

Reset After 40

6 Proven Hormone-Balancing Strategies + 7-Day Kickstart Meal Plan + 26 Delicious Recipes

Lose stubborn belly fat, boost your energy, and feel like yourself again — without extreme diets or endless workouts.



By Sylvain Deslongchamps, CAIN-RHNC™
Registered Health & Nutrition Counselor
Certified Metabolic Balance® Coach
Helping women 40+ achieve real, sustainable weight loss.



Your Reset Starts Here

RESETAFTER40.CA

Welcome, I'm Sylvain!

If you're a woman over 40 struggling with stubborn weight, low energy, or feeling like your body just isn't responding the way it used to — you're in the right place.

Now, you might be wondering... “But Sylvain, you're a man — can you really understand what women over 40 are going through?”

Here's the truth: while I haven't personally experienced menopause, I know what it feels like to struggle with weight, fatigue, yo-yo dieting, and gut health challenges. I've lived it myself — and I watched my own family, especially my mother, fight the exhausting cycle of diets that never worked.

That's why I became a **Registered Health & Nutrition Counselor (CAIN-RHNC™)** and a **Certified Metabolic Balance® Coach**. Today, I specialize in helping women 40+ reset their metabolism, balance hormones, and achieve sustainable weight loss — without extreme diets or endless workouts.

This guide is your jumpstart. And when you're ready for deeper transformation, my 12-Week Reset After 40 Program can give you a personalized roadmap to help you feel amazing again.

Your journey to balance, energy, and confidence starts now — and I'll be here to guide you every step of the way.



Why Weight Loss Feels Harder After 40

If it feels like what used to work for weight loss no longer works... you're right.

The Frustration You Feel

- *"I'm eating less, but still gaining weight."*
- *"My belly fat just won't budge."*
- *"I'm exhausted no matter what I do."*

... you're not alone.

What's Really Happening in Your Body

- **Hormonal shifts** (perimenopause & menopause)
- **A slower metabolism**
- **More stress** on your thyroid & adrenals
- **Higher inflammation & insulin resistance**

The good news? Once you understand how to work with your body — instead of fighting against it — you can finally lose weight, feel energized, and keep the results for good.

6 Proven Hormone-Balancing Strategies

Here are the exact strategies I use with my clients to reset their metabolism and start burning fat more effectively:

1 - Ditch the grazing - Eat 3 balanced meals.

Protein + veggies + healthy fats = blood sugar balance, fewer cravings, more fat burning.

2 - Start each meal with protein.

Helps control blood sugar spikes and keeps you full longer.

3 - Finish your meals within 1 hour.

Avoid all-day nibbling — give your body time to tap into stored fat for energy.

6 Proven Hormone-Balancing Strategies

4 - Close the kitchen by 9pm.

This allows your body to repair overnight and burn fat while you sleep.

5 - Hydrate like it matters.

Aim for half your body weight (lbs) in ounces of water daily. Hydration = better metabolism + fewer cravings.

6 - Enjoy one apple a day.

Pectin helps regulate blood sugar, improve digestion, and reduce cravings.

These may sound simple, but they work — especially when applied consistently.

Want a Personalized Weight Loss Reset Designed Just for You?

I don't believe in one-size-fits-all diets. Instead, I create **customized nutrition plans** that are designed around your unique metabolism, hormone balance, and lifestyle.

