

A 5-Day Cameroonian Meal Plan to Combat Menopausal symptoms

By Dr. Marie Keka



Author's Note

Studies have shown that incorporating soy-based foods into one's diet will help alleviate menopausal symptoms. Soya bean contains natural plant compounds called phytoestrogens, which mimic the effects of estrogen in the body and can help regulate hormonal fluctuations that contribute to menopausal symptoms. Research suggests that consuming at least two servings of soy foods per day can significantly reduce the frequency and intensity of the symptoms of menopause.

Author's Note

Top ten symptoms of menopause include:

- Hot flashes
- Night sweats
- palpitations
- Irregular periods
- Vaginal dryness
- Sleep problems
- Weight gain
- Bone pain
- Mood swings , depression, anxiety, memory problems
- Decreased libido
- Increased frequency and urgency of urination.

Most women enter the perimenopausal phase in thier mid-forties.

Author's Note

Isoflavones found in soy products are particularly beneficial, as they have been shown to increase estrogen levels in women experiencing menopausal symptoms. It is important for individuals to consult with a healthcare provider before making any major dietary changes, as individual responses to soy may vary. Overall, a diet rich in soy foods (60–70g per day), could provide relief from menopause symptoms and improve quality of life for menopausal women.

Dedication

As a young medical student, I observed my mother experiencing symptoms of perimenopause, including hot flashes, palpitations, bone pain and anxiety. Like many doctors, I initially advised her to simply tolerate the symptoms, as it is a normal stage of life with no definitive treatment. Hormonal therapy was suggested as a short-term solution, with the expectation that she would simply endure the discomfort.

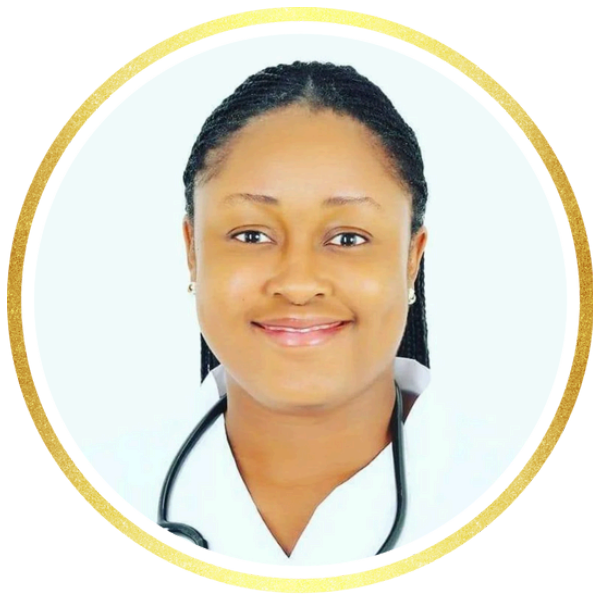
However, as I progressed in my medical studies and gained more experience, I came to realize that menopause does not have to be endured by women.

Dedication

With proper health education and support, women can prepare for and navigate menopause with confidence and grace.

This book is dedicated to my mother, Mrs. Tasi Therese, the first woman I personally witnessed going through perimenopause. Her experience ignited a passion within me that has since evolved into a health initiative. I am forever grateful for her influence and love. I love you mummy.

About the author



Dr. Marie Keka
CEO/Founder
TEKHI GLOBAL

About the author

Dr. Marie Keka is the CEO and founder of The Esengwa Keka Health Initiative (TEKHI), a health initiative focused on promoting menopause health and wellness. With a background as a seasoned medical doctor and a dedicated menopause health coach, Dr. Marie Keka utilizes the TEKHI platform to collaborate with other healthcare professionals and menopause health advocates. Together, they offer expert health education and support to women in the pre, peri, and post-menopause stages of life.

Our services

In addition to spearheading community and social media campaigns to raise awareness about menopause health, Dr. Marie Keka also provides personalized virtual consultations and coaching sessions for individuals and groups seeking support during this stage of life.

To schedule a session, please reach out to us at info@tekhiglobal.com or whatsapp +237 678410648

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MENU

The creation of this menu is based on three main principles:

- 1. Whole food plant based diet**
- 2. Limited fats & Oils**
- 3. At least 1/2 cup of Soya beans per day (Which contains about 60–70 g of isoflavones. This is the minimum daily requirement necessary to increase your oestrogen levels).**

So with these principles in mind, I came up with 10 cheap and very easy recipes which can be implemented by any woman living in Cameroon.

