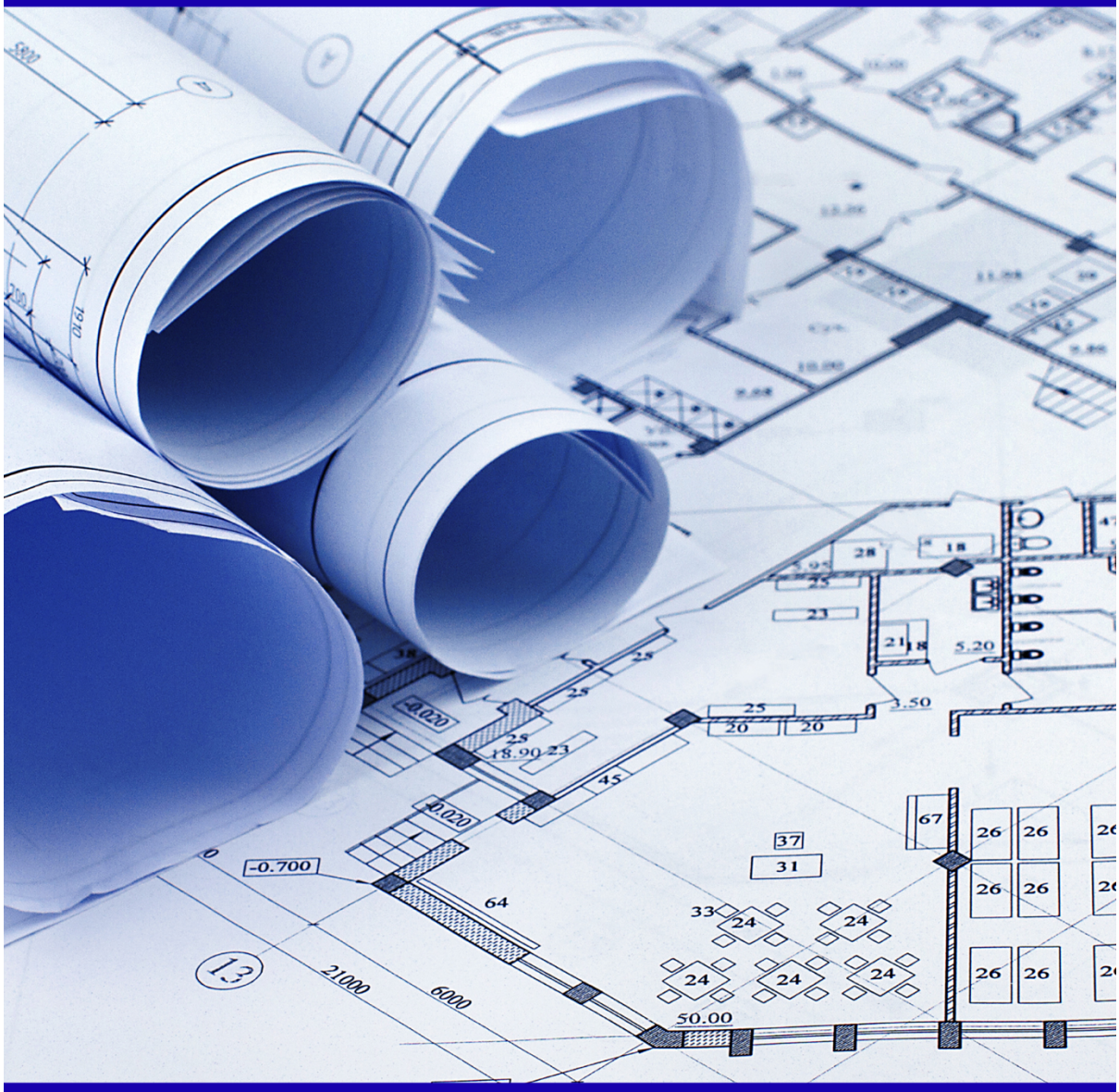
THE MENOPAUSE MODULES



YOUR BLUEPRINT TO MIDLIFE MASTERY

🔥 MODULE 4 — Menopause Nutrition: What Actually Helps Fat Loss (Not the Internet Nonsense)

How to eat in a way that supports hormones, hunger, energy, and fat loss after 45.

⭐ MODULE INTRODUCTION

“Let’s get one thing straight:

You don’t need a menopause diet.

You need **menopause-smart nutrition**.

This isn’t about eating less, eating ‘cleaner’, cutting carbs, fasting harder, or living off salads.

It’s about supporting the hormonal environment your body is in NOW, not the one you had at 30.”

⭐ LESSON 4.1 — Why Healthy Eating Isn’t Enough Anymore

Most midlife women say:

“But I eat healthy… why am I not losing weight?”

Here’s why:

✓ Menopause changes hunger and fullness

Oestrogen used to help regulate appetite.

Now hunger feels unpredictable.

✓ **Protein needs increase**

But most women aren't eating enough of it.

✓ **Carbs are handled differently**

Not badly — just differently.

The timing + type matters more now.

✓ **Stress affects water, digestion, and cravings**

So even a "healthy day" can be ruined by high cortisol.

✓ **Healthy eating ≠ calorie deficit**

You can maintain or gain weight eating whole foods.

This module teaches you:

what to adjust, not what to "cut."

⭐ **LESSON 4.2 — The 5 Menopause Nutrition Principles (Simple + Effective)**

These are the **core nutrition rules** that support fat loss after 45.

Protein at EVERY meal

Boosts metabolism → controls hunger → builds muscle → supports fat loss.

Aim for:

25–35g per meal

- snacks as needed.