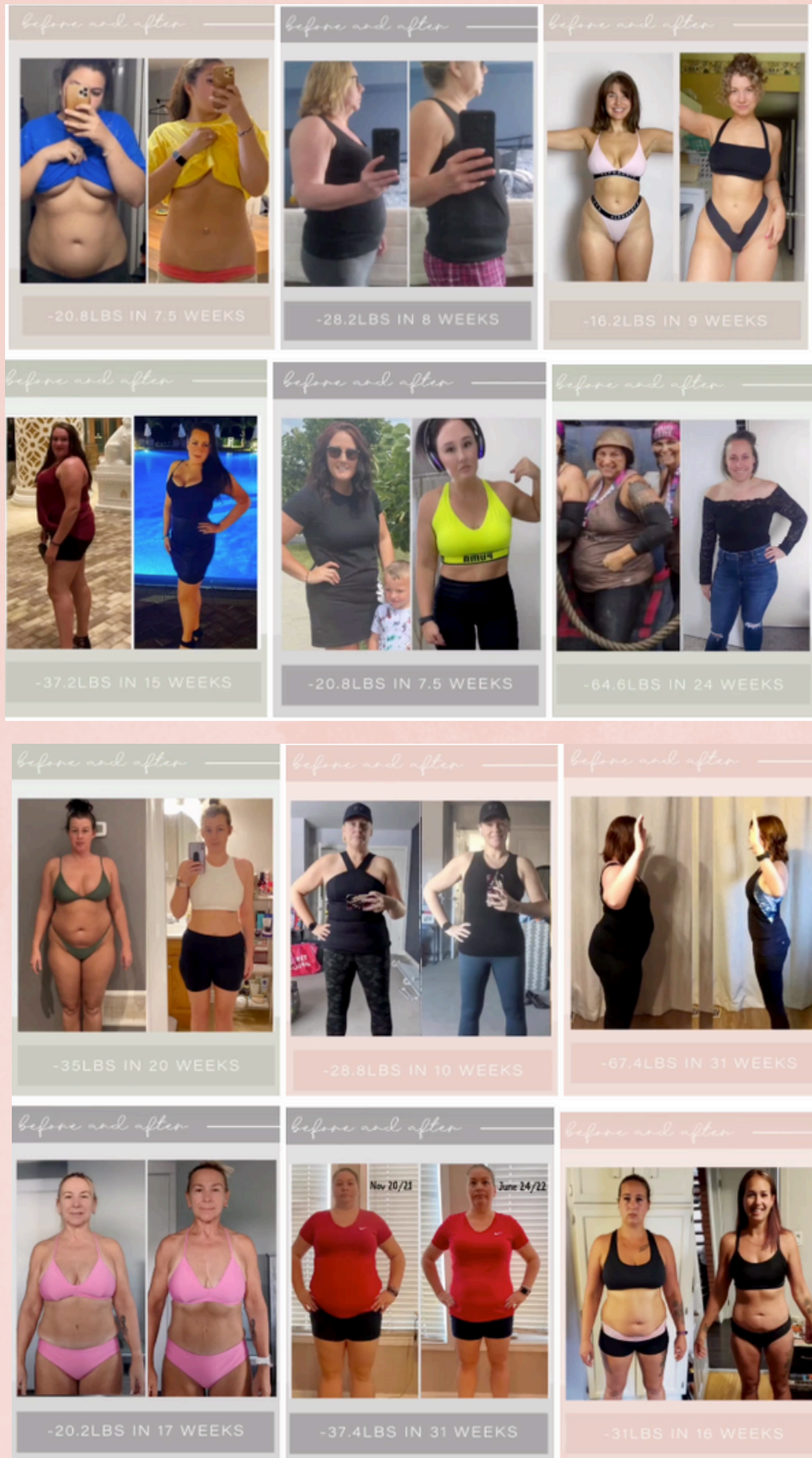
My approach takes into account your **nutritional needs, inflammation levels, thyroid and adrenal function, and overall health markers** — so your plan works with your body, not against it.

Why My Program Is Different:

- Every plan is **100% personalized** using in-depth health insights — no cookie-cutter templates
- Focuses on **balancing hormones and metabolism** so results are lasting, not temporary
- Helps improve **energy, sleep, digestion, and mood**, while reducing inflammation and stubborn weight
- **Simple, clear, and flexible** — no more overwhelm about what to eat or avoid
- Fits easily into a **busy lifestyle** with foods you actually enjoy
- Includes **accountability + step-by-step support** so you stay motivated and on track

This isn't another diet — it's a roadmap to help you finally feel in control of your body, your energy, and your health.

Client Success Stories



Ready to Learn More?

STEP 1 – Watch the Program Overview Video

In this short video, I'll share how the **Metabolic Advantage Program** works, why it's different, and how I help women 40+ finally lose stubborn weight and feel energized again — without restrictive diets or endless workouts.

Metabolic Advantage Program

STEP 2 – Apply for 1:1 Coaching

I work with a limited number of women at a time to provide the **personalized support, accountability, and customized nutrition guidance** you deserve.

If you're ready to reset your metabolism, balance your hormones, and achieve real, lasting results — fill out the quick application form below. Once I review it, I'll reach out to schedule your **free consultation** and map out your next steps.

APPLY NOW – Limited Spots Available

THANK YOU!

I'm thrilled for you to start using the **Reset After 40** strategies and the **Kickstart Meal Plan**. Got questions? Reach me anytime at  info@resetafter40.ca.
Your reset starts today!

7-Day Kickstart Meal Plan

These simple, hormone-friendly recipes are designed to work hand-in-hand with the 6 Reset After 40 strategies — helping you lose stubborn fat, boost your energy, and jumpstart your weight loss journey.

How to use this plan:

- We are keeping it simple! Alternate between 2 breakfasts daily. To make it easier the morning of, make the Apple Cinnamon Protein & Fiber Breakfast Jar the night before and create smoothie bags of ingredients to throw in the blender and ready to go
- Think Batch Cook over Meal Prep! When you make your meals, we will be repurposing them throughout the week or having leftovers so make extra or throw them in the freezer for future grab-and-go options.
- Customize meals with different protein options based on dietary preferences or what you have on hand. Keep canned proteins like beans, tuna, or sardines on hand, or buy pre-made chicken so you are stocked for the days you select 4-6oz of protein as an option.
- Cauliflower rice is a great option and can be bought in the frozen food section for ease of use
- To add some flexibility and help you choose your own meals on certain days, please use your Build Your Own Meal Template as a guideline on your free days.

