DIETBASHAYER

FREE GROCERY CHECKLIST

The Perimenopause Grocery List

Food won't stop perimenopause, but it changes how it feels. This list fills your cart with what your body needs more of now: protein for your muscles, calcium for your bones, fibre for steady energy, and foods that support sleep.

Print it or screenshot it | 6 food groups | Kuwait & Gulf co-op friendly

Take it with you on your next co-op run.

Created by Bashayer Al Bader · Clinical Dietitian · 14 years clinical experience

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1 Start here: how to use this

1. **Tick what you already have** at home before you go.
2. **Aim for 2-3 items from each group** per week. You don't need everything on the list.
3. **Build each plate the same way:** protein first, half the plate vegetables, a small portion of whole grains.

WHY THESE FOODS

As oestrogen falls, women lose muscle and bone more easily, sleep can break, and weight tends to settle around the middle. Protein, calcium, vitamin D, fibre and healthy fats help with all four.

2 The checklist

Protein at every meal		TIP
☐	Eggs	Breakfast or a quick dinner
☐	Labneh, plain Greek yoghurt	Easy protein snack
☐	Chicken, turkey	Grilled, not fried
☐	Fish: hamour, salmon, tuna in water	2 fish meals a week
☐	Lentils, chickpeas, foul	Protein + fibre together

Calcium & vitamin D for your bones		TIP
☐	Laban, rob, low-fat milk	2-3 servings a day
☐	Cottage cheese, low-salt white cheese	Breakfast or snack
☐	Sardines with bones, tahini, sesame	Calcium without dairy
☐	Rocket, spinach, broccoli	Greens add calcium too

Vegetables: half your cart		TIP
☐	Cucumber, lettuce, tomatoes, coloured peppers	Raw, for volume and crunch
☐	Broccoli, cauliflower, cabbage	Roasted or in stews
☐	Courgette, aubergine, green beans	Cooked Kuwaiti-style

Whole grains & seeds		TIP
☐	Oats, barley, bulgur	Keep you full for longer
☐	Brown bread, whole-wheat khubz	Swap for white
☐	Ground flaxseed, chia	1 tbsp on yoghurt or oats
☐	Soy: tofu, edamame, unsweetened soy milk	May ease mild hot flushes for some women

For sleep & mood	TIP
☐ Almonds, walnuts, cashews	A small handful a day
☐ Pumpkin & sunflower seeds	Rich in magnesium
☐ Bananas, kiwi	Evening snack
☐ Chamomile, caffeine-free herbal teas	A calm evening ritual

Fruit & healthy fats	TIP
☐ Berries, pomegranate, apples, oranges	2 portions a day
☐ Dates	2-3 a day
☐ Olive oil, avocado	For cooking and salads
☐ Salmon or sardines	Omega-3, twice a week

3 Buy less of

- × Ready-made sweets and pastries
- × Sweetened juices and soft drinks
- × Coffee after mid-afternoon (it can break sleep)
- × Very salty and canned foods (bloating, blood pressure)

Notice whether spicy food, hot drinks or caffeine make your hot flushes worse, and adjust.

Want more than a list?

The Perimenopause Reset is my step-by-step program for this stage: food, energy, sleep and weight, one baby step at a time. Message **RESET** on WhatsApp to join the waitlist, or take the free Perimenopause Symptom Checklist at bashayerwellness.com.

Educational guide, not medical advice. If you have a health condition, take medication or are unsure what suits you, check with your doctor or dietitian.

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