



Welcome to the...

No-Nonsense Menopause Month

A 30 day habit builder for people
in perimenopause and
menopause

Developed by Dr. Erin Ley ND MSCP

WWW.DRERINLEY.COM

@DRERINND



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Welcome

Dear friend,

If you're holding this workbook, you're likely experiencing one of life's most significant transitions – perimenopause or menopause. Maybe you've spent hours scrolling through conflicting advice online, tried restrictive diets that left you frustrated and depleted, or felt lost without a trusted healthcare provider who really understands this phase of life. I want you to know that your confusion and overwhelm are valid, and you're in the right place.

The truth is, supporting your body through this transition doesn't need to be complicated or costly. You don't need another restrictive eating plan or an expensive stack of supplements. What you need are evidence-based strategies that work with your life, not against it.

This 30-day workbook is your practical guide to building sustainable habits that support your changing body. We'll focus on what really matters: protein for muscle strength, fiber for gut health, calcium for bone density, regular eating patterns, and reducing alcohol.

No confusing protocols, no rigid rules – just straightforward, science-backed strategies you can maintain long-term.

Think of me as your knowledgeable friend who's here to help you navigate this transition.

Together, we'll:

- Cut through the noise of conflicting information
- Build habits that fit YOUR lifestyle
- Create sustainable routines that don't require restriction
- Develop a toolkit of strategies you can trust

Remember, this isn't about perfection – it's about progress. Some days will be easier than others, and that's completely normal. What matters is that you're taking this step to support yourself through this transition.

Are you ready to begin? Let's take this journey together, one day at a time.





HI, I'M ERIN!

I am a naturopathic doctor and Menopause Society Certified Practitioner based in Ontario, Canada. I work with women both virtually and in-person, helping them navigate the complex terrain of hormonal transitions.

Like many of my patients, you may be feeling stuck right now – caught between conflicting nutrition advice, overwhelming diet rules, and the very real challenges of hormonal changes. I get it. That's exactly why I've dedicated my practice to providing something different: evidence-based, practical nutrition strategies that actually work for real women's lives.

My approach? No restrictive diets. No unnecessary rules. No one-size-fits-all solutions.

Instead, I focus on helping women like you build sustainable habits that support your body through perimenopause and menopause, while minimizing symptoms and optimizing your wellbeing.

This workbook brings together years of clinical experience and the latest research in menopause care. It's the same practical, evidence-based approach I use with my patients, designed to help you take control of your hormonal health – without the overwhelm.

Ready to get started on your journey? Let's turn the page together.

Dr. Erin

Naturopath

Menopause Society Certified Practitioner

Cheerleader

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DR. ERIN LEY ND
WWW.DRERINLEY.COM



Module

1

CALCIUM

The forgotten mineral

Calcium

Let's talk about calcium - yes, that nutrient you've probably heard about since you were a kid drinking milk! During menopause, calcium becomes even more important as your body goes through changes that can affect your bone strength. Think of your bones as a savings account - throughout your life, you want to keep making deposits to keep them strong and healthy.

Here's why it matters now more than ever: after menopause, our bodies can lose bone density faster than before. It's like our bone "savings account" starts making more withdrawals than we're used to. That's why getting enough calcium becomes super important - we're aiming for about 1000-1200 mg daily. While that might sound like a lot, I promise we can make it manageable!

The good news? Your body actually prefers getting calcium from food rather than supplements. It's like the difference between getting your energy from a good meal versus relying on coffee - your body just handles it better! Plus, when you get calcium from food, you're often getting other beneficial nutrients along with it (like protein - stay tuned).

Here's something interesting: calcium works best when it has its buddy vitamin D along for the ride. Think of vitamin D as calcium's personal assistant, helping it get where it needs to go in your body. You can get vitamin D from sunlight (hello, morning walk!) and certain foods, or your healthcare provider might recommend a supplement, especially during those darker winter months.

Now, if you're dairy-free or just don't love dairy products, don't worry! While dairy is often the first thing people think of for calcium, it's definitely not the only option. There are lots of other calcium-rich foods we can explore together. The key is finding options that you actually enjoy and can realistically include in your daily routine.