WOMEN OVER 40 - 1 WEEK SAMPLE MEAL & MINDSET PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
JOURNAL	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO	YES / NO
MEAL 1	Strawberry & Spinach Smoothie	Apple Cinnamon Protein & Fiber Jar	Strawberry & Spinach Smoothie	Apple Cinnamon Protein & Fiber Jar	Strawberry & Spinach Smoothie	Apple Cinnamon Protein & Fiber Jar	Strawberry & Spinach Smoothie
MEAL 2	Mediterranean Tuna Salad	10 Minute Edamame Spaghetti with Peanut Sauce & Veggies	Mediterranean Tuna Salad	10 Minute Edamame Spaghetti with Peanut Sauce & Veggies	Mediterranean Tuna Salad	Curry Cashew Chicken Salad	10 Minute Edamame Spaghetti with Peanut Sauce & Veggies
MEAL 3	Protein / Low Glycemic Veggies / Healthy Fat (example Instant Pot Salsa Chicken + Cauliflower Rice + Sautéed Peppers & Onions)	Curry Cashew Chicken Salad	Protein / Low Glycemic Veggies / Healthy Fat (example Instant Pot Salsa Chicken + Roast Sweet Potato and Sautéed Peppers & Onions)	Curry Cashew Chicken Salad	Protein / Low Glycemic Veggies / Healthy Fat	Structured Flex Meal (use build your own meal template)	Mediterranean Tuna Salad

WOMEN OVER 40 - 1 WEEK SAMPLE MEAL & MINDSET PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
WATER INTAKE	GOAL: CONSUMED:	GOAL: CONSUMED:	GOAL: CONSUMED:	GOAL: CONSUMED:	GOAL: CONSUMED:	GOAL: CONSUMED:	GOAL: CONSUMED:
HOW I FELT:							



High Protein, Fiber & Healthy Fat
“Women over 40 Approved”
Including Nutritional Breakdown

RECIPE GUIDE



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Please note that the nutritional information provided is calculated using a online nutrition calculators and is an approximation. Actual values may vary significantly depending on the specific brands and products used, as well as portion sizes and preparation methods.





Apple Cinnamon Protein & Fiber Jar

MAKES 1 SERVING

INGREDIENTS

- 1/4 cup rolled oats
- 2 tbsp chia seeds
- 3/4 cup 0% Greek yogurt
- 1/4 cup unsweetened cashew milk
- 1/4 cup diced apple (about 1/4 of a medium apple)
- 1/2 teaspoon of cinnamon
- 1 tbsp of crushed walnuts

DIRECTIONS

- In a mason jar, mix together cashew milk, oats, Greek yogurt, chia seeds and cinnamon
- Add apples and stir. Top with crushed walnuts
- Leave overnight to set. If too thick, add more cashew milk.

CALORIES
340-370
kcal

PROTEIN
24-27
grams

CARBS
35-38
grams

FIBER
10-12
grams

FAT
13-15
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Strawberry & Spinach Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 1/2 cup unsweetened cashew milk (or any unsweetened nut or seed milk of your choice)
- 1 scoop (about 30g) of your favorite vanilla protein powder (such as whey, pea, or hemp protein)
- 2 cubes of frozen spinach
- 3/4 cup of frozen strawberries
- 1 tbsp chia seed
- Optional: Stevia or monk fruit to sweeten
- Optional: Ice cubes for a colder smoothie

DIRECTIONS

- In a blender, add all ingredients
- If desired, add a small amount of stevia for sweetness.
- Optionally, add some ice cubes to make the smoothie colder.
- Blend all the ingredients until smooth and creamy. If the smoothie is too thick, you can add more milk to reach your desired consistency.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
250-300
kcal

PROTEIN
25-30
grams

CARBS
20-25
grams

FIBER
8-10
grams

FAT
8-10
grams



Kale & Blueberry Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 1/2 cup unsweetened cashew milk (or any unsweetened nut or seed milk of your choice)
- 1 scoop (about 30g) of your favorite vanilla protein powder (such as whey, pea, or hemp protein)
- 2 handfuls of fresh or frozen kale
- 3/4 cup of frozen blueberries
- 1 tbsp hemp seed
- 1/4 of a banana
- Optional: Stevia or monk fruit to sweeten
- Optional: Ice cubes for a colder smoothie

DIRECTIONS

- In a blender, combine all ingredients
- If desired, add a small amount of stevia for sweetness.
- Optionally, add some ice cubes to make the smoothie colder.
- Blend all the ingredients until smooth and creamy. If the smoothie is too thick, you can add more milk to reach your desired consistency.

CALORIES
300-350
kcal

PROTEIN
25-30
grams

CARBS
30-35
grams

FIBER
7-9
grams

FAT
8-10
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Creamy Chocolate Avocado Smoothie

MAKES 1 SERVING

INGREDIENTS

- **1 cup unsweetened cashew milk** - or any unsweetened nut or seed milk
- **1 scoop (about 30g) of your favorite chocolate protein powder** - such as whey, pea, or hemp protein
- **1 cup kale leaves** - or frozen equivalent
- **1/2 ripe avocado** - or frozen equivalent
- **1 tbsp ground flax seed**
- **1/2 tbsp unsweetened cocoa powder**
- **Stevia or monk fruit to sweeten** - Optional
- **Ice Cubes** - for a colder smoothie

DIRECTIONS

- **In a blender, combine the unsweetened cashew milk, protein powder, kale leaves, frozen mixed berries, ripe avocado, and flax seed**
- **If desired, add a small amount of stevia for sweetness.**
- **Optionally, add some ice cubes to make the smoothie colder.**
- **Blend all the ingredients until smooth and creamy. If the smoothie is too thick, you can add more almond milk to reach your desired consistency.**

