



MenoChef® Cookery Day Program Guide

Introduction to MenoChef® and the Impact of Food on Menopause Symptoms

Welcome to MenoChef®, where we explore the powerful role of nutrition in managing the symptoms of menopause. Our journey begins at 10:00 AM with a comprehensive introduction, highlighting how certain foods can significantly influence menopause symptoms such as hot flashes, mood swings, and sleep disturbances. Participants will learn about the hormonal changes during menopause and the importance of a balanced diet in alleviating these symptoms.

Menu Selection from the MenoChef® Recipe Library

Exciting Announcement for MenoChef® Champions:

We are delighted to provide our MenoChef® Champions with the unique opportunity to tailor their Cookery Day by selecting their own menu from our extensive MenoChef® Recipe Library. This feature is part of our Resources Hub, offering a wide range of recipes designed to cater to the nutritional needs and symptom management goals of menopause.

- **Access and Explore:** Log into the Resources Hub with your MenoChef® credentials and explore our collection of starters, mains, desserts, smoothies, and snacks.
- **Customize Your Menu:** Choose recipes that meet your group's preferences and health goals, creating a personalized three-course lunch menu.

- **Prepare and Share:** On Cookery Day, you'll have the chance to cook these selected recipes, fostering a unique and engaging experience for all participants.

This initiative empowers MenoChef® Champions to create a more personalized and meaningful Cookery Day, enhancing the learning and enjoyment for every participant.

Morning Session: Hands-on Cooking Experience

After your initial introduction to menopause and how food impacts menopause symptoms, (approx. 30 mins) participants will engage in a hands-on cooking session, preparing the three-course lunch their host (YOU) have selected from the MenoChef® Recipe Library. This interactive session is designed to teach practical cooking skills, introduce symptom-relieving ingredients, and foster a collaborative and fun environment.

1.30pm: Sit-Down Lunch and Menopause Discussions

The group will gather to enjoy the lunch they've prepared, facilitating an open discussion about menopause, sharing experiences, and discussing how diet can play a crucial role in managing symptoms.

Afternoon Session: Smoothies and Snacks Preparation

The focus will shift to creating nutritious smoothies, drinks and snacks. This session will teach participants how to make easy, healthy snacks perfect for managing menopause symptoms and maintaining energy levels throughout the day.

Conclusion and Takeaways

Your Cookery Day concludes at 4:00 PM. Participants are encouraged to bring Tupperware boxes to take home their prepared snacks. They will leave equipped with new cooking skills, a deeper understanding of nutrition's role in menopause management, and a sense of community.

By incorporating the flexibility to choose from the MenoChef® Recipe Library, we aim to provide a Cookery Day that is not only informative and practical but also personalized and engaging for every participant. Be sure to understand any participants dietary needs, allergies etc when they book.