

The Menopause Plate

Your protein number, and 6 plates built from the food you already cook.

MEJEGAN · MENOPAUSE COACH FOR MUSLIM WOMEN 40+ · @MENOPAUSE.SAKINAH

Start here. This is your number.

Your body weight in pounds, multiplied by 0.7. That's your grams of protein a day.

130 LB 91g	140 LB 98g	150 LB 105g	160 LB 112g
170 LB 119g	180 LB 126g	190 LB 133g	200 LB 140g

Split it across 3 meals. That's roughly **30 to 45g each time you eat**.

Most women I talk to are eating about half of this and have no idea. That isn't a discipline problem. Nobody ever gave us the number.

3 rules before you look at the plates

- 1 Build the plate around the protein first. Then add the rice or the roti.**
Same food, different order. That's most of the work right there.
- 2 Rice and roti stay.**
We change the proportions, not the culture. You are not giving up the food you grew up on.
- 3 Fix breakfast first.**
It's where most women lose 20g before the day has even started.

Why protein, and why now

After 40 we lose muscle every year we don't work to keep it, and muscle is a big part of how your body handles food, energy and blood sugar. Protein is what your body builds it from.

Most advice in this season tells you to eat *less*. In practice that usually means less protein too, at exactly the point in your life when you need more of it.

So we start by **adding**, not removing. It's a kinder place to begin, and it's far easier to keep going.

Salaam, I'm Mejegan

I'm 49 and in menopause, a mom of 4, and an ISSA certified nutritionist, personal trainer and menopause specialist. Perimenopause hit me at 44 and I had nobody to ask. Every plan I found was written for a woman shopping at an American supermarket, so I built this one instead.

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The 6 plates

The circle is the plate seen from above. Notice that the biggest piece is always the protein.



1. Chicken curry, rice and yogurt

● Chicken, your palm size, 120g	33g
● Basmati rice, 1 cup cooked	4g
● Plain yogurt, 3 tbsp	3g

40g

The chicken is the meal. The rice is the side.



2. Dal, roti and eggs

● Dal, 1 cup cooked	18g
● Roti, 2 medium	6g
● Boiled eggs, 2	12g

36g

Dal and roti alone is 24g. The 2 eggs get you there.



3. Biryani, rebuilt

● Chicken or lamb from it, 130g	33g
● Rice, three quarters cup	3g
● Raita, half a cup	6g

42g

Same biryani. More meat, less rice, raita on the side.



4. Shakshuka and flatbread

● Eggs, 3	18g
● Feta, 60g	9g
● Flatbread, 1	5g

32g

One pan, 12 minutes, tomatoes do the rest.



5. The breakfast bowl

● Greek yogurt or labneh, 300g	27g
● Almonds or walnuts, 30g	6g
● Berries, or 2 dates	1g

33g

4 minutes, and it fixes the meal most of us skip.



6. Grilled meat, salad and hummus

● Grilled kofta, chicken or lamb, 130g	33g
● Hummus, half a cup	10g
● A big salad	2g

45g

Cook the meat once, eat it across two days.

When you're short, add one of these

1 egg	6g	Greek yogurt, 100g	9g	Paneer, 100g	18g	Cheese, 30g	7g
Chickpeas, half a cup	7g	Nuts, 30g	6g	Milk, 1 cup	8g	1 scoop of whey	20g

What to do tonight

Pick one meal tomorrow. Build that one around the protein first, then add the rest.

That's it. Not a diet. Not a whole new plan. One meal.

Then come back and tell me what changed. I read every message myself. [@menopause.sakinah](#)

I'm not a doctor, and this is general nutrition education, not medical advice. Protein values are approximate and vary by cut, brand and how it's cooked. If you have kidney disease, or your doctor has advised you differently, please follow them.