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
300-350
kcal

PROTEIN
23-29
grams

CARBS
13-17
grams

FIBER
8-12
grams

FAT
15-20
grams



Spinach, Egg & Mushroom Scramble with Mixed Berries

MAKES 1 SERVING

INGREDIENTS

- 1 tsp olive oil
- 1 ½ cups baby spinach (about 1.5 ounces)
- ½ cup mushrooms, sliced and sautéed
- 2 large eggs, lightly beaten
- Pinch of kosher salt
- Pinch of ground pepper
- 1 slice high fiber bread, toasted
- ½ cup fresh mixed berries

DIRECTIONS

- Heat olive oil in a skillet and cook sliced mushrooms for 2-4 minutes until softened.
- Add spinach and cook for 1-2 minutes until wilted.
- Transfer mushrooms and spinach to a plate.
- Wipe the skillet, add beaten eggs, and cook for 1-2 minutes until set, stirring occasionally.
- Mix the spinach and mushrooms back into the eggs and season with salt and pepper.
- Serve with high-fiber toast and ½ cup of fresh mixed berries.

CALORIES
300-350
kcal

PROTEIN
20-25
grams

CARBS
20-25
grams

FIBER
7-9
grams

FAT
17-20
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Green Goodness Egg Scramble

MAKES 1 SERVING

INGREDIENTS

- 1 egg + 1/2 cup egg whites
- 1 cup spinach
- 1 cup kale
- 1/2 medium avocado
- 1/4 cup white onion
- 1/4 cup vegetable broth
- Herbs (dill, basil, parsley, chives)
- Salt & pepper to taste

DIRECTIONS

- Sauté onion until translucent. Pour in veggie broth and add spinach and kale until wilted. Set aside
- Scramble egg including egg white. Place spinach, kale and onions on plate. Top with scrambled egg & sliced avocado.
- Sprinkle herbs and season with salt and pepper

CALORIES
300-330
kcal

PROTEIN
22-25
grams

CARBS
12-15
grams

FIBER
8-10
grams

FAT
18-20
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Peppermint Patty Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk (or any nut/seed milk of your choice)
- 1 scoop (about 30g) chocolate protein powder (whey, pea, or hemp protein)
- 1/2 frozen banana
- 2 tbsp cocoa powder
- 1/2 tsp peppermint extract (adjust to taste)
- 1 tbsp chia seeds
- 1/4 cup Greek yogurt (optional for extra creaminess)
- 1 handful of ice cubes (optional for a thicker texture)

DIRECTIONS

- Add all ingredients to a blender.
- Blend on high until smooth and creamy.
- If the smoothie is too thick, add a little more almond milk to reach your desired consistency.
- Pour into a glass and enjoy your refreshing, protein-packed peppermint patty smoothie!

CALORIES
300-350
kcal

PROTEIN
30-35
grams

CARBS
30-35
grams

FIBER
8-10
grams

FAT
7-9
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Blackberry Vanilla Protein & Fiber Jar

MAKES 1 SERVING

INGREDIENTS

- 2 tbsp chia seeds
- ¼ cup rolled oats
- 1/2 cup unsweetened cashew milk
- 1/2 cup 0% Greek yogurt
- 1/2 cup of frozen or fresh blackberries
- 1/2 tsp of vanilla
- 1/2 tsp of slivered almonds

DIRECTIONS

- In a mason jar, mix together almond milk, Greek yogurt, chia seeds and vanilla.
- Add blackberries and stir. Top with slivered almonds.
- Leave overnight to set. If too thick, add more cashew milk.

CALORIES
320-370
kcal

PROTEIN
18 - 22
grams

CARBS
35-40
grams

FIBER
14-18
grams

FAT
10-15
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Garlicky Bean & Spinach Sauté

MAKES 4 SERVINGS

INGREDIENTS

- 1 can (15 oz) white beans, drained and rinsed
- 6 cups fresh spinach
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: pinch red pepper flakes
- Optional: a squeeze of lemon

DIRECTIONS

- Heat olive oil in a large pan over medium heat
- Add minced garlic Cook for 30 seconds until fragrant (don't brown)
- Add white beans Cook for 3-4 minutes until heated through
- Add spinach in batches Stir until wilted, about 2-3 minutes
- Season with salt and pepper Add lemon juice if using

CALORIES
175-190
kcal

PROTEIN
7-9
grams

CARBS
18-22
grams

FIBER
7-9
grams

FAT
6-8
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Thai Turkey Stir-Fry

MAKES 4 SERVINGS

INGREDIENTS

- 1 tsp coconut oil
- 1 tsp sesame seed oil
- 2 cloves garlic, peeled and minced
- 2 tbsp ground ginger
- 2 tbsp fresh basil, chopped
- 1 pound 99% lean ground turkey
- 1 cup red bell peppers, sliced
- 4 cups broccoli slaw
- 1 cup asparagus, chopped
- 1 cup onions, diced
- 1 lime, squeezed
- 4 tbsp light soy sauce
- 2 tbsp rice wine vinegar

