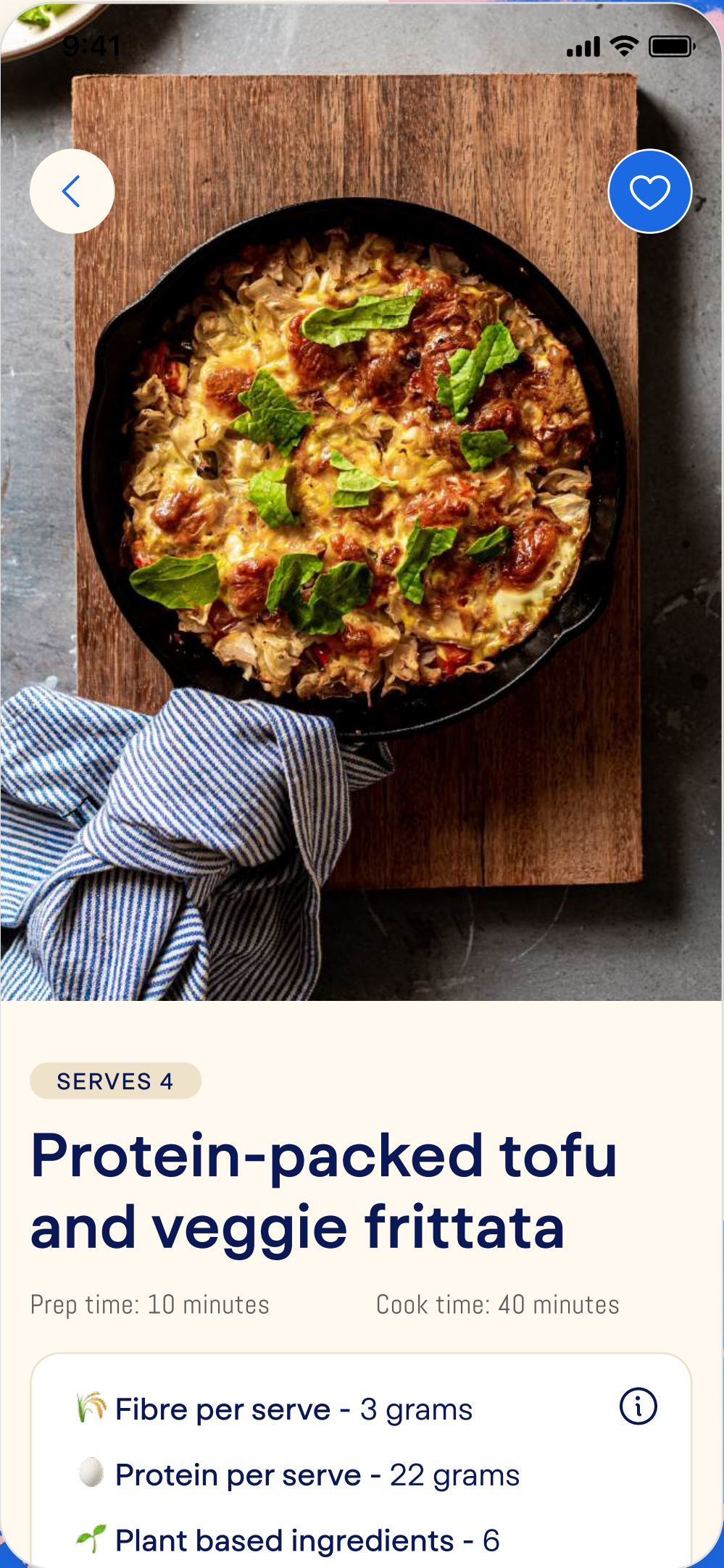
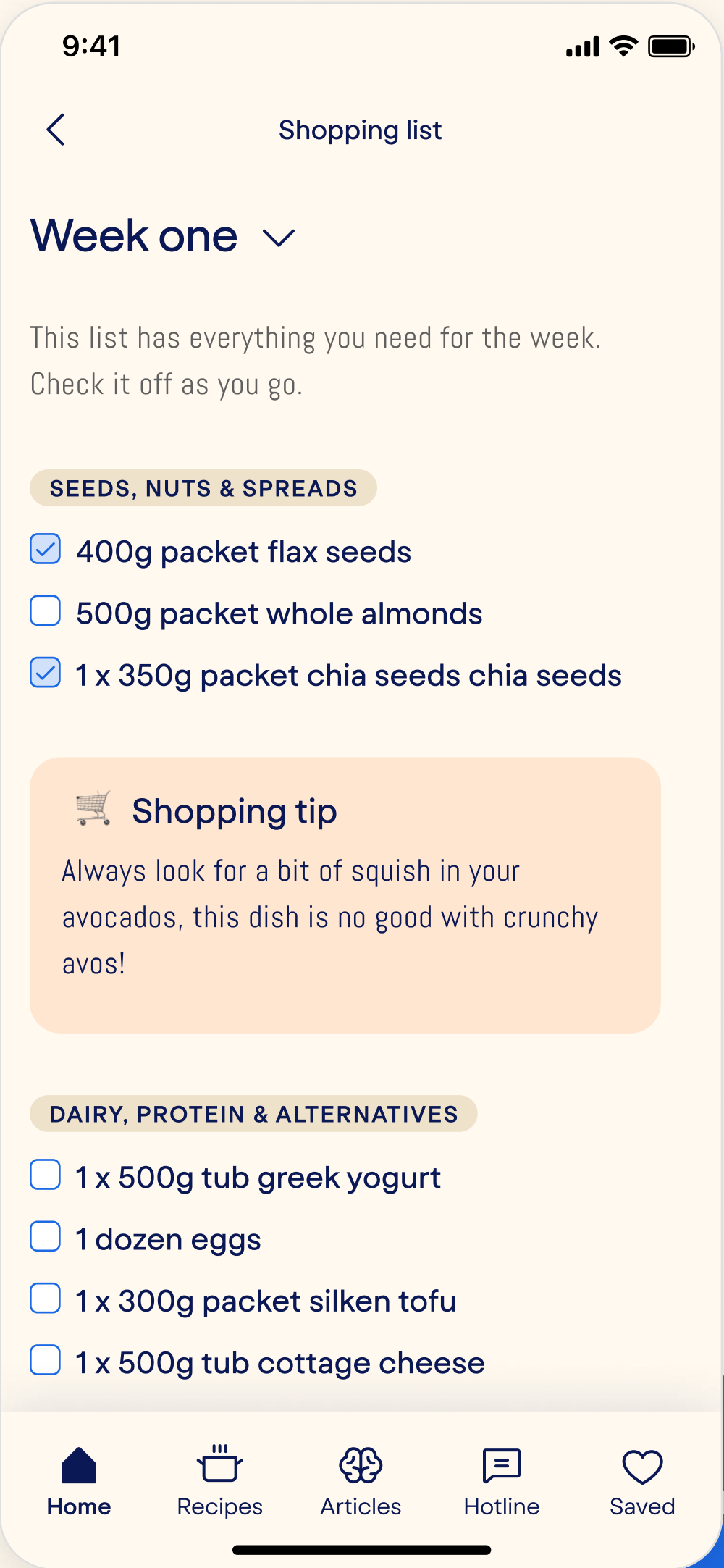
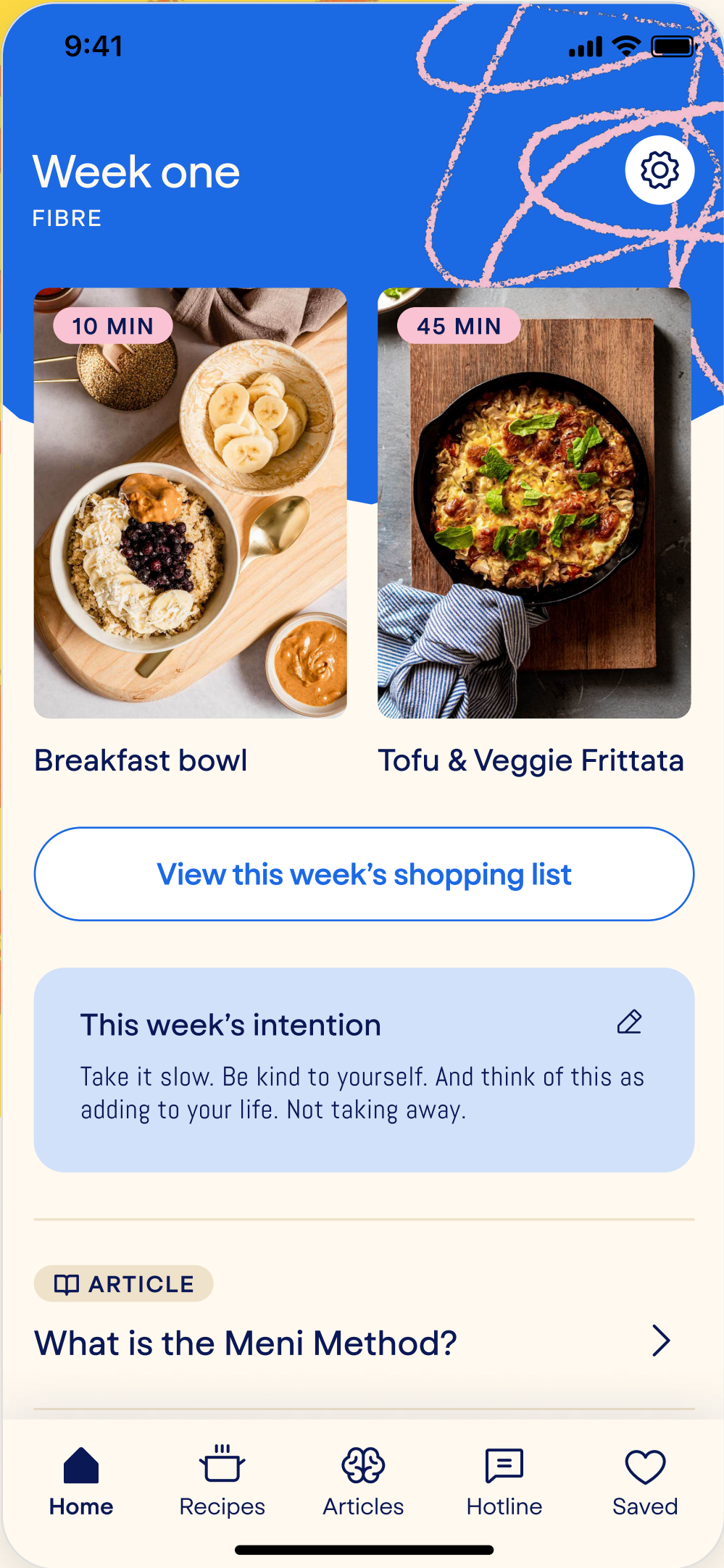




Food for menopause

Let's get you fuelled up and feeling like yourself again .



Join Meni and get access to:



Delicious recipes



Weekly shopping lists



Nutritional deep dives



Access to the Meni Community



Kitchen Hotline support



Pete

What is Meni?

Meni was founded by Pete Heine – cook, food educator, nutrition nerd and occasionally hot and bothered woman – to help you reclaim your spark through what you eat. It's made of recipes, real talk, and a community that gets it.

Meni meals are purpose built for menopause, packed with the fibre, protein, magnesium and omega-3s your body needs and your tastebuds actually want. Simple. Scrumptious. Supportive.

