



MenoChef® Cafe Program Guide

Welcome to MenoChef® Cafe, a unique dining experience designed to offer guests a delicious, menopause-friendly 3-course lunch while providing educational content on managing menopause symptoms. As a MenoChef® Champion, you will play a vital role in delivering this program to our guests. This guide will provide you with all the information you need to successfully facilitate the MenoChef® Cafe experience.

1. Introduction and Overview:

- Introduce MenoChef® Cafe and its mission to promote wellness during menopause.
- Explain the connection between menopause symptoms and food choices.
- Highlight the importance of a menopause-friendly diet in managing symptoms.

2. Menopause-Friendly Cuisine:

- Discuss the principles of a menopause-friendly diet, focusing on nutrient-rich ingredients.
- Explain the benefits of specific foods in managing menopause symptoms.
- Showcase the variety of flavours and dishes that can be enjoyed while following a menopause-friendly diet.

3. Educational Content:

- Incorporate educational content on managing menopause symptoms throughout the dining experience.
- Provide informational materials at each table, such as brochures or infographics.
- Offer short presentations or demonstrations between courses to engage guests in learning.

4. Appetizer Course: Balancing Hormones:

- Serve a flavourful appetizer that highlights ingredients known for balancing hormones.
- Discuss the importance of hormonal balance during menopause and how certain foods can help achieve it.
- Share tips for incorporating hormone-balancing ingredients into everyday meals.

5. Main Course: Nourishing the Body:

- Present a nourishing main course that showcases nutrient-dense ingredients.
- Explain the significance of proper nutrition in supporting overall well-being during menopause.
- Provide information on key nutrients and their benefits for managing menopause symptoms.

6. Dessert Course: Indulging in Healthy Treats:

- Offer a delightful dessert that satisfies the sweet tooth without compromising health.
- Discuss healthier alternatives to sugary desserts and their positive impact on menopause symptoms.
- Share recipes or recommendations for guilt-free indulgences.

7. Q&A Session: Interactive Discussion:

- Set aside time for guests to ask questions and share their experiences.
- Facilitate a discussion where guests can learn from one another.
- Provide expert advice on managing specific symptoms through dietary choices.

8. Wrap-up and Resources:

- Recap key takeaways from the MenoChef® Cafe experience.
- Distribute handouts and resources for further reading.
- Share MenoChef®'s website and contact information for ongoing support.

Remember to create a warm and inviting atmosphere in MenoChef® Cafe. Encourage guests to engage in the educational content and enjoy the menopause-friendly lunch. Your role as a MenoChef® Champion is crucial in providing a memorable experience and supporting guests in their menopause journey.