

Meal

Plans

MENON Wellness



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REGISTERED DIETITIAN

EXPLORE. EXPERIENCE. ENJOY!

GUIDE TO CHOOSING YOUR MEAL PLAN

1



Assess Your Needs

Evaluate your personal health goals and. consider any specific conditions or symptoms you want to address, such as stress, weight loss or high cholesterol.

2



Explore Our Meal Plans

Browse through our diverse meal plans designed to support a range of health conditions. Each plan features unique recipes and nutrients tailored to your needs.

3



Choose the Right Plan

Select the meal plan that best aligns with your health goals. We offer options for various conditions, ensuring there's something for everyone.

4



Prepare for Success

Once you've chosen a meal plan, gather the necessary tools and ingredients. Preparation is key to successfully implementing your new nutrition routine.

5



Reach Out for Support

If you have questions or need personalized guidance, get in touch with me.

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KEY FEATURES



Evidence-Based Meal Plans

All meal plans are rooted in the latest scientific research and best practices. You can trust that our plans provide a solid foundation for your personalized nutrition journey.



Premium Recipes

Each recipe is designed and tested by experts to ensure they not only taste delicious but also cater to a variety of dietary needs and nutritional goals. Our extensive library makes it simple to find exactly what you need.



Complete Prep Guide

The prep guide provides clear, step-by-step instructions to help you follow your chosen meal plan, stay organized, and prepare meals in advance.



Smart Grocery List

Each meal plan includes a comprehensive grocery list saving you time, helping you shop, and ensuring you have all the ingredients you need to prepare healthy, delicious meals!

Athlete & Performance Support

High Protein Athlete Program*

A high-calorie, high-protein plan to support a plant-based athlete's health, performance and recovery.

Student Athlete Program*

An easy and nutritious, performance-optimizing plan that requires minimal ingredients, cooking equipment, and time.

High Calorie, High Protein Program

A 3,000 calorie diet with at least 20% calories from protein for individuals with increased energy needs.

High Energy Program

A higher calorie diet to fuel individuals with increased energy requirements.

Carb Loading Program*

A structured plan to increase carbohydrate intake during competition week for peak performance, sustained energy, and optimal recovery.

Carb Cycling Program*

A plan with daily alternating carbohydrate intake to match the body's need for glucose based on physical activity.

Balanced Eating

Simple Balanced Diet*

An easy balanced eating plan for both beginners and seasoned cooks looking to simplify their routine and increase their intake of healthy foods.

Mediterranean Diet*

A heart-healthy plan packed with whole grains, fruits, vegetables, legumes, nuts, and healthy fats.

Whole Food Plant Based Diet

A plant-based meal plan offering balanced nutrition without the use of animal products.

**Plant-based variation available*

Bone Health Support

Bone Health Support Program*

Mineral-rich meals to support healthy bones at every stage of life.

Arthritis Program*

A program designed to help clients with arthritis lower inflammation and manage symptoms.

Cancer Support

Cancer Support Program*

An immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment.

Chronic Disease Management

Heart Health Program*

A nutrition plan packed with fiber-rich fruits, vegetables, legumes, whole grains, lean protein, and healthy fats.

Mediterranean Diet*

A heart-healthy diet packed with vegetables, olive oil and quality protein.

Low Sodium & Low Cholesterol Program*

A heart-healthy plan with fiber, lean protein, and healthy fats. Saturated fat, cholesterol, and sodium are kept to a minimum.

Low Fat Oil-Free Program*

A low-fat meal plan free from added oils but full of fresh fruits and vegetables.

High Fiber Program*

A plan that helps boost fiber intake for optimal health.

Low Glycemic Diet

A simple and delicious blood sugar balancing meal plan.

Sugar-Free Diet

A simple, delicious meal plan with zero added sugars!

Consistent Carbohydrate Diet*

A plan to maintain regularity in timing and spacing of carbohydrate intake to optimize glycemic control.

**Plant-based variation available*

Gallbladder Support

Gallbladder Diet*

A nutrient-dense plan designed to help clients manage gallbladder disease and their overall health.

Gout Support

Gout Program*

A low purine plan with targeted nutrition to lower the risk of recurrent gout attacks.

Gut Support

Gastroesophageal Reflux Disease (GERD) Program*

A simple nutrition plan to help clients control acid reflux or gastroesophageal reflux disease.

Low FODMAP Diet*

Nutritional therapy for Irritable Bowel Syndrome (IBS).

Low Fiber Program*

A plan that limits fiber intake and reduces foods that might stimulate bowel activity.

Specific Carbohydrate Diet*

A well-balanced introduction plan to support clients with Inflammatory Bowel Disease.

Leaky Gut Diet

Nutrition therapy to heal intestinal hyperpermeability.

4R Gut Healing Diet*

A nutrient-rich diet to help support gut health, promote the healing of the intestinal lining, and reduce inflammation.

**Plant-based variation available*

Immune Support

Immune Support Program*

An anti-oxidant rich, nutrient-dense meal plan to support a healthy immune system.

Immunity Booster Program

A program designed to support the immune system.

