



BECOMING YOUR
**FITTEST
FOREVER**

BY: LAURA - BAD PEACH FITNESS



HEY THERE ... I'M LAURA!

Mom of 3 • Certified Personal Trainer • In My 40s and Finally Thriving in My Strong Era

I know what it's like to feel stuck in your own body and in your attempts at fitness. I also know how to break that cycle forever. I wrote this blueprint through lived experience, years of coaching women, and a whole lot of real-life grit. You've spent long enough guessing, starting over, or wondering if you'll ever feel your best. What you're holding is different. It's not just a plan. It's a way through. Through the frustration. Through the stuck points. Through the "I always fall off track." I've spared no details in the pages ahead. This is everything I wish someone had told me when I was stuck, spinning my wheels and feeling ready to give up on fitness.

Send me a **DM on Instagram - @bad.peach.fitness** when you're done reading and tell me what hit home for you.

Talk to you soon!

Laura xoxo

QUICK



LINKS

GO TO WORKOUTS

GO TO MEAL PLAN
GENERATOR

GO TO RECIPES

GO TO CALORIES &
PROTEIN CALCULATOR

YOUR LAST RE-START EVER.



Welcome to your last re-start ever! You're holding the fitness blueprint that could change your life. I've bought a lot of tools in the past that share just the tip of the iceberg. This is not that. This is **EVERYTHING** to become your healthiest and fittest on every level, and maintain it for life.

Let me guess ... you're here because you feel like what you've been doing hasn't been working, or it's sort of working, but you want to go to the next level with fitness.

Or ... maybe you've dieted many times over. Tried intermittent fasting. Cut carbs. Added running. Cut running. Tried to “be good” all week just to spiral on the weekend. You've followed influencers, downloaded the apps, bought the magic teas, attempted macro tracking, joined the bootcamp class, skipped meals, and hoped one of those things would finally be the answer you were looking for.

You've probably worked hard. Done your best. But your body still doesn't reflect the effort you're putting in, and now you're wondering, what am I missing?

Here's the truth: nothing is wrong with you. You're not broken. You're not too far gone. You're not stuck forever.

YOUR LAST RE-START EVER.



What if you've just never been given a system that actually works long-term? Not a quick fix. Not a 30-day shred. Not another "eat clean and pray it works" challenge.

I'm talking about a clear, proven, no-fluff, science-backed (*but easy-to-follow*) process that works and keeps working. One that allows you to finally get results without sacrificing your sanity, your hormones, or your joy. A plan that causes our health to thrive holistically.

That's what this book is. It's the exact roadmap I wish someone had handed me years ago when I was drowning in conflicting advice, exhausted by my constant all-or-nothing cycle, and wondering why the trends that seemed to work for others weren't working for me.

I'm not writing this as someone who had it all figured out from the beginning. I'm writing this as a woman who felt like she had tried everything, failed hard, and FINALLY found a sustainable plan that works. Like exceptionally well. I've lived through seasons of eating disorders, postpartum weight struggles, perimenopausal hormone chaos, and feeling hopeless that change would ever happen.

And still ... I've come out stronger, leaner, and healthier in my 40's than I've ever been. I am the woman who was stuck and felt utterly defeated. And now I coach other women through the same transformation.

YOUR LAST RE-START EVER.



Women who are done with guessing about fitness. Done with the lack of results for their effort. Done with not feeling their best moving forward in life. Women who don't want more restrictions or trends. They want a clear and simple blueprint to follow.

If that's you, just know that what you're about to read is the bridge between where you've been and becoming your fittest forever

And once women have this blueprint and follow it? Well let's just say it's where the magic happens

This isn't just another plan. It's ***THE*** plan. The one that shows you how to get strong, stay lean, eat well without ever feeling like you're on a restrictive diet again, train smart, feel energized, recover like a pro and feel confident in your body again or even for the first time ever. Without burning out or starting over every damn Monday.

This is the beginning of your last restart ever.

Let's build the version of ***HER*** you're dreaming of.



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YOUR LAST RESTART EVER

No more “start Monday, quit by Friday.” This is where the endless restart cycle stops, and the forever results era begins.

DISCOVERING THE “WHY” THAT WON’T LET YOU QUIT

If “I just want to lose weight” hasn’t kept you motivated, it’s because it rarely keeps anyone motivated for the long haul. Not without big reasons being the driving force behind it. Uncover a “why” so personal and powerful that it keeps you moving forward. Even when the stress, cravings, and chaos of life hit. With coaching prompts to launch you on a journey that creates lasting change.

MINDSET: THE KEY INGREDIENT

If you’ve ever thought “I always fall off track” or “this works for everyone else but me,” this is where that ends. You’ll rewire those stories, break the all-or-nothing loop, and finally build consistency that sticks and feels natural.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE

Sick of guessing how many calories or grams of protein to eat? This chapter hands you step-by-step formulas for BMR, TDEE, calories and macros so you know exactly how to eat for fat loss, maintenance, or muscle gain. Without guesswork.

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MACRONUTRIENTS MADE SIMPLE

Protein, carbs, and fats don't need to be confusing or overwhelming. You'll see how each one supports your body and how to balance them in ways that actually feel doable. Food finally stops being the enemy and becomes the most powerful tool you have. Build whole food, high protein meals with ease using the protein foods guide.

TRACKING, INTUITIVE EATING & BUILDING MEALS

Tired of plans that make you eat separate from your family or obsess over every bite? Learn to track food without obsession and build a foundation for intuitive eating, go to restaurants with confidence, and feed a family while still reaching your goals.

CUSTOM MEAL PLAN GENERATOR

Pre-tracked for calories and protein. This high-protein, fiber-rich, balanced macronutrient plan removes the guesswork and comes with a custom grocery list, recipes, and batch-prep strategies built in. Plus, you'll be able to customize your plan to your calories and protein needs, preferred grocery store, and the amount recipe repetition you prefer. Week after week.

RECIPES

46 recipes-minimally processed foods, high protein, inspired by the Mediterranean diet. Family friendly and easy.

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STRENGTH TRAINING WORKOUTS: BUILT FOR RESULTS

Laura's personal 4 and 5 day strength training splits (gym + home versions). Strategically designed for fat loss, building muscle, a healthy lean body mass and jaw dropping physique results. Includes video exercise demos.

CARDIO & VO2 MAX: YOUR HEART'S BEST FRIEND

You don't need to be crowned the reigning sweaty cardio queen to be fit. But VO₂ max training and daily walks? Unlock the secret behind earning the title as the longest-living queen.

HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

You can't out-train, out-diet, or out-willpower hormonal chaos. An unfiltered look at perimenopause and what to do when the shit hits the fan in your 40's.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

You don't get fitter by grinding harder. You get fitter by recovering smarter. Learn how sleep drives fat loss, muscle repair, and hormone balance, and how to build recovery routines that reverse metabolic aging. Tools like the WHOOP bring the data to life in a very practical and real way so you actually see the difference daily caused by your actions. Know when to train hard and when you need to take it easier based on WHOOP data.

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SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

Letting one number ruin your day? Start tracking progress through body fat percentage, muscle mass, HRV, strength, and bloodwork biomarkers, so you finally see the full truth about your body. Real progress that actually motivates you to keep going.

SUPPLEMENTS: CUTTING THROUGH THE NOISE

Overwhelmed in the supplements aisle? Cut through the noise and see what's worth it, what's not, and how to build a smart, supportive supplements stack based on science and bloodwork - not marketing hype.

SHARE & MAKE SOME SERIOUS CASH

When this book transforms your life, you'll want to share it. Inspire other women and get paid some serious cash for sharing. Become an affiliate for this book and earn high affiliate commissions. Transformation becomes contagious and profitable!

SHOP LAURA'S FAVORITE PRODUCTS

All the shopping links!

YOU'RE NOT ALONE - 1:1 COACHING WITH LAURA

Want accountability? Partner with me as your health and fitness coach 1-on-1 and unlock your full potential.

CHAPTER



NUMBER 1

**THE “WHY” THAT WON’T
LET YOU QUIT**



THE “WHY” THAT WON’T LET YOU QUIT

I’m going to go out on a limb and guess this isn’t the first time you’ve read something about eating healthy, losing fat, getting strong, or pursuing the version of yourself who feels confident and in control of her health and fitness. It might not even be the first thing you’ve read today.

We’re constantly searching for the missing piece. The miracle podcast, the YouTube video that has the answers we’re looking for, or the magic meal plan that’s going to be our solution. The piece that finally makes it all fall into place.

I can’t count how many times I started over. How many “clean starts” I made on Mondays. How many workouts I skipped because I wasn’t motivated and didn’t feel like I was making progress anyways. I’ve made “I’ll start again Monday” a lifestyle and I’ve ghosted more goals than I’d like to admit. I’ve tried to lose weight so many times, only to burn out, give up, and end up right back where I started. Frustrated and wondering what was wrong with me.

And the truth? Nothing was wrong with me. I just didn’t have a reason strong enough to be my anchor when life got messy and motivation materialized into thin air.

The only thing that made this time different is that I finally had a “why” that wasn’t *just* about looking different. It went deeper. It meant something to the core of my being.



THE “WHY” THAT WON’T LET YOU QUIT

If you and I were sitting across from each other right now and I vulnerably shared the why that kickstarted it all, I probably wouldn’t be able to talk about it without my eyes welling up with tears.

BEFORE 2020:

I looked in the mirror like a judge. All I saw were “flaws” to fix. Never celebrating my body. I was constantly picking myself apart and trying to hit an arbitrary number on the scale. As if that number would magically make me proud of the woman staring back at me.

I did cardio until I could collapse. I thought I was eating how I should and at times could have been crowned the dieting queen. But it was always tied to shrinking my body. To being as itty bitty as possible.

To be clear, I think there’s absolutely nothing wrong with wanting to look amazing and burst with pride when you see your reflection in the mirror. I think that’s a powerful “why” on its own, but for me, it wasn’t enough to carry myself through the hard days. It wasn’t enough to keep me going when I was stressed or exhausted or tempted to fall back into old unhealthy patterns. It didn’t stir up enough passion in my heart to help me stay consistent and become my fittest forever. It wasn’t enough to break me out of bad habits and change me from the inside out.

A close-up photograph of a woman with blonde hair looking through a magnifying glass. The magnifying glass is held over her face, making her features appear larger. The background is blurred.

THE “WHY” THAT WON’T LET YOU QUIT

Everything shifted when I finally connected my health to something that gripped my mind and heart in a powerful way. Something that wasn’t just about six pack abs, a thigh gap or aesthetics of any kind. I uncovered a big emotional “why” that made my heart ache in the best kind of way.

WONDER WOMAN IS A MINDSET . . .

The Challenge That Changed Everything.

It started quietly. No announcement. No crowd. Just a decision, made in the stillness of a hard year, to do something that made absolutely no sense on paper, but caused me to not be able to stop thinking about the question, *“what if I did it?”*

100,000 burpees. June 2020 - December 31, 2020. I wanted it to be the New Year’s Eve I’d never forget. It sounded insane (*and was,*) but I decided to make that my personal fitness goal. Which btw, is not a goal I recommend to ANYONE!

There was no prize or anyone telling me I needed to do this. In fact ... nobody even knew for a long time. It was just me, alone on a deserted football field at sunrise, during a global pandemic. Doing the toughest thing I could imagine for myself. And maybe that’s why I chose this goal. Because when everything else had slowed down, I could finally hear what I’d been ignoring.



THE “WHY” THAT WON’T LET YOU QUIT

That whisper inside me asking ... what if you stopped quitting on yourself? What if you dreamed big again? What if you celebrated your body instead of always critiquing it? What if instead of only taking care of your kids you took care of yourself too? What if you could leave the battle with on and off eating disorders in the past?

I wasn’t looking to lose weight. I wasn’t looking for attention. I think I was searching for parts of me I hadn’t met yet. I wanted to see what would happen if I set a goal so big, so brutal, and so unapologetically hard, that I knew it would have the power to change me and set me on a new path.

I wanted to know who I could become and how I’d feel when quitting on myself wasn’t an option I was allowing.

But of course ... by day two, I already wanted to quit! That didn’t take long! It was ridiculously hot and humid that day. I was drenched in sweat and already questioning everything. I remember looking down at the ground thinking, “What the heck did I just commit to? Nobody knows about this goal, I could just quit now.” I had never even done a full burpee before this and could barely knock out a few push-ups on my toes. And yet there I was. Alone on that blazing hot football field, lungs burning, and wondering if I had lost my mind.

But then came that inner whisper again that I couldn’t shake:



THE “WHY” THAT WON’T LET YOU QUIT

What if? What if I actually did it?

What if I was the only person on planet Earth on New Year’s Eve of 2020, screaming **“I DID IT! 100,000 BURPEES!”**

What if I could possibly set an unofficial world record?

What if I didn’t cheat a single rep and proved something to myself that could change me forever?

That thought of “what if” locked in, and from that moment on, I knew: **the only way I wouldn’t finish my goal was if I died.**

I started waking up before the sun and would slip out to that empty football field before my kids started stirring. No gym mirrors. No audience. No extra noise. Just the turf, the sunrise, my ragged breath, and the steady rhythm of effort.

Some days I blasted Katy Perry’s song Roar on repeat as my anthem and laughed to myself about the absurdity of it all.

Other days I left tears in the turf while getting up from the ground over and over, breaking parts of me open that felt like they were being healed with every rep. I could feel a new version of me coming to life. A version I had never met before. And one that made me feel alive and unstoppable.



THE “WHY” THAT WON’T LET YOU QUIT

As the months passed, my body adapted. My mind sharpened. My grit deepened. I felt myself turn into an athlete for the first time in my life. As a woman who never played sports growing up, it was like a new identity that I felt proud of.

I started setting mini goals inside the 100,000 goal. Not because I had to, but because I wanted to see what I could do as an almost 40 year old mom. To try challenges that filled me with joy just to attempt. I wanted to have fun with it all!

- 500 burpees unbroken.
- 20,000 burpees in a month.
- 1 mile of burpee broad jumps - nearly 1,000 reps.
- 100 chest-to-ground burpees in 4:21 by December 2020 (*down from 12+ minutes in June 2020*).
- 2,000 burpees in a day.
- Over 50 variations I tried for fun. Tuck jump burpees, jump lunge burpees, kicking my feet up onto a wall instead of the ground, burpees with dumbbells, burpees up the bleachers, etc.

Fitness stopped being a chore. It became play and I felt myself falling in love with fitness and the process.

And something else happened, too. I stopped fighting against food. I stopped trying to eat as little as possible. Instead, I ate with purpose to fuel up my body for this adventure I was on.



THE “WHY” THAT WON’T LET YOU QUIT

I treated myself like an athlete training for my own personal gold medal. Because I was!

For the first time in my life, I realized and accepted the truth that food wasn’t my enemy. It was my power source and it did not have control over me. I became empowered around food choices and started eating more, and feeding my body without restrictive food rules from my past.

When I crossed the 10,000 burpees mark, my daughter looked at me and said, “Mom, I think you’re a badass, but I don’t want to get in trouble for calling you that, so I’m going to call you Bad Peach.”

And just like that, the name stuck. Bad Peach became my nickname with my kids and a fitness dream was born. Not in a business plan, but on a sweat-soaked football field where a normal 37 year mom decided to do something kind of crazy!

I didn’t tell anyone about this challenge until I hit 50,000 burpees. This wasn’t a social media stunt. It was a personal challenge I wanted to keep to myself since I tend to be on the private side. But when I finally opened up to a friend, she said, “You have to share your story. You have no idea who it will inspire and the lives it could change.”

And she was right. Because this wasn’t about burpees.

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THE “WHY” THAT WON’T LET YOU QUIT

It was about doing the toughest thing I could think of. I wanted to become a mom that inspired her kids. A woman who didn’t just talk about change, but embodied it with her actions. I also wanted to do it because it just sounded fun to me. I didn’t do this to burn calories, prove a point to others or go viral on social media. I wanted to embrace that Wonder Woman kind of mindset.

I really wanted to see what would happen if I stopped starting over. When I gave myself the chance to do something out of the ordinary and certainly out of my comfort zone. When I went all in on myself for a period of time and celebrated my body in a way that pushed me to my limits all the way to the finish line.

And I did it! On New Year’s Eve of 2020, I **FINALLY** hit burpee number 100,000. And holy sh*t was that hard!

A few friends and family came to cheer me on for the grand finale on that same football field. I was sweaty, wrecked in the best kind of way and screaming “**I DID IT!**” I’ll never forget how surreal that day was and how proud I felt for accomplishing my goal. To say this fitness challenge was difficult is the biggest understatement of my life. It took every ounce of commitment in me and then some. Looking back, I still can’t believe I did it! I wouldn’t trade the experience for anything. But never again haha!

A close-up photograph of a woman with blonde hair looking through a magnifying glass. The magnifying glass is held over her face, making her features appear larger. The background is blurred.

THE “WHY” THAT WON’T LET YOU QUIT

That challenge cracked me wide open and changed my persona and entire view on life. It didn’t just strengthen my body. I felt like it rewired my identity. It shifted how I speak to myself. How I interact with my husband. How I parent my kids. How I show up in the world. Finding joy in fitness gave me back parts of myself I didn’t know I had lost and introduced me to parts of me I had never met.

I don’t train to shrink and be itty bitty anymore. Or to fit into size 0 jeans or weigh a certain number.

I pursue a lifestyle of fitness and health because it makes me feel amazing and it continues to challenge me to be a woman who is growing wildly as I age. To do my best to walk through life as the boldest, healthiest, strongest version of myself. I’m focused on longevity and to be able to hopefully experience a long high quality of life with the ones I love.

Because strength and health isn’t just built in a gym. It’s reflected in how you live. It shows up in your choices when no one’s watching. In the way you speak to yourself and the promises you keep to yourself. It shows up in your parenting, your relationships, and your ability to lead yourself through hard seasons. Your “why” has to go deeper than *just* a goal weight or what size you wear.

Because when life gets messy (*and it always does*), you’ll need that emotional “why” to pull you forward.



THE “WHY” THAT WON’T LET YOU QUIT

You’ll need a reason that feels deeply personal. One that is powerful and anchored. Something that reminds you: this isn’t *just* about losing weight or building muscle. A life where confidence isn’t because of how your body looks ... it’s how you feel because you’ve built that confidence through promises kept to yourself and perseverance day after day.

That fitness challenge didn’t just make me fit. It made me free. It stripped away every excuse I’d ever made ... every version of me that didn’t believe in myself, who waited for the “right time,” or felt like she had to live up to ridiculous standards of trying to appear perfect even though she’s a full on hot mess!

And what it left behind was a woman I had never met before, but always hoped was in there somewhere and who came alive for the first time ever.

I didn’t just build muscle. I built *HER*. My version. A woman who keeps promises to herself. Who gets back up, breathless, sweaty and tired, then rests and does it again. Who no longer waits to feel ready, but does her best to believe in herself and make choices rooted in that belief. Who re-imagined her imperfect messy story and started down a new and unknown path. That path has been challenging, but working to overcome those challenges has been a catalyst for the kind of growth I was craving as I approached midlife.



THE “WHY” THAT WON’T LET YOU QUIT

That version of me didn’t come from doing anything perfectly. Far from it. It comes from showing up on the days and sticking to the plan when it feels the most difficult and I want to quit.

This new version of me that showed up doing 100,000 burpees still has a ton of messes in life, but it has given me an underlying belief that I can do hard things. Even when it feels next to impossible. All because of fitness and the “why” that put a stake in my heart on that empty football field at sunrise.

To this day, I still remind myself that Wonder Woman isn’t just a fictional character. She’s a mindset that each of us can claim for ourselves. And once you meet her, once you become your version of her, there’s a feeling of never wanting to go back again.

But here’s what I want you to hear loud and clear:

You don’t have to do what I did. Actually ... **PLEASE DON’T!** Nobody needs to grind out 100,000 burpees or even one burpee for that matter! That’s my story and so I’ll share it, but my methods in this fitness blueprint are the sustainable, science backed methods that I follow now as a normal woman that anyone can replicate and the exact strategies that have kept me in my best shape since.



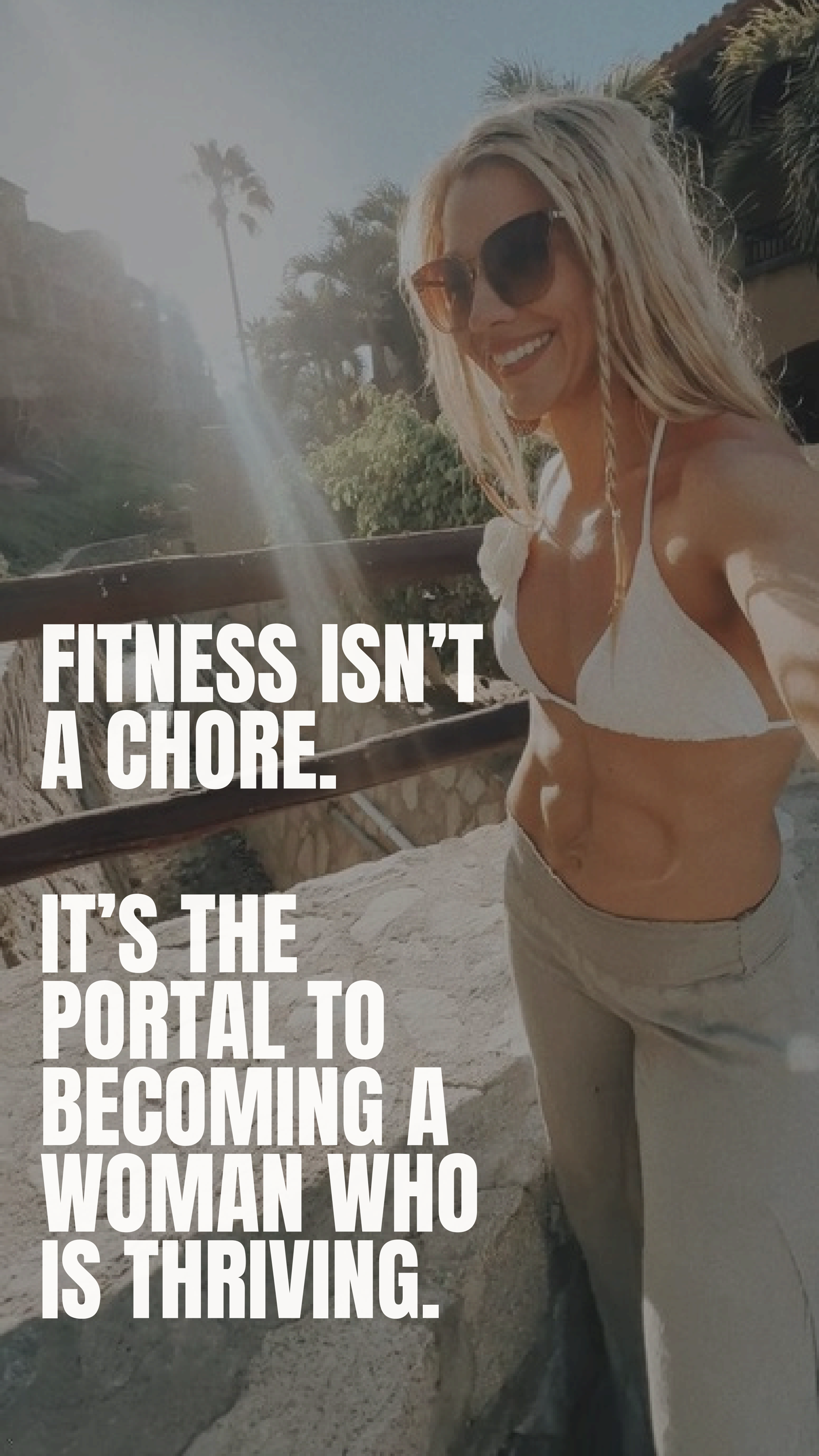
THE “WHY” THAT WON’T LET YOU QUIT

This fitness blueprint won’t ask you to be perfect. But it will ask for something real and consistent: your heartfelt effort. Your commitment to your “why” and seeing it through long enough to let it change you in the way that you’re dreaming of right now as you read this.

This blueprint will give you the science explained in simple ways and the strategies and will take the guesswork out of fitness.

So if you’re ready to hit start for the last time ever and become your strongest, healthiest, strikingly confident, most energized version of you, and become your fittest forever ... keep reading!

(Not a single burpee required.)



**FITNESS ISN'T
A CHORE.**

**IT'S THE
PORTAL TO
BECOMING A
WOMAN WHO
IS THRIVING.**

CHAPTER



NUMBER 2

**MINDSET: THE KEY
INGREDIENT**

MINDSET: THE KEY INGREDIENT

I'm about to get very real and vulnerable with you.

I could give you every one of my favorite recipes, show you how to hit your macros with precision, lay out the calorie targets for fat loss or muscle gain, and even walk you step-by-step through your training program. Would your body physically transform if you followed that plan to a tee? Yes, absolutely. But would that transformation last forever? It's rather doubtful. Would the relationship with your body and food finally feel free forever? Would you become the person who doesn't quit when it's not all sunshine and rainbows?

That answer depends on your mindset.

You can follow all the “how-to’s” in this book, nail your calories, hit your protein goal, and lift weights in the gym, but if your mind is still trapped by old diet culture lies and workouts just to shrink or “fix” what you think is wrong with your body, there's a good chance your results will be for the short term.

I know this because I have lived that story over and over as the main character on that nightmare merry-go-round. It's also the ongoing conversation I hear when I'm around friends, or other moms at school, on the sidelines with moms at kids sports, with women at the gym, and/or women that I coach.

Let's rewind. In high school, I was insecure about my thighs. I thought they were too chunky. I didn't know how to see myself through an honest lens, because everything I'd

MINDSET: THE KEY INGREDIENT

absorbed from magazines and media told me teensy-tiny was the ideal image. I would sit self-consciously in my chair at school with my heels constantly elevated so my thighs would appear skinnier. I was embarrassed to wear a swimsuit because I thought I wasn't supposed to have any cellulite. I was constantly comparing my body to the girls that were waferish thin and wouldn't eat at the lunch table.

By college, I started to fall in love with fitness, but at the same time, I became completely obsessed with turning myself into a size 0. I was eating less and less, praising my willpower for skipping meals and eating tiny portions, and seeing food as a temptation to resist vs. nourishment.

Underneath what I now know were self-sabotaging and un-healthy habits, was the true desire to be fit and healthy. I just didn't know how to get there and I thought extremely low calories and excessive cardio workouts was the way to achieve that goal. I actually discovered during this time that I loved going to the gym and exercising, learning about exercise, science and cooking healthy. I just needed to eat way more of those healthy food portions!

I have a distinct memory of overhearing another girl at my university gym say she only ate 400 calories a day, and I was so jealous. I only wished I could have as much self control as her when it came to food. SERIOUSLY?!?!?!? That's how warped my beliefs had become around how much food I should be eating. I thought less was best.

MINDSET: THE KEY INGREDIENT

While I became an avid gym goer, my motivations were mostly to look really skinny, which led to eating disorders on and off for almost the next two decades.

I was battling cravings, labeling food as good or bad, and drowning in shame anytime I didn't eat "perfectly." My worth and often mood was tied up in the scale number and my jeans size.

My mindset was stuck on:

"This food, or entire food group, will make me fat."

"I can't have that."

"I'll be super strict during the week, but let loose and binge on weekends."

"I'll punish myself for messing up and 'fast' for a few days."

"I'll just start on Monday (*again*)."

"Maybe the next diet will finally fix me."

"I should force puke this food up even though it hurts so bad I clutch my stomach in pain after on the bathroom floor with tears running down my cheeks."

But that all changed in 2020. And not because I discovered some perfect macro split. Not because I found the "best" workout split. Not because of a new supplement.

It all changed because I **FINALLY** stopped trying to fix my self-perceived body "flaws" and I started celebrating what my body can do. I started going after strength for the first time in my life.



MINDSET: THE KEY INGREDIENT

NEW FOOD PERSPECTIVE

I stopped saying, “I can’t have that,” and started saying, “I’m choosing to eat what supports the life I desire.”

Now don’t get me wrong ... I still care about what I eat. A lot. I still hit my protein goal. I still lift heavy. I still walk. I still plan meals. But I’m doing it for a completely different reason. I’m doing it because it makes me feel like my own version of Wonder Woman. It makes me feel like I’m thriving and energized by the sun itself.

I’m no longer chasing my smallest version possible. I’m building strength and longevity.

I don’t earn my food through workout sessions. I eat because I respect my body and everything it has done in this life.

I don’t obsess over the scale. I measure progression and health by how I feel, how I recover, how I show up in life, and data that matters - like body composition statistics and bloodwork panels that reveal my inner health score.

That’s the mindset I want to pass on to you. One where you can absolutely learn about calories, macros, meal plans, and lifting, but not from a place of feeling controlled by it all. But rather from a place of freedom.



MINDSET: THE KEY INGREDIENT

Truth is, most of the people I coach already know a lot. They know how to track macros. They've tried Whole30, keto, intermittent fasting, Weight Watchers, etc. What they haven't mastered yet is building the mindset to sustain their progress for life.

This chapter is your reminder that mindset is your foundation.

It's what determines whether you follow through. Whether you bounce back after a vacation. Whether you lift heavy or hold back. Whether you trust the process or panic and jump to the next shiny plan.

BEFORE WE MOVE ON...

This blueprint is going to teach you this plus so much more:

- How to lose fat and build muscle
- How to estimate calories & protein for your goals
- How to build meals for a fit & healthy lifestyle
- How to use my custom meal plan generator for an easy plan to follow that fits your preferences
- How to strength train for major results
- How to measure progress that isn't just the scale
- How to build your fittest ever physique from the inside out without starving, obsessing, or hating on your body.



MINDSET: THE KEY INGREDIENT

But none of that will matter if your mindset is stuck in old patterns of guilt, fear, punishment, or seeking perfection.

So before you move on to the next chapter ...

Let's do a few things to uncover your “why.”

CHAPTER



NUMBER 3

UNCOVER YOUR “WHY”



UNCOVER YOUR “WHY”

THIS TIME IS DIFFERENT

You probably didn't open this book because you're bored. You probably opened it because something inside you is done. Done with the starting over. Done with trying to shrink yourself or feeling like you're failing at your health. Done with feeling like a stranger in your own skin or like you've been watching everyone else have results except you.

Before we go any further, I want you to get brutally honest on your “why.” Not the version of your “why” that sounds good on paper. The version that makes you feel something on a visceral level. So grab a journal, start a new note in your phone, or just talk out loud to yourself as you process these thoughts for yourself. You might be tempted to skip over this section and just get to the workouts and nutrition section, but remember, this time is different. This is about becoming your fittest FOREVER. Not just until another Monday when you're starting over again. This is a complete identity shift where you turn into the woman who embodies a lifestyle of fitness and health. A woman who has fallen in love with fitness and healthy living and finds joy in that journey.

REFLECT ON THIS:

Who is the woman you're trying to become and what would it feel like to live in her body and mind - with her energy, her confidence, and her mindset?



UNCOVER YOUR “WHY”

Really think about it. Picture her in detail. Now ask yourself something even harder: What is the cost of staying the same? What is the cost of just reading this book and not putting the plan into action?

This isn't about having more willpower or motivation. It's about unlocking your own truth. What has staying stuck already cost you? There are costs for all of us - both in the present and our future.

- Maybe it's the feeling of hiding under baggy clothes and untagging yourself on social media posts to not be seen.
- Maybe it's the towel you wrap a little higher after a shower so you don't have to look at yourself naked.
- Maybe it's avoiding mirrors in stores, or turning the lights off before sex because of the embarrassment you feel in front of your partner.
- Maybe it's watching your daughter pick up on your body shame, no matter how well you try to hide it.
- Maybe it's feeling invisible at events, hiding in the back of group photos, or always being the one who offers to take the picture so you don't have to be in it.
- Maybe it's a growing fear/dread that this is just how it will always be.



UNCOVER YOUR “WHY”


- Maybe it's the quiet ache of knowing you've been playing small for so long, you've almost forgotten what it feels like to be proud of yourself.
- Maybe it's the bloodwork results or diagnosis at the Dr. that shows that your health is slipping and the cost of not changing is having your life cut short or quality of life stolen away by heart disease, diabetes, a stroke, cancer and/or Alzheimers.
- Maybe it's feeling exhausted and that afternoon crash, no matter how much sleep you get.

Or maybe it's all of it. And if nothing changes, what else will you be sacrificing?

Your quality of life? Your spark? Years or even decades of your life?

Because the truth is, you weren't meant to live feeling like no matter what you do, you don't get the results you're working towards. You weren't meant to get through each day feeling just okay. Why settle for just feeling okay when extraordinary is on the table?

This is where it changes. Not because this plan is perfect (*although it's pretty dang great*), but because I hope you're feeling ready to take a chance on yourself and find out what happens when you go after some big dreams with a proven scientific plan to back up those actions.



**WHY SETTLE FOR
FEELING JUST OKAY
WHEN FEELING
EXTRAORDINARY
IS ON THE
TABLE?**

REFLECT ON THIS



WHAT HAVE I BEEN TOLERATING PHYSICALLY AND MENTALLY THAT I'M NOT OKAY WITH ANYMORE?

What patterns have kept me stuck and what am I ready to leave behind? Even if it's uncomfortable.



WHO IS THE WOMAN I WANT TO BECOME? HOW DOES SHE THINK, MOVE, EAT, SPEAK TO HERSELF, AND SHOW UP WHEN LIFE ISN'T PERFECT?

What would change if I stopped waiting and started acting like her today? What would it look like to live one day entirely as her?



WHEN I FACE GUARANTEED OBSTACLES, WHAT IS MY PLAN TO STAY GROUNDED, STAY ON TRACK, AND KEEP SHOWING UP FOR MYSELF?

What has caused me to quit in the past and how will I respond differently this time? Who is someone I can check in with?



WHAT'S THE COST OF ABANDONING MY "WHY"?

If I walk away from my "why" and let old patterns win, what will it cost me in the long run? What has it already cost me? What will my life look and feel like a year from now if I don't follow through this time? What version of me gets left behind every time I choose comfort over growth? What relationships, moments, or parts of myself have I missed out on by not being my fittest and healthiest?

IF MY FUTURE SELF COULD WRITE ME A LETTER, WHAT WOULD SHE SAY?

CHAPTER



NUMBER 4

**BODY RECOMPOSITION 101:
HOW TO BUILD YOUR DREAM PHYSIQUE**

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



This chapter is for the woman who feels like she's tried everything and still feels defeated. She's working out, dieting and trying to eat "clean," putting in good effort but still doesn't look or feel the way she wants to. It's not because fitness won't work for you. Maybe you've just been handed the wrong map.

"Dream physique" means something different to every woman. Let the term "dream physique" encompass the physical appearance of your body that would make you feel your best, and also the inner health of your body that will be glowing from the inside out. They go hand in hand.

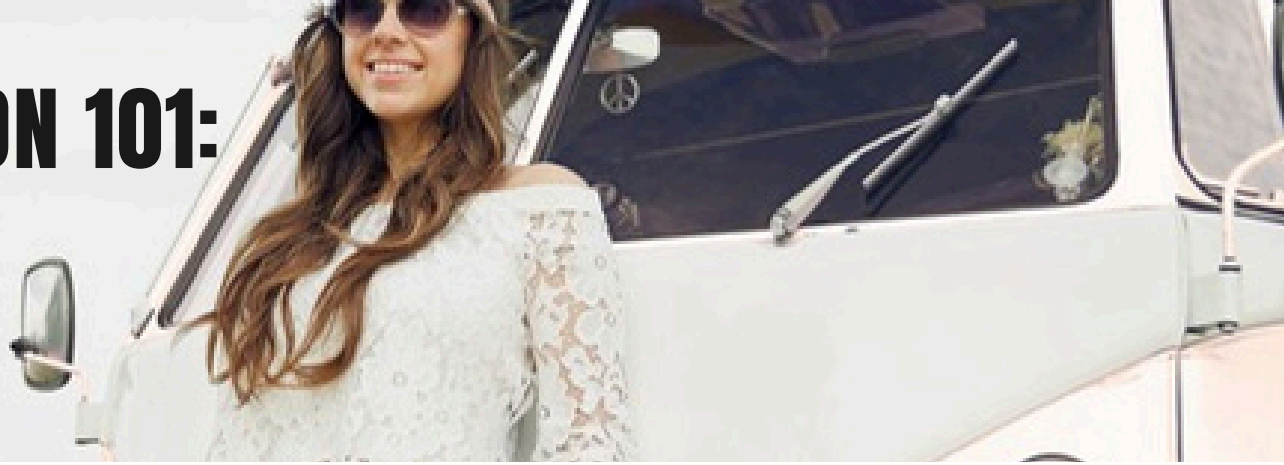
Let's clear the confusion so you have the exact roadmap to become your fittest and healthiest forever.

WHAT IS BODY RECOMPOSITION?

Body recomposition is the process of changing the ratio of fat to muscle in your body. Resulting in lean, strong, physique with optimal numbers for as many health biomarkers as possible.

A common misconception is to do everything at once and lose fat and gain muscle simultaneously. While that does tend to happen for beginners or someone just getting going again, it's not always the most effective path for long-term change. Body recomposition works well in intentional stages. While trusting the process and giving enough time for each phase to take place in our body.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE

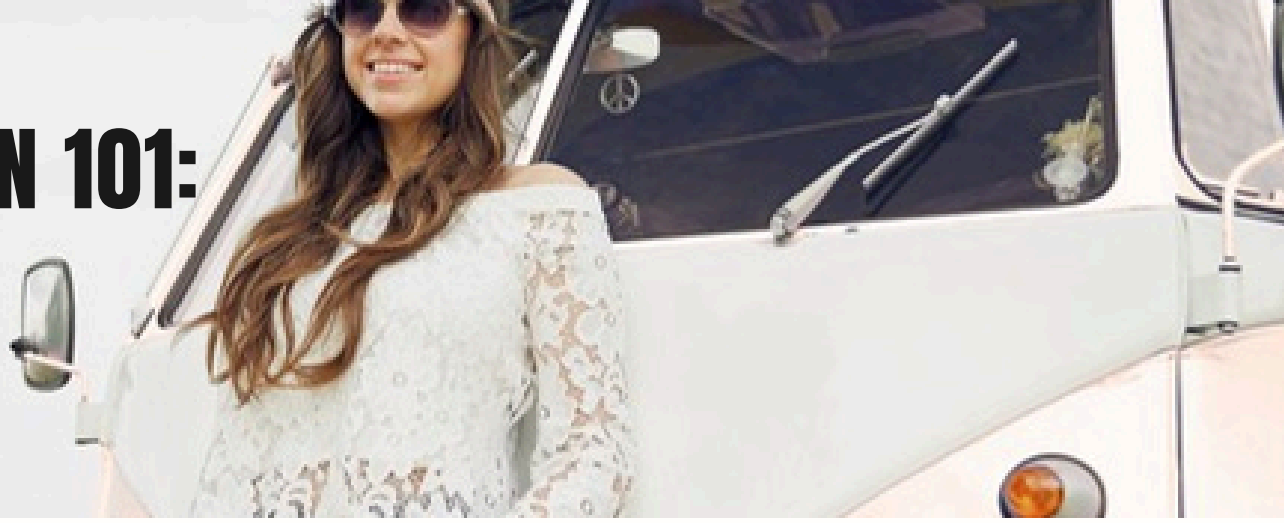


- **Fat Loss Phase** – You focus on shedding excess fat by eating in a slight calorie deficit (*15% less calories per day than TDEE for moderate approach*) while maintaining muscle with high protein intake and consistent strength training. Lifting heavy and keeping your protein high helps protect your lean muscle so you're not just losing weight (which can also include muscles mass loss). The goal is that weight lost is the weight from fat being lost.
- **Muscle Building Phase** – Once leaner, you shift into a small calorie surplus (*15% more calories per day than TDEE for moderate approach*) to fuel muscle growth and sculpt your physique. This phase also requires high protein intake and lifting progressively heavier weights. The surplus gives your body the extra energy it needs to build new muscle tissue, while the training provides the stimulus for new muscle to grow.

These fitness stages require different strategies and different calorie needs. Trying to do both at once often leads to spinning your wheels. Eating too much to lose fat but not enough to truly build muscle. The more effective way? Be precise. Focus on one goal at a time.

And this is exactly why quick 30-day weight loss programs don't get you where you want to go. Real body recomposition takes time, strategy, and consistency. But doing it this way? It's your roadmap to success and the kind that lasts. The kind that actually creates your dream physique and makes it easier to keep without being on the nightmare merry-go-round.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



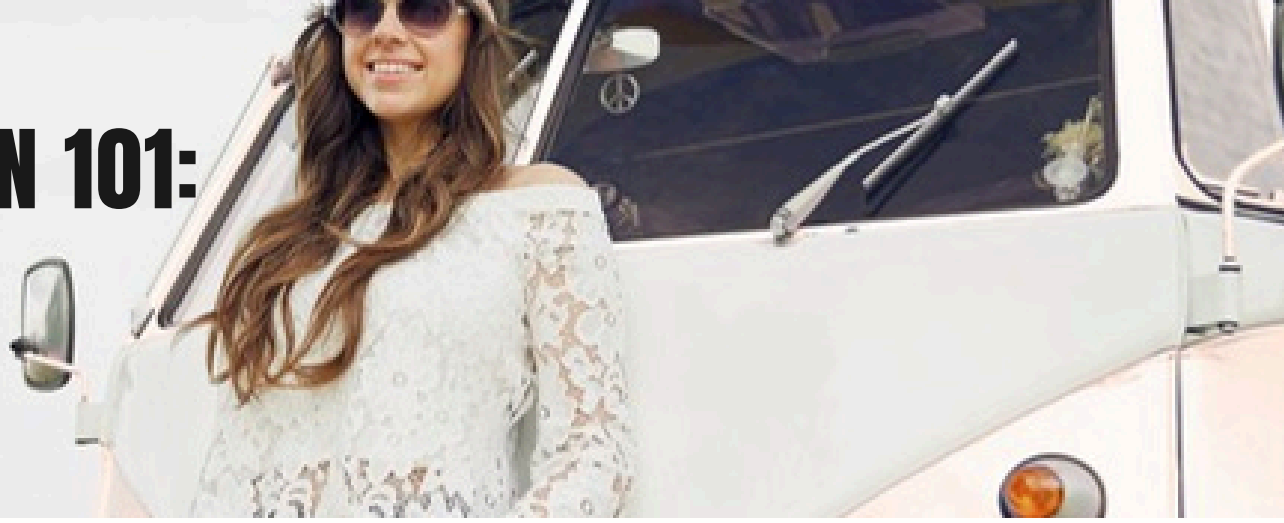
HOW LONG SHOULD EACH PHASE LAST?

- **Fat Loss Phase:** Overall length of time depends on how much fat you started with and are trying to lose. Stay consistent with a calorie deficit, high protein intake, and heavy lifting. Take short breaks if needed.
- **Muscle Building Phase:** This is a longer-term commitment. Aim for 6 months minimum, but plan on up to 1 year+ for really noticeable transformation. Muscle builds slowly, but the payoff is lasting.
- **Second Fat Loss Phase (*if needed*):** 12 weeks, and often easier thanks to your increased metabolism from added muscle.

And here's the beauty of it: if you gain a little more fat than you'd like during any muscle building phase, you can always add another fat loss phase afterward. This allows you to shed the extra fat and fully reveal the sculpted muscle you've built underneath. Just like before, you'll want to prioritize your protein intake, stick to your calorie goal, and continue lifting heavy to preserve the muscle you worked so hard for.

What's even better? That second fat loss phase will often feel easier and more effective because now, you've got more muscle on your body to use for your advantage.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



Muscle raises your Basal Metabolic Rate. Your BMR number - aka the number of calories your body burns each day just to stay alive. Before you add in any movement, intentional workouts, or physical activity of any kind. Just laying in bed and breathing for 24 hours.

This means that your body burns more calories at rest the more muscle you build. When you've built more muscle, your daily calorie deficit number for eating should now be a bit higher than when you first started on your fitness journey, and you'll still experience fat loss because your metabolism is now working harder for you around the clock.

So if you finish your muscle building phase and feel a little bulkier than you'd like, don't panic. Just switch into a shorter fat loss phase again. Shed the fat that's sitting on top of your new muscle, and then look in the mirror and let your jaw drop at the sight. This is the unveiling. This is the part where your hard work really shows in a way that people will stop you in your tracks to ask you, "what's your secret?"

Once you've achieved the physique you've been building toward, you can move into maintenance mode. As you build muscle, your body becomes significantly more efficient at burning calories, even when you're resting. Eat at your maintenance level of calories, hit your daily protein goal, move throughout the day as much as possible, lift heavy weights and watch yourself stay your fittest forever.



BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE

Staying fit starts to feel easier the more muscle you build. Your metabolism works for you instead of against you. And life in your strong, sculpted dream physique starts to feel steady, energizing, and so enjoyable! You’ll find that muscle becomes your best friend and chasing strength over chasing shrinking yourself makes a fit physique much easier to maintain for the long haul.

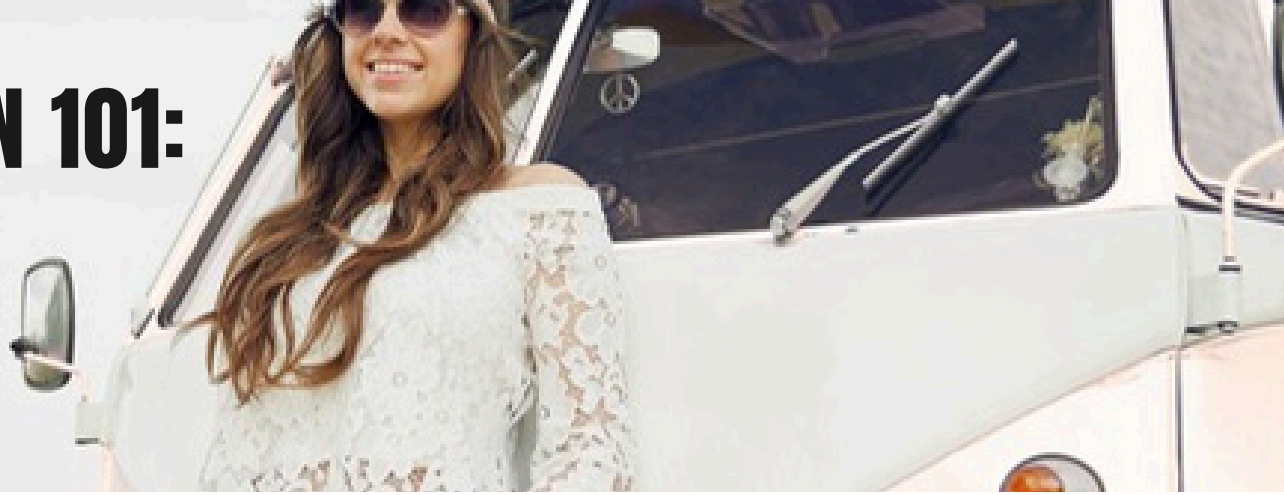
WEIGHT LOSS FOCUS	BODY RECOMPOSITION FOCUS
Lose weight from fat, muscle, & bone loss	Prioritize fat loss while preserving muscle mass
Smaller, softer body with less definition	Stronger, lean physique with visible muscle tone
Focus is on the number on the scale	Focus is on body fat % and muscle mass %
Goal is to weigh less	Goal is to reshape and strengthen the body
Weight gain feels like failure	Muscle gain is a win, even if it adds weight
Weight is everything	Weight is one metric, but body composition tells the real story

THE TRUTH ABOUT BUILDING MUSCLE

Let’s talk about something I hear all the time: “But I don’t want to get bulky.”

Let me be clear: building muscle will NOT make you bulky. That bulky look you might fear from lifting weights? It doesn’t come from strength training in order to build muscle. It comes from carrying extra fat on top of muscle.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



Building muscle alone gives that lean, toned, athletic look that so many women are striving for. There's no difference between building lean toned muscle and building bulky muscle. Muscle is muscle. Period. Whether the person with that muscle looks leaner or bulkier comes down to their body fat percentage.

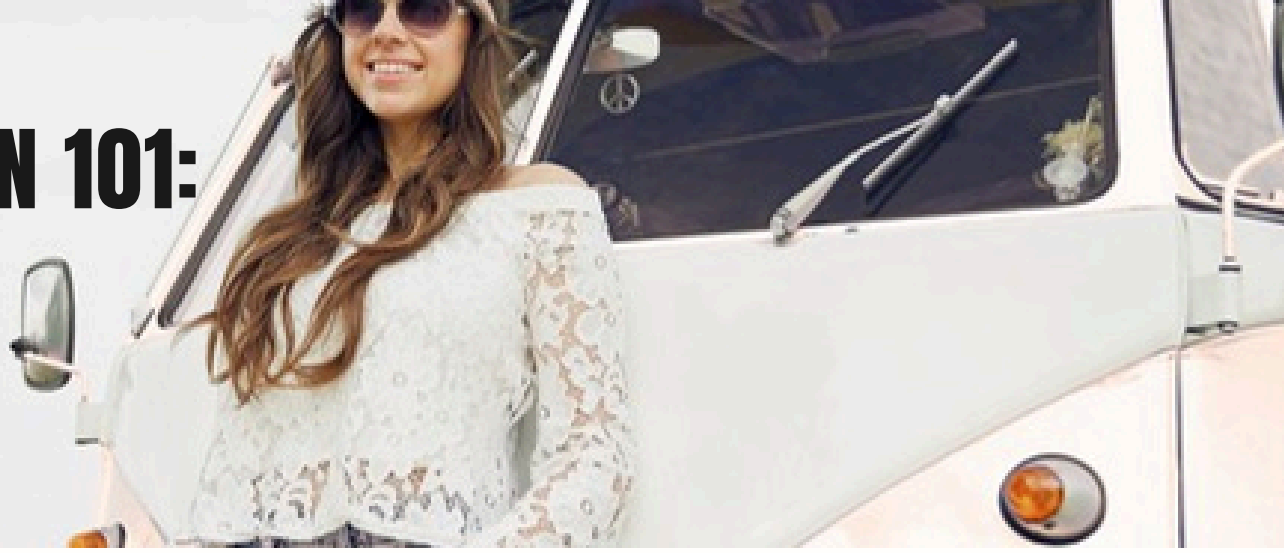
WHY YOU WANT MORE MUSCLE:

Forget the outdated myth that building muscle makes women look bulky and manly. Here's what building muscle actually does and why it's your secret weapon for transforming your physique (*and your life*):

MUSCLE →

- Turns your body into a calorie-burning machine. Muscle burns more calories than fat all day, every day. Even when you're just lounging around on the couch.
- Shapes your silhouette. Muscle is compact and dense. It takes up less space than fat, so you look tighter, leaner, and more sculpted.
- Changes the shape of your body. Dieting **shrinks** you. Lifting **shapes** you. Muscle is what creates that toned look.
- Skyrockets your strength and confidence. There's nothing like feeling powerful both inside and out.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE

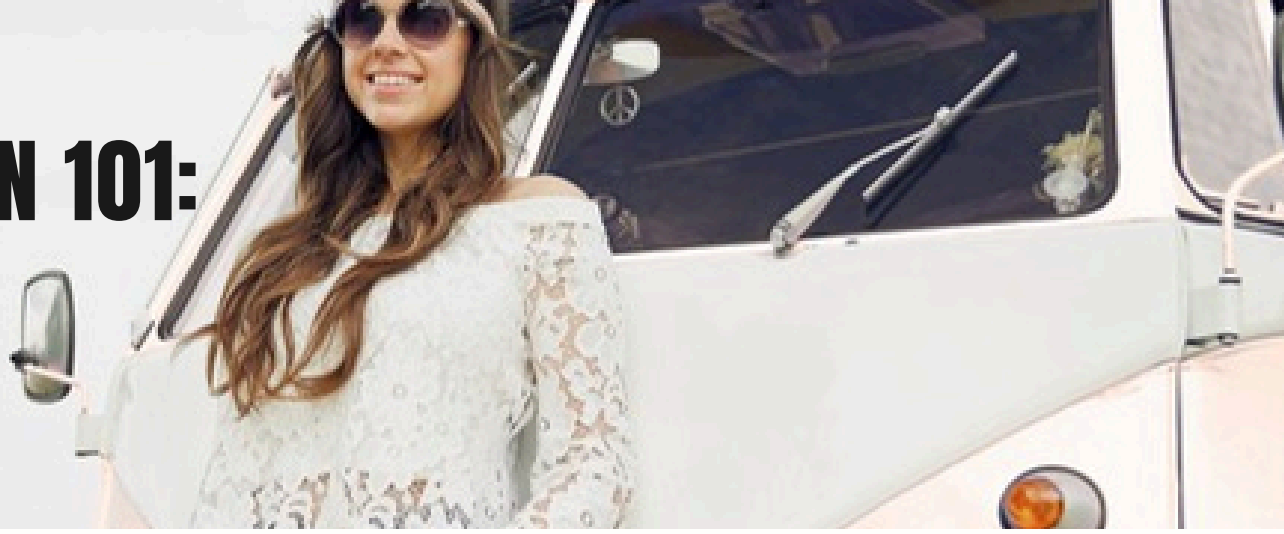


- Supercharges your energy. Strong muscles = quicker recovery, better endurance, more get-up-and-go, and a pep-in your step for everyday life.
- Slows the metabolic aging process. Muscle is the ultimate age-defying tool. It supports your joints, bones, hormones, and brain health. It can turn your metabolic time clock backwards and cause reverse metabolic aging.
- Improves everything from insulin sensitivity to heart health. Muscle doesn't just look good. It literally keeps you alive longer and with a higher quality of life within those years.

Building muscle is the closest thing we have to a fountain of youth. It makes you stronger, healthier, more metabolically active, and more resilient. And it gives your body the curves, definition, and shape that dieting alone can never achieve.

Reminder: Often the strong, lean and sculpted physique women are working towards actually weighs more than they expect. This is because five pounds of muscle looks nothing like five pounds of fat. It takes up less space on our body. Muscle adds shape, structure, and strength without bulk. A regular scale can't show you that, but your reflection in the mirror will.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



RETHINK YOUR SCALE

Ditch the traditional scale that only tells you your weight and gives you a mental health crisis every time you step on it. Instead, invest in a smart scale that measures body composition data that actually matters:

- Body fat %, muscle mass %, lean body mass, subcutaneous fat (*outer layer of fat*), visceral fat (*the dangerous fat around your organs*), body water %, skeletal muscle mass, bone mass density, metabolic age.

The one I personally use and recommend: Oxiline Smart MD Pro - it's the most accurate one I've tested. Shop for it below and get 50% off!

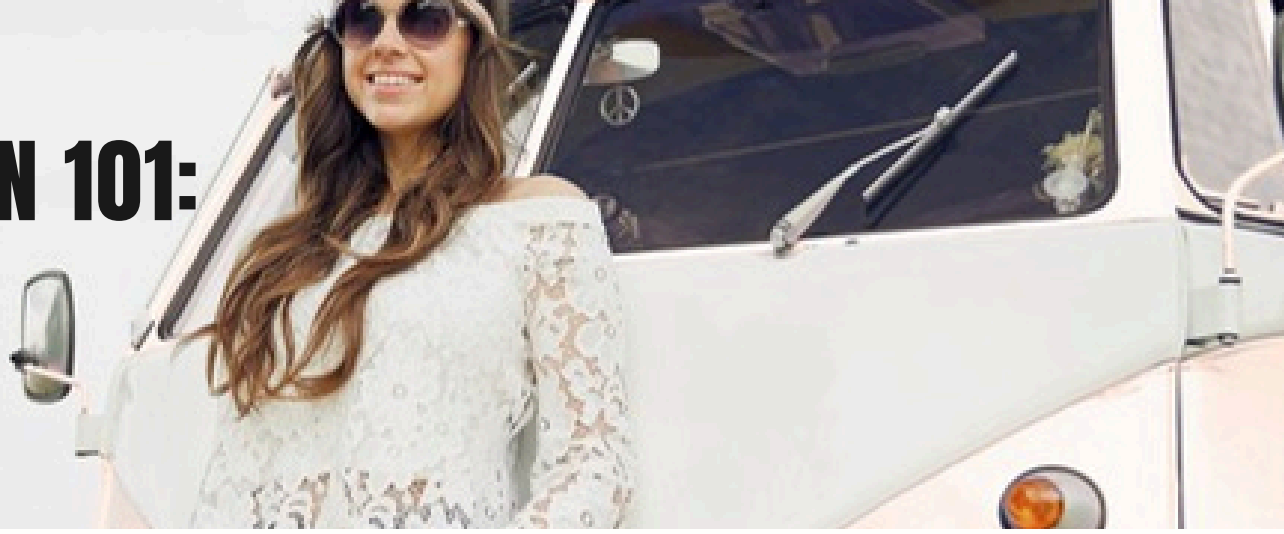
SHOP SMART SCALE

UNDERSTANDING YOUR DAILY CALORIE NEEDS

Now that you understand how body recomposition works, here's the next piece of the puzzle: calories.

