



Protein Smoothie Recipes

for women in perimenopause

LOW SUGAR | EASY TO MAKE | ANTI-INFLAMMATORY





TABLE OF CONTENTS

Click the chapter name to navigate

- ◆ [19 Perimenopause Smoothie Superfoods](#)
- ◆ [Healthify Your Smoothie](#)
- ◆ [Why creatine & inositol?](#)
- ◆ [Recipes](#)
 - ◆ [Blueberry & Sprouts Smoothie](#)
 - ◆ [Pineapple & Mint Smoothie](#)
 - ◆ [Celery & Parsley Smoothie](#)
 - ◆ [Kiwi & Basil Smoothie](#)
 - ◆ [Avocado Lime Smoothie](#)
- ◆ [Other Products to Consider for Perimenopause](#)
- ◆ [About Magdalena](#)



19 Perimenopause Smoothie Superfoods

Avocado: Provides healthy fats for the synthesis of sex hormones, supports adrenal health, and contains beta-sitosterol, which may help balance cortisol levels.



Beets: Rich in betaine, they support liver methylation processes crucial for detoxifying estrogens and maintaining optimal hormone balance. Caution: very high in oxalates.



Berries (blueberries, raspberries, strawberries, blackberries): High in antioxidants and fiber, they support liver detoxification and reduce inflammation, aiding in balanced estrogen and progesterone levels.



Broccoli Sprouts: High in sulforaphane, they promote liver detoxification and enhance estrogen metabolism, reducing "dirty" estrogen metabolites associated with estrogen dominance. Research shows they can be anti-carcinogenic especially in breast cancer.



Flaxseed: Rich in lignans, flaxseeds aid in balancing estrogen levels by modulating estrogen receptor activity and promoting the excretion of harmful estrogen metabolites.



Fresh Herbs (e.g., mint, thyme, basil, cilantro, parsley): Provide specific benefits like aiding liver detoxification (cilantro) or supporting anti-inflammatory pathways (mint and parsley).



Ginger: Warms up the digestive track making nutrient absorption easier and more efficient.



Kiwi: High in vitamin C and fiber, kiwi supports adrenal health and improves gut health, which is vital for efficient hormone metabolism.



Lemon and Lemon Zest: Alkalizing and high in vitamin C, they support adrenal function and liver detox pathways essential for hormone balance.



Lime and Lime Zest: Similar to lemon, lime enhances liver detoxification, promoting the breakdown of "dirty" estrogen metabolites while providing antioxidant support.



Maca: An adaptogenic root that helps regulate the hypothalamic-pituitary-adrenal axis, supporting overall hormonal harmony and stress resilience. Can be helpful to raise estrogen and progesterone levels, making the transition to perimenopause easier.



Pineapple: Rich in bromelain and vitamin C, supports hormone health by reducing inflammation, aiding digestion, and promoting adrenal function. Its natural sweetness helps maintain stable blood sugar levels, while manganese supports reproductive health.



Pomegranates: Contain natural phytoestrogens that gently support estrogen levels, while their antioxidants help reduce oxidative stress, which can disrupt hormone function.



Protein Powder: Supports hormone production by providing essential amino acids necessary for the synthesis of peptide hormones and stabilizing blood sugar levels to prevent cortisol spikes.



Pumpkin Seeds: High in zinc, they boost progesterone production and enhance the body's ability to regulate the luteal phase of the menstrual cycle, while also reducing inflammation associated with perimenopausal transition.



Sea Buckthorn: Rich in omega-7 fatty acids, it supports mucosal health, including vaginal and skin health, which can be affected by declining estrogen levels.



Sesame Seeds: Rich in lignans, they help balance estrogen levels by modulating estrogen receptor activity, particularly during the second half of the menstrual cycle, and support liver detoxification of estrogen metabolites.



Sunflower Seeds: Packed with vitamin E and selenium, sunflower seeds enhance progesterone production and protect the ovaries from oxidative stress, promoting better hormone signaling.



Turmeric: Curcumin in turmeric promotes a healthy inflammatory response and supports liver detoxification of hormones.