Day one

Breakfast

~~"Achombo & pap"~~

Soya Pap, beans & Tofu puffs



Ingredients

- 1/2 cup of soya beans
- Tofu
- 2 cups of millet
- 1/2 cup of red beans
- 1 large onion
- Garlicks and ginger
- Fresh pepper (to your taste)
- 4-6 large fresh tomatoes
- Pinch of salt and maggi (to your taste)
- olive oil
- Cameroonian "green spices" (leeks, parsely, lemon basil and celery in little quantities).
- Seasoning powders of your choice

Procedure

- Wash and soak your soya beans overnight. Well soaked beans will be double in size by morning.
- The next day, wash thoroughly and peel off the skin
- Soak millet for about 12–18 hours, then pour out the water

Soya bean pap

- Dice and wash about 2 fingers of ginger
- Add all of the millet, 1/2 cup of soya beans and the ginger into a blender. Add enough water and blend until smooth

Soya bean pap

- Take a large bowl and fill 1/4 with water
- Open up your cheesecloth and place in the water
- Pour your blended mixture carefully into the cloth, the mixture should not fall into the water.
- Gently squeeze out the milk from the chaff (the chaff will remain in the cloth while the milk goes into the bowl)
- Take out the cloth, the milk should look creamy
- Set aside overnight for the pap to settle

Soya bean pap

- Pour out the water gently the next morning, you should notice the thickened pap at the bottom of the bowl.
- Collect desired amount of pap into a pot and place on the fire. Store the rest in fridge
- Add hot water into pot and cook to desired consistency.
- You can blend dates and add to your pap as a sweetener.
- Serve hot

Beans stew

- Boil 1/2 cup of red beans until soft and edible

Red beans sauce

- Blend tomatoes, onions, garlic ginger, green spices, pepper, pour into a pot and allow to cook with medium heat until the water dries up
- In a separate pan, stir fry diced onions and any tomato paste of your choice with little olive oil.
- Add salt, maggi and any other seasoning of your choice. Add your boiled beans and cooked tomatoe mix
- Stir and allow to cook to your desired consistency. You can add little water if too dry.
- Serve hot

Tofu-What is tofu?

It is made by curdling fresh soya milk, pressing it into a solid block and then cooling it. Dr. Marie keka's Tofu brand is the best in Cameroon. It is 100% natural and is shipped all over Cameroon. Place your orders through the TEKHI Cameroon whatsapp business line +237 678410648.

Tofu is a must have in your kitchen as a woman in your menopausal journey. It is beneficial for blood sugar, cholesterol, and weight gain control. It's health benefits are enormous. It is the health secret of the Japanese and Chinese. They are very strong and healthy.

Baked Tofu Puffs



Tofu

Baked
Tofu Puffs



Baked Tofu Puffs

- Cut tofu into your desired shape and size. Put into a bowl and coat with about 1 table spoon of olive oil
- In another bowl, pour in a blend of any powder seasoning of your choice
- Add salt and maggi to taste
- Transfer tofu into bowl with seasoning and mix thoroughly
- Place tofu on parchment paper or baking tray
- In a 425 F heated oven, bake for 30 minutes
- Serve hot! Your Vegetarian "Achombo and pap" is ready .

Day one

Lunch & Dinner

~~*Beef Jollof rice*~~

Tofu Jollof rice



Ingredients

- 1 cup of rice (brown or white rice is ok)
- Tofu
- Onions (1 large)
- Tomatoes (about large)
- Garlic and ginger to taste
- Seasoning of your choice
- Thyme, baileaves, rosemary
- Yellow or red epper to taste
- Maggi and salt to taste
- Green pepper, "green spices", carrots, green peas and green beans for garnishing
- Olive oil

Procedure

- Wash your rice with warm water and soak in hot water and cover for about 15 minutes. Then,
- Place rice in a colander and cover
- Blend tomatoes, red pepper, garlic, ginger, onions and pour mix into a pot and cook until about 70 % of the water dries up. Add very little water when blending.
- Cut tofu into desired shapes and sizes. Marinate with a bit of olive oil, blended green spices, thyme, rosemary, other desired seasoning, salt and maggi to taste

Procedure

- Take a bulb of garlicks, wash well and place in a foil paper. Chop off the top section and add a bit of oil, salt and pepper (powder). Wrap foil paper and roast in oven , 357 F for 30 mins.
- Place thyme, baileaves and rose mary in a medium heated pan. Roast for 5–7 minutes , until you perceive the flavour. Then set aside
- Put diced onions into a pan, diced fresh garlicks , the roasted baileaves, thyme and rosemary. Stir fry with little olive oil.