Your body composition goals - whether it's fat loss, building muscle, or maintaining your results - depend heavily on how many calories you eat.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



In this section, I'll show you how to estimate the number of calories your body needs, based on your weight, activity level, and goal phase.

As your body changes, especially as you gain muscle, your calorie needs will change too. That's why it's important to recalculate as your body changes and learn how to do this process for yourself.

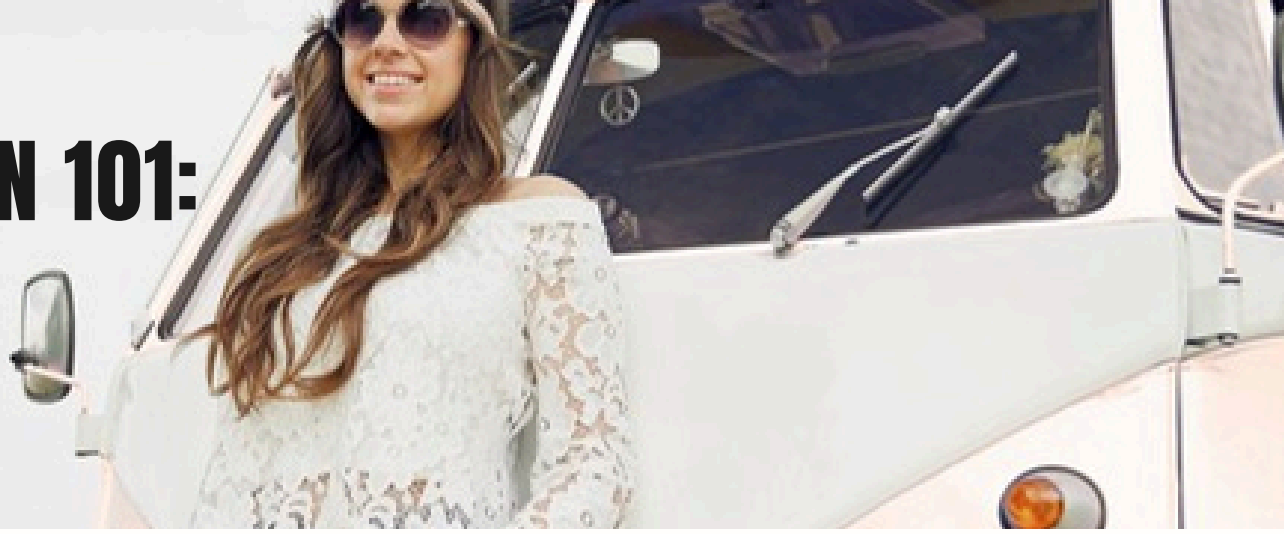
Before we dive into the math, let's define two key terms:

- **BMR** (*Basal Metabolic Rate*) – The number of calories your body burns just to stay alive. Think: breathing, digesting food, growing hair and nails, keeping your organs running. Even if you laid in bed all day, your BMR is how many calories you'd still burn just by existing and not moving your body.
- **TDEE** (*Total Daily Energy Expenditure*) – The total number of calories you burn in a day. Including all movement.

UNDERSTANDING WHAT CALORIES REALLY ARE

Calories are simply units of energy. Just like gas fuels your car, calories fuel your body. They power everything from your thoughts to your digestion to your workouts.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



But here's where we need a mindset shift: calories are not the enemy. They are not something to fear or obsess over. Instead of trying to eat as few as possible and running on gas fumes or overeating calories and overflowing your tank (*aka excessive fat storage*), the real power comes from learning how to make calories work for you and knowing what your body needs.

You are in control of what you eat every day, and that control is empowering, not restrictive. Eating too many calories can slow progress, but so can eating too few. Both extremes are unhealthy. The goal is balance: not perfection every day, but **CONSISTENCY OVER TIME**.

So now, let's get into how to calculate your energy needs for each phase of your body recomposition journey. On the next page I'm going to teach you step by step so that from now on, you have this tool in your tool belt and can refer back to it as needed.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



HOW TO ESTIMATE HOW MUCH TO EAT: CALCULATING YOUR CALORIE NEEDS

Step 1: Estimate Your BMR

BMR for women =

$$655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

This gives a good estimate of your BMR (*Basal Metabolic Rate*) - aka how many calories your body needs per day just to lay in bed and breathe.

Step 2: Estimate Your TDEE

Once you've calculated your BMR #, then calculate your TDEE # - (*Total Daily Energy Expenditure*). Which is basically your real daily calorie burn because it adds in all of your daily physical movement. To figure out your TDEE, you'll need to determine your average daily activity level.

(*see table on the next page*).

Before you pick your daily activity level and activity multiplier listed on the next page, ask yourself: how much do I really move outside of an intentional workout?

A lot of women think, "I go to the gym 4 days a week so I'm very active!" Yes, but ... working out lightly for 45 minutes or doing yoga doesn't make up for sitting 10 hours a day.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



To get the most accurate TDEE estimate (*and best results*), you need to consider your TOTAL daily movement - not just your intentional workouts.

PRO TIP: Not sure which activity level multiplier to pick? Go with the lower option. People often overestimate how much they actually move throughout the day, especially if they sit for work or aren't on their feet the majority of the day. Choosing a lower activity multiplier gives you a more honest starting point, and then you can always adjust based on results. It's smarter to slightly underestimate and get results than to overshoot and spin your wheels.

You'll find the activity level table on the next page.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



Determine your activity level for TDEE calculations below.

ACTIVITY LEVEL	ACTIVITY MULTIPLIER	EXAMPLES
Sedentary	1.2	No workouts • <5,000 steps/day • Desk job, lots of sitting and/or driving • Evenings spent mostly on the couch relaxing.
Lightly Active	1.375	Light workouts 1-3x/week (low heart rate walks, yoga, light lifting) • 6k–8k steps/day • Mostly sitting at job but day might include errands, house chores, or dog walks • Think busy, but not training consistently.
Moderately Active	1.55	Consistent moderate effort workouts 3-5x/week (strength training, running, group classes) • 8k-10k steps/day • On feet a lot of the day (teaching, nursing, retail, chasing kids, household management) • Most active midlife women fall here.
Very Active	1.725	Intense training 6-7x/week (heavy lifting, HIIT, CrossFit, long runs) • 12k+ steps/day • Plus a physically demanding job • Few women fall here unless training is a major lifestyle focus. Requires higher food intake + recovery focus.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



EXAMPLE: LET’S DO THE MATH TOGETHER

Let’s do an example with myself to see how this works.

I am 42 years old, 5'4" (64 inches), weigh 130 lbs, and I lift heavy weights five times per week. I walk about 10,000 steps per day on average. I include zone 2 cardio sessions per and V02 max intervals training. I’m up and about a lot of my day doing house chores, grocery shopping, etc. This puts me in the moderately active category on the TDEE table. There are days when I fall into the very active category, but on average I’ll go with moderately active for my TDEE calculations.

Step 1 – Calculate Laura’s BMR:

$$655 + (\overset{\text{weight}}{4.35 \times 130}) + (\overset{\text{height}}{4.7 \times 64}) - (\overset{\text{age}}{4.7 \times 42}) = 1,324 \text{ calories/day}$$

So if I did nothing but lay in bed breathing, my body would need an estimate of 1,324 calories per day just to stay alive.

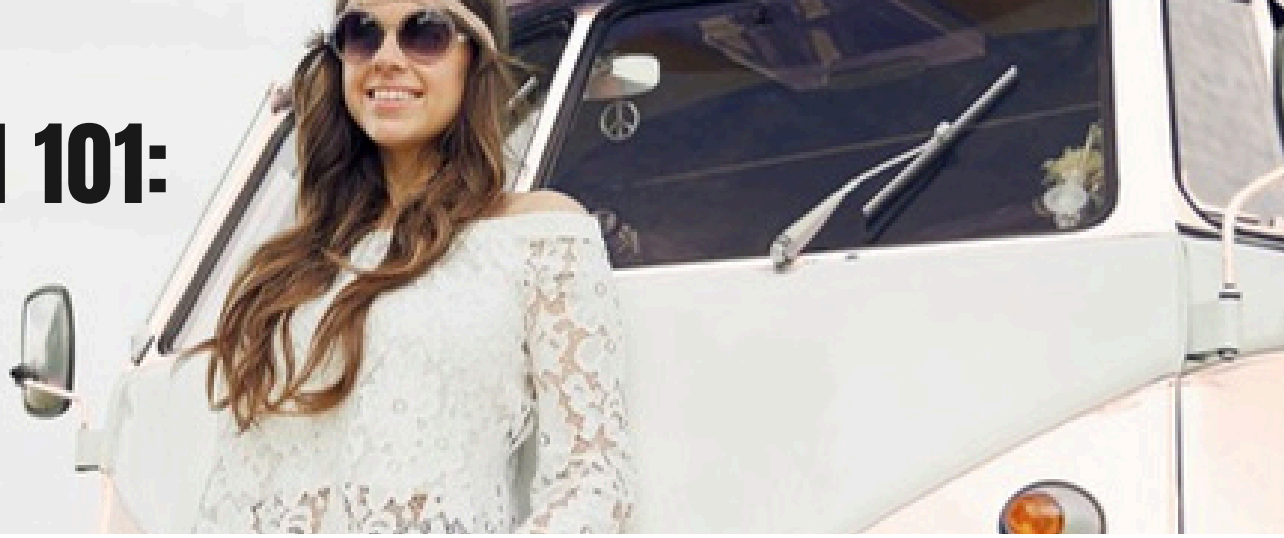
Step 2 – Calculate Laura’s TDEE:

My BMR × activity multiplier from table on previous page.

$$\overset{\text{BMR}}{1,324} \times \overset{\text{activity multiplier}}{1.55} = 2,052 \text{ calories/day for my TDEE estimate}$$

2,052 calories is an estimate of how many total calories I burn on average for my moderately active days.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



CALCULATING CALORIES: FAT LOSS, MAINTENANCE & MUSCLE GAIN GOALS

Now let's go one step further and determine how many calories to eat for a fat loss calorie deficit stage, a maintenance stage, or a calorie surplus muscle gain stage. In a moderate approach style using 15% of your TDEE #. Using myself still as an example, 15% of my TDEE of 2,052 is 308 calories.

- Fat Loss: $2,052 - 308$ (15% deficit) = 1,744 calories/day
- Maintenance: 2,052 calories/day
- Muscle Building: $2,052 + 308$ (15% surplus) = 2,360 calories/day

Why 15%?

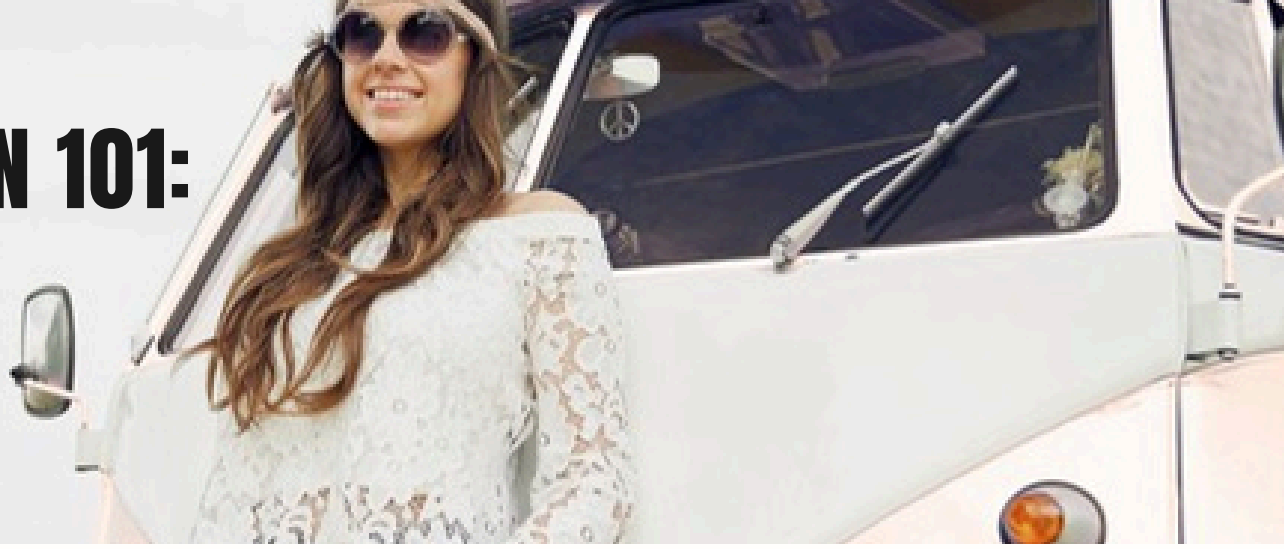
- A moderate calorie deficit or surplus = 15% of TDEE.
- You can use a 10–20% range, but extremes come with trade-offs:
 - Larger deficits increase the risk of muscle loss, low energy, and stalled progress.
 - Larger surpluses increase the risk of fat gain.

Adjusting Over Time

Your TDEE isn't static. As your body composition and/or activity level changes, your calorie needs shift. So re-calculate as needed.

Bottom line: Long-term fitness comes from sustainable adjustments. Not crash diets or overeating “just to bulk.” Consistency over time is what creates results you can keep.

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



PRO TIPS

Pro tip #1: Aim to stay within +/- 200 calories of your goal. Whether you're in a deficit or a surplus. You don't need to hit your exact calorie number every day. Remember, these numbers are just estimates. But ... being consistent with those estimates will go a lot further than not. Life fluctuates and so will your calorie intake. What matters most is consistency across the week, not daily perfection. Small swings won't halt your progress. It's the overall choices that transform you.

Pro tip #2: invest in a WHOOP fitness band and wear it 24/7 to have it tell you an estimate of calories you burn per day based on the detailed data it collects on your heart rate and movement data. You can see your trends over time and how the numbers correspond to your activity levels.

Pro tip #3: No matter whether you're eating in a calorie deficit, eating at maintenance calories, or in a surplus: **EAT ENOUGH PROTEIN.** Always. This will prevent muscle mass loss.

NOT ALL CALORIES ARE CREATED EQUAL

Now that you know how to estimate your calories, here's the last thing to remember: **not all calories are equal.**

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



Your body responds very differently to calories from nutrient dense whole foods than it does to calories from processed, nutrient void foods.

Whole foods that contain protein, complex carbs, and healthy fats do more than just fuel your body. They support your metabolism, hormone health, hunger control, recovery, and lean muscle growth. Processed foods might still hit your calorie number, but they offer little nutritional value and often leave you feeling hungry, sluggish, or stuck in your goal results.

So while total calories determine if your weight goes up or down, the quality of those calories, determines if that weight change is made up of fat or muscle.

Now that I hope you've learned all about calories and how to calculate calories for your personal needs, you'll find a cheat sheet on the next page with all the calculations for easy reference. Plus a calories and protein calculator I built with the methods just read about. I wanted you to understand the methodology behind these numbers. Now that you do, try out the calculator and see your calories/protein laid out for your specific body, fitness goals and lifestyle.

CALORIES & PROTEIN
CALCULATOR

BODY RECOMPOSITION 101: HOW TO BUILD YOUR DREAM PHYSIQUE



CHEAT SHEET

BMR, TDEE & Calorie Calculations

(for women)

Step 1: Calculate BMR (Basal Metabolic Rate)

BMR =

$655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Step 2: Calculate TDEE (Total Daily Energy Expenditure)

TDEE = BMR \times Activity Multiplier

- Sedentary (1.2): No workouts, <5k steps per day, desk job, mostly sitting throughout day.
- Lightly Active (1.375): 103 light workouts/week, ~6-7.5k steps per day.
- Moderately Active (1.55): 3-5 workouts/week, ~8-10k steps per day, on feet moving around often.
- Very Active (1.725): 6-7 intense workouts/week, 12k+ steps per day, highly active job/lifestyle.

Step 3: Set Daily Calorie Target

- Fat Loss: TDEE – 15% of TDEE (or 10–20% range)
- Maintenance: TDEE
- Muscle Building: TDEE + 15% of TDEE (or 10–20% range)

CALORIES & PROTEIN
CALCULATOR

CHAPTER



NUMBER 5

MACRONUTRIENTS MADE SIMPLE

MACRONUTRIENTS MADE SIMPLE



I'm here to de-complicate fitness. Too many women are overwhelmed by information. Jumping from trend to trend, unsure where to start and then just spinning their wheels. This blueprint strips it down to the basics that actually work.

If you want to transform your body composition, you need to eat within a calorie range that aligns with your goal, and then fill those calories with nutrient-dense foods. That's it. Not being perfect ... just consistent.

Calories control the number on the scale, but macronutrients influence everything else: whether you lose fat or muscle, whether you feel energized or sluggish, satisfied or always hungry. They impact your cravings, hormones, sleep, skin, mood, recovery, and how well your body performs and transforms.

Let's break down what each macro does in your body:

• PROTEIN

- Helps you build and maintain muscle, so your body looks toned and strong, not just smaller.
- Keeps you full longer, so you're not constantly snacking or consumed with thoughts about food.
- Boosts metabolism, especially when you're trying to lose fat.
- Speeds up recovery from workouts so you can get back to your routine without feeling wrecked.
- Supports strong hair, nails, hormones, and healthy immune system.

MACRONUTRIENTS MADE SIMPLE



• COMPLEX CARBOHYDRATES

- Give you energy to lift weights, chase kids, and power through your day without crashing.
- Support brain function, so you're not foggy or feel irritable.
- Replenish energy after workouts so muscles can rebuild stronger.
- Help stabilize your mood, especially around your menstrual cycle.
- Keep digestion running smoothly with fiber (from foods like fruit, oats, and legumes)

• HEALTHY FATS

- Regulate hormones. A key for women, especially through your 30s, 40s, and beyond.
- Help absorb vitamins to keep your skin glowing and bones strong.
- Support your brain health so you can think clearly and stay sharp.
- Keep you full and satisfied, especially in meals with a lower volume of food.
- Protect your inner organs and help regulate body temperature.

