
Balanced Feminine Path

Practical digital support for perimenopause

Perimenopause Meal Plan for Energy and Mood

A 14-day food guide for steadier energy, fewer crashes, and easier meals

This meal guide is built for real life. It helps you eat in a way that supports steadier energy and fewer mood and craving crashes.

It is not a strict diet. It is a practical structure you can repeat during busy weeks.

This workbook supports education and personal reflection. It is not medical advice. Talk with your doctor or another qualified healthcare professional about symptoms, treatment, supplements, or medication.

Your meal plan basics

- Start meals with protein
- Add fiber-rich carbs instead of living on snacks
- Include healthy fats so meals hold longer
- Hydrate before assuming you need more caffeine
- Do not skip breakfast if it leads to a hard afternoon crash

Simple 14-day rhythm

- Week 1: regular meals and hydration
- Week 2: notice cravings, crashes, and mood dips
- Repeat the meals that keep you fullest and clearest
- Reduce food decisions by planning two breakfast options, two lunches, and three dinners

Meal planning page

- Breakfast options: _____
- Lunch options: _____
- Dinner options: _____
- Supportive snacks: _____
- Water goal: _____

Notice these patterns

- Do high-sugar meals lead to a crash?
- Do long gaps between meals make you shaky or irritable?
- Does caffeine on an empty stomach worsen anxiety?
- Does poor sleep change what you crave the next day?
- Which meals leave you clearer and more even?

One-week grocery builder

- Proteins: eggs, yogurt, fish, chicken, tofu, beans

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- Fiber-rich carbs: oats, rice, potatoes, fruit, lentils
 - Fats: nuts, seeds, olive oil, avocado
 - Easy produce: berries, greens, carrots, cucumbers, frozen vegetables

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