Healthify your smoothies

DO THESE







- ✓ Add 5 grams of creatine
- ✓ Add 2 grams of inositol
- ✓ Use fruit low in sugar (low GI/GL)
- ✓ Aim for 20 to 23 grams of protein per smoothie
- ✓ Aim for 8 to 12 grams of fiber per smoothie
- ✓ Get nutrients from real food
- ✓ Add green leafy vegetables such as arugula or kale
- ✓ Drink slowly, combining it with the saliva (for best digestion and nutrient absorption)





Healthify your smoothies

AVOID THESE

-  Adding ice (slows digestion, reduces nutrient absorption)
-  Using high-sugar fruit like bananas or mangos
-  Using synthetic ingredients
-  Gulping it down in a rush (you need the enzymes in the saliva)
-  Using artificial sweeteners
-  Using sugar alcohols (such as xylitol)



Why creatine & inositol?

Her Protein contains some unique ingredients that make it particularly helpful for women transitioning through perimenopause.

Benefits of creatine

Muscle Strength and Mass

Creatine helps women build and maintain muscle mass and strength during perimenopause, a time when hormonal changes can lead to muscle loss. When combined with resistance training, creatine supplementation can:

- Improve muscle strength and exercise performance
- Help build more muscle mass compared to training without creatine
- Maintain strength even during periods of reduced training





Cognitive Function and Mood

Early studies show positive effects on cognition and mood, especially in sleep-deprived individuals. It may help stabilize mood by supporting brain energy levels and neurotransmitter function

Exercise Performance and Recovery

Taking 5 grams of creatine daily can enhance exercise performance and recovery:

- Improve strength and exercise capacity
- Help push workouts harder, which is crucial for adapting to changing hormonal levels
- Potentially reduce inflammation and muscle soreness

Medical References

- *Creatine Supplementation in Women's Health: A Lifespan Perspective.* PMID: 33800439
- *Creatine for women: a review of the relationship between creatine and the reproductive cycle and female-specific benefits of creatine therapy.* PMID: 26898548





Benefits of Inositol

One of the biggest challenges for women entering perimenopause are rising blood sugar levels and lower insulin sensitivity - which are common causes of unwanted weight gain, cravings, hot flashes, anxiety, and mood swings.

Metabolic Health

- Improves insulin sensitivity
- Reduces insulin resistance
- Lowers blood glucose levels
- Decreases triglyceride levels
- Increases HDL (good) cholesterol
- Helps in managing metabolic syndrome
- Decreases frequency and severity of hot flashes





Weight Management

- May help reduce the percentage of overweight and obese women
- May reduce belly fat

Medical References

- *Effects of myo-inositol supplementation in postmenopausal women with metabolic syndrome. PMID: 29980312*
- *One-year effects of myo-inositol supplementation in postmenopausal women with metabolic syndrome. PMID: 22192068*
- *Myo-inositol nutritional supplement for prevention of gestational diabetes. DOI: 10.1136/bmjopen-2021-050110*
- *Dietary Supplementation of Myo-Inositol, Cocoa Polyphenols, and Soy Isoflavones Improves Vasomotor Symptoms and Metabolic Profile in Menopausal Women with Metabolic Syndrome: A Retrospective Clinical Study. PMID: 38674244*
- *Inositol supplementation and body mass index: A systematic review and meta-analysis of randomized clinical trials. PMID: 35664247*





Blueberry & SPROUTS Smoothie

Ingredients

- 1 cup filtered water
- 1 scoop Wellena's Her Protein Vanilla
- ½ cup fresh or frozen blueberries
- ½ cup lightly packed fresh broccoli sprouts
- 2 to 3 tablespoons freshly squeezed lemon juice, plus some zest from the lemon
- 2 tablespoons flaxseed (whole or ground)
- 5 drops monk fruit (we used the NOW brand) or stevia
- Pinch of sea salt

*Place all the ingredients in a high-speed blender.
Blend until smooth.*



Pineapple & MINT Smoothie

Ingredients

- ½ cup filtered water
- 1 scoop [Wellena's Her Protein Vanilla](#)
- 1 cup fresh or frozen pineapple chunks
- 1/4 cup lightly packed fresh mint leaves
- 1/4 cup arugula
- 2 to 3 tablespoons of freshly squeezed lemon or lime, plus some zest
- 2 tablespoons flaxseed (whole or ground)
- 5 drops monk fruit (we used the NOW brand) or stevia
- Pinch of sea salt

