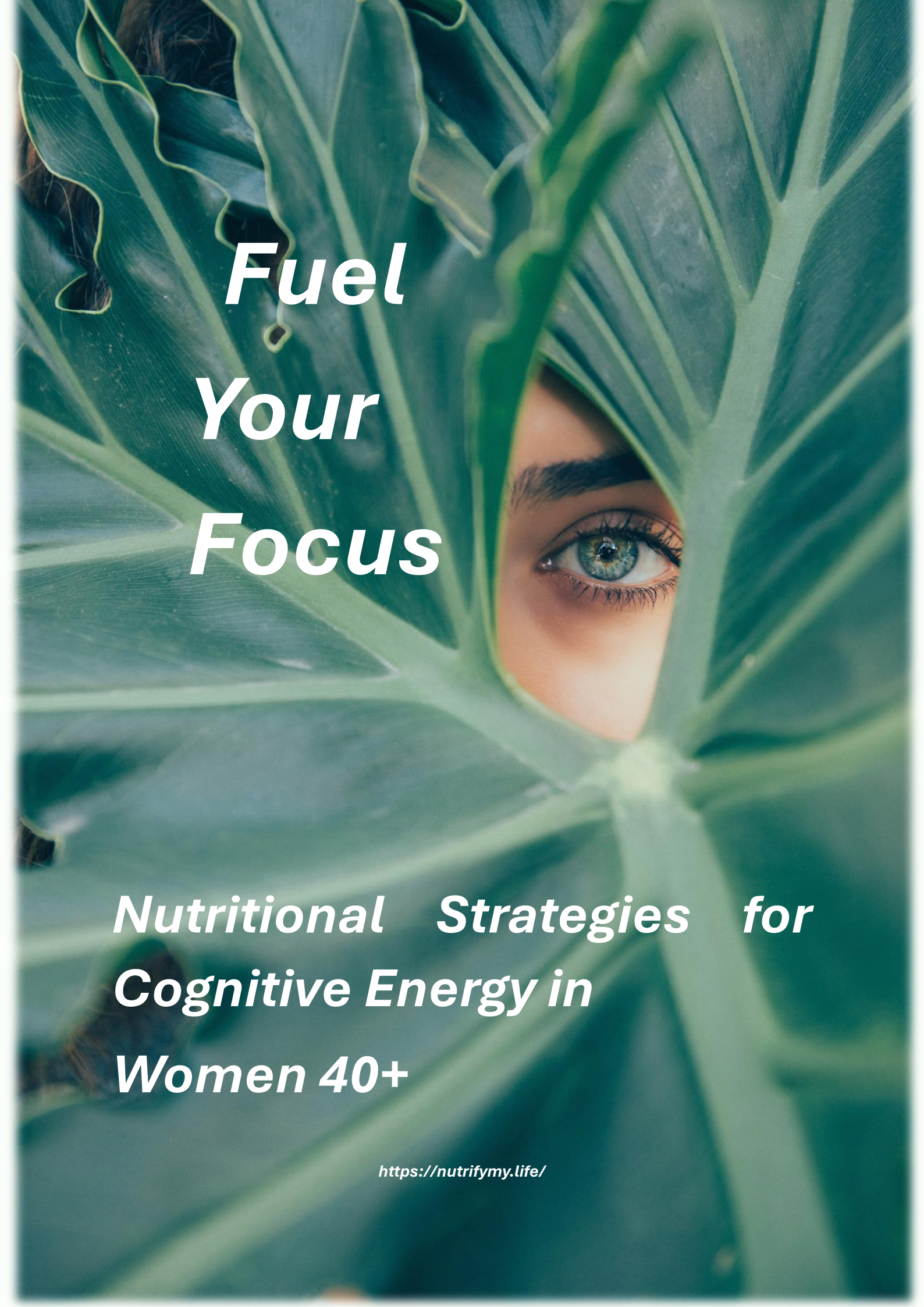


Fuel Your Focus

Nutritional Strategies for Cognitive Energy in Women 40+

https://nutrifymy.life/

Why Midlife Women Experience “Brain Fog”