DIRECTIONS

- In a wok or large skillet, heat coconut and sesame oils over medium-high heat.
- Add ground turkey, garlic, and ginger. Cook until fully browned, breaking up chunks.
- Add red bell peppers, broccoli slaw, asparagus, and onions. Cook until tender, about 4-5 minutes.
- Add soy sauce, basil, lime juice, and rice vinegar. Cook for an additional minute.
- Season with salt and pepper to taste. Optional - Serve on Cauliflower Rice.
- Divide into 4 servings.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
220-280
kcal

PROTEIN
25-30
grams

CARBS
13-18
grams

FIBER
6-7
grams

FAT
4-6
grams



Broiled Lemon Garlic Salmon with Broccoli

MAKES 2 SERVINGS

INGREDIENTS

- **2 salmon fillets** - about 6 ounces each
- **4 cups broccoli florets**
- **1 lemon** - sliced
- **2 cloves garlic** - minced
- **1 tbsp olive oil**
- **Salt and Pepper** to taste

DIRECTIONS

- **Preheat oven to 400°F (200°C).**
- **Place broccoli on a foil/parchment-lined baking sheet. Drizzle with half the olive oil, season with salt and pepper, and toss. Roast broccoli for 10 minutes.**
- **Drizzle remaining olive oil on salmon fillets. Rub with minced garlic, squeeze lemon juice, place lemon slices on top, and season with salt and pepper.**
- **After 10 minutes, remove the broccoli and add salmon fillets to the baking sheet.**
- **Turn broiler on low. Broil salmon and broccoli, 6 inches from the heat, for 8-10 minutes until the salmon is cooked through and the broccoli is tender and slightly charred.**

CALORIES
375-450
kcal

PROTEIN
35-40
grams

CARBS
8-12
grams

FIBER
4-6
grams

FAT
20-25
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Garlic Goodness Tortilla Wraps

MAKES 8 SERVINGS OF DRESSING

INGREDIENTS

- 4oz of protein of choice - tofu, tempeh, chicken, fish, etc
- 1 cup of bagged kale slaw
- onions, cucumbers, tomatoes
- 1 high fiber tortilla wrap
- 1 Serving of Garlic Goodness Dressing

DRESSING

- 1 cup raw sunflower seeds
- 3/4 cup water
- 2 cloves garlic
- 3 tbsp lemon juice
- 1 tbsp dijon mustard
- 1 tbsp capers, drained
- 1 tbsp vegan Worcestershire sauce
- 1/2 tsp salt

DIRECTIONS

- Soak the raw sunflower seeds in hot water for 20 minutes.
- Drain the sunflower seeds and add to your blender. Add the remaining ingredients, including 3/4 cup fresh water, and blend until very smooth.
- Add 1 serving of dressing to your kale slaw and set aside.
- Lightly toast high fiber tortilla (make sure it is still flexible)
- Fill tortilla with your protein of choice, kale slaw and any additional veggies. Wrap and enjoy!

DRESSING NUTRITIONAL BREAKDOWN

CALORIES
105-115
kcal

PROTEIN
3-5
grams

CARBS
4-6
grams

FIBER
1-2
grams

FAT
8-10
grams



Raspberry & Goat Cheese Simple Chicken Salad with White Wine Vinaigrette

MAKES 4 SERVINGS

INGREDIENTS

- 2 grilled or shredded chicken breasts (about 12 ounces total)
- 6 cups spring mix
- 1 cup chopped strawberries
- 1/2 cup raspberries
- 1/2 cup crumbled goat cheese
- 1/2 cup chopped walnuts

VINAIGRETTE

- 1/4 cup extra-virgin olive oil
- 2 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey (optional, for a touch of sweetness)
- Salt and pepper to taste

DIRECTIONS

- Cook the chicken breasts on a preheated grill for about 6-7 minutes per side or until fully cooked. Let it cool slightly and then slice or shred.
- In a small bowl, whisk together the olive oil, white wine vinegar, Dijon mustard, honey (if using), salt, and pepper.
- In a large bowl, combine the spring mix, chopped strawberries, raspberries, crumbled goat cheese, and chopped walnuts. Top with cooked chicken.
- Drizzle the white wine vinaigrette over the salad and toss gently to combine.
- Divide the salad among 4 plates and serve immediately.

CALORIES
350-400
kcal

PROTEIN
25-30
grams

CARBS
10-15
grams

FIBER
5-7
grams

FAT
25-30
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Stuffed Beef & Veggie Bell Peppers

MAKES 4 SERVINGS

INGREDIENTS

- 4 bell peppers (green, red, or yellow)
- 1 pound extra lean ground beef
- 2 tbsp extra-virgin olive oil
- 1 tsp dried oregano
- 2 tbsp fresh parsley, chopped
- 1/2 onion, diced
- 2 cloves garlic, chopped
- 1/2 cup mushrooms, chopped
- 1/2 cup tomatoes, minced
- 2 ounces shredded fat-free cheddar cheese
- 1 cup navy beans, rinsed and drained
- Salt and pepper to taste