Remember, the goal isn't perfection - it's progress. We don't need to overthink this or make it complicated. Small, consistent actions add up to make a big difference in supporting your bone health during this transition.

ACTION ITEMS

- Pick 1-2 new calcium rich foods to buy at the grocery store (see calcium list)
- Calculate your baseline calcium consumption using the Osteoporosis Canada Calculator

RESOURCES

[Osteoporosis Canada Calcium Calculator](#)



Calcium Sources

Dairy

Greek yogurt - 3/4 cup (175 g)	200 mg
Milk (any fat content) - 1 cup (250 ml)	300 mg
Cottage cheese - 1/2 cup (125 g)	150 mg
Hard cheese (cheddar, swiss) - 1.5 oz (50 g)	300 mg
String cheese (1 stick) - 1 oz (28 g)	200 mg
Plain yogurt - 3/4 cup (175 g)	275 mg
Ricotta cheese - 1/2 cup (125 g)	335 mg
Kefir - 1 cup (250 ml)	300 mg
Ice cream - 1/2 cup (125 ml)	85 mg
Cream cheese - 2 tbsp (30 g)	30 mg



Non-Dairy

Fortified cereal (varies by brand) - 1 cup	100-1000 mg
Canned sardines (with bones) - 3 oz (85 g)	325 mg
Fortified non-dairy milk - 1 cup (250 ml)	300 mg
Fortified orange juice - 1 cup (250 ml)	300 mg
Cooked collard greens - 1 cup (190 g)	265 mg
Cooked spinach - 1 cup (180 g)	245 mg
Firm tofu - 1/2 cup (125 g)	250 mg
Canned salmon (with bones) - 3 oz (85 g)	180 mg
Chia seeds - 2 tbsp (24 g)	180 mg
Cooked soy beans, edamame - 1 cup (175 g)	175 mg
Cooked bok choy - 1 cup (170 g)	160 mg
White beans - 1 cup (160 g)	140 mg
Almonds - 1/4 cup (35 g)	95 mg

FYI

**Calcium intake goal =
1000-1200* mg
per day**

**A dairy free diet ONLY
contains 350 mg calcium per day**

*this goal is age dependent

Calcium Worksheet

What are some calcium rich foods you already consume?

Examples:

Yogurt, milk

How much calcium are you consuming based on the Osteoporosis Canada Calculator?


Do you consume little dairy because you believe dairy upsets your stomach?

Very common! If you have a dairy ALLERGY, continue to avoid dairy. However, many people with dairy concerns are actually lactose intolerant. There are many lactose free dairy options available. Maybe give them a try, and see how your digestion feels!

What are 2 new calcium rich foods you could add to the grocery list this week?

Examples:

Lactose free greek yogurt



Module 2

PROTEIN

The hyped up (but often underconsumed) macronutrient

Protein

Let's talk about protein - a nutrient that becomes incredibly important during your menopause journey. Think of protein as your body's building blocks, playing a starring role in keeping your muscles strong, your appetite satisfied, and your metabolism humming along. During perimenopause and menopause, your body goes through some fascinating changes that make protein even more crucial than before.

Here's what's happening behind the scenes: as your estrogen levels shift, your body becomes a bit like a house that needs extra maintenance. Your muscles, which have always needed protein, now actually require more of it to stay strong and healthy. It's similar to how a house in a challenging climate needs more frequent upkeep - your body during menopause simply needs more protein to maintain the same level of muscle strength.

During this time, you might notice changes in how your clothes fit, even if the number on the scale hasn't changed much. This is because your body is redistributing weight differently, and without adequate protein, you might lose precious muscle mass while gaining more fat tissue, especially around your middle. But here's the good news - you can absolutely support your body through these changes with proper protein intake.

You might be wondering, "How much protein do I actually need?" During menopause, your body benefits from about 1.2-1.5 grams of protein per kilogram of body weight daily. This is higher than what you needed in your younger years, and for good reason. Your body has become a bit more "resistant" to protein, similar to how your coffee might not give you the same buzz it used to - you need a bit more to get the same effect.

Here's something interesting: protein also helps manage those hunger pangs and cravings that might feel more intense during menopause. Eating enough protein (aim for 30-40 grams at main meals) helps prevent overeating and makes you feel more satisfied after meals.

Think of each meal as an opportunity to nourish your changing body. When you include protein with your breakfast, lunch, and dinner, you're not just feeding yourself - you're actively supporting your muscle health, helping to maintain a healthy weight, and even potentially reducing those bothersome hot flashes through better blood sugar control.

Remember, this isn't about strict rules or perfect portions - it's about understanding and supporting your body during this transition. Small, consistent changes in your protein intake can make a significant difference in how you feel and how your body handles these menopausal changes. You've got this, and I'm here to help you navigate this journey with practical, sustainable strategies that work for your life.

ACTION ITEMS

- Calculate your protein needs based on your weight (1.2-1.5 grams protein per kg body weight)
- Read over the protein sources list on the next page! Get curious with the food you're already consuming!

RESOURCES

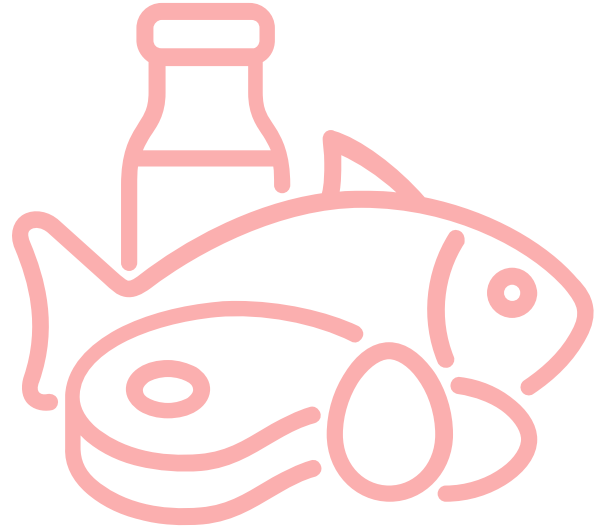
[Nutrition & Weight Gain: Top 10 Tips](#)



Protein Sources

Plant Based

Firm tofu - 3/4 cup (150 g)	22 g
Tempeh - 1/2 cup (83 g)	20 g
Cooked lentils - 1 cup (198 g)	18 g
Edamame - 1 cup (160 g)	17 g
Cooked chickpeas - 1 cup (164 g)	15 g
Black beans - 1 cup (172 g)	15 g
Quinoa cooked - 1 cup (185 g)	8 g
Hemp seeds - 3 tbsp (30 g)	10 g
Almonds - 1/4 cup (35 g)	8 g
Pumpkin seeds - 1/4 cup (30 g)	9 g
Pea protein powder - 1 scoop (30 g)	20 g
Seitan - 3 oz (85 g)	21 g



Animal Based

Whey protein powder - 1 scoop (30 g)	24 g
Chicken breast - 3 oz (85 g)	26 g
Greek yogurt - 3/4 cup (175 g)	16 g
Salmon - 3 oz (85 g)	22 g
Eggs - 2 large (100 g)	12 g
Lean ground beef - 3 oz (85 g)	22 g
Tuna (canned in water) - 3 oz (85 g)	20 g
Cottage cheese - 1/2 cup (125 g)	14 g
Turkey breast - 3 oz (85 g)	25 g
White fish - 3 oz (85 g)	19 g
Pork loin - 3 oz (85 g)	22 g
Shrimp - 3 oz (85 g)	18 g
Hard cheese, cheddar - 1.5 oz (42 g)	11 g
Sardines - 3 oz (85 g)	11 g
Turkey bacon - 2 slices (32 g)	10 g

FYI

**Ideal daily protein intake:
1.2-1.5 grams protein/kg
body weight**

**Aim to consume 2/3 of your
protein by 4PM - this is called
FRONT LOADING your diet**

Protein Worksheet

What are some protein rich foods you already consume?

Examples:

Chicken, beef

How much protein do you think you're consuming right now? How much is your ideal intake based on the calculation?

