

Chocolate & Berry Kefir Smoothie

Nutrition Naturally Forever

🌙 FIRST QUARTER | BUILD

The First Quarter Moon is our time to **build**.

In the menstrual cycle, this mirrors the follicular phase, the period after menstruation when estrogen begins to rise, and energy often starts to increase.

Within the Menopause Moon Kitchen, we use this part of the cycle as a reminder to nourish one of the foundations of hormone health: **our gut microbiome**.

This matters throughout perimenopause and beyond. The community of bacteria living in the gut helps us digest food, produce and absorb certain nutrients, support our immune system, and play a role in how hormones are metabolised and eliminated.

And we don't need complicated protocols to nourish it. We can start by giving our gut more of the foods it loves.

This **Chocolate & Berry Kefir Smoothie** makes that incredibly easy.

Kefir is a fermented food containing live cultures, introducing beneficial bacteria to the gut. But probiotics are only part of the story; we also need to **feed** the microbes already living there.

That's where the berries, avocado and chia seeds come in. They provide different types of fibre and plant compounds that help nourish beneficial gut bacteria. Berries also bring colourful polyphenols, while chia seeds provide fibre and healthy fats.

Even the combination matters. Rather than becoming fixated on one "superfood", Build Week is about **diversity**. Different plants provide different fibres and compounds, helping create a varied environment for the microbiome.

And yes, chocolate absolutely has a place here. Choosing cocoa or cacao adds another plant food and makes this smoothie feel delicious and satisfying, which matters.

Nourishing yourself shouldn't feel medicinal.

Enjoy it for breakfast or as a substantial snack. You could also vary the berries depending on what's in season or sitting in your freezer. Every little change adds another opportunity for plant diversity.

Menopause nutrition doesn't have to mean restricting more foods. Sometimes supporting your changing body means **adding more variety**.

❑ **Moon Kitchen Tip:** During Build week, count plants rather than calories. Look for simple opportunities to introduce another colour, herb, seed, fruit, vegetable or fermented food; the diversity across your week matters more than creating a "perfect" meal. 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**

Chocolate & Berry Kefir Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately two cups.

More Protein

Add a scoop of vanilla or unflavored protein powder.

Likes It Sweet

Add honey, maple syrup, or pitted dates.

Ingredients

360 milliliters Plain Kefir

1/2 Avocado (small)

140 grams Frozen Berries

12 grams Chia Seeds

8 grams Cocoa Powder

Nutrition

Amount per serving

Calories	505	Vitamin D	151IU
Fat	23g	Vitamin E	2mg
Carbs	59g	Vitamin K	21µg
Fiber	18g	Thiamine	0.1mg
Sugar	37g	Riboflavin	0.9mg
Protein	25g	Niacin	2mg
Cholesterol	14mg	Vitamin B6	0.3mg
Sodium	266mg	Folate	84µg
Potassium	1687mg	Vitamin B12	1.8µg
Vitamin A	896IU	Phosphorous	561mg
Vitamin C	44mg	Magnesium	69mg
Calcium	720mg	Zinc	1mg
Iron	4mg	Selenium	2µg