DIRECTIONS

- Preheat oven to 350 degrees. Line a baking pan with tinfoil and coat with cooking spray. Chop the tops off the bell peppers and clean out the seeds. Lightly shave off the ends so peppers can stand upright in the pan. Set aside.
- Heat a large skillet over medium heat and add extra-virgin olive oil. Once heated, add ground beef and cook, breaking up chunks until browned. Add garlic, onion, mushrooms, and tomatoes, and cook for two minutes. Stir in navy beans, oregano, parsley, and salt and pepper to taste. Remove from heat.
- Stuff four bell peppers with the meat and veggie mix and top with fat-free cheese.
- Bake in the oven for 15 minutes. Allow to cool a few minutes before serving.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
350-400
kcal

PROTEIN
25-30
grams

CARBS
25-30
grams

FIBER
7-10
grams

FAT
15-20
grams



10 Minute Edamame Spaghetti with Peanut Sauce and Veggies

MAKES 4 SERVINGS

INGREDIENTS

- 200 grams Liviva Brand edamame spaghetti noodles (approximately 7.1 oz)
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup snap peas, halved
- 1 cup edamame, shelled
- 4 green onions, sliced
- 1/4 cup fresh cilantro, chopped (optional)
- 2 tbsp sesame seeds (optional)

VINAIGRETTE

- 1/4 cup natural peanut butter
- 2 tbsp soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tsp grated ginger

- 1 clove garlic, minced
- 2-3 tbsp warm water (to thin the sauce)

DIRECTIONS

- Cook edamame spaghetti according to package instructions. Drain and rinse with cold water.
- In a bowl, whisk together peanut butter, soy sauce, rice vinegar, lime juice, ginger, and garlic. Add warm water gradually until smooth.
- Combine bell pepper, carrots, snap peas, edamame, and green onions in a large bowl.
- Add the noodles to the veggies. Pour the sauce over and toss to coat.
- Garnish with cilantro and sesame seeds if desired. Serve immediately or chilled.

CALORIES
430-450
kcal

PROTEIN
30-35
grams

CARBS
40-45
grams

FIBER
20-25
grams

FAT
14-17
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



One-Sheet Pan Chicken and Root Vegetables

MAKES 4 SERVINGS

INGREDIENTS

- 4 boneless chicken breasts (4-6 oz each)
- 4 carrots, peeled and cut into sticks
- 4 parsnips, peeled and cut into sticks
- 2 medium sweet potatoes, peeled and cubed
- 2 red onions, cut into wedges
- 4 tbsp olive oil, divided
- 1 tbsp dried thyme or rosemary
- Salt and pepper, to taste
- Optional: Lemon wedges for serving

DIRECTIONS

- Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper or grease it.
- Toss carrots, parsnips, sweet potatoes, and red onions with 2 tablespoons of olive oil, thyme (or rosemary), salt, and pepper, then spread them on the baking sheet.
- Rub chicken breasts with the remaining 2 tablespoons of olive oil, salt, and pepper, and place them on the baking sheet with the vegetables.
- Roast for 20-25 minutes until the chicken reaches 165°F (74°C) and the vegetables are tender and caramelized. If chicken is done first, remove it and continue roasting the vegetables for an additional 5-10 minutes.
- Serve hot, optionally squeezing lemon wedges over the chicken and vegetables.

CALORIES
420 - 450
kcal

PROTEIN
35 - 40
grams

CARBS
30 - 35
grams

FIBER
6 - 8
grams

FAT
18 - 20
grams



Instant Pot Salsa Chicken

MAKES 4 SERVINGS

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 cups sugar-free salsa

DIRECTIONS

- Place the chicken breasts in the bottom of the Instant Pot.
- Pour the sugar-free salsa over the chicken breasts, ensuring they are well covered.
- Close the Instant Pot lid and set the valve to the "Sealing" position. Select the "Manual" or "Pressure Cook" button and set the timer to 10 minutes for fresh chicken breasts or 12 minutes for frozen chicken breasts.

DIRECTIONS

- Once the cooking time is complete, allow the pressure to release naturally for 10 minutes, then do a quick release by turning the valve to the "Venting" position.
- Open the Instant Pot and remove the chicken breasts. Shred the chicken using two forks, then return it to the pot and mix with the salsa.
- Serve the salsa chicken over rice, in tacos, in burritos, on a salad, or as desired.

CALORIES
150-200
kcal

PROTEIN
23-27
grams

CARBS
10-15
grams

FIBER
3-4
grams

FAT
4-5
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Stuffed Instant Pot Italian Spaghetti Squash

MAKES 4 SERVINGS

INGREDIENTS

- 1 medium spaghetti squash (cooked using the Instant Pot method)
- 1 lb ground turkey or lean ground beef
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes, drained
- 1 tsp Italian seasoning
- 1/4 cup fresh grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley or basil for garnish (optional)

DIRECTIONS

- Cook the spaghetti squash in the Instant Pot, cut it in half, scoop out the seeds, and set aside.
- Heat olive oil in a skillet over medium heat. Sauté diced onion and garlic until softened (3-4 minutes).
- Add ground turkey or beef, and cook until browned and fully cooked, breaking it into small pieces.
- Stir in diced tomatoes and Italian seasoning, season with salt and pepper, and simmer for 5-7 minutes.
- Fluff the squash strands with a fork, then divide the meat mixture between the squash halves.
- Sprinkle fresh grated Parmesan cheese on top and garnish with parsley or basil if desired.

