-free flour instead.

More Flavor: Add cinnamon or vanilla extract.

Additional Toppings: Maple syrup, fresh fruit, jam, nut butter, or chocolate chips.

No Cow's Milk: Use almond milk or another milk alternative instead.

No Coconut Oil: Use avocado oil instead.



Breakfast Oatmeal Cookies

8 servings

20 minutes

Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

Gluten-Free: Use certified gluten-free oats.

Sugar-Free: Use sugar-free chocolate chips or dried cranberries.

Leftovers: Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size: One serving is equal to one cookie.



Chocolate & Berry Kefir Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Plain Kefir
1/2 Avocado (small)
3/4 cup Frozen Berries
1 tbsp Chia Seeds
1 1/2 tbsps Cocoa Powder

Directions

1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately two cups.

More Protein: Add a scoop of vanilla or unflavored protein powder.

Likes It Sweet: Add honey, maple syrup, or pitted dates.



Snack Toasted Trail Mix

2 servings

10 minutes

Ingredients

1/4 cup Almonds (raw)
1/16 tsp Sea Salt (omit if using salted nuts)
1/4 cup Raw Peanuts
2 tbsps Pumpkin Seeds
2 tbsps Raisins

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serving Size: One serving is approximately 3/4 cup of the trail mix.

Serve it With: Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo: Replace peanuts with another type of nut or seed.

Storage: Refrigerate in an air-tight container.

Other Add-Ins: Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Savory Nori & Seed Granola Bars

8 servings
1 hour 15 minutes

Ingredients

- 1 cup Oats (rolled)
- 3/4 cup Rice Puffs Cereal
- 3/4 cup Pumpkin Seeds
- 1/2 cup Hemp Seeds
- 1/4 cup Sesame Seeds
- 2 Nori Sheets (finely chopped)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/2 cup Raw Honey
- 1/2 cup Tahini

Directions

- 1 Line a baking dish with parchment paper, ensuring it covers all sides. In a large bowl, combine the oats, cereal, pumpkin seeds, hemp seeds, sesame seeds, nori, nutritional yeast, and salt.
- 2 In a small bowl, mix the honey and tahini together. Add it to the bowl with the dry ingredients. Mix very well with a spatula until everything is thoroughly combined.
- 3 Transfer the mixture to the prepared baking dish, pressing it firmly into an even layer. Refrigerate for one hour or until it sets.
- 4 Cut it evenly into rectangular pieces and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is one bar. An 8 x 8-inch baking dish (20 x 20 cm) was used to make eight servings.

Nori Sheets: Full-size nori sheets were used in this recipe. One full-size nori sheet is equal to four snack-size nori sheets.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Loaded Tofu & Black Bean Breakfast Burrito

1 serving
30 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Russet Potato (large, peeled, diced)
- 1/8 tsp Smoked Paprika
- Sea Salt & Black Pepper
- 2/3 cup Black Beans (cooked)
- 6 1/2 ozs Tofu (crumbled)
- 1/8 tsp Turmeric (ground)
- 2 Whole Wheat Tortilla (warmed)
- 1 oz Vegan Cheese Shreds
- 1/4 cup Salsa
- 1 1/2 tsps Hemp Seeds

Directions

- 1 Heat the oil in a large pan over medium heat. Add the potato and cook for eight to 10 minutes, stirring occasionally until golden and tender. Season with smoked paprika, salt, and pepper. Stir to coat evenly.
- 2 Add the black beans to the pan and cook for one to two minutes until warmed through. Push the potato and bean mixture to one side of the pan.
- 3 Add the tofu to the empty side of the pan. Season with turmeric, salt, and pepper. Cook for three to four minutes, stirring gently until heated through and lightly golden. Remove the pan from the heat. Gently combine the tofu with the potato and bean mixture.
- 4 Divide the tofu mixture evenly between the tortillas. Top with cheese, salsa, and hemp seeds. Roll each tortilla tightly into a burrito. Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. To freeze, wrap the burritos tightly in parchment paper or foil. Freeze in an airtight container for up to three months. To thaw, refrigerate overnight. Reheat in the oven, air fryer, or microwave.

Serving Size: One serving is two burritos.

More Flavor: Add a pinch of cumin or chili powder to the tofu scramble.

Additional Toppings: Sliced avocado, green onions, cilantro, or a plant-based sour cream or yogurt alternative.



Strawberry Chicken Salad on Toast

1 serving
10 minutes

Ingredients

4 ozs Chicken Breast, Cooked (shredded)
1 1/2 tsps Mayonnaise
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/4 cup Strawberries (chopped)
1 3/4 ozs Sourdough Bread (sliced, toasted)

Directions

- 1 In a bowl, mix together the chicken breast, mayonnaise, and green onion. Stir well and season with salt and pepper.
- 2 Add the strawberries and stir gently, just until lightly combined. Taste and adjust the seasoning to your taste.
- 3 Top the toast with the chicken salad and enjoy!

Notes

Leftovers: Refrigerate the chicken salad in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to one piece of toast.

More Flavor: Add jalapeño.

Gluten-Free: Use gluten-free bread instead.



Egg Salad & Grape Snack Box

1 serving
15 minutes

Ingredients

2 Egg
1 tbsp Mayonnaise
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1/3 cup Grapes (seedless)
1 oz Seed Crackers

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and roughly chop.
- 2 In a bowl, combine the chopped eggs, mayonnaise, mustard, salt, and pepper.
- 3 Arrange the egg salad and the remaining ingredients on a plate or in a container with separate compartments. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the crackers when ready to serve.

Serving Size: One serving is one snack box.

No Mayonnaise: Use plain Greek yogurt instead.



Almond Butter & Jam Chia Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Raspberries
- 2 tbsps Almond Butter

Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

Notes

Leftovers: Refrigerate covered for up to five days.

Nut-Free: Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

More Protein: Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

Additional Toppings: Add cacao nibs for crunch.



Dried Apricots & Pumpkin Seeds

1 serving
5 minutes

Ingredients

1/4 cup Dried Apricots
1/4 cup Pumpkin Seeds

Directions

- 1 Combine apricots and seeds in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers: Store in an airtight container for up to one month at room temperature, or six months in the refrigerator.

Serving Size: One serving is approximately 1/2 cup.



Everything Bagel Cottage Cheese & Veggie Dip

1 serving
10 minutes

Ingredients

- 1 tsp Everything Bagel Seasoning
- 1/2 cup Cottage Cheese
- 1/4 Red Bell Pepper (large, sliced)
- 1/2 Carrot (large, cut into sticks)
- 1 stalk Celery (cut into sticks)
- 1/4 Cucumber (large, sliced)

Directions

- 1 Stir the seasoning into the cottage cheese. Mix until well combined.
- 2 Arrange the cottage cheese and the remaining ingredients evenly on a plate or in a container with separate compartments. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1/2 cup of cottage cheese and 1 1/2 cups of vegetables.

Make It Vegan: Use a dairy-free cottage cheese alternative instead.

More Flavor: Add a squeeze of lemon juice, a drizzle of olive oil, and/or fresh herbs to the cottage cheese.



Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings
45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2-3 days.

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers: Use olives instead.

Serving Size: One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.



One Pan Steak, Potatoes & Broccoli

2 servings
40 minutes

Ingredients

4 cups Mini Potatoes
1 1/2 cups Cherry Tomatoes
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
8 ozs Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.



Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

1 serving
30 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil
(divided)
1 cup Cherry Tomatoes
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Sea Salt
4 ozs Chicken Breast (sliced in halves)
1 cup Baby Spinach
1/4 cup Brown Rice Spaghetti (dry)

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

