



Day 2: Personalizing Your Menopause Nutrition Plan

In today's lesson, you learned about the four key nutrition practices that can help you feel your best during menopause:

- Getting enough protein.
- Eating plenty of vegetables and fruits.
- Assessing your beverage intake.
- Eating slowly.

These behaviors don't require a strict, unsustainable program — indeed, many of them focus on *adding* rather than subtracting! But they have the power to help you:

- Improve your energy levels throughout the day and in workouts.
- Retain (or even gain!) muscle mass and strength.
- Get more restful sleep.
- Feel more satisfied with your meals.
- Lose body fat, if that's a goal of yours.

In this worksheet, you'll work through our four-step process for developing your 28-day menopause nutrition plan. (And at the very end, you'll find a [nutrition consistency tracker](#) to help you stay accountable throughout the process.)

Going through these steps will help you put changes into practice in a way that aligns with your Menopause Vision Statement and actually works for *your* life. So let's dive in!



Step #1. Assess Your Current Nutrition

A lot of us *know* the basics of healthy eating. But sometimes actually putting the information into practice can be a little tricky. And sometimes our healthy eating habits start slipping over time.

It's cool. It happens to all of us.

But in order to make improvements to our nutrition, we need to know what we're working with. That's why the first step here is assessing what you're currently eating over the course of a few days. Once this is down on paper, you'll have a much easier time recognizing where the gaps are between your current nutrition and those four key behaviors.

All you need to do is record everything you eat and drink over a three-day period.

Now, remember: This is not a time to alter your eating so it looks “better” in writing, or to beat yourself up about what you're eating. Rather, this is just a time to take stock of where you are — without judgment. No one else is going to see this but you, so be as honest as you can (and be kind to yourself along the way).

At the end of this download, you'll find [a space to track your meals and snacks](#) for the next three days. You could also track them on your phone or in a notebook you keep in your kitchen. Write any observations you may have about your eating and, if appropriate for your situation, track how long you're taking to eat your meals.

Once you're done, you can move on to the evaluation.

Alternatively, if you don't want to wait to get started, you can certainly move on to Step #2 now and use your best judgment to pick your first practice to work on. But we highly encourage you to track and evaluate three days of eating before you pick the *second* practice you work on over the next four weeks.



EVALUATION

Now that you’ve tracked your nutrition for a few days, it’s time to take an objective look at what’s there. Using your nutrition tracking for reference, fill in the following table.

Assessment	Metric	Day 1 Serving #	Day 2 Serving #	Day 3 Serving #	Average Servings / Day	Recommended* Servings / Day
PROTEIN INTAKE	Palm-Size Serving					3–5 Servings
VEGETABLE / FRUIT INTAKE	Fist-Size Serving					3–6 Servings
WATER INTAKE**	8 Ounces 1 Cup					64–96 Ounces 8–12 Cups
CAFFEINE INTAKE***	1 Cup of Caffeinated Coffee 90–170mg of Caffeine					≤2 Cups of Caffeinated Coffee ≤400mg of Caffeine
CALORIE-RICH BEVERAGE INTAKE	Drink-Specific Standard Serving					≤1–2
ALCOHOL INTAKE	Drink-Specific Standard Serving					≤1

*These are general recommendations for a perimenopausal woman; your intake may not fall within these exact parameters. You may need (or choose to consume) more or less depending on your unique body, activity levels, and preferences.

**You can track by ounces of water or cups of water — mark as appropriate. Keep your selection consistent.

***You can track by cups of caffeinated coffee or milligrams of caffeine — mark as appropriate. Keep your selection consistent.



If you also tracked how long each meal took you to eat, fill in your average meal time here:

Average Meal Time: _____

Observing the data, how do you feel about your nutrition in general?

(e.g., Are you eating as much protein as you thought? Are there more less-than-healthy behaviors on there than you realized? Is there anything you're doing really well?)