Example calculation:

$150 \text{ lbs} = 68 \text{ kg} \times 1.2 = 81 \text{ grams}$

$68 \text{ kg} \times 1.5 = 102 \text{ grams}$

Protein goal for a 150 lb person: 81-102 grams per day

Do you notice you're VERY HUNGRY before dinner?

If your answer is YES - this is really common! Most people under-consume calories and protein throughout the day, leading them to consume quick fixes when they're starving right before dinner.

What are 2 new protein rich foods you could add to the grocery list this week?

Examples:

Protein powder, cottage cheese



Module 3

FIBER

The thing that's missing when peri and menopausal women
are told to go "low carb"

Fiber

Getting enough fiber is particularly important during perimenopause and menopause. The Mediterranean diet approach, which is naturally high in fiber, has been shown to help with many symptoms that arise during this transition. Think of fiber as your friend that helps keep your blood sugar steady, manages your cholesterol, and supports healthy digestion.

The recommended daily fiber intake is 25-30 grams, though most people only get about 14 grams. There are two types of fiber that work together: soluble fiber found in foods like oats, apples, and beans turns gel-like and helps control blood sugar and cholesterol, while insoluble fiber found in whole grains and veggie skins keeps things moving through your digestive system.

Fiber is especially helpful during menopause because it can help manage blood sugar swings, which is important as our bodies become more sensitive to blood sugar changes. It supports heart health through cholesterol management, which becomes more crucial as our natural estrogen protection decreases. It also helps maintain a healthy weight, which can become more challenging during menopause.

To incorporate more fiber, start gradually to avoid digestive discomfort and drink plenty of water - aim for minimum 8 cups daily. Focus on whole foods rather than supplements to start, including fruits, vegetables, whole grains, nuts, and legumes. The Mediterranean eating style naturally includes these fiber-rich foods and can be a helpful framework.

Remember, every woman's experience with perimenopause and menopause is unique, but adding more fiber-rich foods to your diet is a gentle, natural way to support your body during this transition. Take it slow and listen to your body as you gradually increase your intake.

ACTION ITEMS

- Measure how much your water bottle holds. Figure out how much water you're drinking at baseline
- Read over the fiber sources list on the next page! Get curious with the food you're already consuming!

RESOURCES

[Are you eating "Mediterranean Style"?](#)



Fiber Sources

Soluble

Oats, plain instant - 1 packet (28 g)	4 g
Barley, cooked - 1 cup	7 g
Chia seeds - 2 tbsp (1 oz)	11 g
Psyllium husk - 1 tbsp	7 g
Navy beans, cooked - 1 cup	12 g
Black beans, cooked - 1 cup	9 g
Brussels sprouts, cooked - 1 cup	4 g
Avocado - 1 medium	10 g
Sweet potato - 1 medium	4 g



Insoluble

Whole wheat flour - 1 cup	13 g
Wheat bran - 1/4 cup (1 oz)	7 g
Brown rice, cooked - 1 cup	4 g
Quinoa, cooked - 1 cup	5 g
Nuts, almonds - 23 nuts (1 oz)	4 g
Green beans, cooked - 1 cup	4 g
Cauliflower, cooked - 1 cup	3 g
Carrots - 1 medium	2 g
Celery, chopped - 1 cup	1 g
Potato, with skin - 1 medium	3 g

FYI

Ideal daily fiber intake:
25-30 grams

The average Canadian is only consuming 14 grams per day!!

Fiber Worksheet

What are some fiber rich foods you already consume?

Examples:

Nuts, avocado

How much fiber do you think you're consuming right now, before making changes?

How much water do you drink per day?

Be mindful that while you are increasing fiber, you will likely need to do so slowly. You will also need to keep hydration optimal to avoid constipation.

What are 2 new fiber rich foods you could add to the grocery list this week?

Examples:

Chia seeds, instant oats



Module 4

ALCOHOL

The drink we've been lead to believe is "fine in moderation"

Alcohol

Let's have an honest conversation about alcohol during perimenopause and menopause. I know this might be a sensitive topic – many of us turn to wine to help cope with mood swings, sleep troubles, or simply to unwind after a long day. But I want to share some important information that could help you feel better during this transition.

