

DR.VEGAN[®]

**Weight management
*made simple***





THE MIDDLE AGE SPREAD

60 to 70%

of women in perimenopause gain weight.¹

That's an incredible percentage of women. Women often gain weight in perimenopause, as oestrogen helps regulate fat distribution and metabolism, as it drops or fluctuates, the body becomes less efficient at burning fat.

As women also lose muscle to these metabolic changes, metabolic rate (the amount of calories burnt by just being you) also drops, leading to an excess of calories that did not exist before perimenopause.

At DR.VEGAN[®], we are here to support you throughout your perimenopause and menopause journey, which looks different for everyone. Whether that's providing nutritional support for hormones, bone and muscle support, support with weight management, or simply by giving you a community and delicious recipes. We want you to own your menopause and be the best version of yourself that you can be.

So how can we help with weight management during the perimenopause and menopause period?

Taking a truly holistic approach to weight gain is always the best course of action to support you both physically and psychologically.

Understanding middle-age weight gain

Perimenopause and menopause can be tough for some women. The fluctuation of hormones can decrease metabolism, energy and mood and increase stress. Even one of these factors individually can lead to weight gain, but when combined, weight gain can pile on rapidly and be tough to lose without additional support.

Dealing with decreasing metabolic rate

A decrease in metabolic rate is a decrease in the number of calories needed to carry out everyday metabolic functions. So just by carrying on as normal and eating the same amount as normal can lead to excess calories and therefore weight gain. Exercise is an essential part of maintaining metabolic health during the middle age, and supporting muscle mass and strength can increase metabolic rate.

The best way to support muscle health is done by consuming enough protein and creatine magnesium and vitamin D, as well as partaking in strength and resistance training. Starting gradually is always the best way to approach strength and resistance training, and there are many classes aimed at beginners, whether that's trying a kettlebell class, using resistance bands at home, or starting with simple bodyweight moves like squats and push-ups. The key is to find something you enjoy, start slow, and build up gradually – that way it feels achievable and becomes a natural part of your routine.

Dealing with stress

During perimenopause and menopause, the adrenal glands play a bigger role in hormone balance. If you're under ongoing stress, this can increase cortisol production, which may contribute to symptoms like fatigue, poor sleep, and weight gain. Cortisol-related weight gain is typically around the abdomen. Make sure you are taking time to actively de-stress, and you may even need to re-evaluate some areas of your life if they are causing too much stress. Your wellness should be your focus during this life phase. Make sure that those around you are aware that you are trying to limit your stress and maintain an inner peace as much as possible. Thankfully nature has blessed us with one herb that can help – Ashwagandha. This amazing herb reduces the amount of cortisol that is released by the adrenal glands and helps with cortisol-related weight gain as well as poor sleep and cortisol-related low moods.

Dealing with sugar spikes and dips

The stress hormone cortisol can also negatively impact blood sugar balance, causing spikes and dips that can really mess with mood and weight management. As cortisol rises, the body dumps stored glucose into the blood, and when not used, it gets stored as fat around the middle. Supporting blood sugar balance by consuming enough protein and fibre can help. Chromium is also an amazing trace mineral for this. It is needed for glucose and insulin control, and when optimal amounts are consumed, blood sugar and cravings are balanced and reduced.

Dealing with poor sleep

Sleep disruptions can be caused by hormonal changes such as lower progesterone and oestrogen levels. The lack of sleep then triggers an increase in the hunger hormone ghrelin and the satiety hormone leptin, which decreases the sensation of feeling full. Sleep deprivation also increases cortisol with increased abdominal weight gain. Make sure you take time for yourself before bed.

- ✦ Spending 30 minutes relaxing and unwinding from the day can have a highly positive effect on sleep.
- ✦ Keeping sleep in a routine and on schedule is also a major factor for quality sleep, as your body gets used to sleep timings and patterns.
- ✦ If hot flushes are keeping you awake at night, use cotton bedding and nightwear and sleep with a fan next to the bed to stay cool.
- ✦ Ensure your room is dark and quiet.
- ✦ Magnesium glycinate taken before bedtime can also significantly help you to unwind.

