

Salmon with Vegetable Noodle Stir Fry

Nutrition Naturally Forever

🌙 MAGIC EXTRA WEEK | SUPPORT

Now and then, the lunar calendar gives us a little extra space before the next New Moon.

In the Menopause Moon Kitchen, I like to think of this as our **Magic Extra Week**, an opportunity to stay with our Last Quarter focus for a little longer and give the body some additional support.

This phase mirrors the luteal phase of the menstrual cycle, when progesterone rises after ovulation, and our needs begin to change.

Appetite can naturally increase, energy may start to turn inward, and the body can benefit from satisfying meals containing protein, healthy fats and carbohydrates.

During perimenopause, changing hormone patterns can make this phase less predictable, while after menopause progesterone is still produced in much smaller amounts. Rather than trying to manipulate hormones with food, our focus is on nourishing the body and nervous system while reducing unnecessary stress, including the stress of restriction.

This **Salmon & Vegetable Noodle Stir Fry** fits beautifully.

Salmon provides high-quality protein, omega-3 fats and vitamin B6. B6 contributes to normal hormone regulation and nervous-system function, making it particularly relevant to our Support phase.

Rice noodles provide readily available carbohydrate for energy, while colourful vegetables such as snow peas and peppers add fibre, vitamin C and an array of protective plant compounds. Fibre also supports the gut and healthy elimination, another important part of overall hormone health.

Most importantly, this is a proper, satisfying meal. There's no need to remove the noodles or turn it into a low-carbohydrate stir-fry. Combining carbohydrates with protein, fats and fibre creates balance on the plate.

📌 **Moon Kitchen Tip:** If you're noticeably hungrier during the luteal phase, don't automatically assume something has gone wrong. Start by making your meals more satisfying. Add enough protein, keep the carbohydrates, include healthy fats and pile on colourful plants.

Ready to make healthy eating feel effortless?

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

Download The **Menopause Pantry Guide for FREE** and discover:

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

📌 **Get instant access**

Salmon with Vegetable Noodle Stir Fry

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together the tamari, maple syrup, oil, and garlic.
3. Place the salmon on the baking sheet and brush with half of the tamari mixture. Cook in the oven for 14 to 15 minutes until cooked through.
4. Meanwhile, cook the rice noodles according to the package directions.
5. In a pot over medium-high heat, add the remaining tamari mixture, snow peas, bell peppers, and cooked noodles. Stir well and cook for five minutes until the flavors have combined.
6. Divide the noodles and salmon evenly between bowls or plates. Top with sesame seeds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups of vegetables and noodles with one salmon fillet.

More Flavor

Add ginger to the tamari mixture.

Additional Toppings

Cilantro or green onion.

Ingredients

- 37 milliliters** Tamari
- 13 grams** Maple Syrup
- 7 milliliters** Sesame Oil (toasted)
- 1** Garlic (clove, minced)
- 397 grams** Salmon Fillet
- 170 grams** Rice Vermicelli Noodles (dry)
- 126 grams** Snow Peas (stems removed)
- 142 grams** Mini Peppers (seeds removed, sliced)
- 6 grams** Sesame Seeds (toasted)

Nutrition

Amount per serving

Calories	712	Vitamin D	1117IU
Fat	15g	Vitamin E	2mg
Carbs	87g	Vitamin K	16µg
Fiber	5g	Thiamine	0.4mg
Sugar	9g	Riboflavin	0.6mg
Protein	50g	Niacin	18mg
Cholesterol	101mg	Vitamin B6	1.6mg
Sodium	1431mg	Folate	45µg
Potassium	936mg	Vitamin B12	9.3µg
Vitamin A	2466IU	Phosphorous	594mg
Vitamin C	173mg	Magnesium	96mg

Sue Wappett

<https://www.nutritionnaturallyforever.com>



Calcium	88mg	Zinc	2mg
Iron	4mg	Selenium	61µg