Many women in their late 30s and 40s begin noticing “brain fog” – episodes of forgetfulness, mental fatigue, or fuzzy thinking. In fact, roughly two-thirds of women going through menopause report cognitive difficulties like memory lapses or trouble concentratinghealthline.com. These challenges often stem from a perfect storm of midlife changes: chronic stress, fatigue from busy lifestyles, and the hormonal ups and downs of perimenopausencoa.org. Declining estrogen levels play a role by affecting the brain’s chemistry and energy supply. Some memory-critical brain regions are rich in estrogen receptors, linking hormonal shifts to changes in brain function. Nutrient status is another key factor – when the brain doesn’t get enough fuel or essential nutrients, it may go into “economy mode,” leading to sluggish thinking. The encouraging news is that targeted nutrition can help. By eating the right nutrients and maintaining steady blood sugar, women 35+ can nourish their brains for better mental clarity, focus, and energy. This guide highlights evidence-based nutritional strategies – from specific brain-boosting nutrients to smart meal pairings – to help you beat brain fog and stay sharp through midlife and beyond.

The Top 5 Nutrients for Brain Energy

Certain nutrients are especially vital for supporting cognitive function and steady energy levels. Midlife women should pay particular attention to the following five nutrients, which support neurotransmitters, oxygen delivery, and stable glucose (the brain’s preferred fuel). Incorporating these into daily meals can provide the building blocks your brain needs to think clearly and stay energized.



Protein – The Neurotransmitter Building Block: Protein provides amino acids that are the raw materials for your brain’s neurotransmitters, the chemicals that regulate mood, memory, and alertness. For example, amino acids like tryptophan and tyrosine (from protein foods) are converted into serotonin and dopamine, which influence cognitive function and moodmedium.com. Ensuring adequate protein in your diet can improve mental performance – research shows that higher protein intake is linked to better cognitive

performance, especially on tasks requiring focus and working memory. In practical terms, a protein-rich breakfast (like **eggs or Greek yogurt**) or snacks (like **nuts** or **hummus**) can help prevent the mid-morning brain fog by stabilizing blood sugar and providing a steady supply of amino acids to the brain. Aim to include a source of lean protein with each meal (e.g. **poultry, fish, eggs, dairy, legumes or tofu)** to keep your neurotransmitter production optimized for clear thinking.



Omega-3 Fatty Acids – Brain Fuel for Memory: Omega-3 polyunsaturated fats (especially DHA and EPA) are essential for brain health. DHA is a major structural fat in brain cell membranes, supporting fluidity and signaling, while EPA helps reduce inflammation. Studies have found that omega-3 fatty acid intake boosts cognitive functions like learning and memory. In one systematic review, people who ingested more omega-3s showed improvements in memory performance and even increased blood flow in the brain. Diets rich in omega-3s (for instance, the Mediterranean diet with plenty of fatty fish) are associated with a lower risk of cognitive decline and better mental clarity in aging. Make a point to consume omega-3 sources several times a week: **fatty fish such as salmon, sardines, mackerel, and herring are top sources**. Plant-based options include **flaxseeds, chia seeds, and walnuts (which provide the omega-3 ALA).** By ensuring you get enough omega-3s, you support the maintenance and repair of brain cells, promote healthy neurotransmitter levels, and may reduce the "mental fatigue" feeling.



Iron – Oxygen for Brain and Body: Iron is a critical mineral for energy because it enables red blood cells to carry oxygen to all your tissues – including your brain. If iron stores are low, your brain may literally be running on less oxygen, leading to fatigue, dizziness, and that foggy feeling. Many women (especially those still menstruating or in perimenopause) are prone to iron deficiency. Even without full anemia, low iron levels can leave you feeling exhausted and mentally foggyy. Research confirms that iron status is strongly tied to cognitive performance in women of reproductive age: women with iron deficiency perform worse on attention and memory tasks, and iron supplementation can improve cognitive scores significantly. To keep your brain well-oxygenated and energized, include iron-rich foods in your diet. Good sources include **lean red meat, poultry,**

and fish (heme iron, which is well absorbed) as well as plant sources like **spinach, kale, beans, lentils, and fortified whole grains (non-heme iron).** Pair plant iron sources with **vitamin C–rich foods (for example, add bell peppers or citrus to a spinach salad) to boost absorption**. If you've been feeling unusually tired or unfocused, consider getting your iron levels checked – correcting a deficiency can make a profound difference in energy and concentration.

