

THE Menopause Menu

Monday, September 22nd -Sunday, November 30th

Welcome to the Menopause Nutrition Collective! Learn how to thrive during perimenopause and menopause! We are not here to merely survive! We have things to DO!

Kick off the final quarter of the year with purpose and passion, making it your season of progress. Embrace the opportunity to shine and achieve your goals despite going through a big life change. Let's come together, share our stories and learn how to function optimally despite our challenges with a science and evidenced based backing.

Join Registered Dietitian Ashley, RD, for a 10-week program that dives deep into the science of food and what our bodies need to function optimally during perimenopause and menopause. Learn about the impact of the hormone changes inevitably taking place in our bodies and learn where your power is to change the narrative. This journey is about achieving better energy, blood sugar balance, sleep, body composition, as well as a healthy and positive mindset around food! You DON'T have to suffer through perimenopause and menopause, let's take back our power and thrive during this time!

No fad diets. No quick fixes. Just real, lasting change.

Get ready to embrace a lifestyle of happiness, health, and holistic well-being—one that fosters a guilt-free relationship with food while delivering long-term health benefits that will get you through not only perimenopause and menopause but long after! Become and empowered eater!

What the 10 Week Program includes (Monday, September 22nd -Sunday, November 30th):

- Weekly 1 hour zoom meetings with Ashley – 30 minutes of a nutrition topic and 15 minutes answering YOUR questions. These will be held every Monday of the program at 8.30 PM for 10 weeks.
- A personalized tracking sheet for accountability and progress monitoring
- Weekly challenges and a recipe that coincide with the theme of the week

Topics included:

1. What happens to our metabolism and our body composition during perimenopause and menopause, what control do we have? Is it possible to lose weight during this stage?
2. What are fad diets and are they recommended; will a detox be helpful?
3. What are the facts on fats? How do they impact inflammation?
4. How to increase your energy naturally with a focus on blood sugar balance
5. Added Sugar vs. Natural sugar and what do cravings mean?

6. The truth about protein and its role in maintain and increasing muscle mass. How much protein do you *actually* need and what are the best sources?
7. The impact of hormone changes on our bones and how to support our bone health
8. What is the truth about soy during perimenopause and menopause? Is it safe?
9. Putting it all together: what should our plates look like at each meal, which foods should we include, which foods should we avoid, how many meals should we have, should we include snacks?
10. Should supplements be a part of my routine, if so which ones and why?

BONUS segment: Tips and tricks to encourage adequate quality sleep

BONUS materials on Intuitive and Mindful Eating

Also included:

- 2-week meal plan complete with proper portions and balance (either a traditional Kenyan, Indian, or western/continental version). They both include 3 meals per day as well as snacks! If you have special dietary needs, please reach out to Ashley for special accommodation.
- Access to an exclusive WhatsApp community of members for additional support and accountability with 3 weekly messages/recipe/challenges/quotes from Ashley.

VIRTUAL, COFFEE MEET-UPS AND FOREST WALKS.

Sign up today to reserve your spot!

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