

A woman with blonde hair tied back is performing a yoga pose on a sandy beach. She is wearing a bright blue sleeveless top and bright pink leggings. She is in a low lunge position with her right leg forward and her left leg back, both feet flat on the sand. Her arms are extended forward and slightly to the sides, with her hands resting on the sand. Her head is tilted back, and she is looking upwards. In the background, there is a bright blue sky with a large, vibrant rainbow arching across it. The ocean waves are visible in the distance. A large, solid pink circle is partially visible in the top right corner of the image.

MENOMAGIC

**GET ACTIVE, BUILD MUSCLE,
AND LOSE THE FAT!**

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MENOMAGIC PLANNER

Week 1

- Day 1: ☐ Walk ☐ 8 Magic 8 (34 Min)
- Day 2: ☐ Walk ☐ 8 Locked 8 Loaded (30 Min)
- Day 3: ☐ Walk ☐ 8 Leg Pump (30 Min)
- Day 4: ☐ Walk
- Day 5: ☐ Walk ☐ 8 Empowered Practice (42 Min)
- Day 6: ☐ Walk ☐ 8 Moon Phases (33 Min)
- Day 7: ☐ Walk

Week 2

- Day 1: ☐ Walk ☐ 8 Locked Down (35 Min)
- Day 2: ☐ Walk ☐ 8 Guns Blazing (30 Min)
- Day 3: ☐ Walk ☐ 8 Legendary Legs (33 Min)
- Day 4: ☐ Walk
- Day 5: ☐ Walk ☐ 8 Energize 8 Let Go (40 Min)
- Day 6: ☐ Walk ☐ 8 Combat Stress (42 Min)
- Day 7: ☐ Walk

Week 3

- Day 1: ☐ Walk ☐ 8 Pump and Flow (33 Min)
- Day 2: ☐ Walk ☐ 8 Mighty Muscles (35 Min)
- Day 3: ☐ Walk ☐ 8 Lava Legs 8 Abs Ablaze (40 Min)
- Day 4: ☐ Walk
- Day 5: ☐ Walk ☐ 8 Ignite Your Light (42 Min)
- Day 6: ☐ Walk ☐ 8 Down Shift (34 Min)
- Day 7: ☐ Walk

Week 4

- Day 1: ☐ Walk ☐ 8 Shape Escape (40 Min)
- Day 2: ☐ Walk ☐ 8 Atomic Arms (34 Min)
- Day 3: ☐ Walk ☐ 8 Torch Your Tush (34 Min)
- Day 4: ☐ Walk
- Day 5: ☐ Walk ☐ 8 Synergy Energy (48 Min)
- Day 6: ☐ Walk ☐ 8 Be Present (30 Min)
- Day 7: ☐ Walk

Priorities:

Notes :



Beach Yoga Girl

MENOMAGIC

HELLO, AND WELCOME TO MENOMAGIC!

Whether in perimenopause, menopause, or post-menopausal, MenoMagic will help you get active, build muscle, and shed the fat!

I went into menopause at age 45, and even though I thought I knew everything there was to know about how to lose weight, get fit, and live a healthy life, I was unprepared for the roller coaster ride called menopause.

I designed this easy-to-read guide to share with you everything no one told me about how to THRIVE in pre and post-menopause. I hope you find it helpful, easy to follow, and informative!

This exact program is what I did to shed 20 pounds of visceral belly fat after I went into menopause.

LET'S DO THIS!



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WORKOUTS THAT WORK!

For the next four weeks, I have scheduled **five days of workouts** to target your entire body. Choose *weight that is a challenge for you*. If you are not feeling the burn, I want you to increase your weight. You can always drop down to something lighter, but I want you to challenge yourself!

Equipment needed: We will use dumbbells, resistance bands, and the Pilates small ball. I have linked all of the equipment on the MenoMagic program page.

DAILY WALKS

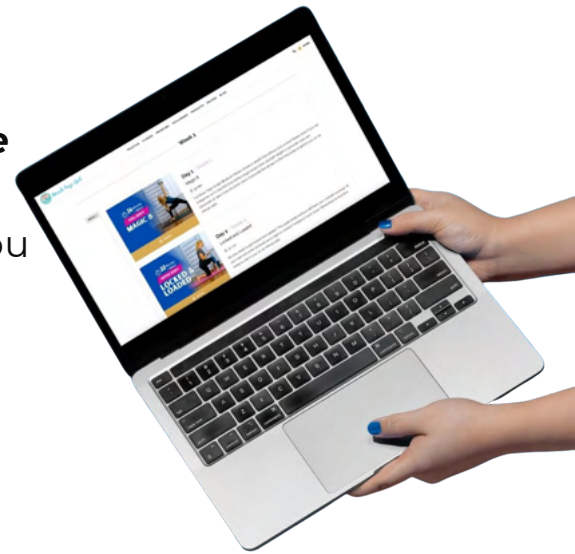
Walking is part of the program! Each day of this program, I want you to find 20-30 minutes to walk, preferably 60 -90 minutes after your last meal, but it can be any time. On your rest days when we don't have a class planned, I want you to walk for 30-45 minutes.

