

# What to Eat in Peri-Menopause Without Dieting Harder

**A calmer, more supportive way to eat for energy, cravings, and hormone balance.**

If dieting harder is not working...

If you feel like:

- You're eating less but not seeing results
- Your cravings are stronger than ever
- Your energy is low and inconsistent

You are not lacking discipline.

Your body is asking for nourishment, not restriction.

## Why under-eating can backfire

When you under-eat, especially in perimenopause:

- Cortisol increases (stress response)
- Your metabolism slows down
- Cravings intensify
- Your body holds onto fat more easily

What used to "work" before...

Can now create more imbalance.

## Protein, fibre, and balanced meals made simple

Instead of focusing on eating less...

Focus on eating **better supported meals**

Each meal should include:

- Protein (for blood sugar + muscle + fullness)
- Fibre (for digestion + hormones)
- Healthy fats (for satiety + hormone support)
- Carbs (for energy – yes, you still need them)

## What a supportive plate looks like

A simple visual:

Protein (chicken, eggs, fish, Greek yogurt)

Vegetables (colour + fibre)

Healthy fats (olive oil, avocado, nuts)

Smart carbs (rice, potatoes, oats, fruit)

Balanced. Not restrictive. Not extreme.

## Easy meal ideas

- Eggs + sourdough + avocado
- Chicken salad with olive oil dressing
- Greek yogurt + berries + seeds
- Salmon + potatoes + veg
- Rice bowl with protein + veggies

Simple is powerful.

Cravings support

Cravings are not weakness.

They are often a sign of:

- Blood sugar dips
- Under-eating
- Stress or emotional load

Support them by:

Eating enough during the day

Including protein in meals

Allowing flexibility (not restriction)

## Next step into SERENE

Inside **SERENE Academy**, we go deeper into:

- Building meals that support hormones
- Reducing cravings without restriction
- Creating a way of eating that feels sustainable

**Nourishment works better than punishment.**

**Love,**

*Denise*

Your Hormone, Metabolic & Perimenopause Coach

**Hormonal Balance with DNG Fitness**

**[www.dngfitness.com](http://www.dngfitness.com)**

**[@dngfitness\\_hormonal\\_balance](#)**