Magnesium – Spark for Energy Metabolism: Magnesium is often called the "miracle mineral" because it's involved in over 300 biochemical reactions, including those that produce energy and support brain function. In fact, magnesium plays a predominant role in the production and use of ATP, the energy molecule every cell runs on – each ATP molecule must bind to a magnesium ion to be biologically active. Essentially, without enough magnesium, your brain and muscles can't efficiently turn glucose into usable energy, which can lead to fatigue and slower cognitive processing. Magnesium also contributes to a stable nervous system and proper neurotransmitter signaling. It helps regulate the flow of calcium and may prevent excessive excitation of neurons, promoting calm, focused brain activity. Many adults (especially women) fall short on magnesium, which can manifest as muscle tension, irritability, or "brain fog." The good news is that magnesium is abundant in healthy foods**: leafy green vegetables, nuts and seeds, beans, and whole grains** are all excellent sources. For example, adding a handful of **almonds or pumpkin seeds** (rich in magnesium) as a snack, or including spinach, Swiss chard, or black beans in meals, can naturally boost your magnesium intake. Consistent magnesium intake supports steady energy production and has been linked to better memory and cognitive function, especially in women as they age. It's truly a must-have nutrient for maintaining vitality and focus.



Complex Carbohydrates – Steady Glucose for the Brain: Carbohydrates are the body's primary fuel, and the brain alone consumes about 20% of our daily energy, mostly in the form of glucosepmc.ncbi.nlm.nih.gov. To keep your cognitive engine running without sputtering, it's critical to opt for complex carbs over simple sugars. Complex carbohydrates (found in high-fiber foods like **whole grains, oats, brown rice, quinoa, sweet**



potatoes, **beans, and vegetables)** break down slowly, providing a gradual, steady release of glucose. This prevents the rollercoaster spikes and crashes in blood sugar that can leave you feeling jittery then drained. Research consistently shows that diets high in refined carbs and sugars are associated with worse cognitive performance, whereas complex carbs correlate with better memory and mental function. One review noted that consuming simple sugars can impair overall cognition, while a higher intake of fiber-rich carbs was linked to improved memory both short- and long-term. The mechanism is straightforward: fiber, protein, and healthy fats (when eaten together with carbs) slow digestion and stabilize blood sugar. This means fewer "brain energy" slumps. To put it into practice, favor unprocessed carbs – **e.g. choose whole-grain bread over white, steel-cut oats over sugary cereal, and legumes or starchy veggies instead of refined flour products.** By keeping your brain's glucose supply smooth and steady, complex carbs help maintain consistent focus and energy throughout the day.

The Hormonal Connection: Estrogen, Energy, and Cognition



Hormones, especially estrogen, profoundly influence women's brain energy and cognitive performance in midlife. Understanding this connection can empower you to make dietary and lifestyle adjustments that counteract hormone-related "brain fog."

Estrogen and Brain Energy: Why Menopause Can Feel Like a Mental Slowdown

Estrogen isn't just about reproduction — it's a key player in how the female brain uses energy.

During perimenopause and menopause (often starting in the 40s), estrogen levels fluctuate and decline. This shift directly affects **how the brain processes its main fuel: glucose**.

- **Brain scans** show a clear drop in glucose metabolism in key areas of the brain during this time.
- As a result, the brain may temporarily struggle to meet its energy needs.
- It begins compensating by using **alternative fuels** like ketones — but this transition can feel like brain fog, memory lapses, or slowed thinking.

Think of it as the brain **"running on empty"** until it adjusts to the new hormonal environment.

Estrogen, Brain Chemistry, and Blood Sugar: What's Really Going On in Midlife

Midlife brain fog isn't all in your head — it's in your hormones.

Estrogen and Mood: The Neurotransmitter Connection

Estrogen plays a powerful role in mood and cognitive function by influencing key neurotransmitters.



- It helps regulate **serotonin**, the brain chemical associated with mood, memory, and emotional stability. When estrogen levels decline, serotonin production and receptor sensitivity can decrease, contributing to low mood and irritability.
- Estrogen also enhances:
    - **Acetylcholine**, essential for memory and learning
    - **Dopamine**, involved in motivation and focus
    - **Norepinephrine**, which affects the stress response
    -

Brain regions like the **hippocampus** and **frontal lobes** — responsible for memory, verbal fluency, and executive function — are dense with estrogen receptors. This makes them particularly sensitive to hormonal fluctuations, explaining changes in word recall, multitasking ability, and mental clarity during perimenopause and menopause.