*Place all the ingredients in a high-speed blender.
Blend until smooth.*



Celery & PARSLEY Smoothie

Ingredients

- 1½ cups filtered water
- 1 scoop [Wellena's Her Protein Vanilla](#)
- 1 cup chopped celery (about 2 to 3 stalks)
- ½ ripe small to medium avocado, peeled and chopped
- ½ cup fresh parsley, lightly packed
- ¼ cup broccoli sprouts
- 2 tablespoons flaxseed (whole or ground)
- 2 to 3 tablespoons freshly squeezed lemon juice, plus some zest
- 3 pinches of sea salt

*Place all the ingredients in a high-speed blender.
Blend until smooth.*



Kiwi & BASIL Smoothie

Ingredients

- 1 cup filtered water
- 1 scoop Wellena's Her Protein Vanilla
- 1 large ripe kiwi (or 2 small ones), peeled and chopped
- ½ cup fresh basil leaves, loosely packed
- ¼ cup broccoli sprouts
- 2 tablespoons flaxseed (whole or ground)
- 1 tablespoon pumpkin or sunflower seeds
- 1 teaspoon maca powder, optional
- 5 drops monk fruit (we used the NOW brand) or stevia, optional
- Pinch of sea salt

*Place all the ingredients in a high-speed blender.
Blend until smooth.*



Avocado & LIME Smoothie

Ingredients

- 2 cups filtered water
- 1 scoop Wellena's Her Protein Vanilla
- 1 ripe small or ½ ripe large avocado; peeled and diced
- ½ cup arugula
- ¼ cup broccoli sprouts
- 2 tablespoons freshly squeezed lime juice, plus some zest
- 1 tablespoon flaxseed (whole or ground)
- 1 tablespoon pumpkin or sunflower seeds
- 1 teaspoon freshly grated ginger
- Pinch of sea salt

*Place all the ingredients in a high-speed blender.
Blend until smooth.*



Other products to consider in perimenopause



Happy Sisters Kit

Soothe breast tenderness, pain, and fibrocystic or benign breast lumps with a supplement (to address the root causes) and a cooling breast cream (for instant relief).

[SHOP NOW](#)



EaseAway Uterine Cream

The go-to cream that can help with PMS, fibroids, and uterine polyps. It's been intentionally formulated with herbs and vitamins that can help these conditions.

[SHOP NOW](#)



Wise Women's Balance

A powerful and synergistic blend of vitamins, minerals, and botanical extracts. Supports easier periods and relieves common symptoms of menopausal discomfort (hot flashes, night sweats, and sleep issues, etc.).

[SHOP NOW](#)



Other products to consider in perimenopause



Progesterone Cream

25 mg of highly bioavailable, bioidentical progesterone cream to experience relief from symptoms of PMS and menopause. It can help regulate periods, improve sleep, and calm anxiety.

[SHOP NOW](#)



Perimenopause Kit

A powerful combo to help reduce symptoms of perimenopause. Key elements include balancing progesterone and estrogen, estrogen metabolism, lowering the inflammatory responses, and supporting liver health.

[SHOP NOW](#)



About Magdalena

Hello, I'm Magdalena.

I created this smoothie ebook to support women navigating perimenopause—a phase of life that can feel confusing, frustrating, and downright overwhelming.

As an endocrine nutritionist, herbalist, and someone in the thick of perimenopause myself, I know firsthand how this time prompts us to take a deeper look at our health and make meaningful changes.

Perimenopause often leaves us feeling like our bodies are betraying us, but it's also a call to honor our evolving needs.

The good news? Simple dietary shifts, the right herbs, and targeted supplements can bring profound relief.

These recipes are low in sugar, high in protein and fiber - a step closer towards balancing hormones, finding your energy, and embracing this unique stage of life.

Here's to nourishing your body and spirit. ***You deserve it!***



With love,