Zone 2 heart rate!

When walking, keep your heart rate in zone 2.

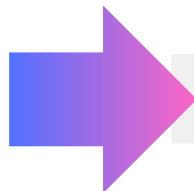
Zone 2 heart rate will burn fat and calories without increasing your cortisol levels, which will help you burn calories and **lose belly fat**.

Zone 2 is 60-70% of your target heart rate.



MENOMAGIC

CALCULATING YOUR HEART RATE ZONES



Zone	Target Heart Rate	Benefit from Training
Z1	50% – 60%	Warmup / Recovery
Z2	60% – 70%	Aerobic Base
Z3	70% – 80%	Aerobic Endurance
Z4	80% – 90%	Anaerobic Capacity
Z5	90% – 100%	Speed Training

HOW TO CALCULATE MAX HR AND ZONE 2

Maximum heart rate is the maximum amount of beats the heart can pump under maximum stress.

You can estimate your maximum heart rate based on your age. To calculate your maximum age-related heart rate, subtract your age from 220.

Example for 50 year old:

$50 - 220 = 170$ beats per minute

- 60% level: $170 \times 0.60 = 102$ bpm is 60% (zone 2)

While it may not be 100% accurate, it's still a good start for those just starting out.

MENOMAGIC

NUTRITION

FOOD SWAPPING - NO DIETS!

Diets don't work. Instead, I want you to make small changes to the meals you already make.

Instead of a “meal plan” of food you will never eat again, I want you to list the ten most common meals you eat. Look at labels and serving size, and focus on three things:

How much **protein, fiber, and saturated fat** are in each meal.

PROTEIN AND FIBER GOALS

Your goal is to eat foods high in **protein** and **fiber** but **low in saturated fat**.

MAKE A PLAN!

Use my Meno-Meal Planner to help you write down the ingredients in the ten most common meals you make.

- Switch out the high-saturated fat items for food low in saturated fat.
- Swap simple carbs for complex carbs.
- Make sure each meal has protein & fiber.

MENO-MEAL PLANNER

WHAT AM I MAKING:

INGREDIENT	CALORIES	PROTEIN	SATURATED FAT	FIBER
TOTALS				

REPLACEMENT IDEAS

- REPLACE OIL WITH WATER WHEN SAUTÉING VEGGIES
- REPLACE MEAT WITH LENTILS, BEANS OR TOFU
- REPLACE CHEESE WITH NUTRITIONAL YEAST
- REPLACE ICE CREAM WITH BANANA ICE CREAM
- REPLACE BUTTER/OIL WITH APPLESAUCE (BAKING) OR PLANT BUTTER

After reading this guide, you will know how to make a few tweaks (food swaps) to your meals to move the needle toward fat loss.

MENOMAGIC

FAT & ALL THAT



LIMIT SATURATED FAT

Saturated fat is a type of fatty acid molecule found in various foods. Saturated fatty acids can directly **interfere** with **insulin signaling** *within hours* of eating a high-fat meal.

This blocks the ability of the liver and muscles to absorb or uptake glucose from the blood. Overaccumulation of saturated fatty acids in adipose tissue can also cause inflammation, contributing to insulin resistance.

Insulin resistance is when the body's cells become less responsive to the hormone insulin. This reduced sensitivity impairs the cells' ability to absorb glucose from the bloodstream effectively, leading to elevated blood sugar levels. *Insulin resistance leads to weight gain and other health conditions such as type 2 diabetes.*

Studies have shown that diets high in **saturated fat** require more insulin to manage blood glucose levels, further **contributing to insulin resistance**.

ARE YOU EATING TOO MUCH SATURATED FAT?

Now that we know foods high in saturated fat contribute to insulin resistance, we can shift our metabolism!

Women in peri-menopause and menopause are naturally prone to insulin resistance due to hormone decline. This is one of the reasons we start gaining fat- especially around our midsection.

So, what is the answer?

Reduce your total saturated fat to no more than **13g** daily.