Fibre + plants = happy gut + better cravings

Fibre helps with:

- digestion
- bloating
- blood sugar
- cravings
- satiety

Most women under-eat it.

Shoot for:

25–30g per day (easy with fruit, veg, whole grains, beans).

Smart carbs instead of NO carbs

Menopausal bodies still LOVE carbs…

we just need to be smarter with them now.

Choose:

- oats
- rice
- potatoes
- fruit
- whole grains

Avoid relying on:

- sugary snacks
- ultra-processed carbs

And focus on:

Carbs around workouts, busy days, and evenings if sleep suffers.

Anti-inflammatory choices matter more now

Why?

Because hormonal shifts increase inflammation + water retention.

Think:

- berries
- olive oil
- omega 3s
- dark leafy greens
- turmeric
- nuts/seeds
- brightly coloured veggies

This isn’t “diet culture.”

It genuinely helps your hormones.

Hydration + electrolytes = game-changers

Menopause increases:

- sweating
- hot flushes
- dehydration
- headaches
- fatigue

Most women don't drink enough.

Aim for:

2–3L water + electrolytes 2–3 days per week.

⭐ LESSON 4.3 — The Menopause Plate Method (Simple Visual Guide)

Here's how your meals should look, without tracking or dieting:

🥩 1/3 PROTEIN

Chicken, fish, tofu, eggs, Greek yoghurt, lean meats.

🥦 1/3 VEG / PLANTS

Cooked veg, salad, fruit, beans, lentils.

🍚 1/3 SMART CARBS

Rice, potatoes, oats, quinoa, pasta.

+ 1–2 tbsp HEALTHY FATS

Olive oil, avocado, nuts/seeds.

This gives:

- stable blood sugar
- fewer cravings
- better energy
- regulated appetite
- better sleep
- reduced inflammation
- easier fat loss

Simple. Sustainable. Works every time.

⭐ LESSON 4.4 — The Top 5 Nutrition Mistakes Women Make After 45

❌ 1. Undereating protein

Number one cause of cravings + slow progress.

❌ 2. Over-relying on healthy carbs

Carbs aren't the enemy — the *lack of balance* is.

❌ 3. Eating too little overall

This tanks metabolism, energy, and mood.

❌ 4. Skipping meals

Leads to night-time overeating and blood sugar crashes.

❌ 5. "Clean eating harder"

Healthy doesn't automatically mean fat loss.

⭐ LESSON 4.5 — How to Build Menopause-Friendly Meals (Examples)

Breakfast

✔ Greek yoghurt + berries + protein granola
✔ Scrambled eggs + spinach + seeded toast
✔ Protein oats with chia seeds + fruit

Lunch

✔ Chicken salad with olive oil + rice
✔ Tuna, beans & sweetcorn protein bowl
✔ Soup + protein on the side (eggs, yoghurt, lean meat)

Dinner

✔ Salmon + potatoes + greens
✔ Stir fry with tofu + noodles
✔ Lean mince chilli + rice

Snacks

✔ Protein shake
✔ Cottage cheese + fruit
✔ An apple + nuts
✔ Greek yoghurt pot

⭐ LESSON 4.6 — Managing Cravings & Energy Dips

Cravings are **not** a willpower issue.
They're hormonal signals.

Fix the cause → cravings reduce.

Causes:

- low protein
- poor sleep
- stress
- low calorie intake
- eating too irregularly
- high sugar diet
- long gaps between meals

Fixes:

- consistent protein
- 3 main meals + 1–2 snacks
- carbs at dinner for sleep
- hydration
- walking
- reducing long cardio sessions

⭐ LESSON 4.7 — Should You Track Calories? (Honest Answer)

You do NOT need to track calories unless:

- you're stuck
- you're underestimating
- you're overeating healthy foods
- your progress has stalled for months

If you prefer not to track:

Use the **Menopause Plate Method** + consistent habits.

If you DO track:

Use a mild deficit — **no extreme cuts**
(150–250 calories below maintenance).

⭐ LESSON 4.8 — Carbs, Alcohol, Sugar & Real Life

You can absolutely enjoy life AND lose fat.

CARBS

Keep them mainly whole-food based.

Avoid going low-carb unless medically needed.

ALCOHOL

2–4 drinks a week is fine.

More than that = sleep + cravings + recovery issues.

SUGAR

Allow it in small amounts.

Total restriction = binge cycles.

EATING OUT

Use this rule:

Protein + veg first → carbs next → enjoy something small.

This keeps you in control instead of feeling deprived.

⭐ MODULE 4 SUMMARY

- You don’t need a menopause diet — just smarter nutrition
- Protein, plants, carbs, hydration, and anti-inflammatory foods matter most
- Skipping meals + low protein = cravings and slow progress
- The Plate Method makes fat loss simple and sustainable
- Carbs aren’t the enemy — timing + type matter
- Managing cravings is about fixing the cause, not relying on willpower
- Alcohol, sugar, meals out are all fine in moderation
- Balance beats restriction every single time

🔥 **END OF MODULE 4 TASK — "The Menopause Plate Audit"**

Write down your answers to these 3 prompts:

Which part of your plate is currently the weakest?

Choose:

- protein
- plants
- smart carbs
- healthy fats
- meal consistency

What's one adjustment you can make THIS WEEK to improve your meals?

Examples:

- add a protein source to breakfast
- include veg at lunch
- swap a snack for Greek yoghurt
- drink 2L water daily
- add a carb source at dinner for better sleep

Create your "default balanced meal" for the week.

Your go-to formula.

E.g.:

"Protein + rice + veg + olive oil."
"Eggs + seeded toast + tomatoes."
"Greek yoghurt + berries + oats."

This becomes your nutritional anchor for consistency.

Notes: