



Go Well Stay Well

Post-Menopause Breakfasts for Heart Health (5 Minutes or Less)

Why breakfast matters more after menopause

Post-menopause, changes in hormones influence:

- blood sugar regulation
- cholesterol handling
- muscle maintenance
- cardiovascular risk

Starting your day with protein + fibre + healthy fats supports:

- steadier energy
- better metabolic health
- long-term heart health

This is about supporting your physiology, not about “being good”.



“What you eat most days matters more than what you eat on ‘special’ days.”

5 Quick, Heart-Supportive Breakfast Ideas

1. Greek yoghurt + berries + seeds

Protein + fibre + antioxidants

2. Eggs on wholegrain toast + olive oil

Protein + fibre + heart-healthy fats

3. Cottage cheese + tomatoes + rye toast

Protein + lycopene + slow-release carbs

4. Make-ahead smoothie

Protein powder, milk/yoghurt, berries, flax or chia

5. Leftover salmon + toast

Omega-3 fats + protein for cardiovascular support

If you usually skip breakfast

Start with something simple:

- a protein shake
- yoghurt eaten at your desk
- even half a portion is progress

Consistency beats perfection.

“You don’t need a perfect lifestyle. You need a repeatable one.”



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The Go Well Stay Well EXPERIMENT: try this for one week

Choose a protein-rich breakfast on weekdays. Maybe even start with 3 weekdays. Keep it simple and the same or similar each day.

Notice:

- energy levels
- fullness
- cravings
- focus

If it helps, keep it.

If not, adjust. Your body gives the best feedback.

More

<https://www.gowellstaywell.co.uk/blog>

<https://www.gowellstaywell.co.uk/blog/hearty-breakfast>



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