Our bodies process alcohol differently than men, and during menopause, this becomes even more significant. Think of it like this: our bodies have fewer enzymes to break down alcohol, and we have a higher fat-to-water ratio, which means alcohol affects us more quickly and intensely than it does men.

During perimenopause and menopause, alcohol can be particularly challenging for our bodies. Those hot flashes that wake you up at night? Alcohol can make them worse. Having trouble sleeping? While a glass of wine might help you fall asleep initially, it actually disrupts your sleep quality throughout the night. Concerned about weight changes? Alcohol can make it harder to maintain a healthy weight during this transition.

Here's what really concerns me as your healthcare ally: alcohol can increase our risk of breast cancer and affect our brain health, including raising the risk of dementia. I know these aren't easy things to hear, but you deserve to know the facts so you can make informed choices for your health.

While some studies suggest different "safe" levels of drinking (from one to two drinks per week), the truth is that alcohol doesn't offer any health benefits during menopause. Instead, I encourage you to focus on things that truly support your body during this transition: regular moderate exercise, nourishing Mediterranean-style foods, and maintaining a healthy weight.

Remember, this isn't about deprivation – it's about making choices that help you feel your best during this significant life change. If you're currently using alcohol to cope with menopause symptoms, know that there are more effective strategies available. You deserve to thrive during this transition, not just survive it.

ACTION ITEMS

- Be honest about how many units of alcohol you have in a week
- Check out a yummy alcohol free option! There's so many choices out there - beer, wine, cocktails, spirits - all 0% alcohol!

RESOURCES

[Canada's Guidance on Alcohol](#)



Reducing Alcohol



Practice mindful drinking when you do consume alcohol - sip slowly, alternate with water, set clear limits



Track your drinks using a journal or app, setting gradual reduction goals - builds awareness and accountability



Learn 2-3 go-to mocktail recipes using premium ingredients like fresh-pressed juices, artisanal sodas, and garnishes - satisfies the desire for a special drink



Practice deep breathing or progressive muscle relaxation during typical drinking times - addresses underlying stress without alcohol



Schedule engaging evening activities like exercise classes, art projects, or social meetups during usual drinking hours - creates positive alternatives



Identify specific triggers (stress, social pressure, boredom) and develop individual coping strategies for each



Communicate your goals to friends/family and ask for support - reduces social pressure and creates accountability



FYI

**3-6 drinks per week =
increased risk of cancer**

**7+ drinks per week =
increased risk heart disease
and stroke**

Consider professional support through therapy or support groups - provides tools and community for sustainable change

Alcohol Worksheet

How many servings of alcohol do you have in a week?

What does alcohol provide you?

Examples:

Stress reduction, connection with partner

How does alcohol impact your life?

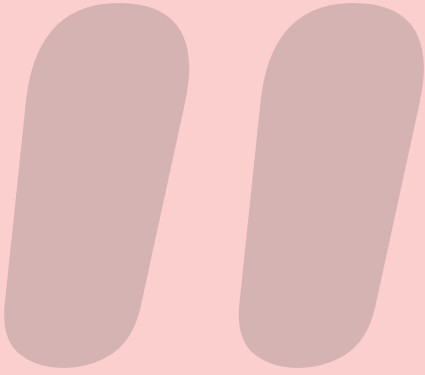
Examples:

Poor sleep, bloated the next day

If you believe you should reduce alcohol, how are you going to go about doing it?

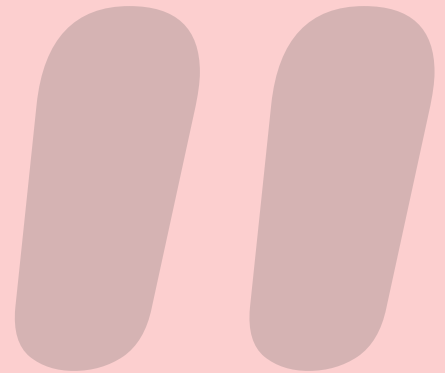
Examples:

Trying non alcoholic beer, telling my partner about my new goal



I have met myself and
I am going to care for
her ***fiercely***

- Glennon Doyle



Habit Tracker

Print me
out!