Step #2: Select Your First Nutrition Practice

Now, based on any gaps you observe between your current nutrition and the recommendations, it's time to decide which of the four nutrition behaviors you want to practice first.

We recommend picking only one nutrition behavior at a time to work on. This will help you stay consistent without getting overwhelmed — which can help you build a habit over time. And keep in mind: After two weeks, you'll select a *second* behavior to add, so you'll be working on two new nutrition skills simultaneously.

There are two routes you can go when it comes to picking your nutrition practice:

- 1 Start with the easiest option.** For example, if you're drinking two glasses of wine every night out of habit, but you don't really savor what you're drinking — it might feel really easy to swap your wine out for sparkling water every other night, or to only drink wine on weekends.



2 Start with the option that's going to have the greatest impact. For example, let's say you aren't eating any protein-rich foods on a regular basis. While it will be an adjustment to add it to your diet, and you'll likely need to alter how you grocery shop and prepare food, including a serving of protein at two meals per day can be enormously beneficial when it comes to your strength gain, energy levels, and satiety.

Once you've chosen, you'll need to get really specific about what you want to do. For example, if you want to eat more protein, how many servings do you want to add per day? Or if you want to drink less caffeine, how many cups of coffee will you limit yourself to? The more specific, the higher the likelihood of being able to stick to it.

And note: This doesn't need to be a massive overhaul of your eating behaviors — it just needs to move you one step closer to your goals. We want specific, but we also want *sustainable*. You need to be ready, willing, and able to take it on. You can always increase the intensity once the behavior becomes a bit more automated.

Which nutrition practice will you work on first? (e.g., *I will eat one palm-size serving of protein at two meals per day; I will swap my daily venti peppermint mocha with whip out for a grande americano with a splash of cream on weekdays; I'll put my fork down between bites to avoid eating too quickly when watching TV during dinner*)



Step #3: Ensure Your Choice Aligns with Your Menopause Vision Statement

Once you have your selection, it's time to run it through the filter of your Menopause Vision Statement that you defined yesterday. (See, we told you it would come in handy!)

Ask yourself:

- ▶ **Does this new behavior align with my values?** For example, if one of your values is *vitality*, then consuming enough veggies makes sense — it's a practice that will help you feel more energized.
- ▶ **Does this new behavior align with my big rocks?** For example, if one of your big rocks is getting enough sleep, then reducing some of your caffeine intake might align nicely.
- ▶ **Does this new behavior align with my Menopause Vision Statement? Will it help me thrive?** For example, if part of your Vision Statement includes crushing heavy weights in the gym, then getting enough protein will likely play an important role!

Using this filter can also be a great way to choose between two options if you're not sure.

For example, let's say you're consistently eating slowly and attentively, you're getting enough veggies and fruit, and you're on top of your hydration. However, you've noticed that you're rarely eating any protein, and your daily coffee shop trip means you're drinking a calorie-rich beverage every day. You know you're not as strong as you used to be, and in your Menopause Vision Statement, you prioritized rebuilding your strength and mobility so you can enjoy running around with your grandkids for years to come. In this case, incorporating a serving of protein into every meal and snack will likely have a much greater impact than removing that single beverage from your diet.



Answer the following questions:	YES	NO
Does this new nutrition practice align with my values?	<input type="checkbox"/>	<input type="checkbox"/>
Does this new nutrition practice support one or more of my big rocks, whether directly or indirectly?	<input type="checkbox"/>	<input type="checkbox"/>
Does this new nutrition practice align with my Menopause Vision Statement? Will it help me do what's most important to me in my life?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel ready, willing, and able to take on this new nutrition practice?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to all of the questions, then your chosen behavior is likely a solid choice! If you feel a little uncertain, you can always tweak your plan.

Step #4: Take Action and Track Your Consistency

Once you've picked which nutrition building block to work on and confirmed it aligns with your Menopause Vision Statement, it's time to do the thing!

We recommend setting implementation intentions to help you as you put the new behavior into practice. Implementation intentions define clear and specific action steps you can take as you work on something new. In addition to clarifying what you'll actually be doing, they can make the change easier and help you prepare for roadblocks.

