



5 Protein-Rich Breakfast Ideas for Menopausal Women

These breakfasts are easy to prepare, nutrient-dense, and tailored to support hormonal balance and overall well-being during menopause.

Greek Yogurt and Berry Bowl

Ingredients:

1 cup of Greek yogurt (high protein, low sugar), a handful of mixed berries, and a sprinkle of chia seeds.



Benefits:

Packed with protein and antioxidants to support muscle health and reduce inflammation.

Egg and Avocado Toast

Ingredients:

1 slice of whole-grain bread,
1 poached or boiled egg, and 1/4 avocado.



Benefits:

A balanced mix of protein, healthy fats, and fibre for sustained energy and hormone support.

Protein Smoothie

Ingredients:

1 scoop of protein powder (whey or plant-based),
1 cup unsweetened almond milk,
1/2 banana, and a handful of spinach.



Benefits:

A quick, nutrient-dense breakfast that's easy to digest and supports muscle maintenance.

Cottage Cheese with Nuts and Seeds

Ingredients:

1/2 cup cottage cheese,
a handful of mixed nuts (e.g., almonds, walnuts),
and a sprinkle of pumpkin seeds.



Benefits:

High in protein,
calcium, and omega-
3s for bone health
and reduced
inflammation.

Smoked Salmon and Scrambled Eggs

Ingredients:

2 scrambled eggs,
1 slice of smoked salmon,
and a side of sautéed spinach.



Benefits:

High-quality protein and omega-3s to support heart health and reduce menopausal symptoms.