Dealing with water retention

As progesterone drops, water retention may appear, making you feel and look heavier than you are. Since progesterone is a natural diuretic hormone, meaning it helps the body get rid of excess water, its decreasing levels can lead to water retention. Eating a diet rich in fresh vegetables, staying well-hydrated and reducing salt and processed foods can make a real difference. Gentle movement, like walking or yoga, also helps your body naturally balance fluid. Some women find that magnesium rich foods, such as leafy greens, nuts and seeds, can further support fluid balance and ease bloating.



THE LOW-DOWN ON WEIGHT-LOSS INJECTIONS – ARE THEY WORTH IT?

🌱 What are weight loss injections?

Weight loss injections are medical treatments designed to support weight management. They usually contain medications that can help reduce appetite, improve metabolism, or support fat burning. Some well-known examples include GLP-1.

🌱 Do weight loss injections work alone?

No. Injections are not a magic solution. They work best alongside a healthy diet, regular exercise, and lifestyle changes. They can give your metabolism a boost or help manage appetite, but your habits still play the biggest role in weight loss.

🌱 Is there a better solution to weight loss?

Before weight loss injections are used, every effort should be made to lose weight without them. There are a few reasons that make weight loss difficult and this is where we are here to help.





❖ **Are weight loss injections safe?**

When used appropriately, most are generally safe when prescribed and administered by a qualified healthcare professional. However, side effects can occur, such as nausea, digestive issues, or injection site reactions. There is some evidence that they can affect bone health, though the research is still emerging. People with osteoporosis, osteopenia, or menopause-related bone loss should monitor bone health when using GLP-1 injections.

❖ **Do I need to keep taking weight loss injections forever?**

Some injections are used short-term to kickstart weight loss, while others may be used longer-term for maintenance. However, if your diet, activity and lifestyle don't change, you may find the weight piling back on.



***Holistic Weight
Loss Tips***



Fibre

A fibre-rich diet that contains roughage, which helps to hold water and create a sense of fullness. Fibre-rich foods are also typically higher in nutrients than their low-fibre alternatives. Fibre is found in complex carbohydrates such as wholegrains and vegetables. Switch white rice for brown rice and white bread for brown bread.

Aim for 7 to 10 portions of vegetables per day. The best way to cook them is to lightly steam them, as this preserves their nutrient content most; otherwise, eat them raw. The UK fibre recommendation for adults is a minimum of 30g per day. However, on weight loss diets, extra fibre can be helpful for helping you to feel full, without adding additional calories. Fibre also feeds the probiotics in your gut, and having a happy set of diverse probiotics can help to speed up weight loss.

Fibre source

Grams of fibre per 100g serving



Chia Seeds
34g



Flax Seeds
27g



Pumpkin Seeds
18g



Almonds
12g



Avocado
7g



Lentils
8g



Chickpeas
8g



Black beans
9g



Raspberries
7g



Broccoli
3g

Protein

Protein-rich foods take longer to digest and therefore keep you feeling fuller for longer. Lean proteins and plant-based proteins should be consumed with every meal and snack. An additional protein powder can also be useful in some people.

The level of protein varies in each food type. A 100g serving of a protein-rich food does not contain 100g of protein, so learning to read labels is a good skill to have to work out how much protein you are consuming. Protein needs to be divided equally throughout the day. Since the body cannot absorb more than 30g of protein at any given time. Below is a list of protein-rich foods and their protein content.

Vegan protein

Grams of protein per 100g serving



Tempeh
19g



Tofu
8g



Edamame
11g



Lentils
9g



Cooked chickpeas
9g



Cooked black beans
8g



Cooked kidney beans
8g



Cooked quinoa
4g



Pumpkin seeds
30g

Vegetarian protein

Grams of protein per 100g serving



Greek yoghurt
10g



Plain yoghurt
6g



Cottage cheese
11g



Whole egg
boiled
13g



Egg whites
cooked
11g



Paneer
18g



Cheddar
cheese
25g



Mozzarella
22g



Parmesan
cheese
32g

Meat and fish

Grams of protein per 100g serving



Cooked
chicken breast
31g



Cooked
turkey breast
39g



Cooked beef
sirloin
27g



Cooked lamb
25g



Cooked
salmon
25g



Cooked tuna
29g



Cooked cod
24g



Cooked
prawn
24g

Fats

Fats, although they have a bad reputation, should not be avoided completely. Omega 3 fats are essential for the brain and for keeping inflammation in check. Studies have shown that a low-fat diet can lead to low moods.² Nuts and seeds contain high-quality fats that are needed by the body, and taking an omega 3 supplement is another great way to ensure that your body is getting what it needs. That said, it is advisable to reduce your intake of denatured fats and fried foods since they may contribute towards inflammation in the body and are additional calories that do not provide any health benefits. Studies show that there are three types of fat that are actually helpful for weight loss. These are called monounsaturated fats, polyunsaturated fats and medium chain triglycerides.^{3,4,5}

These fats are worth incorporating into your daily diet. A list of sources is below.

| Monounsaturated fatty acids | Polyunsaturated fatty acids | Medium-chain triglycerides |
|------------------------------------|------------------------------------|-----------------------------------|
| Olive oil | Walnuts | Coconut oil |
| Avocado | Flax seeds | Coconut cream |
| Almonds | Chia seeds | Grass-fed butter |
| Cashews | Hemp Seeds | Ghee |
| Peanuts and peanut butter | Sunflower seeds | Goat's milk |
| Macadamia nuts | Pumpkin seeds | Sheep's milk |
| Hazelnuts | Oily fish | Whole milk yoghurt |
| Pistachios | Brazil nuts | Coconut yoghurt |
| Olives | Sesame seeds | Coconut flour |
| Avocado oil | Pine nuts | Sheep and goats cheese |

Reducing portion size

Sometimes it can also be helpful to reduce portion size. Using a small plate helps with the perception of how much you have eaten and can lead you to feel fuller on less. At DR.VEGAN® we are not advocates of starving or lowering calorie intake to an incredibly low level. It's better to start with healthy food choices and a slightly reduced volume of food. Food is what provides your daily nutrition, and we need enough of it to maintain health and protect bones.

Carbohydrates

One of the easiest ways to encourage fat loss is to avoid any refined and added sugars. Most people biologically don't need to eat refined and added sugars; as long as you are consuming some complex carbohydrates, your body will take the sugar it needs. Excess sugar is a disaster for health and excess weight, so avoiding it will benefit your body, regardless of how much weight you lose. You do need some carbohydrates, however. The trick is to get them from complex carbohydrate sources. Sometimes during weight management, it is useful to keep fruit to low-sugar fruits such as apples, pears, berries and cherries. High-sugar fruit should only be eaten occasionally, as in some individuals, it can slow down weight loss.

These fats are worth incorporating into your daily diet. A list of sources is below.

**Carbohydrates
to consume**

Quinoa
Brown rice
Wholegrain bread
Beans, lentils and
pulses
Sweet potatoes
Starchy vegetables
such as carrots, swede
and parsnip
Low-sugar fruit such as
apples, pears, berries,
cherries and grapefruit
Wholegrain couscous
Steel-cut oats

**Carbohydrates
to avoid**

Confectionery
Sweetened chocolate
White rice
White bread
White pasta
Cakes, biscuits and
pastries
Cereals with added
sugar such as
cornflakes, granola
Foods made with
refined flour
Sugary drinks
Fruit juice
Artificial sweeteners

**Carbohydrates to eat in
moderation/occasionally**

Brown pasta
White potatoes
High-sugar fruit such as
bananas, grapes, mangos
Ready oats
Dried fruits



For those of you who are interested in calories, you can find our free BMI, BMR & Calorie Needs Calculator on our Weight Management Support page.



FOODS TO ADD INTO YOUR WEIGHT LOSS JOURNEY

There are a few foods that are particularly helpful to add into a weight loss plan. These contain certain nutritional compounds that may enhance your efforts.



Seaweed

Seaweed is a rich source of iodine. Since iodine is required for normal thyroid function and metabolism, boosting your intake with seaweed may give you a little more oomph. Seaweed can be added to many dishes as an additional flavour or form the base of a meal when added to salads. Watch out for fried seaweed, however, as this can be counterproductive.



Fermented foods

Fermented foods contain probiotics and can improve the gut microbiome. Improved microbial diversity is linked to healthier body weight and metabolism. Try adding foods like sauerkraut, kimchi, kombucha and yoghurt to your diet each day.

White mulberries



White mulberries contain several nutritional compounds, including anthocyanins, flavonoids, polyphenols, rutin, and 1-deoxynojirimycin, which help improve glucose and fat metabolism, and the research concludes that white mulberries are a useful addition to a healthy weight loss diet.⁶ White mulberries make a great snack when combined with some protein, such as pumpkin seeds.

Kidney beans



Kidney beans are rich in α -amylase inhibitors – proteins that reduce the activity of α -amylase, an enzyme that breaks down starch into sugars. This can slow carbohydrate digestion and reduce spikes of glucose and insulin. Kidney beans also contain phenolic compounds, which also have hypoglycemic and hypolipidemic actions.⁷

Pumpkin seeds



By slowing digestion, pumpkin seeds may blunt glucose rises and improve insulin / glucose ratios after a meal.⁸ In animal studies, pumpkin seed proteins have helped prevent fat tissue mass increases when animals are exposed to high-fructose diets.⁹

TRAINING FOR WEIGHT LOSS

Exercise is more than just burning calories – it's about building a healthier, sustainable lifestyle and driving lasting results. Regular training increases energy expenditure, preserves lean muscle (keeping metabolism higher), and improves sleep, mood, and confidence.

For weight loss, combining cardio with resistance training is the most effective approach. Cardio supports calorie burn and heart health, while resistance training ensures fat – not muscle – is lost.

The importance of cardio

Cardio includes any activity that raises your heart rate, such as walking, cycling, swimming, running, or bodyweight circuits. When paired with a balanced, wholefood diet, it helps burn calories, boost metabolism, and support fat reduction. Cardio also lowers stress and improves energy, making it easier to stay consistent.

The good news is you don't need endless hours of running to see results. Even short, regular bouts of moderate to vigorous activity make a big difference.

Both steady-state cardio (walking, jogging, or cycling) and high-intensity cardio (burpees, sprints, or circuits) can support weight loss.

Steady-state cardio is lower-impact, easier to sustain for longer periods, and great for building endurance. High-intensity cardio, on the other hand, burns more calories in less time and boosts your metabolism for hours afterwards – but it's more demanding on the body.

The best choice often comes down to your fitness level and preferences. For many people, a combination of both works best.

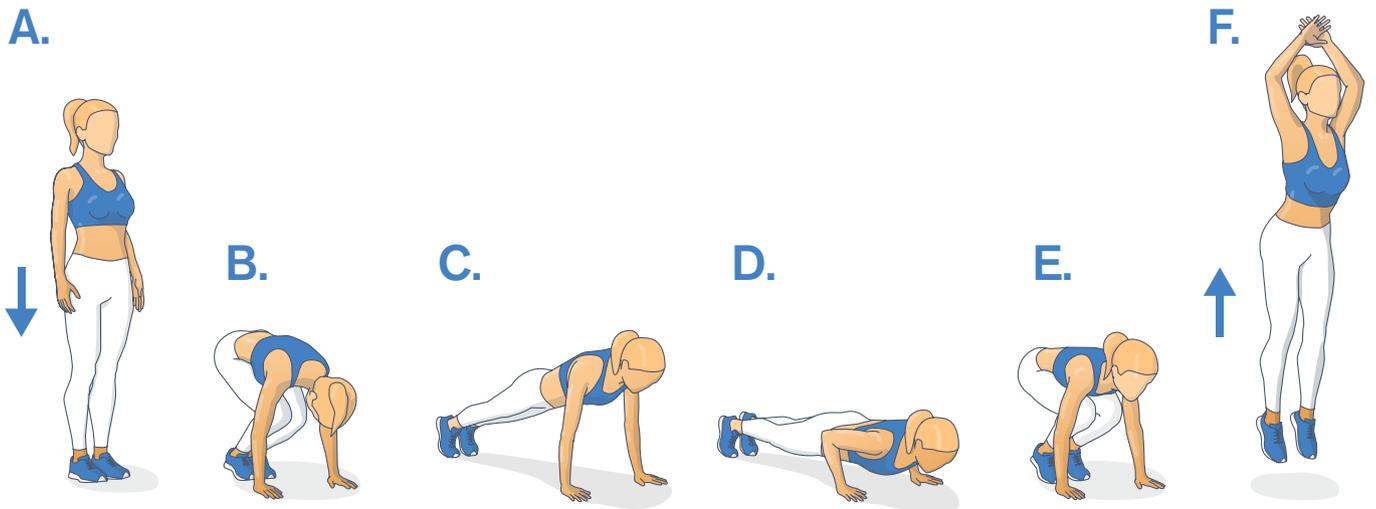
Example exercises

Burpees

Why: A full-body move that spikes heart rate and strengthens multiple muscles, making it one of the most efficient calorie-burning exercises.

How: Begin in a squat, place your hands on the ground, jump or step back to plank (optional push-up), return to squat, then jump up with your arms overhead.

Tip: Modify by stepping back instead of jumping or skipping the push-up for a simpler version.



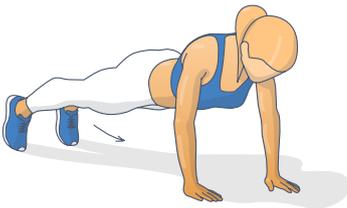
Mountain climbers

Why: Builds core, shoulder, and arm strength while delivering strong cardio benefits.

How: Start in a plank with your hands under your shoulders. Drive one knee toward your chest, then quickly switch, mimicking a running motion.

Tip: Keep your hips low and back flat. Want a challenge? Increase the speed to raise intensity.

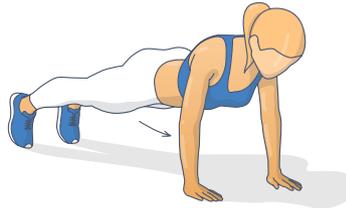
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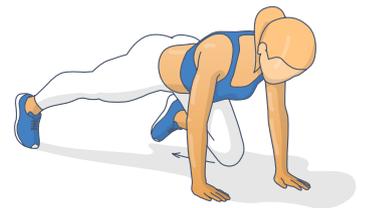
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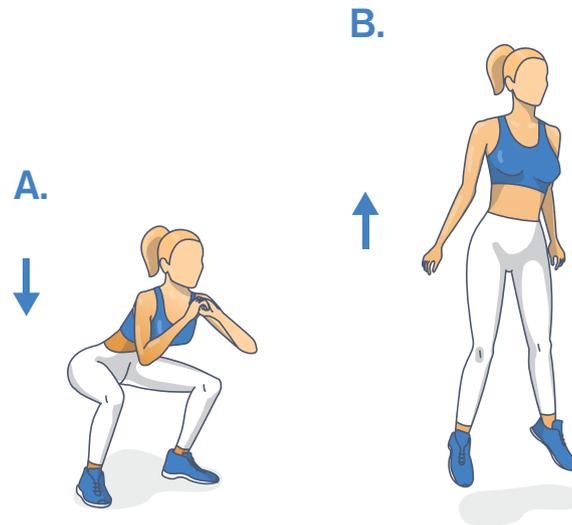


Squat jumps

Why: Adds explosive power to the lower body while boosting calorie burn.

How: From squat stance, lower into a squat, then drive through heels to jump explosively. Land softly with bent knees and move into the next squat.

Tip: If jumping isn't comfortable, simply perform faster bodyweight squats instead.



For the best results, aim for at least 150 minutes of moderate cardio or 75 minutes of vigorous cardio weekly, paired with 2-3 resistance training sessions. Start at your own pace, increase intensity gradually, and stay consistent. Of course, nutrition is equally important, so always combine smart training with balanced eating.

Remember, exercise for weight loss isn't only about changing your body. It's about building energy, improving strength, and fuelling confidence – benefits that extend into every part of life.