These effects are often temporary. As estrogen levels stabilize post-menopause, many women report improved cognitive performance and mental energy.

Blood Sugar, Cortisol, and Nutritional Resilience

Estrogen helps maintain **insulin sensitivity** and supports efficient **glucose metabolism** in the brain. As estrogen declines, the risk of blood sugar swings and insulin resistance increases — leading to energy crashes, cravings, and brain fog.

Chronic midlife stress can compound these issues by increasing **cortisol** levels, which further disrupt blood sugar balance and can impair memory and concentration.

Key nutritional strategies to support brain energy and hormone balance include:

- Eating balanced meals that combine **protein and complex carbohydrates** to prevent glucose spikes
- Prioritizing foods rich in **omega-3 fatty acids**, **magnesium**, and **B-vitamins**, which support neurotransmitter function and stress regulation
- Limiting **added sugars and alcohol**, which can exacerbate hormonal symptoms and disrupt sleep

The Role of Phytoestrogens

Plant-based compounds called **phytoestrogens**, found in foods like soy, flaxseed, and legumes, can mimic estrogen in the body at a weaker level. Research suggests they may offer modest benefits for memory, mood, and overall hormonal balance during menopause.

Sample Foods and Meal Pairings to Stabilize Energy

Designing your meals with brain-fueling foods doesn't have to be complicated. The key principles are: **include protein, fiber, and healthy fats with your carbs**, and choose nutrient-dense whole foods over processed ones. This approach ensures a slow, steady release of glucose and a rich supply of micronutrients, avoiding the highs and lows that contribute to fatigue. Here are some sample foods and balanced meal pairings that incorporate the top nutrients we discussed:

- **Energizing Breakfast:** *Sprouted-grain toast topped with mashed avocado and a fried egg*. This simple meal combines complex carbs (whole-grain bread) with healthy fat (avocado) and protein (egg). The fiber and fat slow down carb absorption, preventing a mid-morning crashjoslin.org. Plus, the egg provides choline and B-vitamins for brain function, while avocado contributes magnesium and potassium. You'll get sustained energy and plenty of nutrients to start your day sharp.

- **Protein-Packed Snack:** *Greek yogurt with blueberries and a handful of almonds*. The yogurt delivers high-quality protein (and calcium), the berries add complex carbs and antioxidants, and the almonds supply healthy fats and magnesium. This combo is a great mid-afternoon pick-me-up to curb hunger and keep blood sugar stable. The fiber in berries and the fat/protein in yogurt and nuts work together to give a low glycemic impact. You'll feed your brain a mix of amino acids (for neurotransmitters), omega-3 (if you include walnuts or chia), and vitamins without the sugar spike of a vending-machine snack.

- **Hearty Lunch:** *Spinach and lentil salad with quinoa, roasted sweet potatoes, and grilled chicken (tossed with olive oil and lemon)*. This bowl is a nutritional all-star: **dark leafy spinach** and lentils pack **iron and folate** (for oxygen transport and brain cell health), **quinoa and sweet potato** offer complex carbs and additional **magnesium**, and **chicken** provides lean protein to keep you full and focused. Drizzling olive oil adds heart-healthy monounsaturated fat (as in the celebrated Mediterranean diet) which helps absorb fat-

soluble vitamins. The balance of macros ensures no 3 p.m. energy slump – instead, you get a slow burn of energy and plenty of iron to combat that "afternoon fog." A squeeze of lemon in the dressing also boosts iron absorption from the plant foods.

- **Brain-Boosting Dinner:** *Grilled salmon with herbed brown rice and steamed broccoli (topped with sliced almonds).* Here you're getting **omega-3-rich salmon** to nourish brain cell membranes, along with a high-fiber whole grain (brown rice) for stable carbs and cruciferous greens for vitamins. Broccoli offers vitamin C and K, and when you sprinkle almonds on top, you add extra magnesium and vitamin E. This meal supports cognitive health on multiple fronts – omega-3s for cognitive function, complex carbs for steady fuel, and an array of micronutrients that help reduce oxidative stress in the brain. It's also very satisfying, which can help prevent late-night snacking on sugary foods.
- **Smart Sweet Treat (Occasional):** If you have a sweet tooth, opt for brain-friendly options like a **small piece of dark chocolate with walnuts** or **chia pudding made with unsweetened almond milk and berries**. Dark chocolate in moderation provides magnesium and flavonoid antioxidants (and a little caffeine for alertness), while walnuts and chia contribute omega-3s. This way you can indulge your dessert craving while still feeding your brain nutrients it loves. Remember to keep truly sugary desserts limited – the MIND diet (a research-backed brain health eating plan) recommends less than 5 servings of pastries or sweets per week. Save those for special occasions, and enjoy nature's sweets (fruit, dark chocolate) more often.