Procedure

- Set aside a little quantity of the tomato mix and pour the rest into the stir fry, add your par-boiled rice, add desired seasoning, maggi, salt to taste, add the roasted garlicks (take out the peeling first). Stir carefully, add a little water.
- Cover the pot with aluminium foil, then place the lid of the pot over the aluminium foil. Cook with low heat. Keep checking your rice and adding little water until it is fully cooked.

Procedure

- Dice onions, greens spices and green pepper and stir fry with low heat for about 2 mins
- Chop carrots and green beans , stir fry separately with little oil for about 4–6 mins
- Add the little quantity of cooked tomatoe mix which you kept apart into the tofu Make sure the quantity of mix is very little (should just be like a marinade). Stir fry for about 3–5mins. Then add up the other stir fried ingredients.

Procedure

- Now add the tofu stir fried mix into your rice and stir carefully until the garnishing and tofu is evenly distributed
- Your tofu Jollof rice is ready!
- Serve hot



Day two

Breakfast

Soya bean salad



Ingredients

- Dried soya beans – 1 cup
- To Be Finely chopped:
Onion, tomato, capsicum
(green pepper), cabbage and
coriander leaves
- Shredded carrot
- Chilli flakes
- Lime juice
- Salt to taste

Procedure

- Soak soya beans for 4 hours
and pressure cook with a
little bit of salt for 2 whistles.
You can also boil it with your
gas cooker normally, after
soaking it overnight

Ingredients

- Once cooled open the lid, drain the beans and transfer to a bowl.
- To this add the chopped vegetables, lime juice and chilli flakes.
- Mix well and serve.



Day two

Lunch & dinner

~~—Garri~~ & Okra

Cannellini fufu & soy okra



Ingredients

- 1/2 cup of soya bean
- Fresh okra
- Cannellini flour
- Fresh pepper
- Garlics & ginger to taste
- Onions
- Olive oil
- Tofu
- Mushrooms
- Powder seasoning as desired



What is Cannellini flour?

This flour is made from white kidney beans. It has a very high protein and fibre content. It is also very rich in minerals like calcium, magnesium, iron, folate and copper. It helps in controlling blood sugar, cholesterol, weight gain. It is a very healthy replacement for your "garri" and "water fufu". It can also be used as an ingredient for a wide variety of other Cameroonian dishes.

Dr. Marie keka's Cannalleni flour brand is the best in Cameroon. It is 100% natural.

Cannellini flour

It is shipped all over Cameroon.
You can place your orders by
contacting the TEKHI Cameroon
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678410748.



*Dr. Marie keka's
Cannelleni flour*

Procedure

- Wash your okra, blend (grate or slice) and put in a pot.
- Slice tofu to desired shape and size. Marinade with your desired seasoning. Set aside.
- Blend garlicks, ginger, pepper and onion (as per the quantity of your okra)
- Wash your mushrooms, marinate it with your desired seasoning. Steam it and set it aside.
- Blend your soya beans dry. Just like you do your egusi. Mix it with blended onions,pepper and any desired seasoning to form a paste.

Procedure

- Put some water in a pot and allow to boil.
- Scoop out half spoon soya bean paste and put it in the boiling water. Continue doing so until you put all the paste in the water. Make sure it is evenly distributed.
- Close the pot and allow to cook with low heat. Keep checking and adding warm water if necessary. Continue this until it gets ready.
- Pour in okra , blended pepper mix, tofu, mushrooms and a little olive oil. Add maggi and salt to taste. Do not close pot.

Procedure

- Allow to cook for about 10–15 mins. Add water to make your desired consistency.
- Dissolve Dr. Marie keka's cannellini flour in a pot of water. Water at room temperature. Mixture should not be too thick and not too light.
- Place pot on very low heat. Stir continuously. Just like you do your "water fufu"
- When it begins to solidify, add more water. Cover and allow to cook for 3 minutes.
- Keep stirring and adding water to your desired consistency until it gets ready.

Procedure

- Your cannellini fufu and soy okra is ready!
- Go ahead and make your fufu wraps.
- Serve hot and enjoy your plate of health.



Day three

Breakfast

Soy milk smoothie



Ingredients

- Frozen boiled soya beans (1/4 cup)
- Banana (1/2)
- Dates (5)
- Cashew nuts (8)
- Water (1/2–3/4 cup)

Procedure

- Blend all together and pour into a glass
- Garnish with chia seeds
- Your soy smoothie is ready!



