

Midlife Metabolism Reset Cheat Sheet

The simple plan to lose body fat, build muscle, and finally stop feeling like your body is working against you.



WELCOME

If you're here...

You're probably tired.

Tired of eating less.

Tired of trying harder.

**Tired of feeling like what used to work...
doesn't anymore.**

**Maybe you've wondered if your
metabolism is broken.**

Maybe you've blamed your hormones.

**Maybe you've started over every
Monday for the last five years.**

Here's the good news...

Your body isn't broken.

It just needs a different strategy.

At Fit Foodie Chicks, we don't believe in starving yourself, cutting carbs, or earning your food with an hour of cardio.

We believe in eating enough.

Building muscle.

Working with your body instead of fighting it.

This guide will show you exactly where to start.



The 5 Biggest Fat Loss Mistakes We See Women Over 40 Make

**1. Every time the scale goes up...
you eat even less.**

We get it.

You step on the scale.

It jumps up two pounds.

**Suddenly you're surviving on
salads, black coffee, and pure
disappointment.**

The problem?

**The less you eat, the harder it
becomes to stay consistent.**

**You end up exhausted, starving,
thinking about food 24/7... and
eventually saying "screw it."**

Try this instead:

✓ **Eat enough to fuel your body.**

✓ **Focus on consistency, not perfection.**

✓ **Remember: fat loss requires a calorie deficit.**

It does not require toddler portions.

**(Seriously...
1,200 calories is
probably not
your answer.)**



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2. You're trying to out-cardio your fork.

**If your workout plan feels like
punishment...**

You're doing too much.

**Hours on the treadmill won't build
the lean, toned body you're after.**

Muscle does that.

Try this instead:

- ✓ **Strength train 3-4 times each week.**
- ✓ **Walk every day.**
- ✓ **Use cardio because you enjoy it, not because you ate pizza Friday night. Cardio should support your life. Not become your personality.**



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3. Protein is an afterthought.

If breakfast is coffee...

Lunch is whatever you grabbed...

**And dinner is where all your
protein finally shows up...**

This one's for you.

Protein helps you:

- ✓ **Build muscle**
- ✓ **Stay full longer**
- ✓ **Recover better**
- ✓ **Improve body composition**

Try this instead:

Aim for 25-35g of protein at every meal.

Don't overcomplicate it.

Just start there.



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4. You're "perfect" Monday through Thursday...

...then the weekend shows up.

Wine.

Chips.

Pizza.

Cookies.

**Monday arrives and you convince
yourself you "blew it."**

You didn't.

**You just built a plan that was
impossible to live with.**

Try this instead:

Plan the burger.

Eat dessert.

Have date night.

Track it.

Move on.

**Women who keep
weight off don't
avoid real life.**

**They build a plan
that includes it.**



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**5. You're letting the scale decide
whether you're successful.**

The scale is one data point.

Not your identity.

Not your progress report.

Not your self-worth.

Sometimes it's sodium.

Sometimes it's stress.

Sometimes it's sore muscles.

**Sometimes your uterus simply woke
up choosing violence.**

Instead:

Track:

✓ **Measurements**

✓ **Progress photos**

✓ **Strength**

✓ **Sleep**

✓ **Consistency**

✓ **Energy**

**Those tell a
much better
story.**



The Fit Foodie Chicks Way.

We don't believe in punishment.

**We believe in building a body you
actually enjoy living in.**

Instead of starving...

👉 Fuel your body.

Instead of chasing calories burned...

👉 Build muscle.

Instead of fearing carbs...

👉 Learn how to use them.

Instead of cutting out foods you love...

👉 Make them fit.

Instead of guessing...

👉 Track what matters.

Simple. Sustainable. Repeatable.



Your 7-Day Reset

For the next week...

- ☐ **Eat 25-35g protein at every meal**
- ☐ **Strength train 3 times**
- ☐ **Walk at least 10 minutes every day**
- ☐ **Drink a full glass of water with every meal**
- ☐ **Eat one food you genuinely love, without guilt**
- ☐ **Stop calling foods "good" or "bad"**
- ☐ **Remind yourself daily:**

***"My worth isn't measured
by the scale."***

**You don't need a perfect week.
You just need a better one.**



The Food Freedom Plate

Every meal doesn't have to be Pinterest-worthy.

Just build your plate like this:

Protein

Chicken

Ground beef

Eggs

Greek yogurt

Shrimp

Turkey

Cottage cheese

Steak

Carbs

Rice

Potatoes

Pasta

Bread

Fruit

Oats

Tortillas

Beans

Color

Broccoli

Green beans

Salad

Peppers

Brussels sprouts

Carrots

Zucchini

Anything that grew
from the ground.

The Food Freedom Plate

Every meal doesn't have to be Pinterest-worthy.

Just build your plate like this:

Healthy Fats

& Flavor

Avocado

Cheese

Butter

Olive oil

Dressing

Sauces

Because healthy
food should
actually taste good.

Fun Foods

Ice cream

Pizza

Cookies

Wine

Burger night

Tacos

Birthday cake

Yes...

These belong too.

What Eating Like This Actually Looks Like

Breakfast

FFC Strawberry Shortcake French Toast



Lunch

Burger Bowl: Lean beef, Roasted
potatoes, Pickles, Lettuce,
Special sauce, Cheese

Snack

FFC Coach Jackie's Cookie Dough



Dinner

High Protein Taco Pasta: Lean ground beef, Protein pasta, Taco seasoning, Cheese, Greek yogurt, Salsa

Date Night

Steak tacos: Chips, Salsa, Margarita

Tracked.

Enjoyed.

Zero guilt.

Dessert

Protein brownie bowl
or

A bowl of your favorite ice cream that
actually fits your plan.

Imagine that.

Do This... Not That

 **Cut carbs**

 **Pair carbs with protein.**

 **Skip breakfast**

 **Start your day with protein.**

 **Punish yourself with cardio**

 **Lift weights and walk more.**

 **Wait until Monday**

 **Make your next meal a good one.**

 **Starve all day**

 **Eat meals that actually keep you full.**

 **Chase perfection**

 **Chase consistency.**

Ready For A Plan That's Built Around YOU?

**This guide is the
starting point.**

**But if you're tired of
guessing...**

Tired of starting over...

**And tired of feeling
like your body
changed overnight...**

We're here to help.



**At Fit Foodie Chicks, we help women
over 40 lose body fat, build muscle,
improve their health, and finally enjoy
food again - without cutting carbs, giving
up date night, or living
on chicken and broccoli.**

Your body isn't broken.

**It just needs a
plan that actually
fits your life.**

**Ready for your
next step?**

**Message us "RESET" and we'll help you
figure out exactly where to start.**

