



Recipes for Menopause

Created by Mad on Nutrition



Strawberry Banana Collagen Smoothie with Tofu

6 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a sealed mason jar up to 48 hours.

More Fibre

Add ground flax seeds.

Ingredients

- 1 cup** Strawberries
- 1/2** Banana
- 25 grams** Collagen Powder
- 1 cup** Unsweetened Almond Milk
- 1 tbsp** Hemp Seeds
- 75 grams** Tofu (silken)

Tofu, Egg and Veggie Scramble

9 ingredients · 15 minutes · 1 serving



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs. Add the egg to this mix.
2. In a non-stick pan, heat the olive oil over medium heat. Add the onions, garlic and capsicum. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu and egg mix, spinach, and turmeric to the pan. Mix well and cook until the spinach wilts and the egg /tofu is cooked. Do not over cooked , the egg should just be changing colour - then take off the heat.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

- 110 grams Tofu (firm)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 Egg
- 1/2 Red Capsicum (sliced)
- 1/2 cup Baby Spinach (chopped)
- 1/8 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Tuna & Edamame Salad

12 ingredients · 15 minutes · 2 servings



Directions

1. Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
2. Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

Notes

No Tuna

Use any tinned fish - Sardines, Salmon etc or diced grilled chicken instead.

Vegans and Vegetarians

Use 1 can of cooked lentils instead of tuna.

Nut-Free

Replace almonds with sunflower or pumpkin seeds.

Ingredients

- 1 1/2 **tsps** Balsamic Vinegar
- 1 1/2 **tsps** Dijon Mustard
- 1 **tbsp** Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 200 **grams** Tuna Canned (drained and flaked)
- 1/2 **cup** Edamame (tinned)
- 1/2 **cup** Cucumber (diced)
- 1/2 **head** Endive (julienned)
- 2 **cups** Kale Leaves (chopped)
- 1/4 **cup** Alfalfa Sprouts
- 2 **tbsps** Slivered Almonds

Mango, Edamame & Cabbage Salad with Peanut Sauce

9 ingredients · 15 minutes · 2 servings



Directions

1. In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
2. Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free

Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Cabbage

Use coleslaw mix, mixed greens, kale or spinach instead.

No Rice Vinegar

Use apple cider vinegar instead.

Extra Flavour

Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers

Refrigerate in an air-tight container up to 3 to 4 days.

Ingredients

- 2 **tbps** All Natural Peanut Butter
- 2 **tbps** Extra Virgin Olive Oil
- 1 **tbps** Rice Vinegar
- 1 **1/2 tsps** Tamari
- 2 **tbps** Raw Honey
- 2 **cups** Purple Cabbage (finely sliced)
- 1 **cup** Frozen Edamame (thawed)
- 1 **cup** Mango (chopped into cubes)
- 1/4 **cup** Raw Peanuts (roughly chopped)

Tofu, Broccoli & Brown Rice

10 ingredients · 1 hour · 3 servings



Directions

1. In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
2. Preheat oven to 170°C and line a baking sheet with parchment paper.
3. Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
4. In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
5. Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days.

Firm Tofu

This recipe used FIRM tofu , not Silken

Ingredients

- 1 cup** Brown Rice (uncooked, rinsed)
- 2 cups** Water
- 4 cups** Broccoli (chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps** Tamari
- 2 tbsps** Miso Paste (optional)
- 1 tbsps** Sesame Oil
- 350 grams** Tofu (sliced into cubes)
- 3 tbsps** Sesame Seeds (optional)

Burrito Bowl with Quinoa Tofu Taco Filling

14 ingredients · 35 minutes · 4 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, turmeric and salt. Stir to combine then add half of the salsa, lime, and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red capsicum and adjust heat to medium-high. Let the capsicum cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, capsicum, cos lettuce, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Save Time

Use pre-cooked Quinoa

No Quinoa

Use Brown or Red Rice, or Buckwheat instead

Ingredients

- 1/2 cup Quinoa (uncooked)
- 250 grams Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 tsps Chili Powder
- 2 tsps Cumin Ground
- 1 tsp Oregano
- 1 tsp Turmeric Ground
- 1/2 tsp Sea Salt
- 1 cup Diced Tomatoes (divided)
- 1 tbsp Lime Juice
- 2 Red Capsicum (sliced)
- 1 head Green Lettuce (chopped, Cos lettuce)
- 1 cup Black Beans (cooked)
- 2 Avocado (diced)

Marinated Baked Tofu

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 160 degrees C.
2. Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
3. In a small bowl, mix together the maple syrup, balsamic vinegar, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
4. Place the baking dish in the oven and bake for 20 minutes, uncovered.
5. Remove from the oven and enjoy!

Notes

Leftovers

Keeps well in an airtight container in the fridge for up to 5 days.

Ingredients

- 450 grams** Tofu (firm, drained)
- 2 tbsps** Maple Syrup
- 1/4 cup** Balsamic Vinegar
- 1 tbsp** Extra Virgin Olive Oil
- 1** Garlic (clove, minced)
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper

One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 200°C.. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
2. Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
3. Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Vegetable Alternatives

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

No Arrowroot Powder

You can use Rice flour

Ingredients

- 450 grams** Tofu (extra firm, drained)
- 1 tbsp** Tamari
- 1 tbsp** Avocado Oil
- 1 tsp** Maple Syrup
- 1 tbsp** Arrowroot Powder
- 1 cup** Brussels Sprouts (trimmed and halved)
- 1/2 head** Cauliflower (chopped into florets)
- 1 tsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps** Sesame Seeds