

GOURMET MESO-MEAL

"Lose weight and feel great eating gourmet meals."



Brisket Stuffed Portobellos With Cheese

Losing weight with The Meso Menu is a gourmet journey to optimizing your hormones and achieving your ideal weight.

Prep Time: 20 minutes

Cook Time: 3–4 hours (for brisket) + 20 minutes (final bake)

Servings: 6

Ingredients

For the Brisket:

- 2 lbs grass-fed beef brisket
- 2 tbsp avocado oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sea salt
- 1/2 tsp cracked black pepper
- 1 cup bone broth (beef or mushroom)
- 1 tbsp apple cider vinegar

For the Mushrooms:

- 6 large portobello mushroom caps, stems, and gills removed
- 2 tbsp avocado oil (for brushing)
- Sea salt and pepper

For the Cheese Filling:

- 1/2 cup gourmet cheese, shredded (suggestions: raw-milk Gruyère or Manchego)
- 1 tbsp chopped fresh chives
- 1 tbsp finely chopped parsley

Instructions

1. Cook the Brisket (Slow & Low)

- Rub brisket with oil, smoked paprika, garlic powder, onion powder, salt, and pepper.
- Sear on all sides in a hot skillet or Dutch oven.
- Add broth and vinegar, cover, and cook on low heat (in the oven at 300°F or in a slow cooker on low) for 3–4 hours, until the meat is fork-tender.
- Shred brisket with two forks.

2. Prep the Mushrooms

- Preheat oven to 375°F (190°C).
- Brush portobello caps with avocado oil, season with salt and pepper.
- Bake gill-side up for 10 minutes to remove moisture. Drain the liquid and set aside.

3. Assemble the Stuffed Mushrooms

- Mix the shredded brisket with chopped herbs and a portion of the shredded cheese.
- Fill each mushroom cap generously with the brisket mixture.
- Top with remaining cheese.

4. Final Bake

Bake stuffed mushrooms at 375°F for 15–20 minutes, until the cheese is melted and bubbling, and the tops are golden brown.

Serving Suggestion

Plate with a side of roasted broccolini, sautéed spinach, or a crisp arugula salad with lemon vinaigrette for color, crunch, and contrast.

Pro Tips

- Cheese note: Stick to hard, aged cheeses for low lactose and meso compatibility.
 - Brisket bonus: Make extra and use leftovers in eggs, lettuce wraps, or cauliflower mash.
 - Want heat? Add a pinch of chipotle powder or crushed red pepper to the brisket mix.
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Why This Works for Your Clients

- Beef brisket: Rich in iron, B vitamins, and creatine—fuel for strength and mitochondrial magic.
- Mushrooms: High in antioxidants and gut-friendly polysaccharides.
- Aged cheese: Delivers satisfaction with little to no insulin spike.

The Meso Menu is designed for menopausal women who want to lose their excess weight by eating a gourmet menu.

If you're ready to create a body, mind, and life you LOVE... **Join me on the HOPE For Menopause journey.**

 [Schedule Your Free Consultation Here](#)

Let's turn menopause into the most vibrant chapter of your life yet.

Hope isn't just a feeling. It's a protocol—and it's waiting for you.

With fierce faith in your future,

Doc Mac