MACRONUTRIENTS MADE SIMPLE



Two people can both eat 1,800 calories a day, but if one person consumes those calories through lean proteins, fruits, vegetables, whole grains and healthy fats, while the other person relies on processed snacks, soda, and greasy takeout, their results and health will be night and day different. The first person will likely feel full, have more energy, recover faster from workouts, and start seeing visible muscle tone. The second person may struggle with cravings, fatigue, bloating, stalled progress and feel totally blah. Even if the scale says the same number for both people. Same amount of calories consumed, but resulting in completely different outcomes and sense of well-being.

Whole, nutrient-dense foods support muscle growth, steady energy, better workouts, and fewer cravings.

Processed foods are easier to overeat, leave you unsatisfied, and often lead to fat gain ... not muscle.

Calories are not created equal when it comes to calories from protein. It has a higher Thermic Effect of Food (TEF) than carbs or fat. Which means your body burns more calories while digesting protein versus carbs and fat. That alone makes it a fat-loss-friendly macro. Protein also keeps you full longer, reduces cravings, supports recovery, and preserves muscle during a calorie deficit. All while helping you build lean, defined muscle during a calorie surplus.



MACRONUTRIENTS MADE SIMPLE

SO ... HOW MUCH PROTEIN SHOULD YOU BE EATING?

Eat 1 gram of protein per pound of your current body weight.

This guideline is widely used by fitness and nutrition professionals because it works across all phases. Fat loss, building muscle, or maintaining. It's simple and it gives your body exactly what it needs to hold onto lean muscle while you drop fat or get stronger.

If you weigh 145 pounds, aim for 145 grams of protein per day. If you weigh 165, shoot for 165 grams. No complicated formulas or macro calculators needed.

It might sound like a lot of protein at first, but once you break it up across the entire day, it's very doable. And remember: consistency matters more than perfection.

WHAT IF YOU HAVE A LOT OF WEIGHT TO LOSE?

If your current weight is quite a bit higher than your goal, eating 1 gram of protein per pound of bodyweight might feel overwhelming or more than your body truly needs.

In that case, use your goal weight instead of your current weight to set your daily protein target. This still gives your body the support it needs to preserve muscle and lose fat without making things harder than they need to be.

The most important thing? That you're eating enough protein from whole food sources and doing this consistently.

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MACRONUTRIENTS MADE SIMPLE



ANIMAL VS. PLANT-BASED PROTEIN

You've got your protein number. Now let's talk about where your protein is coming from, and how to make that work for you.

There are two main types of protein sources: animal-based and plant-based. Both can support your goals. The key is being intentional.

Animal proteins (*like chicken, eggs, fish, and Greek yogurt*) are naturally high in protein and contain all nine essential amino acids your body needs. They're efficient, complete, and easy to build meals around.

Plant-based proteins (*like tofu, tempeh, lentils, beans*) are powerful too, but often lower in protein per serving or missing one or two amino acids. That just means if you're eating plant-based, you'll need to combine different sources and be a bit more intentional about variety and volume.

I was plant-based for several years and built muscle. It worked because I was strategic and consistent with hitting my protein goal. These days, I eat a balanced, Mediterranean-style menu that includes lean animal proteins and still feel amazing.

So whether you're a meat eater, plant-based, or somewhere in between, you can build muscle, lose fat, and feel incredible. Choose what fits your lifestyle and supports being consistent.



MACRONUTRIENTS MADE SIMPLE

Here’s a list of protein foods. For meals that are simple, satisfying, and aligned with your goals.

Use this list to mix and match based on preferences. Aim to get at least 30-40 grams of protein per meal.

Next, I’ll show you how to use these ingredients to build simple, ultra healthy, balanced meals that work with our busy real lives.

<p>LEAN ANIMAL PROTEINS:</p> <p><i>(note: measure meats cooked)</i></p> <p>Chicken breast (4 oz = ~30g)</p> <p>Ground turkey (4 oz = ~28g)</p> <p>Salmon (5 oz = ~35g)</p> <p>Tuna (1 can = ~25g)</p> <p>Shrimp (4 oz = ~24g)</p> <p>Lean ground beef (4 oz = ~26g)</p> <p>Pork tenderloin (4 oz = ~24g)</p> <p>Turkey breast (4 oz = ~29g)</p> <p>Steak (sirloin, 4 oz = ~26g)</p> <p>Rotisserie chicken (4 oz = ~28g)</p> <p>Eggs (1 egg = 6g)</p> <p>Egg whites (1 cup = ~26g)</p> <p>DAIRY & CONVENIENT PROTEINS:</p> <p>Greek yogurt (¾ cup = ~18–20g)</p> <p>Low-fat cottage cheese (½ cup = ~15g)</p> <p>Fairlife milk (1 cup = ~13g)</p> <p>Orgain protein shake (1 bottle = ~20g)</p> <p>Premier Protein shake (1 bottle = ~30g)</p> <p>Protein powder (1 scoop = ~20–25g)</p> <p>Protein bars (aim for 15–20g)</p>	<p>PLANT-BASED PROTEINS:</p> <p>Tofu (½ block = ~20g)</p> <p>Tempeh (½ cup = ~15g)</p> <p>Edamame (½ cup = ~10g)</p> <p>Lentils (1 cup cooked = ~18g)</p> <p>Chickpeas (1 cup cooked = ~15g)</p> <p>Quinoa (1 cup cooked = ~8g)</p> <p>Black beans (1 cup = ~15g)</p> <p>Green peas (1 cup cooked = ~8g)</p> <p>Hemp seeds (3 tbsp = ~10g)</p> <p>Chia seeds (2 tbsp = ~5g)</p> <p>Nutritional yeast (2 tbsp = ~8g)</p> <p>Seitan (3 oz = ~21g)</p> <p>Soy milk (1 cup = ~8g)</p> <p>Sprouted grain bread (2 slices = ~8–10g)</p>
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MACRONUTRIENTS MADE SIMPLE



HOW TO BUILD A WHOLE FOODS, HIGH-PROTEIN MEAL

Here's how to keep it simple: start with a protein(s), then build around it using whole, nutrient-dense foods. A balanced plate example:

- A high-quality protein source (*ex: grilled chicken, ground turkey, lean beef, fish, Greek yogurt, tofu, etc.*)
- A fiber-rich carb (*ex: sweet potatoes, quinoa, oats, fruit*)
- Colorful non-starchy vegetables (*ex: spinach, broccoli, cucumbers, peppers, etc - fresh or frozen*)
- A small serving of healthy fat (*ex: avocado, olive oil, nuts, or seeds*)
- Add seasonings, herbs, sugar free marinades/sauces, lemon/lime juice, salsa, Cholula, etc.

This type of combo keeps you full, supports fitness goals, and gives your body the nutrients it actually needs.

A FULL DAY OF EATING EXAMPLE

On the next page I'll show you what a simple, satisfying day of eating can look like using an example set to 150 grams of protein and about 1,850 calories. Split across 4 meals. Each balanced and similar in calories and protein.

MACRONUTRIENTS MADE SIMPLE



Meal 1: High-Protein Breakfast

- 2 eggs + $\frac{3}{4}$ cup egg whites
- Sautéed spinach, onions, and peppers added to egg scramble
- 1 slice sprouted grain toast
- $\frac{1}{2}$ carton Premier Protein shake stirred into coffee
- *~38g protein, ~450 calories*

Meal 2: Lunch Bowl

- 5 oz grilled chicken with G Hughes sauce
- $\frac{3}{4}$ cup cooked quinoa
- $\frac{1}{2}$ cup cooked lentils
- Mixed greens, cucumber, red onion, carrots, bell peppers, and 1 tsp olive oil + lemon juice
- *~38g protein, ~460 calories*

Meal 3: Protein-Packed Dinner

- 5 oz baked salmon with G Hughes teriyaki sauce
- $\frac{1}{2}$ cup roasted sweet potato
- 1 cup steamed green beans
- Mixed greens, cucumber, red onion, carrots, bell peppers, and 1 tsp olive oil + lemon
- *~37g protein, ~470 calories*

Meal 4: Greek Yogurt Power Bowl Dessert

- $\frac{3}{4}$ cup Greek yogurt
- $\frac{1}{2}$ scoop vanilla protein powder stirred in
- $\frac{1}{2}$ cup frozen mixed berries, thawed
- 1 tbsp hemp seeds
- Drizzle of honey or stevia to taste
- *~37g protein, ~470 calories*

Daily Total: ~150g protein, ~1,850 calories

This isn't about perfection. It's just a realistic example for what it looks like to eat whole, macro-balanced meals.

CHAPTER



NUMBER 6

**MASTERING YOUR MEALS: FOOD TRACKING,
INTUITIVE EATING & BUILDING MEALS**



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

Learn how to track calories and protein, read labels like a pro, break free from sugar addiction, and build lifelong food freedom with educated intuitive eating.

WHY FOOD TRACKING WORKS

Let's be honest. Tracking your food sounds tedious ... until you realize it's your shortcut to results.

You don't have to track forever. You don't have to be perfect. And no, this isn't about obsessing over every bite.

Tracking is about awareness. It helps you:

- Understand how much you're really eating (spoiler: many people under-eat protein and overeat calories).
- Spot where your meals are out of balance with nutrition needs.
- Take back control instead of guessing or hoping.
- Discovering what nutrients your body needs more of to thrive.

You can't improve what you don't measure. Tracking your calories and protein gives you clear feedback. If you're not seeing results, you can adjust with confidence, not confusion.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

WHAT SHOULD YOU TRACK?

Just two things most of the time:

- Your calories
- Your protein (grams per day)

When calories and protein are consistent and the calories come from a variety of nutrient dense whole foods that include complex carbohydrates and fats, it all tends to fall into place. The recipes in this PDF already include balanced protein, carbs and fats. ALL are important and need to be consumed, but for simplicity's sake, I personally just keep track of calories and protein and am mindful to eat balanced amount of complex carbs and healthy fats.

HOW TO START FOOD TRACKING

Before trying to overhaul your food lifestyle, you need to understand your habits and patterns.

Step #1: track for one week without changing anything. Eat what you normally eat. This isn't about "being good." It's about being honest with every bite or drink that goes in your mouth.

This week of data gives insight into your real habits. Are you eating enough protein, under-eating, mindlessly snacking past your needs, etc? Many women are shocked what they learn.

Guessing can lead to food anxiety. But when you start seeing your food clearly, it brings a surprising sense of calm. There's freedom in knowing what your body really needs.




MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

Tracking isn't meant to be obsessive. It's meant to be educational. For many women (and men), food is the hardest part of fitness. So instead of winging it, learn from it. The goal is to train yourself to:

- Understand the portions that fit your goal
- See what a high-protein day looks like
- Recognize how food makes you feel
- Develop empowering freedom around food by practicing control over your choices

Pro tip: Buy a cheap food scale from Amazon. It's a simple way to measure accurately when you're starting out. You won't need it forever, but it fast tracks results and builds portion awareness faster than guessing ever will.

- Download the free version of the app My Fitness Pal, Cronometer or anything similar.
- Insert your custom calorie and protein goal numbers.
- Log what you eat and drink for one week.
- Don't judge yourself. Just observe. This is about learning, not labeling your food as good or bad.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

MY PERSONAL STORY WITH FOOD TRACKING

Even when our brain doesn't track food and track it in an app, our body still tracks it all!

One of my biggest fears was eating too much. That fear held me back for years and the idea of increasing my calories was something I couldn't fathom doing.

But tracking revealed the truth: I wasn't eating enough most days. In fact, I was a big under-eater and my body was living in starvation mode. And once I started feeding my body properly, everything changed. My energy improved. My mood lifted. My physique finally started to respond by dropping fat and building muscle. It was liberating.

Before that, I had spent years guessing and feeling anxious about food. I didn't realize how many mindless bites I was taking throughout the day: finishing off my kids' plates, mindless pantry grazing, my regular sugary Starbucks drinks, even cooking with way more olive oil than I thought. I had no idea what all those bites were adding up to, so to compensate, I'd eat less to "get back on track" and guess my way through it all with anxiety as my best friend in the kitchen. I thought tracking my food would make my struggle with eating disorders that much greater, but I couldn't have been more wrong on that.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

Once I started tracking my food, it wasn't about restriction. It was about educating myself. It gave me clarity and a feeling of empowerment and made me feel in control of my food choices. No matter whether I was eating at home, at a restaurant, on vacation or at a social event. And that changed everything for my life.

I don't tediously track my food most of the time now. When I do, it's usually because I'm following my easy pre-tracked meal plan that I'm giving you in a later chapter. Nowadays, I'm usually eating intuitively based on the habits I built while tracking. I've trained myself to recognize portion sizes and understand what my body needs. I'm really in tune with my hunger and fullness signals and mostly honor those!

But ... if I'm going after a specific physique goal, or I'm checking in to make sure I'm still getting adequate micronutrients as well, or feel like I'm drifting, I go back to food tracking for a short season. It's like checking in with my body's blueprint.

Like I said, many days now, I follow pre-tracked meal plans I design for myself that are built to make healthy eating simple and sustainable. It's fast in the kitchen, easy to meal prep or batch cook, budget-friendly at the grocery store, nutrient dense, and offers just enough variety to keep my tastebuds happy without being overly complicated or time consuming.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

SHOULD YOU TRACK YOUR FOOD?

That depends on your goals and where you're starting from.

Tracking could be really helpful if:

- You're trying to hit a fat loss or muscle-building goal.
- You want to learn what your body actually needs.
- You feel stuck or frustrated and want to understand why.
- You have no idea if you're over or under-eating
- You “think” you're eating healthy but still feel off.
- You have a higher amount of fat to lose.
- You want to stop guessing and see guaranteed results.

Food tracking might not be for you if:

- You're content with your physique and food habits.
- You eat mostly whole, unprocessed foods with minimal sugar or oil.
- You're just trying to maintain or make gentle improvements without very specific physique goals.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

If you're unsure, I recommend tracking for one week. Then use that data to make empowered choices for yourself.

PRO TIPS FOR SUCCESS

One simple (*but major*) strategy that helps me stay consistent: I don't buy very much junk food.

Seriously. If it's not in my kitchen, I don't think about it. But if Oreos are in the pantry, suddenly they sound WAY better than Greek yogurt and berries. Shocker, right?

This goes for my kids, too. When I'm the one cooking, they eat what I make: whole, nutrient-dense foods. I want them to feel good in their bodies and grow up knowing what healthy food is. If it's not in the house, it's not a battle. It just becomes the norm. Obviously they eat whatever they want when out with friends, but at home it's mostly healthy.

- Pre-log your meals in the morning or the night before so you know your day is on track.
- Use a food scale when you're getting started to understand portions.
- Save meals you eat often in the app for quicker logging.
- Be honest. Tracking only works if you're not "forgetting" bites, sips, and snacks.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

Also, don't aim for perfection. We're human. It's normal to enjoy foods just because they taste good, even if they don't pass all the tests for being considered healthy. The only people I know who eat perfectly for their goals are bodybuilders during contest prep, and even they only do it short term.

Trying to be perfect just sets you up for failure. It creates an all-or-nothing mindset that's neither sustainable, healthy nor necessary.

So enjoy an ice cream cone on a summer night with your kids. Eat your birthday cake. Sip sangria with your girlfriends. Just don't make it an everyday or every weekend thing. And if you can plan for those extra calories? Great. If not? No big deal. Just pick back up and move forward. That's what balance looks like and that's what keeps you going long term.

LEARNING TO READ FOOD LABELS

Knowing what's in your food is part of becoming an empowered eater. A food label can tell you more than just calories. It can reveal what you're actually putting in your body every day and help you avoid added sugars, chemicals, and ingredients that are ultra processed.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

I used to feel like I couldn't stop eating sugar once I started. I craved it all the time and it made me feel out of control. Then I learned that refined sugar (*not the kind found in fruit*) lights up the same reward centers in the brain as cocaine. No wonder it felt addictive ... because it's HIGHLY addictive.

I had to put myself through a period of withdrawal. It wasn't easy, but once I got through it, the cravings subsided a ton. I now notice that even small amounts of added sugar make me want more and often give me a headache. So I still eat sugar sometimes, because well ... it's obviously delicious, but I do it sparingly on purpose.

Here's some names of refined sugar to know on food labels:

Refined Sugars may be listed as:

- High fructose corn syrup
- Cane sugar
- Corn syrup
- Brown rice syrup
- Dextrose
- Maltodextrin
- Glucose
- Sucrose
- Fructose
- Evaporated cane juice
- Agave nectar
- Fruit juice concentrates



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

Additives & Preservatives to Limit/Avoid:

- Carrageenan
- Sodium nitrate/nitrite
- BHA and BHT
- Monosodium glutamate (*MSG*)
- Artificial flavors
- Artificial sweeteners (*like aspartame, sucralose*)


Reading labels isn't about fear. It's about being informed. The more real food you eat (*with ingredients you can pronounce and short ingredient lists*), the easier it gets to fuel your body well.

MINDFUL EATING: THE NEXT LEVEL

Whether you track forever or not, building mindful eating habits is key.

Ask yourself: Am I actually hungry? Or am I just bored, stressed, hormonal or emotional? Slow down and enjoy your food. Stop when you're satisfied, not stuffed. Avoid eating straight from the bag, your kid's plate, or standing at the kitchen counter.

Mindless eating adds up fast and so do the results when you replace it with mindful intention.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

FROM FOOD TRACKING TO INTUITIVE EATING

I now spend most days eating intuitively, but that skill was built through the discipline of food tracking. Tracking taught me how to listen to my hunger signals, understand my body's needs, and build meals around what makes me feel my best.

I pay close attention to those hunger signals. Some days I eat four meals. When I've trained extra hard, I tend to be hungrier because my body burned more calories that day, and I listen to that. I don't try to outthink my body. I give it with what it needs, mostly choosing whole, nutrient-dense foods to support my recovery and energy levels.

I also use the WHOOP fitness band that I wear on my wrist to give me an estimate of how many calories I'm burning that day. Then I eat accordingly. On days where I'm sitting a lot, my step count is much lower than a day where I'm cleaning my house all day. Sometimes it's the difference of only getting 5,000 steps vs. 20,000 steps.

Even when I'm eating out or on vacation, I still mostly choose foods that align with how I want to feel. I no longer view meals as "good" or "bad." I just make decisions that I know will leave me feeling good. Sometimes that means choosing a salad with grilled salmon, and other times it means slowing down and intentionally enjoying a glass of wine or dessert.

I just ask, "What will make me feel awesome today?" and then eat based on that. Not based on what I think I "should" or "shouldn't" eat. And fyi. ... sometimes feeling awesome is ice cream! Just to keep it real here!



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

HOW I BUILD MEALS FOR OPTIMAL HEALTH

I don't eat "diet food." I eat real food. The kind that keeps my energy high, my hormones balanced, and my body looking the way I've worked for. And here's the best part: it's simple.

I'm going to break down the exact framework I use for myself and my clients so you can build meals that support your goals without living in MyFitnessPal 24/7.

WHOLE FOODS FIRST

If it comes with a nutrition label, I want that ingredient list short and boring. No long science-project words, no mystery fillers and chemicals. Think frozen veggies (ingredients: vegetables), canned beans (no added salt or sugar), and no to as little sugars as possible.

Make whole foods the baseline and packaged foods as needed.

PROTEIN AT THE CENTER (*AND IN LAYERS*)

Every meal hits around 35–40 grams of protein.

I also layer proteins.

- Start with a main anchor protein like grilled chicken, salmon, or lean ground turkey.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

- Add secondary proteins for to boost protein grams easily while also adding nutrients of all kinds. Ex: quinoa, edamame, chickpeas, black beans, or even Greek yogurt or cottage cheese mixed into sauces and dips.

Example: In a Mediterranean bowl, I'll build around grilled chicken but layer in quinoa, edamame, and chickpeas. Those cover lean protein, fiber, and complex carbs all in one.

VEGETABLES IN ABUNDANCE


Most meals get at least one green (*spinach, broccoli, kale, green beans*) and as much color as I can pile on (*bell peppers, tomatoes, cucumbers, zucchini, carrots, onions*).

The variety of colors = a variety of nutrients. Plus, they add volume so you can eat more food without overconsuming on calories. Remember, just eat the rainbow!

A SIMPLE FORMULA: GRAIN + GREEN + PROTEIN

I use this formula constantly to build meals. A grain + a green + protein.

It works every single time. And with my layering strategy, that “protein” doesn't have to just be one thing.



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

It might be chicken and quinoa, or ground turkey and black beans. The combinations are endless, and that's what keeps it interesting.

Add legumes, fresh herbs, or a punchy sauce, and suddenly you've got a new flavor profile without reinventing the wheel. Bowls, stir-fries, tacos or just the basics of grilling meat with the other items as sides. They're all built on this same formula.

FLAVOR WITHOUT THE JUNK

Food has to taste good or you won't stick to it. I keep sodium low and added sugar minimal, but I don't skimp on flavor:

- Fresh lemon or lime juice or zest
- Fresh garlic, ginger, fresh herbs, and/or vinegar
- Sugar-free sauces (*like the G Hughes brand*)
- Salsa or low-sodium broth for flavor depth

Minimal oil and minimal butter. I use them when I want the taste, but lightly since they are mostly empty high calories.

SNEAKY FOOD SWAPS

- Plain Greek yogurt instead of sour cream or mayo
- Cottage cheese instead of ricotta (or blended smooth for creamy sauces or dressings)
- Mashed avocado instead of bottled dressing or mayo
- Chickpea, lentil or protein pasta instead of white pasta



MASTERING YOUR MEALS: FOOD TRACKING, INTUITIVE EATING & BUILDING MEALS

These swaps add protein, fiber, and nutrients without making food feel “healthy” in a boring way.

LEGUMES MATTER

Chickpeas, lentils, and beans of all kinds. I try to include them in at least one meal a day. And with my proteins layering approach, they don’t have to be the star of the meal.

Even a half-cup of beans added to a salad or bowl gives you extra protein and fiber.

FINAL THOUGHTS

These are some of the meal building principles I come back to every single day. Once you start building meals with principals like this, it doesn’t feel like a “diet plan” anymore. It feels like food freedom, because you’ll know exactly how to feed your body without second-guessing every bite.

CHAPTER



NUMBER 7

CUSTOM MEAL PLAN GENERATOR



CUSTOM MEAL PLAN GENERATOR

OVERVIEW - PRE-TRACKED MEAL PLAN GENERATOR

This is the exact plan I built for myself to use during fat loss phases. I've included that plan since that is the most requested. After trying countless app-generated plans and downloadable PDFs, I realized most were too complicated, time-consuming, and unrealistic for a busy real life.

I didn't want to log every bite in an app. I wanted a plan where calories and protein were already pre-calculated for the week. Just tell me what to eat and how much, and I'm good! Each recipe in this plan has about the same calories and protein. That means I can swap recipes, mix and match, and stay on track without overthinking. It's flexible, nutrient-dense, and built for real life.

This plan is:

- Pre-tracked for calories and protein 7 days in advance
- Focused on whole, minimally processed foods
- Low in added refined sugar
- Balanced in macros, fiber, and micronutrients
- Mediterranean-inspired, adapted for body recomposition
- Family-friendly recipes
- Fast to prep and easy to repeat



CUSTOM MEAL PLAN GENERATOR

HOW I USE THIS MEAL PLAN

I usually eat 4 meals per day, each with roughly equal calories and protein per meal. Including a snack “meal”. It keeps me satisfied and consistent.

For simplicity, I often:

- Repeat breakfast recipes
- Use leftovers for lunch
- Keep pre-prepped staples ready in the fridge or freezer

At the start of every week, I use the custom meal plan generator I spent months designing and coding behind the scenes to include all the nutrition requirements I want for my body. It takes my recipes from this book, adjusts serving sizes to my calorie and protein needs for either fat loss, maintenance or muscle gain, and then builds a new 7-day meal plan and grocery list.

From there, I can:

- Multiply recipes ingredient amounts for family portions and next-day leftovers.
- Cook on the fly, because each recipe is quick and simple

This keeps me eating within range without logging I eat everyday in an app. Everything is structured but flexible.



CUSTOM MEAL PLAN GENERATOR

IT'S BUILT FOR REAL LIFE

Life happens. If I go out to dinner, I might eat two meal blocks at home and aim for the calorie + protein equivalent of two meals blocks at the restaurant. Or if I only eat two meal blocks during the day, I double up at dinner.


Each meal is built to be interchangeable. Breakfast, lunch, dinner, or a snack “meal” - it all fits the same calories and protein pattern. The system flexes with my schedule.

I'm not aiming for perfection, I'm aiming for consistency. I just make sure I'm eating enough. Especially on very busy ADHD kind of days when I have the bad habit of forgetting to eat! If I miss a meal, I might use one of the high-protein dessert recipes after dinner. The whole thing is simple and flexible, but most of all sustainable for the long haul.

YOUR RESULTS DON'T REQUIRE PERFECTION

If you stay within ± 200 calories of your goal and hit your daily protein target, you'll see results. Your energy, body composition, and strength will all improve when you consistently feed your body right.

To calculate your exact calories and protein targets, go to **Chapter 4** of Becoming Your Fittest Forever for guidance or use my custom calories and protein calculator **HERE**.



CUSTOM MEAL PLAN GENERATOR

MAKE THIS MEAL PLAN YOURS

You now have lifetime access to my custom meal plan generator. A one-of-a-kind tool I've built to generate custom weekly meal plans for anyone.

You'll customize:

- Your TDEE calories per day
- Your protein grams per day
- Preferred number of meals per day - choose from 3 or 4
- Recipe rotations per meal type - for each meal (breakfast, snack, dinner), tell the generator how many recipes you want to rotate through for the next 7 days. Anywhere from 1 to 7.
 - "1" means full repetition, the same recipe all week.
 - "7" means full variety, a different recipe each day.
 - You can set different numbers for each meal type.

Lunch is built into this meal plan as leftovers from dinner the night before, so prep two serving sizes for yourself each evening. One for dinner and one for next-day lunch. Want something different than leftovers? Just eat a different recipe with the same calories and protein.

You'll receive:

- A full 7-day pre-tracked meal plan
- 1 serving size recipes adjusted to your calories and protein for fat loss, maintenance, and muscle gain fitness goals.



CUSTOM MEAL PLAN GENERATOR

HOW TO USE THE CUSTOM GPT MEAL PLAN GENERATOR

Step 1: [Open this meal plan generator link](#)

Step 2: Input your TDEE calories (your total calories burned per day on average). Input your daily protein grams. Choose whether you want to eat 3 or 4 meals per day. Your daily calories and protein will be divided evenly amongst the number of meals you choose. Choose the amount of recipe repetition you want for each meal. 1 = repeat the same recipe for all 7 days of that meal. All the way up to 7 = use a new recipes for all 7 days of that meal. Then select the recipes from the list that you want included in your 7 day meal plan and corresponding to the number of recipes you chose for your repetition.

Step 3: Hit “Generate My Meal Plan”

Step 4: Your 7 day meal plan will instantly generate. You will see all 3 fitness goals - fat loss, maintenance, and muscle gain. Follow the path that you are on for your goal!

Step 5: Regenerate a new meal plan weekly or as desired.

GENERATE MY MEAL PLAN

CHAPTER



NUMBER 8

**TURN THESE RECIPES INTO A CUSTOM MEAL
PLAN WITH THE MEAL PLAN GENERATOR**

MEAL 1: BREAKFAST OPTIONS

Each meal ~400 kcal, ~38 g protein

Shown as a fat loss plan: ~1600 calories & 150 grams protein/day.

Recipes = 1 serving size.

HIGH PROTEIN OATS & BERRIES BOWL

Ingredients:

- 30 g ($\frac{1}{3}$ cup) rolled oats
- 140 g ($\frac{1}{2}$ cup) nonfat Greek yogurt
- 30 g (1 scoop) vanilla protein powder
- 70 g ($\frac{1}{2}$ cup) thawed berries
- 5 g (1 tsp) chia seeds
- Cinnamon to taste (optional)

Instructions:

- Mix oats with desired water amount and microwave 1–2 minutes. Stir in other ingredients.
-

VANILLA-BERRY PROTEIN SHAKE

Ingredients:

- 35 g (or 1 serving) vanilla protein powder
- 90 g ($\frac{2}{3}$ cup) frozen mixed berries
- 10 g (2 tsp) chia seeds
- 150 g ($\frac{2}{3}$ cup) plain nonfat Greek yogurt
- 360 ml ($1\frac{1}{2}$ cups) water
- Optional: spinach or kale to taste

Instructions:

- Add all ingredients to a blender and blend until smooth.
- Notes: use different protein powder flavors as desired.

MEAL 1: BREAKFAST OPTIONS CONTINUED

COTTAGE CHEESE EGGS & AVOCADO TOAST

Ingredients:

- 100g (½ cup) low-fat cottage cheese
- 1 large egg (50g)
- 2 egg whites (66g or ¼ cup liquid egg whites)
- 2 slices (90g) Ezekiel or Dave's Killer Bread
- 50g (¼ avocado), mashed
- Everything but the Bagel seasoning to taste

Instructions:

- Scramble eggs with cottage cheese in a nonstick skillet. Toast the bread and spread avocado on top. Sprinkle with seasoning and serve.
-

BLUEBERRY PROTEIN PANCAKES

Ingredients:

- 50g (⅓ cup) Kodiak pancake mix
- 1 whole egg (50g)
- 2 egg whites (66g or ¼ cup liquid egg whites)
- 2g (½ tsp) baking powder
- 40g (3 tbsp) nonfat plain Greek yogurt
- 10g (1 tbsp) vanilla protein powder
- 50g (⅓ cup) blueberries (fresh or frozen)
- 10g (2 tsp) real maple syrup (drizzle)

Instructions:

- Mix all ingredients (except syrup) into a smooth batter. Cook pancakes on a nonstick skillet until golden.
- Notes: Can also be made as waffles. Batch cook, freeze, and reheat toaster for easy prep.

MEAL 1: BREAKFAST OPTIONS CONTINUED

EGG SCRAMBLE & TOAST

Ingredients:

- 2 large eggs (100g)
- 4 egg whites (132g or ½ cup liquid egg whites)
- 100g (1 cup) sautéed veggies (bell pepper + onion)
- 40g (¼ cup) black beans
- 1 slice (45g) Ezekiel or Dave's Killer Bread

Instructions:

- Sauté veggies and black beans in a nonstick skillet. Scramble in whole eggs and egg whites. Toast the bread and top with egg scramble. Optional: garnish with Cholula and minced cilantro.
-

HIGH PROTEIN YOGURT PARFAIT

Ingredients:

- 170 g (⅔ cup) nonfat Greek yogurt
- 15–30 g (1–2 tbsp) vanilla protein powder
- 10 g (1 tbsp) chia seeds
- 10 g (1 tbsp) almonds
- 80 g (½ cup) thawed berries

Instructions:

- Mix yogurt, chia seeds and protein. Top with berries and almonds.

MEAL 1: BREAKFAST OPTIONS CONTINUED

VEGGIE EGG WHITE FRITTATA MUFFINS

Ingredients:

- 1 cup liquid egg whites
- ½ cup diced mixed vegetables (bell peppers, spinach, mushrooms)
- 1 oz reduced-fat feta cheese
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C). Spray muffin tin with nonstick spray.
- Heat non-stick spray in a skillet and sauté vegetables 3–4 minutes.
- Divide vegetables evenly into 4 muffin cups.
- Pour egg whites over vegetables and top with feta.
- Bake 20–25 minutes or until set.

Prep Tip: Store in fridge for 4 days or freeze up to 1 month. Microwave 30 seconds to reheat.

EGG, AVOCADO & HAM VEGGIE BAGEL SANDWICH

Ingredients:

- 1 thin-style bagel (55 g, Dave's Killer or O'Doughs)
- ½ cup (125 g) liquid egg whites
- 1 whole egg (50 g)
- 2 oz (56 g) lean deli ham (Kirkland 98% fat-free)
- 2 Tbsp (30 g) mashed avocado
- ½ cup diced mixed vegetables (bell peppers, spinach, mushrooms)
- Salt, pepper, everything but the bagel seasoning
- Optional: 1 Tbsp (15 g) light cream cheese (+35 kcal, +2 g protein)

Instructions:

Sauté peppers/onions with spray 2–3 min. Add egg whites + egg; season and cook into patty. Warm ham 30 sec per side. Toast bagel and layer all ingredients on bagel.

Prep Tip: Make 2–3 sandwiches, wrap in foil, refrigerate ≤ 3 days, reheat in toaster or air fryer 3 min.

MEALS 2 & 4: LUNCH & DINNER OPTIONS

Each meal ~400 kcal, ~38 g protein

Shown as a fat loss plan: ~1600 calories & 150 grams protein/day.

Recipes = 1 serving size

MASTER PREPARATION NOTES

- Seasonings are suggested - swap and adjust to taste. Use seasonings to flavor the proteins before cooking and/or to add into the other ingredients based on your cooking preferences.
- Protein prep: season meats with suggested seasonings or your favorites before cooking. Grill, bake, air-fry, or sauté in a non-stick pan with a light coat of non-stick spray. Avoid cooking in oil or butter.
- Greens & non-starchy vegetables: Add or swap freely.
- Meat proteins: chicken breast/tenderloins; ground turkey, beef or chicken (*93%+ lean variety*); lean steak (*sirloin/top round/flank*); wild alaskan salmon; shrimp.
- Grains/legumes/vegetables: cook without oil/butter; season with spices and herbs, citrus juice, or low-sodium broth.
- Dairy: nonfat or part-skim (*e.g., nonfat cottage cheese, nonfat Greek yogurt, part-skim mozzarella/feta*).

BUILD-A-BOWL RECIPES

MEXICAN BURRITO BOWL

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, sliced
- 100 g (½ cup) cooked brown rice
- 100 g (½ cup) black beans, drained & rinsed
- 75 g (1 cup) bell peppers + onions, sautéed
- 60 g (2 cups) romaine, chopped
- 80 g (½ cup) cherry tomatoes, halved
- 50 g (⅓ medium) avocado, sliced
- 30 g (2 tbsp) nonfat plain Greek yogurt
- Fresh cilantro + lime juice; salt & pepper to taste
- Optional spices: chili powder, cumin, paprika, garlic/onion powder

Instructions:

- Layer rice and beans. Add chicken, peppers/onions, romaine, tomatoes, avocado. Top with yogurt, cilantro, lime, and seasonings.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **build-a-bowl**

SOUTHWEST CHICKEN BOWL

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, diced
- 100 g (½ cup) cooked quinoa
- 150 g (1 cup) roasted sweet potato cubes
- 80 g (½ cup) corn kernels
- 100 g (½ cup) black beans, drained & rinsed
- 60 g (2 cups) spinach, chopped
- Fresh cilantro + lime; salt & pepper
- Optional spices: smoked paprika, cumin, garlic powder

Instructions:

- Add quinoa + sweet potatoes. Top with chicken, corn, beans, spinach. Finish with cilantro, lime, and season.
-

MEDITERRANEAN POWER BOWL

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, sliced
- 100 g (½ cup) cooked quinoa
- 100 g (½ cup) chickpeas, drained & rinsed
- 80 g (½ cup) cucumber, diced
- 80 g (½ cup) cherry tomatoes, halved
- 60 g (2 cups) spinach, chopped
- 40 g (2 tbsp) hummus
- 30 g (2 tbsp) tzatziki
- Lemon juice + parsley; salt & pepper
- Optional spices: oregano, basil, garlic powder, red pepper flakes

Instructions:

- Layer quinoa, chickpeas, spinach. Add chicken, cucumber, tomatoes. Top with hummus + tzatziki, lemon, herbs, seasonings.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **build-a-bowl**

TERIYAKI CHICKEN, VEGGIES & RICE BOWL

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, cubed
- 100 g (½ cup) cooked brown rice
- 80 g (1 cup) broccoli florets, steamed
- 80 g (½ cup) shelled edamame
- 40 g (2 tbsp) G. Hughes sugar-free teriyaki sauce
- Sesame seeds (optional); salt & pepper
- Optional flavoring: fresh garlic, fresh ginger, green onion garnish

Instructions:

- Add rice, then chicken, broccoli, edamame. Drizzle teriyaki; sauce, optional flavoring and seasonings into chicken and vegetable mix.
-

GINGER & GARLIC SALMON BOWL

Ingredients:

- 120 g (4.2 oz) cooked salmon fillet, flaked
- 100 g (½ cup) cooked quinoa
- 60 g (2 cups) spinach, chopped
- 80 g (½ cup) cucumber, diced
- 80 g (½ cup) shelled edamame
- 40 g (¼ cup) red onion, thinly sliced
- 20 g (1 tbsp) low-sodium soy sauce; salt & pepper
- Optional flavoring: fresh garlic, fresh ginger, sesame seeds

Instructions:

- Base of quinoa + spinach. Top with salmon, cucumber, edamame, onion. Drizzle soy and optional flavorings on salmon while cooking or over finished bowl.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **build-a-bowl**

STEAK, SWEET POTATO & ROASTED VEGETABLES BOWL

Ingredients:

- 120 g (4.2 oz) grilled sirloin steak, sliced
- 150 g (1 cup) roasted Brussels sprouts
- 100 g (1 cup) roasted bell peppers + zucchini
- 150 g (1 cup) roasted sweet potato cubes
- 40 g (1 cup) arugula; salt & pepper
- Optional herbs: garlic, rosemary, thyme

Instructions:

- Season and cook steak and vegetables in optional herbs. Arugula base. Add roasted vegetables, potatoes and steak.
-

CAPRESE HIGH PROTEIN CHICKEN & PASTA BOWL

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, sliced
- 85 g (1 cup) cooked Barilla Protein+ rotini pasta
- 100 g (½ cup) cherry tomatoes, halved
- 40 g (2 cups) spinach, chopped
- 40 g (¼ cup) part-skim mozzarella pieces
- 10 g (2 tbsp) fresh basil, chopped
- 20 g (2 tsp) balsamic glaze; salt & pepper
- Optional seasonings: oregano, garlic powder

Instructions:

- Season and cook chicken. Combine pasta, spinach, tomatoes, mozzarella, basil. Top with chicken; drizzle balsamic.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **build-a-bowl**

SALMON SUSHI BOWL (COOKED)

Ingredients:

- 120 g (4.2 oz) cooked salmon fillet, flaked
- 100 g (½ cup) cooked brown rice
- 80 g (½ cup) shelled edamame
- 80 g (½ cup) cucumber, diced
- 60 g (½ cup) shredded carrots
- 50 g (⅓ medium) avocado, sliced
- 40 g (2 cups) spinach, chopped
- 2 g (1 tsp) nori crumbles
- 20 g (1 tbsp) low-sodium soy sauce; salt & pepper to taste
- Optional flavoring: sesame seeds, fresh ginger, green onion garnish

Instructions:

- Add rice + spinach. Top with salmon, edamame, cucumber, carrots, avocado. Add nori, soy, and seasonings /garnishes to taste.
-

CHICKEN, SWEET POTATO & BLACK BEAN BOWL

Ingredients:

- 63 g (2.2 oz) grilled chicken breast, diced
- 100 g (⅔ cup) roasted sweet potato cubes
- 80 g (⅓ cup) black beans, drained & rinsed
- 60 g (2 cups) spinach, chopped
- 80 g (1 cup) bell peppers, roasted/sautéed
- 60 g (⅓ cup) corn kernels
- 30 g (2 tbsp) plain nonfat Greek yogurt
- Fresh cilantro + lime; salt & pepper
- Optional spices (cumin, smoked paprika, chili powder)

Instructions:

Cook chicken with spices. Place spinach in a bowl, add sweet potato, black beans, peppers, corn, chicken. Top with yogurt, cilantro, and lime.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **simple basics**

SIMPLE BASICS

(Formula: 1 Protein + 1 Complex Carbohydrate + 1 Green Vegetable)

EXAMPLE 1: CHICKEN + BAKED POTATO + GREEN PEAS

Ingredients:

- 150 g (5.3 oz) grilled chicken breast
- 150 g (1 medium) baked potato
- 100 g (1 cup) green peas
- 30 g (2 tbsp) plain nonfat Greek yogurt (potato topping)
- Salt & pepper to taste;
- Optional seasonings: garlic, parsley, lemon, G Hughes sugar free sauce of choice

Instructions:

- Serve chicken with baked potato (Greek yogurt) and peas.
-

EXAMPLE 2: SALMON + SWEET POTATO + BROCCOLI

Ingredients:

- 120 g (4.2 oz) grilled salmon fillet
- 150 g (1 cup) roasted sweet potato
- 100 g (1 cup) broccoli, steamed
- Salt & pepper to taste
- Optional seasonings: dill, lemon, garlic, G Hughes sugar free sauce of choice

Instructions:

- Serve salmon with sweet potato and broccoli.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **simple basics**

EXAMPLE 3: STEAK + MASHED POTATOES + ASPARAGUS

Ingredients:

- 120 g (4.2 oz) grilled top sirloin steak
- 150 g (1 cup) mashed red potatoes (with plain nonfat Greek yogurt)
- 100 g (1 cup) asparagus, roasted
- Salt & pepper to taste
- Optional seasonings: rosemary, thyme, garlic, G Hughes sugar free sauce of choice

Instructions:

- Serve steak with mashed potatoes and asparagus.
-

EXAMPLE 2: SALMON + SWEET POTATO + BROCCOLI

Ingredients:

- 120 g (4.2 oz) grilled salmon fillet
- 150 g (1 cup) roasted sweet potato
- 100 g (1 cup) broccoli, steamed
- Salt & pepper to taste
- Optional seasonings: dill, lemon, garlic, G Hughes sugar free sauce of choice

Instructions:

- Serve salmon with sweet potato and broccoli.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **family favorites**

HIGH PROTEIN PASTA BAKE

Ingredients:

- 150 g (5.3 oz) cooked ground turkey (93%+ lean)
- 85 g (1 cup) cooked Barilla Protein+ pasta
- 60 g (2 cups) spinach, chopped
- 100 g (½ cup) sugar-free marinara sauce
- 60 g (¼ cup) nonfat cottage cheese
- 20 g (2 tbsp) part-skim mozzarella
- Garlic powder, onion powder, dried basil, dried oregano, salt & pepper to taste

Instructions:

- Mix pasta, marinara, cottage cheese, spinach, turkey. Place in baking dish, top with mozzarella; bake until bubbly.
-

CHICKEN & BLACK BEAN ENCHILADAS

Ingredients:

- 120 g (4.2 oz) cooked ground or shredded chicken breast
- 40 g (1 small) whole-grain tortilla
- 100 g (½ cup) black beans, drained & rinsed
- 75 g (½ cup) bell peppers + onions, sautéed
- 100 g (½ cup) sugar-free enchilada sauce
- 30 g (2 tbsp) plain nonfat Greek yogurt (topping)
- Fresh cilantro + lime; salt & pepper to taste
- Optional spices: chili powder, cumin, smoked paprika

Instructions:

- Fill tortilla with chicken, beans, peppers/onions. Roll into dish, pour over sauce; bake to heat through. Top with yogurt, cilantro, lime.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

• family favorites

GROUND BEEF OR TURKEY TACOS

Ingredients:

- 120 g (4.2 oz) cooked lean ground beef or turkey
- 2 small (50 g) corn tortillas
- 80 g (½ cup) black beans, drained & rinsed
- 75 g (½ cup) peppers + onions, sautéed
- 60 g (2 cups) romaine, shredded
- 80 g (½ cup) cherry tomatoes, diced
- 50 g (⅓ medium) avocado, sliced
- 30 g (2 tbsp) nonfat Greek yogurt
- Fresh cilantro + lime; salt & pepper
- Optional spices: chili powder, cumin, garlic powder

Instructions:

- Fill tortillas with meat, beans, peppers/onions, romaine, tomatoes, avocado. Top with yogurt, cilantro, lime.
-

SPAGHETTI WITH GROUND TURKEY BOLOGNESE

Ingredients:

- 150 g (5.3 oz) cooked ground turkey (93%+ lean)
- 85 g (1 cup) cooked Barilla Protein+ spaghetti noodles
- 100 g (½ cup) sugar-free marinara sauce
- 40 g (2 cups) side mixed greens salad
- 10 g (2 tsp) olive oil (on salad)
- Garlic powder, basil, oregano, salt & pepper to taste

Instructions:

- Cook turkey and the simmer in marinara. Serve over pasta with salad on the side.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **family favorites**

STIR FRY - CHICKEN OR SHRIMP

Ingredients:

- 150 g (5.3 oz) grilled shrimp or chicken breast
- 100 g (½ cup) cooked brown rice
- 80 g (1 cup) broccoli florets
- 80 g (1 cup) snap peas
- 80 g (1 cup) bell peppers + carrots
- 20 g (1 tbsp) low-sodium soy sauce
- Garlic, ginger, salt & pepper to taste

Instructions:

- Stir-fry protein with veggies, soy sauce and seasonings. Serve over rice.
-

WHITE CHICKEN CHILI

Ingredients:

- 150 g (5.3 oz) shredded chicken breast
- 100 g (½ cup) white beans, drained & rinsed
- 75 g (½ cup) peppers, diced
- 40 g (¼ cup) onion, diced
- 100 g (½ cup) low-sodium chicken broth
- 30 g (2 tbsp) plain nonfat Greek yogurt (to finish)
- Fresh cilantro; salt & pepper to taste
- Optional spices: cumin, garlic powder, smoked paprika

Instructions:

- Simmer chicken, beans, peppers, onion, broth and spices. Finish with yogurt + cilantro.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

• family favorites

CHICKEN, SWEET POTATO & BLACK BEAN TACOS

Ingredients:

- 60 g (½ cup) roasted sweet potato cubes
- 2 small (50 g) corn tortillas
- 80 g (½ cup) black beans, drained & rinsed
- 75 g (½ cup) bell peppers, sautéed
- 66 g (2.3 oz) grilled chicken breast, diced
- Fresh cilantro + lime; salt & pepper to taste
- Optional spices: chili powder, cumin, smoked paprika

Instructions:

Cook chicken and black beans with spices in skillet. warm tortillas, fill with sweet potato, beans, peppers, chicken. Top with cilantro and lime.

CHICKEN, POTATO & BRUSSELS SPROUTS SHEET PAN

Ingredients:

- 150 g (5.3 oz) chicken breast, cut into strips or cubes
- 150 g (1 cup) red potatoes, cut into wedges
- 100 g (1 cup) Brussels sprouts, halved
- 40 g (¼ cup) red onion, sliced
- 5 g (1 tsp) olive oil (light spray or drizzle)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish); salt and pepper to taste
- Optional spices: garlic, smoked paprika, thyme, rosemary

Instructions:

- Preheat oven to 400°F (200°C). Place chicken, potatoes, Brussels sprouts, and red onion on a parchment-lined sheet pan. Lightly spray or drizzle with olive oil and season. Roast 25–30 minutes, flipping halfway, until chicken is cooked and potatoes are tender.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUE

• crock pot classics

BEEF OR TURKEY & RED BEAN CHILI

Ingredients:

- 150 g (5.3 oz) cooked lean ground turkey or lean ground beef
- 100 g (½ cup) kidney beans, drained & rinsed
- 100 g (½ cup) black beans, drained & rinsed
- 100 g (½ cup) diced tomatoes in juice
- 75 g (½ cup) peppers + onions, chopped
- 100 g (½ cup) low-sodium chicken broth
- 30 g (2 tbsp) plain nonfat Greek yogurt (topping)
- Fresh cilantro; salt & pepper to taste
- Optional spices: chili powder, cumin, smoked paprika, salsa

Instructions:

- Add all ingredients to crock pot; cook 4-6 hrs. Top with yogurt and cilantro.
-

CHICKEN FAJITAS

Ingredients:

- 150 g (5.3 oz) boneless skinless chicken breast, sliced
- 100 g (½ cup) bell peppers, sliced
- 100 g (½ cup) onions, sliced
- 80 g (½ cup) black beans, drained & rinsed
- 2 small corn tortillas (50 g total)
- Fresh cilantro, lime juice, salt and pepper to taste
- Seasonings: chili powder, cumin, smoked paprika, garlic

Instructions:

- Place chicken, peppers, onions, and seasonings in crock pot. Cook 4-6 hours. Warm tortillas, fill with crock pot mixture, black beans, cilantro, and lime juice.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

• crock pot classics

CHICKEN, LENTIL & VEGETABLE SOUP

Ingredients:

- 150 g (5.3 oz) shredded chicken breast
- 100 g (½ cup) lentils
- 75 g (½ cup) carrots, diced
- 75 g (½ cup) celery, diced
- 50 g (1 cup) kale, chopped
- 100 g (½ cup) diced tomatoes
- 250 g (2 cups) low-sodium chicken broth
- Seasonings: garlic, thyme, rosemary
- Fresh parsley; salt & pepper to taste

Instructions:

- Add all to crock pot; cook 4–6 hrs on low until tender. Garnish with parsley.
-

BBQ PULLED CHICKEN SANDWICHES

Ingredients:

- 150 g (5.3 oz) shredded chicken breast
- 40 g (2 tbsp) G. Hughes sugar-free BBQ sauce
- 1 whole-grain bun (60 g)
- 100 g (1 cup) green beans, sautéed
- Seasonings: smoked paprika, garlic powder; salt & pepper to taste

Instructions:

- Slow-cook chicken with BBQ sauce; shred. Serve on bun with green beans on the side.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

- **fresh salads**

GREEK CHICKEN POWERHOUSE SALAD

Ingredients:

- 120 g (4.2 oz) grilled chicken breast, sliced
- 60 g (2 cups) spinach + kale mix, chopped
- 80 g (½ cup) cherry tomatoes, halved
- 80 g (½ cup) cucumber, diced
- 80 g (½ cup) chickpeas, drained & rinsed
- 20 g (2 tbsp) Kalamata olives, sliced
- 30 g (2 tbsp) plain nonfat Greek yogurt
- 10 g (2 tsp) tahini
- 10 g (1 tbsp) slivered almonds or walnuts
- Fresh parsley and greek seasoning, lemon, salt & pepper to taste

Instructions:

- Mix greens, tomatoes, cucumber, chickpeas. Top with chicken and olives. Whisk yogurt, tahini, lemon, parsley; drizzle. Sprinkle nuts.
-

HIGH-PROTEIN CHICKEN CAESAR

Ingredients:

- 150 g (5.3 oz) grilled chicken breast, sliced
- 80 g (2½ cups) romaine, chopped
- 40 g (1½ cups) baby spinach
- 30 g (2 tbsp) part-skim Parmesan, shaved
- 50 g (3 tbsp) plain nonfat Greek yogurt
- 10 g (1 tbsp) olive oil
- 10 g (2 tsp) lemon juice
- Lemon juice, dijon mustard, garlic, salt & pepper to taste

Instructions:

- Whisk yogurt, oil, lemon, Dijon, garlic for dressing. Mix greens + chicken + parmesan. Drizzle dressing.

MEALS 2 & 4: LUNCH & DINNER OPTIONS CONTINUED

• fresh salads

QUINOA TACO SALAD

Ingredients:

- 100 g (½ cup) cooked quinoa
- 80 g (½ cup) black beans, drained & rinsed
- 120 g (4.2 oz) cooked shredded chicken breast
- 60 g (2 cups) romaine, chopped
- 80 g (½ cup) cherry tomatoes, halved
- 40 g (¼ cup) red onion, diced
- 50 g (⅓ medium) avocado, diced
- Fresh cilantro + lime juice to taste
- Salt & pepper to taste
- Optional spices: cumin, chili powder

Instructions:

- Mix all ingredients in a bowl!
-

SALMON & APPLE POWER SALAD

Ingredients:

- 120 g (4.2 oz) grilled salmon fillet, flaked
- 60 g (2 cups) spinach + arugula mix, chopped
- 80 g (½ cup) cucumber, diced
- 40 g (¼ cup) red onion, thinly sliced
- 80 g (½ cup) shelled edamame
- 80 g (½ cup) Granny Smith apple, diced (skin on)
- 15 g (1 tbsp) walnuts, chopped
- 10 g (2 tbsp) part-skim feta, crumbled
- Fresh dill or parsley, salt & pepper to taste

Lemon Vinaigrette:

- 20 g (1½ tbsp) fresh lemon juice, 5 g (1 tsp) olive oil
- Dijon mustard, garlic, oregano; salt & pepper to taste

Instructions:

- Mix greens, cucumber, onion, edamame, apple. Top with salmon, walnuts, feta. Whisk vinaigrette and drizzle on top.

MEAL 3: HIGH PROTEIN SNACKS

Each meal ~400 kcal, ~38 g protein

Shown as a fat loss plan: ~1600 calories & 150 grams protein/day.

Recipes = 1 serving size.

BOILED EGGS, EDAMAME, HUMMUS & VEGGIES

Ingredients:

- 2 boiled eggs (100 g)
- 125 g ($\frac{3}{4}$ cup) steamed shelled edamame
- 40 g (2 tbsp) store-bought hummus
- 100 g (1 cup) raw veggies (cucumber, bell pepper, carrots, celery, broccoli, etc.)

Instructions:

- Boil eggs in advance. Microwave frozen edamame and season (salt or Everything But The Bagel seasoning). Serve with hummus and fresh veggies for dipping.
-

EDAMAME AVOCADO TOAST & STRING CHEESE

Ingredients:

- 2 slices (90 g) Dave's Killer Bread or Ezekiel bread
- 50 g ($\frac{1}{4}$ cup) mashed avocado
- 100 g ($\frac{3}{4}$ cup) frozen shelled edamame
- 20 g (2 tbsp) hemp hearts
- 28 g (1 stick) light string cheese

Instructions:

- Toast bread. Microwave edamame. Spread avocado on toast, top with edamame and hemp hearts. Season with salt, pepper, Everything But The Bagel seasoning, or hot sauce if desired. Serve string cheese on the side.

MEAL 3: HIGH PROTEIN SNACKS CONTINUED

BAREBELL PROTEIN BAR & PROTEIN YOGURT

Ingredients:

- 1 Barebell protein bar
- 1 Oikos Pro yogurt cup

Instructions:

- Eat together as a high-protein, grab-and-go snack.
-

PBFIT BANANA RICE CAKES & OIKOS YOGURT

Ingredients:

- 2 rice cakes (28 g)
- 16 g ($\frac{1}{4}$ cup dry) PBfit powder (mixed with water to spread)
- 120 g (1 medium) banana, sliced
- 5 g (1 tsp) hemp seeds
- 150 g ($\frac{2}{3}$ cup) Oikos Pro yogurt (any flavor)
- 5 g (1 tsp) honey

Instructions:

- Mix PBfit with water to form a spread. Spread onto rice cakes, top with banana slices, hemp seeds, and drizzle with honey. Serve yogurt on the side.

MEAL 3: HIGH PROTEIN SNACKS DESSERTS CONTINUED

TUNA & AVOCADO CRACKERS PLATE

Ingredients:

- 1 can (120 g) tuna in water, drained
- 50 g ($\frac{1}{4}$ avocado), mashed
- 20 g (2 tbsp) red onion, diced
- 30 g (2 tbsp) celery, chopped
- 6 whole grain crackers (30 g)
- 100 g (1 cup) raw veggies (carrots, cucumber, bell pepper) OR 100 g ($\frac{3}{4}$ cup) fresh fruit

Instructions:

- Mash avocado and mix with tuna, onion, and celery. Season with salt, pepper, Everything But The Bagel seasoning, or mustard. Serve with crackers and veggies or fruit on the side.
-

HIGH PROTEIN MINI CHARCUTERIE SNACK BOX

Ingredients:

- 120 g (4 oz) nitrate-free deli turkey or chicken breast slices
- 40 g (2 slices) part-skim mozzarella or 2 light string cheeses
- 40 g hummus (single-serve pack)
- 6 whole grain crackers (30 g)
- 100 g raw veggies (cucumber, bell pepper, carrots, celery)
- Optional: add 50g of fresh fruit

Instructions:

- Roll deli turkey or chicken into bite-sized rolls. Pair with cheese, crackers, hummus, and veggies. Add grapes or apple slices if desired. Serve chilled as a snack box.

MEAL 3: HIGH PROTEIN SNACKS CONTINUED

SHRIMP COCKTAIL WITH AVOCADO RICE CAKES

Ingredients (1 serving):

- 170 g (6 oz) chilled cooked shrimp, peeled
- 30 g (2 tbsp) sugar-free cocktail sauce
- 2 rice cakes (28 g total)
- 25 g (2 tbsp) mashed avocado
- 5 g (1 tsp) hemp seeds
- Lemon wedge + parsley (optional garnish)

Instructions:

- Prep shrimp or purchase pre-cooked. Spread avocado over rice cakes, sprinkle with hemp seeds. Garnish with lemon and parsley if desired.
-

HIGH PROTEIN BERRY CHEESECAKE BOWL

Ingredients:

- 200 g ($\frac{3}{4}$ cup) plain nonfat Greek yogurt
- 20 g (2 tbsp) vanilla whey protein
- 40 g ($\frac{1}{4}$ cup) low-fat cottage cheese
- 80 g ($\frac{1}{2}$ cup) mixed berries of choice
- 5 g (1 tsp) graham cracker crumbs or oats for crunch
- Stevia to taste if desired

Instructions:

- Blend yogurt, protein powder, and cottage cheese until creamy. Stir in berries and sprinkle with graham crumbs. Chill 15 minutes before eating.

MEAL 3: HIGH PROTEIN SNACKS CONTINUED

APPLE CINNAMON PROTEIN PARFAIT

Ingredients:

- 150 g ($\frac{2}{3}$ cup) plain nonfat Greek yogurt
- 20 g (2 tbsp) vanilla whey protein
- 1 medium apple, diced & microwaved w/cinnamon until soft
- 20 g (2 tbsp) walnuts, chopped
- Stevia to taste if desired

Instructions:

- Mix yogurt and protein until smooth. Layer with warm cinnamon-apple mixture. Sprinkle walnuts on top.
-

NINJA CREAMI VANILLA & BERRIES FROZEN YOGURT

Ingredients:

- 200 g ($\frac{3}{4}$ cup) plain nonfat Greek yogurt
- 90 g ($\frac{2}{3}$ cup) frozen mixed berries
- 120 ml ($\frac{1}{2}$ cup) Fairlife fat-free milk
- 10 g (1 tbsp) vanilla whey protein
- Stevia (to taste if desired)
- Vanilla extract (to taste)

Instructions:

- Mix all ingredients. Freeze in Ninja Creami pint container overnight. Spin once (re-spin with more milk if needed). Mix in or top with berries before serving.

CHAPTER



NUMBER 9

**STRENGTH TRAINING WORKOUTS:
BUILT FOR RESULTS**

STRENGTH TRAINING WORKOUTS



Ready to strength train? I've written out everything you need: choose from both 4-day and 5-day workout splits, whether you're training at home with just dumbbells or in a fully equipped gym that has machines and cables available. All you have to do is decide:

- How many days a week you want to train: 4 or 5?
- Where you'll be training: home or the gym?
- Find that section of this chapter and start!

TIPS TO STRENGTH TRAIN TO GET THE MOST OUT OF IT

Warm Up Sets

On your first exercise of the day, do 2 warm-up sets with a lighter weight. These are not working sets. They're to warm up your muscles and prepare your joints. After that, every set counts. There's no junk volume in this plan. Use enough weight to challenge you and push toward muscle failure on every working set.

Training To Muscle Failure VS. Just Hitting # of Reps

Muscle failure means you can't complete another clean rep with good form. It's the point where your muscle is fully fatigued and has to stop. This is where you ideally want to get to at the end of EACH SET. Adjust weights accordingly.

STRENGTH TRAINING WORKOUTS



Every set should be challenging, especially the final 2-3 reps. You're aiming for muscle fatigue, not just "finishing the set." Progress comes from intensity, not just reps being completed.

Rest Between Sets

- 1-2 minutes in between sets
- Rest long enough to recover to be able to go intense again on the next set. If you went extra heavy on a set and are feeling it, rest longer. If you didn't go heavy enough, a rest could be shorter. Listen to your body and rest adequately so that you're ready to take on the next set with power.

Mind-Muscle Connection

- Focus mentally on the muscle you're working.
- Control each rep. Don't just "go through the motion."
- Avoid using momentum or bouncing at bottom of lifts.

Progressive Overload

- Increase the weight, reps, or sets over time.
- You should always aim to do a little more than last week.
- If you're not progressing, you're maintaining, not growing.

Form Over Ego

- Never compromise form to lift heavier.
- Proper alignment prevents injury and gets better results.

STRENGTH TRAINING WORKOUTS



SHORT ON TIME OR WORKOUTS ARE TOO LONG?

These workouts don't contain "junk volume." Every exercise I give you in these workouts is there for a reason, and they're written in order on purpose. If you ever run short on time (because life happens), or the workout is too long for your schedule in general, here's how to make sure you still get the best bang for your buck.

SHORT ON TIME? HERE'S WHAT TO DO

The workouts are designed with the big compound lifts first - squats, deadlifts, presses, rows. These are the moves that use the most muscles, demand the most energy, and give you the biggest return on investment. They're your foundation.

- **Non-negotiables:** Always hit your big compound lifts first. That's where your strength and body composition changes really come from.
- **If time runs out or the workout is longer than you want:** Cut the last exercise(s) which are usually isolation or accessory movements vs. big compound movements.
- **Core work:** If I've programmed more than one core exercise, just do one solid move instead of rushing through all of them.

This way, you keep the most important work in the session, without feeling like you "failed" because you didn't finish it all.

STRENGTH TRAINING WORKOUTS



HOW I TRACK MY WEIGHT LIFTING PROGRESS

If you're not tracking, you're just guessing or trying to remember details with midlife brain fog! Progress in strength training comes from progressive overload. Which is gradually increasing the stress on your muscles over time. That doesn't always mean more weight every week; it can also mean more reps or slower lifting tempos.

HERE'S WHAT I TRACK:

- Weight used for each exercise and per set
- Sets and reps completed

Each week, I look back and aim to do a little more if I feel like I am ready for that. One extra rep, a few more pounds, or tighter form. Small improvements stacked week after week = strength, muscle, and results.

HOW I USE THE WHOOP TO TRACK MY WORKOUTS

The WHOOP fitness band has an app with a section built in called Strength Trainer.

Here's what it does:

- Tracks muscular load: WHOOP quantifies the total stress put on muscles and joints based on the sets, reps, and weight logged. If my muscular load is low, I know I can push harder. Over time, it learns your baseline and shows how much stress your muscles actually took on - giving a real picture of whether you pushed hard enough.

STRENGTH TRAINING WORKOUTS



- **Real-Time Feedback:** I see my heart rate, which heart rate zone I'm in, how many calories I've burned, what set I'm on, and how long I've rested. No “oops, I just got sidetracked and scrolled Instagram for six minutes between sets!”
- **Strain Score:** It combines someone's muscular load + cardiovascular load into an overall strain score, showing if we're training at the right intensity compared to our baseline. Sometimes I'm not pushing too hard and actually dial it back. Or I see I can be pushing harder or that I'm right on target.
- **Progress Over Time:** I can compare this week's workouts to last week's, see where I'm pushing more weight, and where I might be coasting.

The best part? I have this same 5-day gym split pre-programmed into the app. When I finish, it tells me whether I put in enough effort or left some strength on the table.

The bottom line: Strength training isn't just about showing up. It's about tracking progressive overload, adjusting, and continuing to push yourself consistently. That's where the results happen in the jaw-dropping kind of way!

STRENGTH TRAINING WORKOUTS: GYM

GYM WORKOUTS

4 Days Strength Training Split - see training tips in workout video description on Youtube

DAY	EXERCISES	INSTRUCTIONS
Day 1: Glutes, Hamstrings & Quads	Romanian deadlifts, hip thrusts, Bulgarian split squats, leg extension machine, dumbbell step-ups, cable glute kickbacks → VIEW WORKOUT DEMO	Sets/Reps: 3-4 sets of 8–12 reps <i>(per side as applicable)</i> Rest: 1-2 min between sets. Longer if needed.
Day 2: Back, Biceps & Core	Pull-ups or assisted pull-ups, wide lat pulldowns, seated narrow grip cable rows, preacher curls, incline dumbbell curls, hammer curls Core: cable crunches, Russian twists, plank hold to failure (bodyweight or weighted with a plate). <i>Alternatives: weighted crunches, reverse crunches.</i> → VIEW WORKOUT DEMO	Sets/Reps: 4 sets of 10–12 reps <i>(per side as applicable)</i> Rest: 1-2 min between sets
Day 3: Glutes, Hamstrings, Calves, & Inner Thighs	Barbell deadlifts, seated leg curl machine, hip thrusts, reverse lunges, calf presses on leg press machine, seated adductor machine → VIEW WORKOUT DEMO	Sets/Reps: 3-4 sets of 8–12 reps <i>(per side as applicable)</i> Rest: 1-2 min between sets. Longer if needed.
Day 4: Shoulders, Chest, Triceps & Core	Seated overhead dumbbell presses, chest presses, chest flys, side lateral raises, cable rear delt flys, cable tricep pushdowns, tricep push-ups or overhead cable tricep press. Core: cable crunches, Russian twists, plank hold to failure <i>(bodyweight or weighted with a plate)</i> . → VIEW WORKOUT DEMO	Sets/Reps: 4 sets of 10–12 reps <i>(per side as applicable)</i> Rest: 1-2 min between sets

STRENGTH TRAINING WORKOUTS: GYM



GYM WORKOUTS

5 Days Strength Training Split - - see training tips in workout video description on Youtube

DAY	EXERCISES	INSTRUCTIONS
Day 1: Glutes & Hamstrings	Romanian deadlifts, hip thrusts, Bulgarian split squats, dumbbell step-ups, cable glute kickbacks. → VIEW WORKOUT DEMO	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
Day 2: Back, Biceps & Core	Pull-ups or assisted pull-ups, wide lat pulldowns, seated narrow grip cable rows, preacher curls, incline dumbbell curls, hammer curls. Core: cable crunches, combo of hanging L-sits, hanging knee raises, or hanging toe touches. <i>Alternatives: weighted crunches, reverse crunches.</i> → VIEW WORKOUT DEMO	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
Day 3: Quads & Calves	Leg extension machine, belt squat machine or barbell back squats, leg press machine, calf raises on leg press machine, seated adductor machine. → VIEW WORKOUT DEMO	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
Day 4: Shoulders, Chest, Triceps & Core	Seated overhead dumbbell presses, chest presses, chest flys, side lateral raises, cable rear delt flys, cable tricep pushdowns, tricep push-ups or overhead cable tricep press. Core: cable crunches, Russian twists, plank hold to failure (<i>bodyweight or weighted with a plate</i>). → VIEW WORKOUT DEMO	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
Day 5: Glutes & Hamstrings	Barbell deadlifts, hip thrusts, seated leg curl machine, reverse lunges, seated abductor machine. → VIEW WORKOUT DEMO	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.

STRENGTH TRAINING WORKOUTS: HOME



HOME WORKOUTS - DUMBBELLS ONLY

4 Days Strength Training Split - see training tips in workout video description on Youtube

DAY	EXERCISES	INSTRUCTIONS
Day 1: Glutes, Hamstrings & Quads	Romanian deadlifts, glute bridges or hip thrusts, Bulgarian split squats, close stance front squats, step-ups, forward lunges.	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
→ VIEW WORKOUT DEMO		
Day 2: Back, Biceps & Core	1 arm bent over rows, pullovers, bicep curls, hammer curls, reverse dumbbell flys. Core: Bicycle crunches, reverse crunches.	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
→ VIEW WORKOUT DEMO		
Day 3: Glutes, Hamstrings, Inner Thighs & Calves	Romanian deadlifts, sumo goblet squats,, glute bridges or hip thrusts, sliding hamstring curls, curtsy lunges, standing calf raises	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
→ VIEW WORKOUT DEMO		
Day 4: Shoulders, Chest, Triceps & Core	Seated overhead dumbbell presses, chest presses, chest flys, side lateral raises, bent over tricep kickbacks, overhead tricep extensions. Core: Reverse crunches, Russian twists, plank hold to failure.	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
→ VIEW WORKOUT DEMO		

STRENGTH TRAINING WORKOUTS: HOME

HOME WORKOUTS - DUMBBELLS ONLY

5 Days Strength Training Split - - see training tips in workout video description on Youtube

DAY	EXERCISES	INSTRUCTIONS
Day 1: Glutes & Hamstrings	Romanian deadlifts, glute bridges or hip thrusts, kickstand Romanian deadlifts, sumo goblet squats, sliding hamstring curls.	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
→ VIEW WORKOUT DEMO		
Day 2: Back, Biceps & Core	1 arm rows, pullovers, bicep curls, hammer curls, reverse dumbbell flys. Core: Bicycle crunches, reverse crunches.	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
→ VIEW WORKOUT DEMO		
Day 3: Quads & Calves	Close stance front squats, close stance Bulgarian split squats, step ups, forward lunges, standing calf raises.	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
→ VIEW WORKOUT DEMO		
Day 4: Shoulders, Chest, Triceps, & Core	Seated overhead dumbbell presses, chest presses, chest flys, side lateral raises, bent over tricep kickbacks, overhead triceps extensions. Core: Reverse crunches, Russian twists, plank hold to failure.	Sets/Reps: 4 sets of 10–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets.
→ VIEW WORKOUT DEMO		
Day 5: Glutes & Hamstrings	Romanian deadlifts, glute bridges or hip thrusts, reverse lunges, sumo goblet squats, curtsy lunges.	Sets/Reps: 3-4 sets of 8–12 reps (<i>per side as applicable</i>). Rest: 1-2 min between sets. Longer if needed.
→ VIEW WORKOUT DEMO		



**BUILDING MUSCLE
ISN'T VANITY.**

**IT'S OUR HOPE FOR
LONGEVITY WITH
THE ONES WE
LOVE.**

CHAPTER



NUMBER 10

**CARDIO AND VO2 MAX TRAINING:
YOUR HEART'S BEST FRIEND**



CARDIO & VO2 MAX: YOUR HEART'S BEST FRIEND

Let's get one thing clear right away: Cardio is not punishment. It's not a chore. And it's definitely not the way we "earn our food." It's gotten a bit of a bad rap in the last few years as strength training has gotten more popular with women, but cardio is really important for its own reasons.

Cardio is a tool for vitality. A way to care for your heart and hopefully increase your lifespan and quality of life within those years.

WALKING

Your cardio doesn't need to be a fancy sweat drenched routine or doing 100,000 burpees!

In fact, walking is the most underrated form of cardio. It's joint-friendly, cortisol-friendly, and honestly, mood-friendly.

Aim for 8,000 - 12,000 steps throughout your day, knowing that perfection isn't the point. Consistency is. A daily walk can lower blood pressure, stabilize blood sugar, reduce anxiety, improve sleep, and even help your body recover faster from strength training.

Aim to keep your heart rate in Zone 2 during walks. Zone 2 is a heart rate level where you can talk, but not sing. Otherwise known as 60-70% of your maximum heart rate. Try putting a treadmill at an incline, walking uphill, or at moderately fast pace. Or one of my favorite ways to push my heart rate higher on a walk is to wear a weighted vest.



CARDIO & VO₂ MAX: YOUR HEART'S BEST FRIEND

Some of my female fitness clients call it “moving meditation.” I use walks to catch up on podcasts, get some Vitamin D sunshine or enjoy some quality time with my husband. If the weather isn't nice, I set up a walking pad under my standing desk and take a slow weighted vest walk while I get work done. I can easily rack up 10,000+ steps while crossing tasks off my to-do list. Win win!

Whatever your reasons, your body and brain will thank you!

VO₂ MAX: YOUR LONGEVITY SUPERPOWER

VO₂ max is a fancy way of measuring how well your body uses oxygen when your cardiovascular system is working hard. It's like your heart and lungs are on a team, and VO₂ max score tells you how well they play together when your body starts working intensely.

The higher your VO₂ max score, the better your stamina, your energy, your heart health, your metabolism, your recovery ... and honestly, your chances of living until you're considered ancient.

The research on VO₂ max is kind of jaw-dropping.

Studies show that your VO₂ max is one of the strongest predictors of how long you'll live. Like, stronger than whether you smoke, have high blood pressure, or even being overweight. So yeah ... it's kind of a big deal!



CARDIO & VO2 MAX: YOUR HEART'S BEST FRIEND

One massive study published in JAMA, the Journal of the American Medical Foundation, found that people with the highest cardiorespiratory fitness (*aka the best VO₂ max scores*), had the lowest risk of dying from **anything**, and the benefits just kept climbing with better fitness levels.

Translation: the more efficient your body is at using oxygen, the longer and better you're likely to live.

WEEKLY CARDIO PLAN

Step 1: Zone 2 cardio (2 - 3x per week)

This is your low-key cardio sweet spot. You're moving at a pace where you're breathing heavier than usual, but could still chat without gasping, but you couldn't sing.

Examples:

- Walking - with hills, incline treadmill or weighted vest
- Light jogging
- Bicycling at a conversational pace
- Swimming laps
- Elliptical, stair climber or rower at moderate intensity

Time: 45-60 min. Start with 30 if that's doable for your life.

How to tell you're in zone 2:

- On a scale of 1 to 10 effort, it's around a 5 - 6.
- If you're tracking heart rate: ~60–70% of your max heart rate (*180 minus age is an estimate of your Zone 2 ceiling*).



CARDIO & VO₂ MAX: YOUR HEART'S BEST FRIEND

Step 2: VO₂ max zone 5 intervals (1x per week)

Go hard for a bit, chill, and repeat. The #1 way to boost your VO₂ Max score is through interval training - short bursts of very hard effort followed by recovery rests. 1x per week is enough. You want your heart rate to reach zones 4 and 5 during the hard effort intervals. This is your maximum heart rate levels. You shouldn't be able to talk easily or even at all.

How to include VO₂ max training:

Choose your activity of choice. Examples:

- Running (outdoors or treadmill)
- Cycling (indoor or outdoor)
- Rowing machine
- Stair climbing
- Jump roping
- Circuit-style - burpees, kettlebell swings, jump squats

Timing options:

- 1 min max effort / 2 min easy
- HIIT intervals - 30 seconds max effort, 15-30 seconds rest
- Go hard for 4 min at 90% effort, then go easy for 4 min.
- