

# THE MENOPAUSE BLOAT FIX KIT

*The Menopause Bloat Fix Kit  
Feel lighter, flatter, and  
more like YOU again—  
naturally.*

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***FEEL LIGHTER, CLEARER, AND MORE LIKE YOU—NATURALLY.***  
***BY SHANNON WADE, CERTIFIED INTEGRATIVE HEALTH COACH***  
***THAT MENOPAUSE MENTOR***



# Introduction

Bloating in perimenopause and menopause isn't just uncomfortable—it can affect your confidence, sleep, mood, and digestion.

This guide is here to help you uncover what's triggering the bloat and give you natural, simple tools to support your gut and hormones every day.

You are not just “getting older.” Your body is shifting—and you can support it with love, not restriction.

***Let's get started.***



# 7-Day De-Bloat Meal Plan

This sample meal plan includes anti-inflammatory, hormone-supportive meals with minimal bloat triggers.

## Day 1

- **Breakfast:** Chia pudding w/ blueberries + cinnamon
- **Lunch:** Wild salmon salad (arugula, cucumber, avocado, olive oil)
- **Dinner:** Turkey burger (no bun), roasted carrots, steamed zucchini
- **Snack:** Peppermint tea + pumpkin seeds



## Day 2

- **Breakfast:** Green smoothie (spinach, flax, almond milk, banana, ginger)
- **Lunch:** Lentil soup + side salad with lemon-olive oil dressing
- **Dinner:** Grilled chicken breast, mashed sweet potatoes, sautéed kale
- **Snack:** Coconut yogurt + ground flax

## Day 3

- **Breakfast:** Scrambled eggs w/ arugula & mushrooms
- **Lunch:** Quinoa bowl with roasted veggies + tahini drizzle
- **Dinner:** Baked cod, brown rice, steamed green beans
- **Snack:** Ginger tea +  $\frac{1}{4}$  avocado on rice cake

(Repeat or mix and match Days 1–3 for the rest of the week. Drink plenty of water & take short walks after meals.)



# Bloat Trigger Tracker

Track your food, symptoms, stress, cycle, and digestion for 3–7 days to identify patterns.

| Date | Meals/<br>Snacks | Stress<br>Level<br>(1–10) | Symptoms<br>(Bloat, Gas, Pain,<br>Constipation) | Bowel<br>Movement? | Sleep<br>Quality |
|------|------------------|---------------------------|---|--------------------|------------------|
|------|------------------|---------------------------|---|--------------------|------------------|

Look for patterns between high-stress days, certain foods, poor sleep, and symptoms.





# Stool & Motility Cheat Sheet

Wondering what “normal” looks like?

- **Once per day or more** = ideal
- **Soft, formed, easy to pass**
- **Color:** medium brown
- **Red flags:** very loose or hard stools, pain, blood, or going 3+ days without

Constipation is a major cause of bloating—magnesium, fiber, water, and movement help get things moving.



# FODMAP Basics

Some healthy foods are high-FODMAP and can ferment in the gut, leading to bloat.

## High-FODMAP (watch or limit short-term):

- Onions, garlic
- Apples, pears
- Beans, lentils
- Wheat, rye
- Cauliflower, asparagus
- Cashews, pistachios





## **Low-FODMAP (easier on gut):**

- Berries, oranges, bananas
- Spinach, carrots, zucchini
- Rice, quinoa, oats
- Almonds, walnuts (small portions)
- Eggs, meat, tofu
- Lactose-free dairy

Try reducing high-FODMAP foods for 7–14 days, then reintroduce one at a time to test.



# Supplement Selector Flowchart

What might help? Use this cheat sheet based on your symptoms.

If you experience...

- Gas after meals → Try **digestive enzymes**
- Constipation + tension → Try **magnesium citrate or glycinate**
- Upper belly bloat, especially after fats → Try **bile support (beetroot, bitters)**
- Cramping, sharp pains → Try **peppermint oil or chamomile**
- Overall gut imbalance → Consider **broad-spectrum probiotics** (unless SIBO suspected)

⚠ Always start low and go slow. And reach out if you're unsure what to try first—I can help!



# 5-Minute Belly Breathing Protocol

Stress = bloat. This quick routine signals your body to enter “rest and digest” mode.

## How to Do It:

1. Sit or lie comfortably. Place one hand on your belly.
2. Inhale slowly through your nose for 4 counts.
3. Feel your belly rise—not your chest.
4. Hold for 2 counts.
5. Exhale slowly through your mouth for 6 counts.
6. Repeat for 5 minutes, especially before meals or bedtime.

Try adding calming music, lavender oil, or legs-up-the-wall for extra relaxation.





# Daily De-Bloat Routine Checklist

Use this as a gentle guide each day:

- ✓ Drink warm lemon water in the morning
- ✓ Eat slowly + chew thoroughly
- ✓ Move for 10 minutes after meals
- ✓ Do 5 minutes of belly breathing
- ✓ Stay hydrated throughout the day
- ✓ Avoid known trigger foods (use tracker!)
- ✓ Take magnesium or enzymes (as needed)
- ✓ Journal 1 win and 1 symptom you noticed





# You did it!

**Thank you for downloading The Menopause Bloat Fix Kit**

You're taking empowered steps to understand your body, reduce uncomfortable symptoms, and feel good again. That matters more than you know.

## **Here's what to do next:**

- ✓ Try the tips + meal plan inside and note how your body responds
- ✓ Use the tracker to uncover your unique triggers
- ✓ Need guidance? Let's customize a plan that works for your body and lifestyle

Book your free consultation with me here →

**<https://c9ee49h1arn.typeform.com/Discovery>**

Let's go deeper into what's causing your bloating and build a strategy to support your hormones, gut, and confidence—naturally.

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✉ Questions or want to share how it's going?  
I'd love to hear from you.

Email: **shannon@shannonwade.com**

Instagram DMs: **@that\_menopause\_mentor**

Let's Personalize Your Plan

If you're still feeling stuck, bloated, or unsure what's helping—let's talk.

Every woman's body is different, and your bloat fix might look different than someone else's.

● Book a free consultation with me here →  
**<https://c9ee49h1arn.typeform.com/Discovery>**)

We'll look at your symptoms, gut health, hormone shifts and create a simple plan to help you feel light, energized, and confident again.