These examples illustrate how to **pair proteins with complex carbs and healthy fats** at each meal. By following a pattern of **"whole food + protein + fiber + healthy fat"**, you'll naturally include the top brain-boosting nutrients and maintain balanced blood sugar. Over time, these choices become habit. Stock your kitchen with some midlife brain-health all-stars:

- Fatty **fish** (salmon, sardines, tuna) for omega-3s,
- **Leafy greens** (spinach, kale) and **legumes** (lentils, chickpeas) for iron and folate,
- **Nuts and seeds** (almonds, walnuts, pumpkin seeds, flax/chia) for magnesium and healthy fats,
- **Whole grains** (oats, brown rice, quinoa, whole-grain bread) for steady carbs and B-vitamins,

- **Eggs, lean meats, and dairy or soy** for quality protein, iron, and choline,
- **Berries and colorful fruits** for antioxidants (which help protect brain cells).

By focusing on these kinds of foods – similar to those emphasized in brain-healthy diets like the **Mediterranean or MIND diet** – you'll be filling your plate with nutrients that energize your mind. In the long run, this pattern can **reduce the incidence of cognitive decline**, and in the short run you'll likely notice more consistent energy and sharper thinking during your day-to-day tasks.

(Tip: To make things easier, consider meal-prepping once a week. Grill or bake a batch of chicken or fish, roast a tray of mixed vegetables, and cook a pot of quinoa or brown rice. Having these building blocks ready in the fridge makes it simple to assemble a balanced, brain-fueling meal in minutes.)

Healthy Habits Checklist for Sustained Focus

Nutrition is the foundation of cognitive energy, but a few simple lifestyle habits can amplify the benefits. Think of these as daily "hacks" to keep your brain hydrated, well-rested, and primed for peak performance. Use this checklist to stay on track:

- **Stay Hydrated:** Even mild dehydration can impair your concentration and short-term memory. In fact, studies show that **being just 2% dehydrated can hurt performance on tasks requiring attention and immediate memory**. Make water your go-to beverage throughout the day – aim for at least 6–8 glasses (more if you're active or in a hot climate). If plain water bores you, add slices of citrus or cucumber for flavor, or enjoy herbal teas. Proper hydration keeps your blood flowing and helps deliver nutrients to your brain. Many busy women find that a mid-afternoon glass of water can perk them up as much as a cup of coffee (and without the caffeine – dehydration is often mistaken for fatigue). Tip: Start your morning with a large glass of water to rehydrate after sleep, and carry a reusable water bottle as a reminder to drink regularly.
- **Use Caffeine Strategically:** That morning coffee or tea can indeed give your brain a boost – **caffeine is proven to enhance alertness, attention and even vigilance in most people**. A moderate dose (like 1–2 cups of coffee) can help you feel more focused and clear-headed, especially if you had a poor night's sleep. However, timing and moderation

are everything. **Avoid caffeine later in the day to protect your sleep quality** (which is critical for memory). Experts recommend steering clear of caffeine at least 6–8 hours before bedtime. So if you go to bed at 10 p.m., try not to consume caffeine after about 2 p.m. Additionally, listen to your body: if coffee makes you jittery or anxious, consider switching to green tea (which has less caffeine and beneficial L-theanine for calm focus) or mixing in decaf. And remember that more isn't always better – high doses of caffeine can backfire, causing energy crashes or insomnia. Use it as a tool for key moments (like a busy morning or important meeting), but don't rely on it as a crutch for chronic exhaustion.

