



Perimenopause Survival Guide

BY HAUS OF V



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Introduction : What is Perimenopause anyway?

Perimenopause is the transition phase leading up to menopause—think of it as your body's hormone remix before the final track. It typically starts in your late 30s or 40s and can last anywhere from a few years to a decade. During this time, estrogen and progesterone levels begin to fluctuate, causing symptoms like irregular periods, sleep issues, mood swings, weight gain, and more. It's not all bad news, though. With the right support, lifestyle habits, and nutrition, you can feel more balanced, energized, and empowered—not confused or out of control. This guide is here to help you do exactly that



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What's Actually Going On: Common Symptoms of Perimenopause (and Why They Happen)

Your hormones aren't being dramatic—they're just shifting gears. During perimenopause, your ovaries start producing less estrogen and progesterone, which throws your body's usual rhythm off beat. The result? A mix of symptoms that can feel confusing, frustrating, and totally unfair (I get it).

Here are some of the usual suspects—and what's behind them:

Sleep issues

- What you feel: Tossing and turning, waking up at 3 AM for no reason
- Why it happens: Falling estrogen and progesterone affect your body's ability to stay cool, calm, and asleep. Cortisol (your stress hormone) may also spike at night.

Mood swings & anxiety

- What you feel: One minute you're fine, the next you want to cry/yell/nap.
- Why it happens: Estrogen influences serotonin (your happy brain chemical). When estrogen dips, so can your mood and mental clarity. Also dips in progesterone can trigger anxiety because this calming hormone normally helps regulate your nervous system—when levels drop, it can lead to restlessness, irritability, and that wired-but-tired feeling. A very common symptom of perimenopause

Weight gain (especially around the belly)

- What you feel: "Why am I gaining weight even though I haven't changed anything?"
- Why it happens: Hormone shifts = slower metabolism, insulin resistance, and increased cortisol—all of which can lead to stubborn belly fat.

Hot flashes & night sweats

- What you feel: Sudden waves of heat or waking up drenched in sweat.
- Why it happens: Estrogen helps regulate your internal thermostat—less of it means your body thinks you're overheating, even when you're not.

Irregular periods

- What you feel: Skipping a month, then heavy bleeding the next.
- Why it happens: As ovulation becomes less predictable, so do your periods. Totally normal (but always talk to your doctor if something feels off).

Brain fog

- What you feel: Forgetting words, losing your train of thought mid-sentence
- Why it happens: Estrogen plays a role in memory and focus. When it fluctuates, your brain can feel... a little glitchy.



Let's Get Started

This meal plan is designed to support your body through the hormonal ups and downs of perimenopause using a simple, whole-foods approach. You'll find easy, nourishing meals that help balance blood sugar, support digestion, reduce inflammation, and promote steady energy and mood.

Each week includes mix-and-match breakfasts, lunches, dinners, and snacks—plus prep tips and grocery lists to make life easier. No calorie counting, no stress—just real food that loves you back.



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Perimenopause Meal Plan Framework

✦ Key Nutritional Goals:

- Phytoestrogens (flax, soy, legumes) to support estrogen balance
- Healthy fats (avocado, olive oil, fatty fish) for hormones and mood
- Protein at every meal for blood sugar and muscle mass
- Fiber-rich carbs (sweet potatoes, quinoa, oats) for gut health
- Anti-inflammatory herbs/spices like turmeric, ginger, garlic



Week 1 - Grocery List ✦

Organized by category for easy shopping

Produce

- Arugala (1 large bag or bunch)
- Spinach or another dark leafy greens like swiss chard or collard greens (2 bunches)
- Broccoli (2 heads)
- Brussels sprouts (1 lb)
- Sweet potatoes (3-4 medium)
- Avocados (4)
- Cucumber (2)
- Organic red bell pepper (2)
- Carrots (1 bunch)
- Red onion (1)
- Garlic (1 bulb)
- Ginger (1 small root)
- Berries (fresh or frozen, 2 cups)
- Apple (2)
- Bananas (2)
- Parsley (1 bunch)
- Bok choy (2 heads)
- Cauliflower (1 large head or 1 bag riced)
- Lemon (2-3)

Protein

- Pasture raised or Cage free Eggs (1 dozen)
- Organic chicken breast (2-3 pieces)
- Wild salmon or cod fillets (2)
- Organic Tofu (1 block)
- Canned chickpeas (2 cans)
- Canned lentils (1-2 cans) or dry lentils
- Greek yogurt (plain, unsweetened)
- Protein powder (unsweetened plant-based or grass-fed whey)

Grains & Legumes

- Sprouted Organic oats
- Quinoa (1-2 cups dry)
- White rice (1 cup dry)
- Whole grain or paleo wraps
- Flaxseed (ground)
- Chia seeds
- Almonds or walnuts

Pantry & Misc

- Almond butter
- Olive oil
- Tahini
- Miso paste
- Tamari or coconut aminos
- Apple cider vinegar
- Cinnamon
- Turmeric
- Sea salt & black pepper
- Herbal teas (chamomile, dandelion green tea.)

◆ Meal Plan Tips for Success

- Chop ahead: Pre-chop Brussels sprouts, broccoli, and sweet potatoes. Store in airtight containers.
- Batch cook grains: Cook 1 cup quinoa and 1 cup brown rice. Store in fridge for quick lunches/dinners.
- Make chia pudding: Mix $\frac{1}{4}$ cup chia with 1 cup almond milk, berries, and cinnamon. Portion for 2-3 days.
- Prepare dressings: Make a tahini lemon dressing (tahini, lemon, garlic, water) and a miso-ginger dressing to drizzle over bowls or wraps.
- Hard boil eggs: Cook a batch of 6 for easy grab-and-go snacks or salad toppers.
- Freeze smoothies: Pre-portion ingredients into bags and freeze—just add liquid and blend.





WEEK ONE

Nourish + Balance

BREAKFAST OPTIONS

1. Chia pudding with almond milk, flaxseed, berries, walnuts
2. Savory organic sprouted oats with sautéed greens, egg, and avocado
3. Smoothie (spinach, protein powder, frozen berries, flax oil, almond milk)

LUNCH OPTIONS

1. Lentil + quinoa salad with cucumber, parsley, tahini lemon dressing
2. Wild salmon wrap with greens, organic hummus, and pickled onions
3. Chickpea curry over cauliflower rice

DINNER OPTIONS

1. Grilled chicken with sweet potatoes and roasted Brussels sprouts
2. Miso-glazed cod with steamed bok choy and brown rice
3. Stir-fry tofu + broccoli, red peppers, ginger, sesame oil

SNACKS

- Hard-boiled eggs + cucumber slices
- Apple slices with almond butter
- Greek yogurt with cinnamon + chia





Checklists

Daily and weekly checklists to ensure you stay calm and grounded through hormonal changes

DAILY CHECKLIST:

- EAT PROTEIN AT EVERY MEAL
- HYDRATE (AIM FOR 2-3L)
- 20+ MIN MOVEMENT
- FIBER-RICH FOODS
- TIME OUTDOORS
- MINDFULNESS (JOURNALING, BREATHWORK, ETC.)

WEEKLY CHECKLIST:

- TRY A NEW RECIPE OR FOOD
- UNPLUG FOR 1- 2 HOURS
- CONNECT WITH A FRIEND OR COMMUNITY
- TRACK SYMPTOMS
- STRENGTH TRAINING SESSION
- SELF-CARE RITUAL
(BATH, FACIAL, MASSAGE OR A FAVORITE ACTIVITY)



Week 2 - Grocery List ✦

Organized by category for easy shopping

- Broccoli (1-2 heads or pre-cut)
- Butternut squash (pre-cubed or 1 medium)
- Beets (pre-cooked or raw)
- Cherry tomatoes
- Arugula (1 bag)
- Apples (2-3)
- Avocados (2)
- Red cabbage (½ head)
- Lacinato kale
- Carrots (3-4)
- Garlic, red onion
- Fresh basil or mint
- Lemons (2-3)

Protein

- Organic chicken thighs (1 lb)
- Canned sardines or mackerel (sustainable omega-3 source)
- Lentils (cooked or canned)
- Tempeh or wild shrimp
- Pumpkin seeds
- Eggs (1 dozen)
- Plain kefir or coconut yogurt (optional probiotic-rich dairy)

Pantry / Dry Goods

- Millet or buckwheat
- Chickpea pasta or lentil pasta
- Tahini
- Olive oil
- Coconut oil
- Dijon mustard
- ACV (apple cider vinegar)
- Miso paste
- Curry powder
- Cinnamon
- Herbal teas: raspberry leaf, lemon balm, or nettle

Meal Plan Week 2

Tips for Success ✦

- Roast a tray of butternut squash and beets ahead of time
- Pre-cook millet or buckwheat and store in airtight containers
- Hard-boil eggs for snacks and quick meals
- Make a jar of tahini-lemon dressing to use all week
- Pre-chop salad veggies and store dry in containers with paper towels





WEEK TWO

Support + Revitalize

BREAKFAST OPTIONS

1. Overnight Oats with apples, cinnamon, and pumpkin seeds
2. Veggie-packed frittata (broccoli, red onion, kale)
3. Kefir smoothie with berries, flax, and almond butter

LUNCH OPTIONS

1. Lentil + beet salad with arugula, walnuts, and balsamic vinaigrette
2. Roasted butternut squash bowl with quinoa, kale, and tahini drizzle
3. Chickpea pasta with cherry tomatoes, arugula, and lemon-miso dressing

DINNER OPTIONS

1. Curry-spiced shrimp with broccoli and quinoa
2. Roasted chicken thighs with red cabbage slaw and millet
3. Stir-fried tempeh with carrots, beets, and ginger over buckwheat noodles

SNACKS

- Apple slices with tahini
- Hard-boiled eggs with sea salt
- Cucumber slices with miso-hummus
- Handful of roasted pumpkin seeds





Work Out Strong & Steady: A Workout Guide for Perimenopause

✦ INTRO: WHY MOVEMENT MATTERS NOW

During perimenopause, shifting hormones like estrogen and progesterone can affect everything from your sleep to your stress response—and yes, even how your body builds muscle or stores fat. But the right kinds of movement can work with your body, not against it. This guide gives you simple, effective workouts that boost metabolism, balance mood, and support bone, brain, and heart health.

No burnout. No extremes. Just movement that meets you where you are.

1. Strength Training (2–3x/week)

Examples: Dumbbell circuits, resistance bands, bodyweight exercises like squats, lunges, and pushups

Why it helps:

- Counters muscle loss (which speeds up during perimenopause)
- Supports metabolism and reduces body fat
- Strengthens bones and reduces risk of osteoporosis

✅ **Try:** 20–30 min full-body workout with dumbbells at home or the gym

Bonus Tip: Listen to Your Body

Your energy, sleep, and cycle may shift week to week—it's okay to scale back or modify. The goal isn't to “push through” but to move consistently, mindfully, and in ways that help you feel strong and supported.

2. Yoga or Mobility Work (2x/week)

Examples: Gentle vinyasa flow, restorative yoga, deep stretching

Why it helps:

- Calms the nervous system and reduces cortisol (hello, better sleep!)
- Eases joint stiffness and improves flexibility
- Supports emotional resilience and mood balance

✓ Try: 15–30 min gentle flow or guided stretch at the end of your day

3. Walking or Low-Impact Cardio (Daily or most days)

Examples: Brisk walks, cycling, swimming

Why it helps:

- Supports cardiovascular health and insulin sensitivity
- Enhances mood and reduces anxiety
- Lowers cortisol without taxing your adrenals

✓ Try: A 30-minute walk outdoors with your favorite podcast or playlist

4. Short HIIT or Power Bursts (1x/week max)

Examples: 20-second intervals of fast-paced movement like jump squats or sprints with rest periods

Why it helps:

- Improves insulin sensitivity and supports fat loss
- Boosts cardiovascular endurance
- Quick and time-efficient—but should be used sparingly to avoid stress overload

✓ Try: 10–15 min total, 1x/week if your energy and stress levels are stable



Stress Relief for Perimenopause: Techniques That Actually Work

DURING PERIMENOPAUSE, YOUR BODY BECOMES MORE SENSITIVE TO STRESS DUE TO FLUCTUATING ESTROGEN AND PROGESTERONE LEVELS. CORTISOL (YOUR STRESS HORMONE) CAN EASILY GET OUT OF BALANCE—LEADING TO:

- Increased anxiety or irritability
- Disrupted sleep
- Blood sugar spikes
- Belly fat accumulation
- Worsened hot flashes or fatigue

The good news? A few intentional practices can calm your nervous system, support hormone balance, and improve your overall quality of life.



1. Breathwork (5–10 min/day)

What it is: Controlled breathing exercises like box breathing or 4-7-8 breathing

Why it helps: Lowers cortisol, slows your heart rate, and brings you into a parasympathetic (“rest and digest”) state.

Try this: Inhale for 4, hold for 4, exhale for 4, hold for 4—repeat 5–8 times.

2. Journaling (Daily or as needed)

What it is: Freewriting or guided prompts to reflect and release emotional build-up

Why it helps: Reduces mental clutter, supports emotional regulation, and offers insight into patterns triggered by hormone shifts.

Try this prompt: “What is one thing I can release today to feel more grounded?”

3. Nature Walks or Outdoor Time (20–30 min)

What it is: Walking outside—no phone, just presence

Why it helps: Natural light boosts mood-regulating serotonin and helps reset your circadian rhythm, which is crucial for sleep and hormonal balance.

Bonus: Walking after meals also helps stabilize blood sugar.

4. Epsom Salt Baths (2–3x/week)

What it is: Soaking in warm water with magnesium-rich salts

Why it helps: Magnesium calms the nervous system, relaxes muscles, and can reduce cramping and anxiety.

Add a few drops of lavender or chamomile essential oil for extra soothing vibes.

📵 5. Digital Boundaries (1 hour before bed)

What it is: Turning off screens and switching to low-stimulation activities

Why it helps: Reduces blue light exposure and stimulation that can disrupt melatonin and sleep—already vulnerable during perimenopause.

Instead: Read a physical book, stretch, or journal.

🧠 6. Mindfulness or Meditation (Start with 5 min/day)

What it is: Guided meditations, body scans, or simply sitting quietly

Why it helps: Proven to decrease anxiety, improve focus, and build long-term resilience to stress

Apps like Insight Timer, Calm, or Headspace make it easy to start.

💡 **Final Tip:** Small, consistent rituals > dramatic overhauls.

You don't need to do all of these every day. Pick 1-2 that feel doable, and practice regularly. Even 5-10 minutes can shift your body out of stress mode and back into balance.



CONCLUSION



 *You've Got This—And You Don't Have to Do It Alone*

Perimenopause can feel like a wild ride—but with the right tools, support, and daily practices, it doesn't have to take you down with it. By now, you've seen how nourishing foods, targeted movement, and stress-reducing rituals can work together to help you feel more grounded, energized, and in control of your body again.

This two-week guide is just the beginning. If you're ready to go deeper—whether that means personalized hormone support, mindset shifts, or sustainable lifestyle upgrades—I'm here for you.

YOU DON'T HAVE TO NAVIGATE THIS STAGE ALONE.

**LET'S MAKE YOUR NEXT CHAPTER YOUR MOST VIBRANT ONE YET!
BOOK A FREE CALL WITH ME TO LEARN MORE OF MY EXPERT TIPS AND
TOOLS TO NAVIGATING PERIMENOPAUSE. WE'LL TALK ABOUT WHAT'S
WORKING, WHAT'S NOT, AND HOW WE CAN CREATE A PLAN THAT
ACTUALLY FITS YOUR LIFE.**

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