For example, let's say you've decided to add two servings of veggies to your daily diet. That's great, but how exactly will you get those two servings in?

To really set yourself up for success over the next 28 days, spell out exactly what you're planning to do to accomplish this goal.



Some possible implementation intentions you could use include:

- *“When I make my breakfast smoothies every morning, I’ll add a handful of spinach.”*
- *“Each week, I’ll buy a pre-chopped veggie tray so I can have veggies as my afternoon snack.”*
- *“Whenever I make mashed potatoes, I’ll blend in some cauliflower.”*

Makes sense, right?

Outline 3–5 implementation intentions now:

1. _____
2. _____
3. _____
4. _____
5. _____

Once you have your implementation intentions, you can start practicing the new behavior!

Tracking Consistency

We recommend tracking your consistency so you can see how it’s going and if you need to make any tweaks.

To begin with, you’ll track your consistency over two weeks.

You can calculate your consistency by dividing the total number of times you engage in an activity by the number of times you were *meant* to engage in the activity and seeing what percentage you come up with.



Here's an example of how your tracking for one week might look:

	Nutrition Goal	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 1	Drink water with lunch each day instead of soda	✓	✓	✓		✓	✓	✓	6/7	86%

You can track this on your phone or in an app, though we've also included a four-week [consistency tracker](#) in this download. You can fill it out on your computer as you go, or print it out and keep it in your kitchen.

We consider “successful” implementation to be a consistency of 80% or more.

If you don't hit 80% consistency — don't stress. Take a few minutes and brainstorm some possible solutions. Maybe you need to pick some different implementation intentions, or pick an easier version of the behavior (e.g., If you're working on eating slowly, it might be easier for you to put your fork down for two minutes in the middle of mealtime rather than stretch your mealtime to last 20 minutes).

If you have been working on something for four weeks or more, and you're still not quite nailing it, it's OK. But for the moment, pick a new one to work on. You can always return to the original later.

ADDING YOUR NEXT NUTRITION PRACTICE

If you've been at least 80% consistent over two weeks, and you feel ready to add another component, then you can go through the same four steps again to pick another practice to work on. That means that from days 14 to 28 of your plan, you'll be actively working on two new nutrition behaviors. You will continue to track the consistency of *both* behaviors during that time frame.



While that might not sound like much, it can have an enormous positive impact!

Alternatively, you could increase the difficulty of your current practice (e.g., add another serving of protein per day).

Congrats! You just developed the nutrition portion of your 28-day personalized menopause plan. Over time (even after the 28 days!), you can continue to add new behaviors or solidify existing ones until these healthful practices become a habitual part of your daily life.

Great work!



Assessing Your Current Nutrition

Use the space below to track your meals, snacks, and beverages (including water) over the next three days. We've also included some extra space so you can write any observations you may have about your eating.

If appropriate for your situation, you may want to time your meals to see how long you're taking with your food. We've included a place where you can jot down meal lengths.

Day 1 • Date: _____				
TIME FRAME	MEALS	SNACKS	BEVERAGES	TIME SPENT EATING
MORNING				
AFTERNOON				
NIGHT				
NOTES & OBSERVATIONS				



Day 2 • Date: _____

TIME FRAME	MEALS	SNACKS	BEVERAGES	TIME SPENT EATING
MORNING				
AFTERNOON				
NIGHT				
NOTES & OBSERVATIONS				

Day 3 • Date: _____

TIME FRAME	MEALS	SNACKS	BEVERAGES	TIME SPENT EATING
MORNING				
AFTERNOON				
NIGHT				
NOTES & OBSERVATIONS				



28-Day Nutrition Consistency Tracker

NUTRITION GOAL		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 1	#1:									
WEEK 2	#1:									

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add another new behavior. If not, scale back your current behavior and continue to work on it.

WEEK 3	#1:									
	#2:									
WEEK 4	#1:									
	#2:									