CALORIES
330-370
kcal

PROTEIN
25-30
grams

CARBS
20-25
grams

FIBER
5-7
grams

FAT
14-18
grams



Low Carb Beef and Broccoli Stir-Fry

MAKES 4 SERVINGS

INGREDIENTS

- 1lb (450g) beef sirloin or flank steak
- 4 cups broccoli florets
- 2 tbsp olive oil or avocado oil
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 1/4 cup soy sauce or tamari (for gluten-free)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon low-carb sweetener
- 1/4 cup beef broth or water
- Sesame seeds for garnish
- Green onions, chopped for garnish

DIRECTIONS

- Marinate thinly sliced beef in soy sauce, rice vinegar, sesame oil, and low-carb sweetener for at least 15 minutes.
- Heat 1 tbsp of oil in a skillet over medium-high heat. Stir-fry broccoli for 3-4 minutes until tender-crisp, then set aside.
- In the same skillet, heat the remaining oil. Cook the beef for 2-3 minutes on each side until browned, then set aside.
- Add minced garlic and grated ginger to the skillet, stir-frying for 30 seconds until fragrant.
- Return broccoli and beef to the skillet, add beef broth or water, and stir to combine.
- Garnish with sesame seeds and green onions, if desired, and serve.

CALORIES
270-300
kcal

PROTEIN
25-30
grams

CARBS
7-10
grams

FIBER
3-4
grams

FAT
14-16
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Mediterranean Tuna Salad

MAKES 1 SERVING

INGREDIENTS

- 1 small can of tuna in olive oil, drained
- 1/2 cup cherry tomatoes, halved
- 1/4 cup black olives, sliced
- 1/4 cup cucumber, diced
- 1/4 red onion, thinly sliced
- 1 tbsp capers
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

DIRECTIONS

- In a bowl, combine tuna, cherry tomatoes, black olives, cucumber, red onion, and capers.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper.
- Toss everything together and garnish with fresh parsley if desired.

CALORIES
250-300
kcal

PROTEIN
20-25
grams

CARBS
8-10
grams

FIBER
2-3
grams

FAT
15-20
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Garlic and Herb Pan-Fried Tilapia with Quinoa and Vegetable Medley

MAKES 1 SERVING

INGREDIENTS

- 1 tilapia fillet (about 5 oz or 140g)
- 1/3 cup uncooked quinoa
- 1 cup mixed vegetables (broccoli, carrots, and bell peppers)
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 lemon
- 1 teaspoon dried herbs (mix of thyme, oregano, and basil)
- Salt and pepper to taste
- Optional: 1/4 teaspoon red pepper flakes for heat

DIRECTIONS

- Cook quinoa according to package instructions. Fluff with a fork and mix in half of the minced garlic and a squeeze of lemon juice.
- Steam mixed vegetables until tender-crisp.
- Rub dried herbs, remaining garlic, salt, and pepper onto both sides of the tilapia fillet.
- Heat olive oil in a pan over medium heat. Cook tilapia for 3-4 minutes per side until golden and cooked through. Add remaining herb-garlic mixture to the pan in the last minute of cooking.
- Plate quinoa, top with vegetables and tilapia. Drizzle with the flavored oil from the pan and a squeeze of fresh lemon juice.

CALORIES
420-470
kcal

PROTEIN
30-35
grams

CARBS
40-45
grams

FIBER
7-10
grams

FAT
15-17
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Curry Cashew Chicken Salad

MAKES 4 SERVINGS

INGREDIENTS

- 2 cups cooked chicken breast, diced or shredded
- 1 cup carrots, finely chopped
- 1 cup celery, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup red bell pepper, diced
- 1/2 cup cashews, roughly chopped
- 1/4 cup golden raisins
- 1/2 cup 0% Greek yogurt
- 1 tbsp curry powder
- 1 tbsp honey
- 2 tbsp lemon juice
- Salt and pepper to taste
- Fresh cilantro or parsley, chopped (for garnish)

DIRECTIONS

- Dice or shred cooked chicken.
- Finely chop carrots, celery, red onion, and red bell pepper; place in a large mixing bowl.
- Add the chicken and roughly chopped cashews to the bowl. If using, add golden raisins.
- In a small bowl, mix Greek yogurt, curry powder, honey, and lemon juice until smooth. Season with salt and pepper.
- Pour the curry dressing over the chicken and vegetables. Toss until evenly coated.
- Garnish with cilantro or parsley.
- Serve chilled or at room temperature. Enjoy on its own, in a sandwich, or wrapped in lettuce leaves for a low-carb option.