MENOMAGIC

FAT & ALL THAT



Check your labels to know if a food is low in saturated fat. **A low saturated fat food is under 2g per serving.**

HIGH SATURATED FAT FOODS

- Beef
- Pork
- Lamb
- Processed Meats
- Whole-fat Dairy
- Cheese
- Pizza
- Ice Cream
- Butter
- Lard
- Mayonnaise
- Coconut & Palm Oil
- Brownies & Doughnuts
- Bacon
- Hot Dogs
- Cream-based dressings and dips
- Cookies
- Chips
- Spreads

**SATURATED
FAT**

PROTEIN

FIBER

Nutrition Facts	
10 servings per container.	
Serving size:	1 gallon
Amount per serving	
Calories	232
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	13%
Dietary Fiber 4g	14%
Total Sugars 16g	
Protein 20g	
Vitamin D 2mcg	
	10%
Calcium 260mg	
	20%
Iron 8mg	
	45%
Potassium 235mg	
	6%
INGREDIENTS: Benzene, n-Butane, ethanol, ethyl benzene, n-hexane, methyl-tertiary butyl ether, tertiary-amyl methyl ether, toluene, 1,2,4-trimethylbenzene	

MENOMAGIC

FAT & ALL THAT



WHAT IS TRANSFAT?

Trans fat is a type of fat that predominantly originates from a chemical process known as **hydrogenation**. This process, invented by food manufacturers, converts liquid oil into a solid or semi-solid state, increasing its shelf life and altering its texture for consumer appeal. Foods containing trans fats include margarine, baked goods, and certain processed and unprocessed meats.

WHY YOU WANT TO AVOID TRANSFAT:

- **Cardiovascular Complications:** Transfat increases levels of bad cholesterol (LDL) and lower levels of good cholesterol (HDL),
- **Inflammation:** Trans fats cause vascular inflammation, leading to damage in the blood vessels and accelerating the development of atherosclerotic plaque.
- **Increased Risk of Various Diseases:** Trans fats are associated with a higher risk of several other health issues, including Alzheimer's, dementia, and depression.

In the United States, if a food item has less than 0.5 grams of trans fats in a serving, the food label can read 0 grams of trans fats!! So, be careful when you are reading your labels! **Avoid products listing partially hydrogenated oils as an ingredient.**



TRANS FATTY FOODS

- Commercial baked goods, such as cakes, cookies and pies
- Shortening
- Microwave popcorn
- Frozen pizza
- Refrigerated dough, such as biscuits and rolls
- Fried foods, including french fries, doughnuts and fried chicken
- Nondairy coffee creamer
- Stick margarine
- processed meats

MENOMAGIC

FAT & ALL THAT



BUT WHAT ABOUT HEALTHY FATS?

There's a *massive* difference in how trans fat, saturated fat, and unsaturated fat affect your metabolic health. They can bump up or lower your risk for many things, not just in menopause but also in heart disease, high blood pressure, high cholesterol, Alzheimer's, and chronic kidney disease.

Health issues concerning insulin resistance are important to understand when transitioning into menopause.

Remember: *Fat doesn't make you fat, but insulin resistance does.*

TOO MUCH OF A GOOD THING IS STILL TOO MUCH

The current guideline for healthy adults is limiting overall daily fat intake to 20% to 35% of total daily calories; however, women in pre or post-menopause **need to consume less fat.**

Women in pre or post-menopause must limit total fat (saturated and healthy fats) to **30g per day.**

This will help you lose fat, especially around the stomach, and remain insulin-sensitive (which we want)!

A quick word about olive oil: If you want to use oil, olive oil is the best of all the oils, but remember that it is *high* in *calories* and *fat*. Limiting your oil consumption will help reduce your overall daily calories and fat, which will help you lose the fat!

So, if you eat it for the “healthy fat,” eating the olives would be a much better choice!

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PROTEIN



HOW MUCH PROTEIN SHOULD I EAT?

I often hear trainers say you should eat 1g of protein per pound, but you only need that much protein if you are trying to go for the bodybuilder-type physique.

For those of us in perimenopause or post-menopause is very difficult to consume that much protein while also trying to lose fat. Here is an excellent way to calculate how much protein you should be eating:

Ideal Body Weight X .6 = number of grams per day

Aim for a minimum of 70+ grams (or more) of **protein** per day; however, be careful not to overeat to achieve this goal. The best foods to help you lose fat while building muscle are those that are high in protein, high in fiber, and low in saturated fat.

HIGH PROTEIN PLANT-BASED FOOD

- Tofu
- Chick Peas
- Peas
- Lentils
- Black Beans
- Edamame
- Quinoa
- Potatoes
- Ezekial breads
- Mung beans
- Pumpkin seeds
- Kidney Beans
- Spinach
- Hemp Hearts
- Chia Seeds
- Almonds
- Nutritional Yeast
- Asparagus
- Spelt and Teff
- Fava beans
- Lima beans
- Avocado
- Kale
- Pinto Beans
- Spirulina
- Soy Milk
- Oats
- Wild Rice
- Broccoli
- Sweet Potatoes
- Brussel Sprouts
- Artichokes
- Yellow sweet corn

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FIBER



ARE YOU EATING ENOUGH FIBER?

Foods with healthy amounts of fiber, such as beans, whole grains, and certain vegetables, break down in your body to create an environment that helps probiotics grow and thrive within your gut.

Fiber also helps everything run smoothly, improving cholesterol, suppressing inflammation, and lowering blood sugar levels. Fiber will also help you feel full and satiated at every meal!

The American Heart Association suggests **25 to 30 grams daily** from food, not supplements.

BUT FIBER (BEANS, LENTILS, LEGUMES) MAKES ME BLOATED!

If you notice that you feel more bloated when you increase your fiber, the key is not to eliminate it but to introduce fiber slowly over a few weeks. This will give your gut time to create the beneficial enzymes that help break down your food.

On another note, sometimes *too much* fiber is the cause of your bloating. Eating *more* than 70G daily might make you feel bloated and constipated.

HIGH FIBER FOODS

- | | | |
|---------------|--------------|----------------------|
| • Lentils | • Avocado | • Split Peas |
| • Black Beans | • Pears | • Navy Beans |
| • Pistachios | • Chia Seeds | • Lima Beans |
| • Prunes | • Brown Rice | • Green Peas |
| • Corn | • Apples | • Red Kidney Beans |
| • Chickpeas | • Broccoli | • Brown Rice |
| • Artichokes | • Kale | • Whole Grain Barley |
| • Peas | • Spinach | • Whole Wheat |
| • Oatmeal | • Celery | • Oat Bran |

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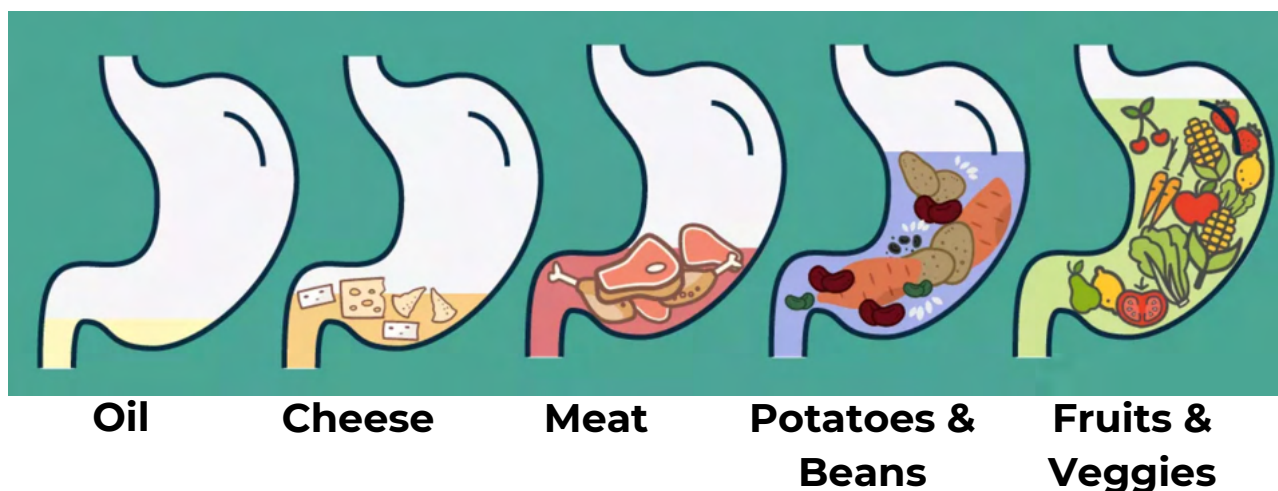
EATING WISELY

CALORIE (ENERGY) DENSITY & SATIETY (FEELING FULL)

Understanding **calorie density** is a game-changer for women trying to lose weight in menopause while maintaining nutritional balance. At its core, foods with a **low-calorie density/high satiety** (feeling full) are those that **occupy substantial space in your stomach yet provide fewer calories**.

This means you feel full and satisfied despite consuming fewer calories.

THIS IS WHAT 500 CALORIES LOOKS AND FEELS LIKE IN YOUR STOMACH



Eating foods that offer higher satiety (per calorie) allows you to feel fuller with fewer calories. That way, you can control hunger while eating the right calories for your goals.

As a bonus, when you eat calorie-dense foods like fruits, veggies, potatoes, legumes, and beans, they are also nutrient-dense! These foods will also *help you manage menopause-related symptoms* such as fatigue & hot flashes related to nutrient deficiencies.

MENOMAGIC

EATING WISELY

CALORIE (ENERGY) DENSITY & SATIETY (FEELING FULL)

Most people **eat about 4 pounds of food each day**, although the exact amount can vary slightly.