Day three

Lunch & Dinner

Sweet bitter leaf and plantain



Ingredients

- 2 Cups Ground and cooked Soya Beans (with seasoning of your choice, just like you cook your groundnut for ndole)
- $\frac{3}{4}$ Cups olive oil
- 1 Medium Onion Sliced
- 3 Medium Tomatoes Chopped
- Fresh pepper
- Shrimps
- 1 Tbsp Salt
- Tofu
- 1 Cup washed Bitter Leaves



Procedure

- Heat olive oil in saucepan over medium heat, add sliced onion, stir until translucent, then add the chopped tomatoes and let simmer for 4 minutes.
- Add fresh pepper, stir, then add shrimps and let simmer for 2 minutes.
- Add the soya beans paste, stir, add salt and let simmer for 10 – 12 minutes.
- Add the tofu, stir and let simmer for 3 minutes.
- Add chopped bitter leaves, stir and let simmer for 3 minutes. Food is ready! Serve with unripe plantains.



Day four

Breakfast

~~Scrambled eggs & bread~~

Scrambled tofu & brown bread



Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion ,
chopped (1 cup)
- 1 red green pepper , chopped
(1 cup)
- Salt to taste
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- Tofu
- 1 heaping cup of "green
spices" (optional)
- Any other seasoning of your
choice



Procedure

- Heat the olive oil in a pan over medium-high heat, and saute the onion, pepper, and a 1/4 teaspoon of salt. Stir until softened, about 5 to 8 minutes.
- Drain the tofu while the veggies are cooking. There's no need to press it, since you can cook off any extra moisture in the pan. Add the turmeric and cumin to the sauteed veggies and stir briefly, then crumble the tofu directly into the pan. Season with another 1/2 teaspoon of salt, and stir well.

Procedure

- The tofu will start to pick up a yellow color from the turmeric, and you can break up any large clumps with the spatula and you stir. Once the tofu is hot, add in a big handful of fresh chopped green spices, and stir again. It should wilt quickly from the heat, then it's ready to serve!
- Taste and adjust any seasoning, as needed.
- Serve hot with brown bread



Day four

Lunch & Dinner

Soy Pomme Pilee



Ingredients

- 8 Large Irish Potatoes
- 4 Cups of Cooked Soyabeans
- 1 Medium Size Onion
Chopped
- Fresh pepper (ground)
- Few table Spoons of Palm Oil
- Maggi to taste
- Salt to taste



Procedure

- Peel and wash potatoes.
- Place potatoes in a pot and fill the pot with water. The level of water should reach the height of the potatoes halfway. Cook potatoes on medium heat. Gradually add water as needed to fully cook the potatoes.
- When the potatoes are fully cooked and there is no more water in the pot, change the setting of the stove to warm.
- NOTE: It is important for the potatoes to stay warm for pounding.

Procedure

- In another clean pot, pour palm oil and place on a stove to heat up.
- Add onions into the pot and allow to fry.
- DO NOT CARAMELIZE THE ONIONS
- Add the beans, salt, maggi, ground pepper, and a $\frac{1}{4}$ cup of water into the pot.
- Stir to mix all of the ingredients in the pot then cook on low heat to simmer for about 20 minutes.
- Once beans are fully cooked, add the mixture into the pot of boiled potatoes.

Procedure

- Begin to mash until the potatoes become soft and easy to mold.
- Serve warm and enjoy



Day five

Breakfast

Multi grain cereal



Ingredient

Dr. Marie keka's Mult grain cereal



Very rich whole food plant based cereal made from the wealth of natural grains in Cameroon. A balanced diet, loaded with all the nutrients your body needs for daily functioning.

Ingredients

Can be consumed by patients with diabetes, high blood pressure, high cholesterol levels, cancers, surgical, comatose , obese and convalescent.

Soyabean is one of the grains in this cereal. This makes it a very good source of isoflavones for women experiencing menopausal symptoms.