HABIT:	Calcium	Protein	Fiber	No Alcohol
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
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NUTRITION HABITS MENU

This menu presents 30 practical nutrition habits designed to boost your intake of essential nutrients like protein, fiber, and calcium while supporting healthier eating patterns and reducing alcohol consumption. Each habit is straightforward, making it easy to select and incorporate new behaviours into your daily routine.

Start your day with Greek yogurt topped with nuts and seeds

Switch to whole grain bread and pasta

Add milk or fortified plant milk to your coffee or tea

Replace wine with sparkling water and fruit

Set consistent meal times

Add a handful of spinach to your smoothies

Keep hard-boiled eggs ready as snacks

Add chia seeds to your breakfast

Include leafy greens like kale in your meals

Keep alcohol-free alternatives at home

Prep meals in advance

Keep cut vegetables ready in the fridge

Add lentils or beans to your soups and salads

Snack on raw veggies and whole grain crackers with hummus

Add sardines or canned salmon with bones to salads

Plan alcohol-free social activities

Keep snacks at work

Add extra vegetables to your pasta dishes

Include a palm-sized portion of lean protein at every meal

Include a serving of legumes daily

Snack on almonds

Set specific alcohol-free days

Eat breakfast within an hour of waking

Have fruit with breakfast

Make smoothies with protein powder or silken tofu

Leave the skin on fruits and vegetables when possible

Include low-fat dairy products in your daily routine

Track your alcoholic drinks to maintain awareness

Plan your meals for the week

Include at least two different coloured vegetables at dinner

Welcome to Your Beginning

Congratulations! By downloading this guide, you've already taken the first brave step toward thriving during perimenopause and menopause. It shows you understand that these hormonal changes are significant, and you're ready to face them head-on.

I know how frustrating it can be to wade through the sea of misinformation online about perimenopause and menopause. You deserve better than that. As a Menopause Society Certified Practitioner, I'm committed to bringing you evidence-based information you can trust to make informed decisions about your health.

These 30 days are just the beginning of your journey, but they're laying the groundwork for something transformative. Take that tracker and put it somewhere visible – your fridge, your desk, or your kitchen counter. Let it remind you daily of the four nutrition pillars we've discussed: calcium, protein, fiber, and mindful alcohol choices. These aren't just checkboxes; they're your daily investments in a stronger, healthier future.



I feel truly honored to be your guide on this path. Every time you glance at that tracker, remember: you're not just managing symptoms – you're building a foundation for vibrant health during this significant life transition. Your commitment to understanding and nurturing your body during this time is inspiring, and I'm grateful you've chosen to include me in your journey.

Connect with Me



Dr. Erin Ley ND MSCP

I want to take a moment to acknowledge your incredible journey. Making the decision to prioritize your health during perimenopause and menopause isn't just brave – it's life-changing. Whether you've made small tweaks or big shifts in the last 30 days, each step forward matters.

Here's the thing about this hormonal transition: it touches every part of who we are – our physical wellbeing, mental health, emotional balance, and intimate relationships. It's complex, and no one should have to navigate it alone. You deserve a healthcare partner who truly gets it, someone who understands the science and the lived experience of this transformation.

If you're feeling ready for more personalized support and you're in Ontario, I'd love to work with you. As a Menopause Society Certified Practitioner, I offer both virtual and in-person appointments. Think of it as adding a knowledgeable ally to your corner – someone who can help you not just survive this transition, but thrive through it.

Not quite ready for that step? That's absolutely okay too. This is your journey, and you get to set the pace. Come hang out with me on social media instead – let's stay connected and keep learning together.

The future you're working toward is vibrant and full of possibility. Whether you're ready to dive deeper now or later, I'm here to support you every step of the way.

RESIDENT OF ONTARIO? [WORK WITH ME](#)



Book Your Discovery Call




**IT'S FREE - LET'S SEE IF WE
WOULD BE A GOOD FIT**

Open to residents of Ontario

BOOK YOUR FREE DISCOVERY CALL





The menopause was
an ending, yes, but it
was also a ***beginning***

- Germaine Greer