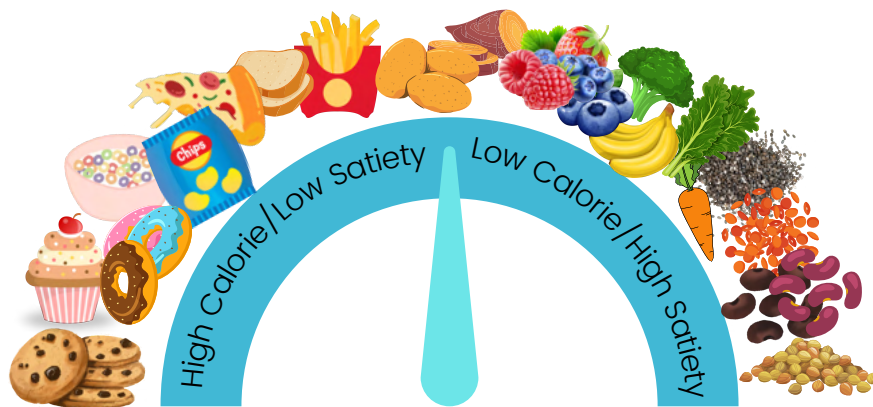
Diets fail because they usually require you to eat less than this amount, which makes you feel hungry and not full. 🤔

The key is not to eat less but to **eat wisely**. 😎

For the next 30 days, **you will eat your usual amount of food** but **shift a few food items to less calorie-dense options**. This will result in you *consuming fewer calories daily without feeling deprived!*

The outcome? You feel full and satisfied, reduce your overall calories! Eating wisely will result in your **losing weight without feeling deprived**. 🙌

The exact calorie reduction and weight loss will depend on the food replacements/adjustments you make.



Satiety = Feeling Full & Satisfied

MENOMAGIC

EATING WISELY

EATING BULK WITHOUT EXTRA CALORIES

Ever wondered what gives food its calorie density? A big player is **water content**. Take fruits and veggies, for example. Many are made up of over 90% water, and *almost all fruits and veggies are at least 75% water*.

This means they give you a lot of bulk without the extra calories. Then there's fiber-rich food such as beans, legumes, and grains. They are low in calories and take their sweet time being digested, helping you feel full for longer.

Remember: Your body will want to consume roughly 4 pounds of food to feel full!

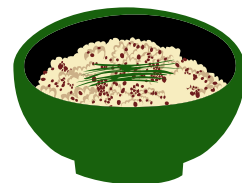
The good news? You get to decide which 4 pounds of food you fill up on, therefore controlling your hunger and consuming fewer calories. #winning

4 POUNDS OF LUCKY CHARMS CEREAL



CALORIES 7,054

4 POUNDS OF COOKED QUINOA



CALORIES 2,176

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EATING WISELY

IT'S NOT *JUST* CALORIES IN VS. CALORIES OUT - IT'S HOW FOOD IS METABOLIZED!

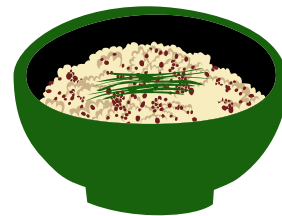
WHITE RICE



Calories 242
Protein 4.4 grams
Fiber .6 grams

1 CUP
VS.

QUINOA



Calories 222
Protein 8.14 grams
Fiber 5.18 grams

Although the calories between these two food items are very similar, the cup of white rice will *metabolize in your body differently* than the cup of quinoa.

Because white rice has virtually no fiber and less protein, it will spike your insulin and digest quickly. This will give you quick energy, but you will feel hungry quickly. 😞

The cup of **quinoa** will give you **more protein** and **more fiber**, which will help your body digest the food slowly (gradual increase in insulin), resulting in you **feeling fuller** for longer and will also give you **more sustained energy** (which means you move more and don't feel fatigued). 😊

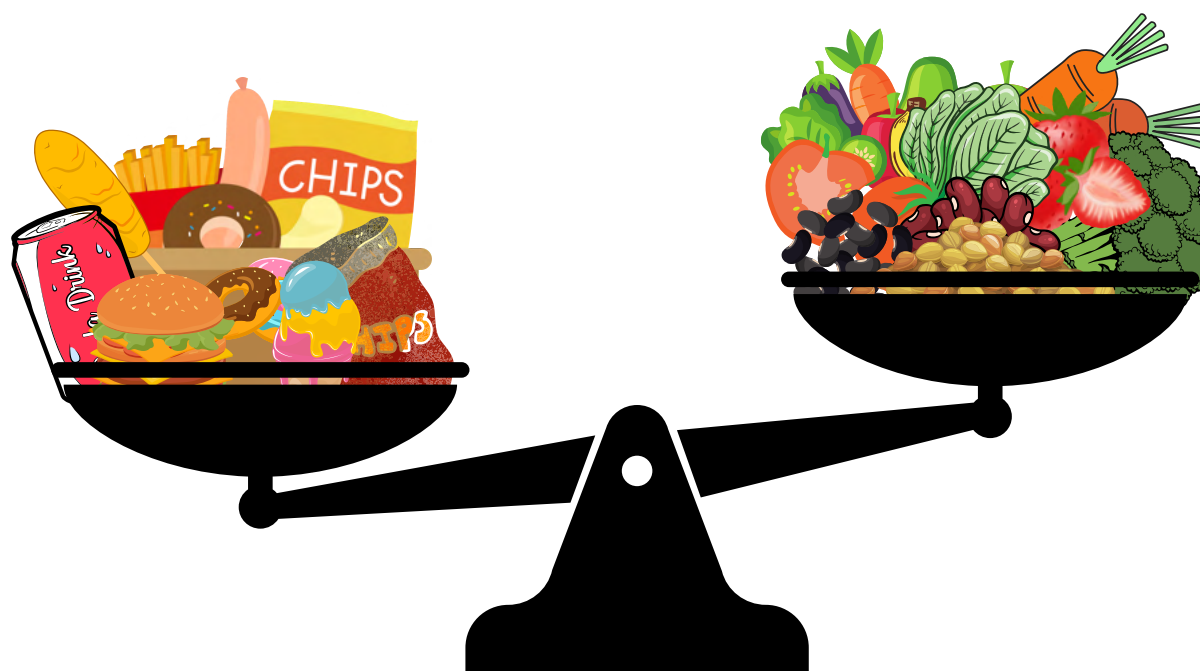
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EATING WISELY

CHOOSE WHOLE FOOD OVER PROCESSED & FATTY FOOD

Whole foods are unrefined (or unprocessed), meaning they are as close to their natural form as possible. Think fresh fruit, veggies, whole grains. On the other hand, processed foods have been modified in a food processing plant.

- Whole food regulates appetite—so you don't overeat
- Whole food controls blood sugar/insulin—so you can avoid energy swings and diabetes
- Whole food provides the best nutrition to help with menopause symptoms
- Whole food fills you up —so that you can't accidentally overeat
- Whole foods are low in calories but high in energy and leave you feeling satisfied.



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METABOLISM HACKS

SWAPPING SIMPLE CARBS FOR COMPLEX CARBS

Did you know there are three main types of carbs? They're sugars, starches, and fiber. We call them 'simple' or 'complex' because of their structure and how our body handles them. Many foods have a mix of these carbs, so figuring out which ones are good for us can be a bit confusing!

Simple carbs are things like white rice, white flour, white bread, cookies, and fruit juice. These foods have been stripped of their "original packaging," aka their fiber. They are easy to digest but spike your insulin, create energy highs and lows, and **leave you craving more food.**

Complex carbs contain their "original packaging," meaning they contain fiber. They are foods like whole grains, beans, and starchy veggies. *They have longer sugar chains, so our body takes more time to digest them.* They give us a steady stream of energy and make us **feel full and satiated!**



MENOMAGIC

METABOLISM HACKS

SWAPPING SIMPLE CARBS FOR COMPLEX CARBS

Swapping out food items can be an easy way to reduce your calories, feel full, and hack your metabolism! Here are a few ideas of how to swap out simple carbs for complex carbs.

SIMPLE

White
Rice



Quick Oats



Chips



Fruit Juice



Pasta



Ice Cream



SWAP

SWAP

SWAP

SWAP

SWAP

SWAP

COMPLEX

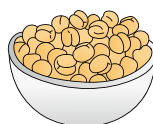
Quinoa



Steel Cut Oats



Roasted
Chickpeas



Whole Fruit



Chickpea or
Lentil Pasta



Banana
Ice Cream



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INCREASE YOUR NEAT!

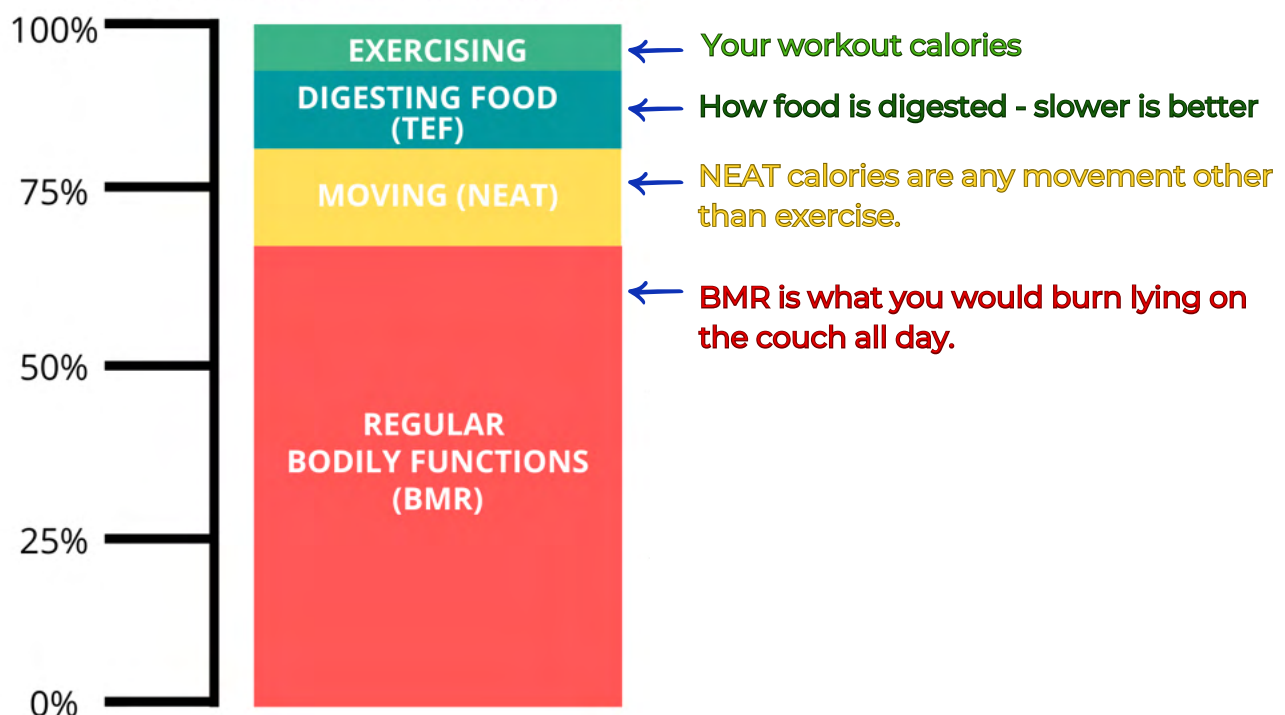
NON-EXERCISE ACTIVITY THERMOGENESIS (MOVE MORE)

Focus on getting more movement into your day (taking the stairs, parking far away from the building you are going into), walking after meals, standing every hour, or whatever you can do to simply move more. **Just 115 extra calories a day you burn can result in a pound of fat per month.**

Although workouts are great for building muscle, increasing metabolism, better mobility, flexibility, and burning some calories, **workouts are only 10% of your total daily calorie expenditure.**

Your non-exercise calories can be 20-30% of your total calorie expenditure!

HOW WE SPEND OUR CALORIES



MENOMAGIC

OTHER CONSIDERATIONS

INTERMITTENT FASTING & METABOLISM

Try intermittent fasting. Studies have shown that (IF) can help reduce visceral fat (fat around our organs) for women in menopause. For women in perimenopause, studies are mixed, so talk to your doctor if intermittent fasting is right for you.

Eat within a window of time. The easiest way to do (IF) for me was to skip breakfast and eat from 12-8 p.m.; however, that might not be possible for some (and that's okay!)



GIVE YOUR BODY A BREAK FROM PRODUCING INSULIN

If you eat breakfast, try to make the last meal of the day earlier. There are many different ways to do Intermittent fasting. Research different (IF) plans and see if one works best for you.

METABOLISM TIP

Eat Your Veggies/FiberFirst! Eating your veggies or fiber-rich foods first will **slow down** your **digestion**, which will help slow down the spike in insulin.

This enables you to stay fuller, have more energy, and helps you stay insulin sensitive (which is a good thing)!

MENOMAGIC

OTHER CONSIDERATIONS

STICK TO A SCHEDULE TO HACK THE BRAIN

Be consistent with when you eat. Plan the time of day you usually eat, and stick to the schedule. Eating schedules will help your brain to sync up with when to release your hunger hormones.

After two weeks of eating at the same time every day, you will notice that you will feel hunger signaling only during those hours.

ARE YOU DRINKING ENOUGH WATER?

Hydration is key! When we are **dehydrated**, our bodies **cannot metabolize food properly**.

Being dehydrated can signal the brain to release hunger hormones desperately trying to get water from our food.

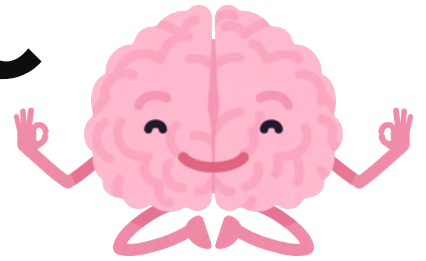
Try for a gallon of water per day. Setting a reminder on your phone can be helpful to alert you to drink water every hour.

If you struggle with remembering to drink water, know that after two weeks of consistently drinking, your brain will signal you to drink! I promise!



MENOMAGIC

STRESS & THE “MENOBELLY”



ARE YOU STRESSED OUT?

Don't stress! The most important thing to remember is *NOT TO STRESS!* With MenoMagic, we aim to reduce cortisol (stress hormone), gain muscle, and increase our overall daily movement.

Too much cortisol can lead to excess belly fat when our hormones are low. MenoMagic will help you work smarter, increase your daily movement, and reduce stress, leading to your success!

If you can't get in a workout, that's okay! Try to remember your walks. If you can't get in a walk, I want you to find 2 minutes (60-90 minutes after your last meal) to do air squats (body weight only). Air squats are a great way to get your heart rate up and help with getting glucose into your muscles and tissues rather than storing it as fat.

Remember: *some movement is better than no movement.*

HAVE YOU HAD YOUR BLOODWORK DONE?

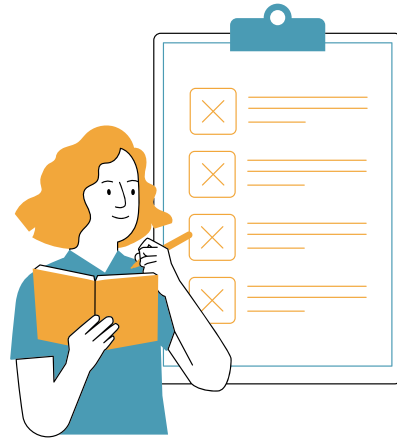
Get your bloodwork done! Talk to your doctor and ask them to do a full blood workup. Decide with your doctor if hormone replacement therapy is right for you or if you need vitamin supplements.

Most people are **deficient** in **magnesium and vitamin D**, which can **significantly affect energy levels and weight loss**. After you receive your blood test results, you may need to supplement Vitamin D3, Magnesium, or B12.

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QUICK SUMMARY

To Do List



1. Schedule Menomagic workouts and be dedicated!
2. Daily walks! Increase NEAT calories.
3. Drink 1 gallon of water per day.
4. Eat 70g (or more) of protein daily.
5. Eat 25g of fiber daily.
6. Make a list of 10 common meals and food swap!
7. Reduce saturated fat to less than 13g daily and total fat to less than 30g daily.
8. Add more fruits and veggies to meals.
9. Eat fiber-rich foods first at every meal!
10. Swap out processed food for whole food.
11. Swap out simple carbs for complex carbs.
12. Be consistent with what time of day you eat, and create an “eating window” to give your body a break from producing insulin.
13. Let go of stress and reduce cortisol levels.
14. Get bloodwork done!
15. Be patient! Give yourself time & love!



MENOMAGIC

AFTER THE CHALLENGE

AFTER



The MenoMagic menopause protocol is a **lifestyle change**. To continue to reap the benefits of this program:

- Join another BYG Challenge or BYG Program. My monthly challenges perfectly blend Strength Training, Yoga, and Pilates. You might also enjoy my FAST, Metabolic Movements, Strong & Stretchy 30-day programs!
- Increase how much weight you are using. It's essential to challenge your muscles to build muscle mass. Even just a tiny increase will increase effectiveness!
- Continue daily walks!
- Continue food swaps and metabolism hacks. Now that you understand how food is metabolized keep your diet high in fiber and protein!
- Continue to eliminate stress as best you can. Whatever you need to do to reduce cortisol is key!
- Make your health a priority, not a choice! You are important! Be **dedicated** and don't wait for "motivation."



MENOMAGIC

WE GOT THIS

Losing fat will take time! The **slower it comes off, the more likely it will stay off**, so please don't get discouraged. Remember that muscle weighs more than fat, so your "weight" might not change as you grow muscle.

Please talk to your healthcare provider before beginning this program. **For more information on menopause, check out all my blogs on menopause!**

www.beachyogagirl.com/blog

Remember to join the Private Facebook group for accountability and support!

XO,
Kerri



MENOMAGIC

WANT MORE INFO?



BYG Menopause Blog:

www.beachyogagirl.com/blog

Magnesium & Vitamin D:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3765911/>

Water, Hydration and Health:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>

Non-Exercise Activity Thermogenesis in Human Energy Homeostasis:

<https://www.ncbi.nlm.nih.gov/books/NBK279077/>

The Effects of Carbohydrate, Unsaturated Fat, and Protein Intake on Measures of Insulin Sensitivity:

<https://diabetesjournals.org/care/article/36/5/1132/29442/The-Effects-of-Carbohydrate-Unsaturated-Fat-and>

Transfat and its effect on metabolism:

<https://pubmed.ncbi.nlm.nih.gov/16713388/>

Fiber and PostBiotics

<https://www.health.harvard.edu/nutrition/what-are-postbiotics>

Menopause and Metabolic Syndrome:

<https://academic.oup.com/jcem/article/88/6/2404/2845159>

MENO-MEAL PLANNER

WHAT AM I MAKING:

INGREDIENT	CALORIES	PROTEIN	SATURATED FAT	FIBER
TOTALS				

REPLACEMENT IDEAS

- REPLACE OIL WITH WATER WHEN SAUTEING VEGGIES
- REPLACE MEAT WITH LENTILS, BEANS OR TOFU
- REPLACE CHEESE WITH NUTRITIONAL YEAST
- REPLACE ICE CREAM WITH BANANA ICE CREAM
- REPLACE BUTTER/OIL WITH APPLESAUCE (BAKING) OR PLANT BUTTER

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