Procedure

- Put 5 table spoons of cereal in a bowl
- Dissolve with warm water (NOT HOT WATER)
- Stir until smooth
- Put 1/2 cup of water in a pot. Allow to boil
- Pour your cereal (while stirring simultaneously) into the boiling water
- Stir until smooth
- you can add more water to make your desired consistency
- Your multi grain cereal is ready! Serve hot

Day five

Lunch & Dinner

Tofu sauce & Rice



Ingredients

- Tofu
- Tomatoes
- Onions
- Garlicks and ginger to taste
- Fresh pepper
- Green pepper
- Carrots, green beans
- White pepper
- Maggi and salt to taste
- *Green spices"
- Olive oil
- Any other seasoning as desired



Procedure

- Blend green spices, onions, garlic, fresh pepper, ginger. Blend with very little water
- Marinate tofu with green spice mix. Add white pepper, salt , maggi and any other seasoning as desired. Set aside for about an hour
- Slice your tomatoes and stir fry in little quantity of mediumly heated olive oil for about 5 minutes. Cover and allow to cook until 70% dry
- Add tofu in tomatoes. Cover and allow to cook for about 10 mins. When water dries up
- Add diced Onions, carrots, green beans, green spices green pepper, and stir

Procedure

- Adjust the taste by adding any required seasoning of your choice.
- Allow to cook for about 5 mins
- Your tofu tomato sauce is ready. Serve with rice.



All five days

Snacks (compulsory)

Roasted soya beans



Ingredients

- 1 cup soya beans
- 1/2 teaspoon salt
- Seasoning of your choice

Procedure (1/2)

- Soak beans in water 8–12 hours. Be sure to use enough water, as the beans will expand to about 3 cups.
- Rinse the beans and blot lightly with paper towel. They don't need to be dry, just not dripping wet with water.

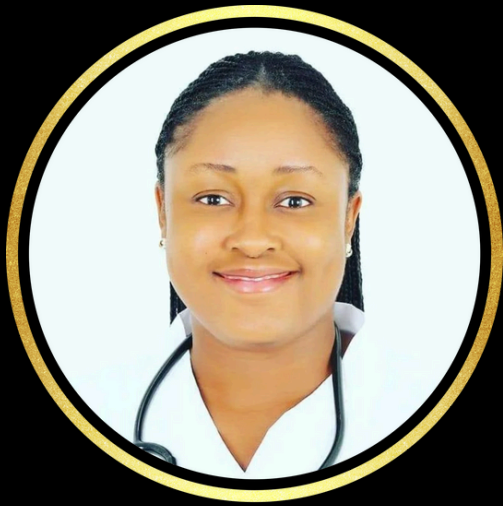
Procedure (2/2)

- Sprinkle salt and seasoning over the beans and continue to toss until coated.
- Spread the beans on a parchment-coated baking sheet in a single layer.
- Bake at 350F, stirring after 15 minutes.
- Stir beans and return to oven, baking and stirring every 5 minutes until soybeans are golden brown and crunchy.

Procedure (3/3))

- The amount of time to attain crunchy soy nuts will depend on the moisture of the soaked beans. It usually takes about 45–60 minutes.
- Make sure the end product has the same colour like that in the picture.
- Allow it to cool down and enjoy!





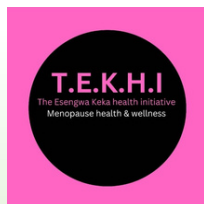
Now it's time for you to get into your kitchen like a pro! Grab your to-do-list and include this menu.

Feeling overwhelmed to start? Do not worry, I am only an email away. For one-on-one coaching, send an email to info@tekhiglobal.com

I am super excited to get your reviews about this meal plan. Please share your feedback through info@tekhiglobal.com

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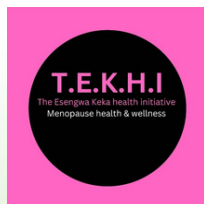
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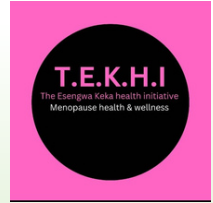
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Cameroon Meno-Women Network (CMWN)

A network of women aged 30+ who are passionate about promoting Perimenopausal and post menopausal awareness in Cameroon.

There are premium benefits of membership. CMWN offers amazing packages to it's members. Visit our website to learn more.

For membership application details visit our website. Click on the navigation icon and select the page titled "Cameroon Meno-Women Network".

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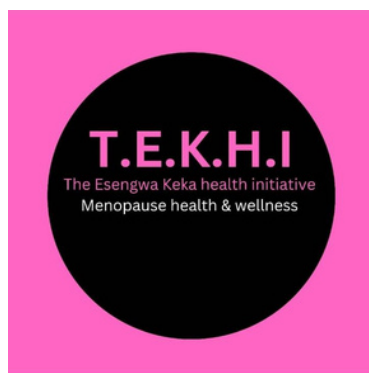
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Grilled Tofu and cabbage





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18 October

WORLD MENOPAUSE DAY

**Take charge of your health this World Menopause Day!
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