DRESSING NUTRITIONAL BREAKDOWN

CALORIES
300-330
kcal

PROTEIN
25-30
grams

CARBS
25-30
grams

FIBER
3-5
grams

FAT
10-14
grams



Warm Lentil, Pomegranate & Mint Salad

MAKES 4 SERVINGS

INGREDIENTS

- 3 tbsp olive oil
- 2 leeks, white and light green parts thinly sliced (1¾ cups)
- 2 tbsp sherry vinegar
- 2 tsp whole-grain mustard
- 2 cups cooked lentils
- 1 1/2 cups pomegranate seeds
- 1/2 cup chopped roasted pistachios
- 3 tbsp finely chopped mint
- 3 tbsp finely chopped parsley
- 1/4 cup crumbled feta cheese
- 4 cups baby spinach

DIRECTIONS

- Heat the olive oil in a skillet over medium heat. Add the leeks and cook for seven to nine minutes, or until tender and translucent, stirring often. Remove from heat and stir in the sherry vinegar and mustard.
- In a large bowl, combine the cooked lentils, leek mixture, pomegranate seeds, pistachios, mint, and parsley. Season with salt and pepper, if desired, and top with crumbled feta cheese. Stir to combine.
- Serve the lentil salad over a bed of baby spinach, if desired.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
350-400
kcal

PROTEIN
12-17
grams

CARBS
40-45
grams

FAT
18-22
grams

FIBER
8-12
grams



Spicy Shrimp, Avocado, and Tomato Salad

MAKES 4 SERVINGS

INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined
- 2 ripe avocados, diced
- 1/2 red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1 lime, juiced
- 1 tsp chili powder
- 2 tbsp fresh cilantro, chopped
- Salt & pepper to taste

DIRECTIONS

- In a large bowl, combine the cooked shrimp, diced avocado, and chopped red onion.
- Add the lime juice, chili powder, and chopped cilantro.
- Gently toss all ingredients together, being careful not to mash the avocado.
- Season with salt to taste.
- Let the salad sit for 5-10 minutes to allow flavors to meld.
- Serve chilled or at room temperature.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
270-300
kcal

PROTEIN
25-30
grams

CARBS
10-12
grams

FIBER
6-7
grams

FAT
15-18
grams



Sugar-Free Salsa Recipe

MAKES 4 SERVINGS

INGREDIENTS

- 4 large tomatoes, diced
- 1 small red onion, finely chopped
- 1 jalapeño, finely chopped (remove seeds for less heat)
- 2 cloves garlic, minced
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

DIRECTIONS

- **Combine Ingredients:** In a large bowl, combine the diced tomatoes, red onion, jalapeño, garlic, and cilantro.
- **Add Lime Juice:** Squeeze the juice of 1 lime over the mixture.
- **Season:** Add salt and pepper to taste. Mix well.

CALORIES
50-60
kcal

PROTEIN
2
grams

CARBS
10-14
grams

FIBER
3-4
grams

FAT
1
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Garlic Tamari Chicken and Mushroom Bowl

MAKES 2 SERVINGS

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 6 oz each), cubed
- 2 cups mushrooms (such as cremini or baby bella), sliced
- 1 cup pre-cooked brown rice
- 1 cup baby spinach
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp tamari (or Worcestershire sauce)

DIRECTIONS

- In a large skillet, heat the olive oil over medium heat.
- Add the cubed chicken to the skillet, season with salt and pepper, and cook until browned and cooked through about 6-8 minutes. Remove from skillet and set aside.
- In the same skillet, add the minced garlic and mushrooms. Cook for 4-5 minutes until the mushrooms are golden and fragrant.
- Add the spinach, pre-cooked brown rice, and tamari to the skillet. Stir to combine and cook until the spinach is wilted and the rice is heated through about 2-3 minutes.
- Return the cooked chicken to the skillet, toss to combine, and season with additional salt and pepper if needed.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES
360-390
kcal

PROTEIN
30-35
grams

CARBS
20-25
grams

FIBER
3-5
grams

FAT
10-12
grams

Quick Meal Building Blocks

WWW.RESETAFTER40.CA



CHOOSE YOUR BASE 1 CUP

Mung Bean Noodles
Cauliflower rice
Mixed greens
Spiralized Zucchini
Bones Broth



ADD PROTEIN 4-6 OZ

Grilled chicken
Canned fish
Tofu
Beans/lentils
Tempeh



INCLUDE VEGETABLES 2 CUPS

Roasted vegetables
Fresh salad mix
Sautéed greens
Raw vegetable blend
Frozen vegetable medley



ADD HEALTHY FAT VARIES

Avocado
Olive oil
Nuts/seeds
Tahini
Pesto



BOOST FLAVOR TO TASTE

Fresh herbs
Lemon/lime juice
Spice blends
Homemade dressing
Nutritional yeast



15-Minute Meal Templates

POWER BOWL FORMULA

base + protein + 2
vegetables + fat + sauce

EXAMPLE

zucchini spirals + chickpeas
+ roasted broccoli + sweet
potato + tahini dressing

QUICK STIR-FRY FORMULA

protein + 3 vegetables +
sauce over base

EXAMPLE

Tofu + bell peppers + snap
peas + carrots + ginger
sauce over cauliflower rice

SALAD MEAL FORMULA

greens + protein + fat +
crunch + dressing

EXAMPLE

Mixed greens + canned
salmon + avocado + pumpkin
seeds + lemon vinaigrette