Want more support with your workouts?
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FOR 55% OFF**





PROTEIN-POWERED BREAKFAST BOWL (VE)

Serves 1-2

This Protein-powered Breakfast Bowl isn't just tasty, it's built to keep you going. With DR.VEGAN's plant-based Protein & Creatine Superblend, it helps you stay full longer, supports muscle recovery, and gives you steady energy to power through your morning. Think of it as a delicious way to fuel both body and taste buds.

Ingredients:

- 2 tbsp of Protein & Creatine Superblend powder (14g protein)
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1/2 banana, mashed
- 94g unsweetened almond milk
- 1/2 tsp cinnamon

Directions

Mix all ingredients and let sit overnight or for 15 mins. Top with berries and nuts before serving.

QUINOA & KALE SALAD (VE)

Serves 1-2

Fuel your day with this warm quinoa and kale salad. Not only is it delicious, but it is also nourishing and packed with nutrients that support muscle strength, metabolism and inflammation.

Ingredients:

- 63g cooked quinoa
- 125g chopped kale
(lightly steamed or massaged)
- 63g chickpeas
- 1 tbsp tahini + lemon juice + olive oil (for dressing)
- 1 tsp OsteoFriend® powder

Directions

Toss everything in a bowl with dressing. Add in your favourite vegetables and any other spices you want. Allow to cool before mixing in OsteoFriend® at the end.





'MAGIC BEANS' 4-BEAN CHILLI (VE)

Serves 1-2

Beans are nutritional powerhouses - rich in protein, fibre, and antioxidants - that help feed the beneficial bacteria in your gut microbiome. A healthy gut supports digestion, immune function, and overall wellbeing. Plus, beans are affordable and super versatile!

Ingredients:

- 1 red onion, diced
- 1-2 cloves garlic, crushed
- 1 can kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can adzuki beans, drained and rinsed
- 1 can baked beans (choose low-sugar if possible)
- 1 carton or jar tomato passata
- 1 tsp dried oregano
- 1 tsp smoked paprika
- Pinch of cayenne pepper
- Chilli flakes, to taste
- Salt and pepper, to taste
- Fresh coriander (optional)

Directions

1. In a large pot, sauté the diced onion and crushed garlic until softened.
2. Stir in oregano, smoked paprika, cayenne, chili flakes, salt, and pepper.
3. Add all beans and the tomato passata to the pot.
4. Simmer gently for 20-30 minutes, stirring occasionally. Add a splash of water if needed.
5. Taste and adjust spices as desired.
6. Serve with gem lettuce 'scoops,' corn tortilla chips (blue are higher in antioxidants), guacamole, and sour cream or coconut yoghurt.

DR.VEGAN®

**Weight
Management
Support**

Metabolaid®, Green Tea Extract,
Chromium
Zero additives



30 Capsules | 1 a day

WHAT'S IN WEIGHT MANAGEMENT SUPPORT AND HOW DOES IT WORK?

Combining scientifically studied ingredients that work in synergy, and including Metabolaid® which is changing the way we think about weight management. Formulated for metabolic and gastrointestinal health, it can be taken as a targeted formula or in combination with our award-winning multivitamins and supplements with live cultures. Metabolaid® is a patented blend including hibiscus extract which has been extensively studied for digestive health, while chromium supports the maintenance of normal blood glucose levels, an essential factor in effective weight management.

How to take

- ✦ Take daily for at least 2 months.
- ✦ Take 1 capsule 20-30 minutes before breakfast or your lunchtime meal.



“This is an excellent formula alongside a healthy diet and lifestyle. It combines Metabolaid®, chromium, and green tea – ingredients that support healthy metabolism, blood sugar balance, and the gut microbiome - which can help people achieve their weight goals.”

- Ariella Kaur Maan, RN, RNTP, mBANT, CNHC

GREAT PAIRINGS



+



Weight Management Support

PeriMenoFriend[®]



+



Weight Management Support

MenoFriend[®]



+



Weight Management Support

Vegan Omega 3



+



Weight Management Support

Fibre Complex

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EXPERT-LED, FREE NUTRITIONAL ADVICE

“Spot on and only takes a few mins to do.”
- Jasmine, DR.VEGAN® Customer.

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