- **Eat Regular, Balanced Meals (Don't Skip!):** To keep cognitive energy up, **feed your brain at steady intervals**. Skipping meals or drastically undereating can lead to low blood sugar, which will leave you feeling lightheaded, irritable, and foggy. Instead, aim for three balanced meals a day (and healthy snacks if needed) built around the nutrients we discussed. Each meal should include some protein, some complex carbs, and ideally some produce and healthy fat. This balance provides a slow release of glucose and a steady stream of amino acids and micronutrients. It's the opposite of the spike-and-crash pattern from a donut breakfast or sugary snack. For example, if you often feel an afternoon slump, check your lunch – a bowl of refined-carb cereal or just a fruit smoothie might not sustain you. But a mixed meal (say, a turkey and avocado sandwich on whole-grain bread with a side salad, or a quinoa bowl with veggies and tofu) will. **Balanced meals give a "slow drip" of energy to your brain**, helping you stay focused and productive. Bonus: they also keep cravings at bay, because your body isn't desperately seeking quick energy.

- **Prioritize Sleep and Rhythm:** It's hard to have a clear mind when you're running on empty sleep-wise. Adults generally need **7–9 hours of quality sleep** for optimal brain function. Sleep is when your brain consolidates memories and clears out metabolic waste – skimping on it can directly contribute to memory issues and fatigue. Midlife can make sleep tricky (hormonal night sweats or insomnia are common, with up to 60% of menopausal women reporting sleep problems). Try to **practice good sleep hygiene**: stick to a consistent sleep schedule, create a cool dark bedroom environment, and avoid large meals, caffeine, and alcohol in the hours before bed. If night-time hot flashes wake you, dressing in light, breathable layers and having a fan can help. Some women find a magnesium glycinate supplement in the evening (with a doctor's approval) can promote relaxation. Also, watch your evening screen time – the blue light from devices can interfere

with melatonin and make it harder to fall asleep. Consider a calming pre-bed routine (gentle stretches, reading, or meditation) to signal your body it's time to wind down. When you consistently get enough restful sleep, you'll notice big improvements in mental clarity, mood, and even appetite control. It truly is one of the best (and free!) performance enhancers for your brain.

- **Get Moving (Exercise = Brain Energy):** Physical activity isn't just for the body – it's rocket fuel for your brain. Exercise increases blood flow to the brain, triggers the release of mood-lifting neurotransmitters, and even promotes growth of new neural connections. **Regular exercise has been shown to improve cognitive function** and can help reduce menopause-related symptoms like mood swings. You don't need to become a marathoner; the goal is consistency. Aim for the **CDC-recommended 150 minutes of moderate exercise per week** (e.g. brisk walking 30 minutes, 5 days a week) plus a couple of strength-training sessions. Choose activities you enjoy – dancing, biking, yoga, swimming, or even vigorous housework all count. On busy days, even a 10-minute walk outside can refresh your mind (and sunlight exposure helps regulate your circadian rhythm). If you're desk-bound, taking short movement breaks every hour – stretch, walk the hallway, do a few squats – can fight off mental fatigue and get your focus back. Over time, an active lifestyle will improve sleep, help manage weight and stress, and enhance overall brain health. Think of exercise as **"charging your brain's batteries"** – you'll likely think more clearly on days you move your body.

- **Manage Stress and Take Mental Breaks:** Chronic stress and mental overload can deplete your cognitive energy quickly. While some stress is unavoidable, how you respond to it matters. Build small stress-busters into your routine: deep breathing exercises, a 5-minute mindfulness meditation, or simply stepping outside for fresh air can reset your mood and focus. Many women find that journaling or talking with a friend helps clear mental clutter. Nutritionally, make sure you're not overdoing stimulants (excess caffeine or sugar can amplify anxiety). Include magnesium-rich foods and omega-3s, which have calming, anti-stress benefits. And don't underestimate the power of **brain breaks** – our brains work best in cycles. Try the Pomodoro technique (25 minutes focused work, 5 minute break) or whatever interval suits you. Stand up, roll your shoulders, or gaze out the window at something natural. These mini-breaks prevent burnout and can make your subsequent work time more efficient. Importantly, **set boundaries to protect personal downtime** – constant multitasking or always checking email can frazzle anyone's focus.

Giving yourself permission to unwind (with a hobby, a book, or a relaxing bath) isn't frivolous; it recharges your mental energy so you can be more present and effective when it counts.

- **Limit Alcohol and Avoid Smoking:** Both alcohol and nicotine can undermine the nutritional and hormonal strategies you're implementing. Alcohol is a sedative and can disrupt sleep patterns (even a small nightcap can fragment your sleep stages and leave you tired the next day). It's also a source of empty calories and can spike blood sugar, then cause it to drop – not helpful for steady brain fuel. Keep alcohol moderate (e.g. one glass of wine with dinner, and not every night) or consider cutting it out for a trial period to see if your focus and sleep improve. **Excess alcohol is linked to worse memory and "foggy" thinking** (ever had a hangover brain? Chronic use can mimic that). Smoking (and vaping nicotine) constricts blood vessels and reduces oxygen flow to the brain, on top of its many other health risks. If you smoke, seek support to quit – your brain will thank you with clearer thinking and less risk of cognitive decline. The **best beverages for your brain** remain water, herbal teas, coffee/tea in moderation, and perhaps green smoothies; and the best "drink" for energy is good old H2O. As for alcohol, if you do indulge, hydrate well and try to drink on a full stomach to lessen blood sugar swings.

Finally, remember that midlife is a time of change, but also an opportunity. By paying attention to your nutrition and habits, you're not only improving how you feel today – you're also investing in your long-term brain health. Women are at higher risk for dementia than men, so the proactive steps you take now (like eating a brain-friendly diet, staying active, and keeping your mind engaged) can pay dividends in healthy cognitive aginghealth.harvard.eduhealth.harvard.edu. Small changes, done consistently, beat drastic measures done temporarily. So, start with one or two habits from this guide and build gradually. Swap in an extra serving of vegetables, or establish a "no screens after 10 PM" rule – whatever resonates with you. Over a few weeks, these will become second nature.

In summary, to *fuel your focus* as a 40+ woman: nourish your brain with protein, omega-3s, iron, magnesium, and steady complex carbs; balance your hormones and blood sugar with smart food choices; and support your body with hydration, sleep, and stress management. With these strategies, you can turn the tide on brain fog and unlock sustained cognitive energy. Here's to clearer mornings, sharper meetings, and remembering why you walked into the room – all powered by the right nutrition and habits!

◇ 3-Day Focus-Fuel Meal Plan

Built for clarity, calm energy, and satiety. There is no limitation on quantities.

DAY 1

Morning Routine

- Warm water + lemon
- Optional: herbal adaptogen tea (e.g., tulsi or rooibos)

Breakfast

- 2 scrambled eggs with spinach + avocado slices
- 1 slice sourdough or seed bread (optional)
- Sprinkle of hemp seeds

Lunch

- Grilled chicken salad with arugula, cherry tomatoes, cucumber, and tahini-lemon dressing
- Add olives or feta for flavor & fats

Afternoon Snack (if needed)

- Handful of walnuts + 1 boiled egg
- OR a small portion of cottage cheese with berries

Dinner

- Grilled salmon with roasted zucchini and quinoa (1/2 cup)
- Mint or ginger tea post-meal

DAY 2

Morning Routine

- Warm water + pinch of salt
- Optional: mushroom coffee (no sugar)

Breakfast

- Greek yogurt (unsweetened, full fat) with chia seeds, cinnamon, and a few blueberries
- 1 tsp nut butter mixed in for satiety

Lunch

- Turkey lettuce wraps with hummus, shredded carrots, and bell pepper
- Side: beet & apple slaw with lemon

Afternoon Snack

- 1 hard-boiled egg + a few slices of cucumber
- OR 2 squares 85% dark chocolate + almonds

Dinner

- Stir-fried tofu or shrimp with broccoli, mushrooms, and coconut aminos
- Side of jasmine rice (1/2 cup max)

DAY 3

Morning Routine

- Warm water with ginger or turmeric
- Optional: small black coffee (no milk/sugar)

Breakfast

- Oats (1/3 cup dry) cooked with almond milk, flaxseed, cinnamon
- Topped with crushed nuts and raspberries

Lunch

- Lentil salad with roasted peppers, cucumbers, arugula, and boiled egg

- Dressing: olive oil, mustard, lemon

Afternoon Snack

- Celery sticks with almond butter
- Herbal tea for focus (lemon balm or ginkgo)

Dinner

- Baked chicken thighs with cauliflower mash and sautéed greens
- Optional: 1 small roasted sweet potato wedge

Want additional support with hormonal nutrition and daily strategies that work?

→ BOOK A FREE DISCOVERY CALL

→ EXPLORE 1:1 NUTRITION COACHING FOR WOMEN 40+

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(Additional sources from NIH, Harvard, and peer-reviewed journals were used to ensure recommendations are up-to-date and evidence-based. All information is intended for educational purposes – please consult a healthcare professional for personalized advice.)