

Mediterranean Chopped White Bean Salad

Nutrition Naturally Forever

○ Full Moon | Ovulation Phase

As you move through ovulation or the full moon phase of the cycle, your body naturally begins preparing for the second half of your cycle.

During this time, supporting your liver and digestive system can help your body efficiently metabolise and eliminate excess hormones, promoting better hormone balance and helping to reduce symptoms such as bloating, breast tenderness and PMS.

This Mediterranean White Bean Salad is rich in fibre from white beans and fresh vegetables, helping to support regular digestion and healthy hormone elimination through the gut.

Good fats from olives, extra virgin olive oil and pine nuts provide anti-inflammatory benefits, while colourful vegetables deliver a wide range of vitamins, minerals and antioxidants that nourish your body and support immune health.

Simple, seasonal and packed with real food ingredients, it's the perfect recipe to enjoy during the Full Moon phase, working with your body's natural rhythms rather than against them.

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

Mediterranean Chopped White Bean Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. Add all of the ingredients to a large bowl and toss well to combine. Divide evenly into bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately three cups.

More Flavor

Add salt and black pepper, oil, lemon juice, or extra fresh herbs. Add cooked brown rice or quinoa.

Ingredients

- 364 grams** White Navy Beans (cooked)
- 1/4 head** Green Lettuce (chopped)
- 1** Red Bell Pepper (medium, finely chopped)
- 1** Cucumber (small, finely chopped)
- 20 grams** Red Onion (finely chopped)
- 5 grams** Basil Leaves (chopped)
- 1 gram** Fresh Dill (chopped)
- 10 grams** Sun Dried Tomatoes (packed dry, not in oil, finely chopped)
- 45 grams** Green Olives (chopped)
- 17 grams** Pine Nuts (optional)

Nutrition

Amount per serving

Calories	394	Vitamin D	0IU
Fat	10g	Vitamin E	2mg
Carbs	63g	Vitamin K	51µg
Fiber	23g	Thiamine	0.6mg
Sugar	8g	Riboflavin	0.3mg
Protein	19g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	177mg	Folate	305µg
Potassium	1313mg	Vitamin B12	0µg
Vitamin A	2547IU	Phosphorous	386mg

Vitamin C	86mg	Magnesium	158mg
Calcium	190mg	Zinc	3mg
Iron	7mg	Selenium	6µg