Low Lectin Diet

Intensive dietary intervention for inflammation and autoimmunity.

Intermittent Fasting

Intermittent Fasting Program

A balanced meal plan for individuals with a restricted eating window.

Ketogenic Diet

Ketogenic Diet

A high-fat, moderate-protein eating plan to help minimize carbohydrates.

Kidney Support

Renal Diet*

A balanced plan to help clients manage kidney disease and their overall health.

Liver Support

Liver Support Diet

A nutritious eating plan that includes low glycemic, anti-inflammatory foods while limiting sugar, fat, and salt to help keep the liver functioning optimally.

Men's Health

Men's Hormone Balancing Diet

A hormone health plan to balance metabolism, mood, digestion, and energy levels.

**Plant-based variation available*

Mindful Nutrition Support

Brain Health Support Program*

A program designed to support and improve brain health.

ADHD Program *

An easy plan with make-ahead recipes and nutrients that may help manage ADHD symptoms.

Eating for Happiness Program

Nutrition for mental health.

Stress & Anxiety Support Program*

A high fiber, sugar-free meal plan packed with nutrients to support the body during times of stress.

Depression Support Diet*

A simple plan incorporating nutrients and foods to help manage symptoms of depression.

Paleo Diet

Paleo Pump Up Program

A paleo nutrition plan packed with healthy fats, protein and fiber.

Low Carb Paleo Diet

Grain-free, legume-free, dairy-free. Low in carbohydrates with an emphasis on protein and healthy fats.

Sugar-Free Paleo Diet

A paleo meal plan free from added sweeteners.

Autoimmune Paleo (AIP) Diet

Nutritional therapy to reduce inflammation, heal digestion (leaky gut) and address autoimmune disease.

**Plant-based variation available*

Simple, Easy & Affordable

Healthy & Affordable Program

A simple meal plan to help clients eat healthy on a budget.

Quick n' Easy Program

A quick and easy plan for the hustlers.

15-Ingredient Program*

An affordable and easy plan featuring just 15 simple ingredients.

One Pan Meal Program*

Nutritious, flavourful, easy one pan meals designed to help make life less busy.

No-Fuss Summer Program

An easy-to-follow plan inspired by the flavours of summer.

Easy Peasy Slow Cooker Program

Healthy slow cooking at it's simplest.

Set It & Forget It Pressure Cooker Program

A no fuss gluten and dairy-free plan for your favorite appliance.

Meal Prep Sunday Program

A program that shows you how to prepare enough meals for the week in roughly two hours.

Meal Prep Mania Program

Shop once. Cook once. Eat clean all week.

Freezer Meal Program

Prepare 11 freezer-friendly meals and snacks in just three hours.

Non-Perishable Foods Program

An easy, nutritious meal plan made with non-perishable foods.

Family-Friendly Program*

Healthy and fun meals designed to satisfy the whole family.

Kid-Friendly Program

A fun, nut-free, lunchbox-friendly plan.

**Plant-based variation available*

Skin Health Support

Skin Health Program*

An allergen-friendly nutrition plan with key nutrients to help manage acne and eczema.

Sleep Support

Sleep Support Program*

A sleep-supporting meal plan incorporating delicious recipes to regulate sleep-related hormones and brain chemicals.

Specialized Nutrition

High Iron Program*

A healthy plan containing iron-rich meals paired with foods to improve the body's absorption of iron.

Low Sulfur Diet

A nutritious and colorful sulfur elimination plan to support clients with sulfur sensitivity.

Low Salicylate Diet

A delicious and simple plan to support clients with salicylate intolerance.

Low Histamine Diet

A delicious and simple four-week plan to support clients with a histamine intolerance.

Elimination Diet

A diet free of common sensitivities, but full of exciting recipes.

Anti-Candida Diet

Sugar-free diet to kill off the yeast beasts.

Anti-Inflammatory Program

A meal plan designed to decrease inflammation in the body.

Bariatric Diet

A balanced sample plan designed to help clients introduce soft foods after bariatric surgery.

**Plant-based variation available*

Thyroid Support

Thyroid Health Diet

An ultra-nourishing meal plan carefully designed to support a sluggish thyroid.

Women's Health

Women's Hormone Balancing Diet

A diet to balance sex hormones, adrenals, and thyroid for optimal fertility and vitality.

Menopause Support Program*

Targeted nutrition to address menopausal concerns including weight gain, bone health, and hot flashes.

PCOS Diet

Packed with fiber, low glycemic ingredients and hormone-balancing nutrients .

Follicular Phase Support Program

Functional foods to support the first 14 days of the menstrual cycle.

Ovulation Phase Support Program

Functional foods to support ovulation at the midpoint of the menstrual cycle.

Luteal Phase Support Program

Functional foods to support the body from ovulation to menstruation.

Menstrual Phase Support Program

Functional foods and nutrients to support a healthy, predictable, and low-symptom menstrual cycle.

Postnatal Diet

An easy meal plan filled with make-ahead recipes for new mothers.

Prenatal Diet

A higher-energy, nutrient-rich diet to support mothers-to-be.

**Plant-based variation available*

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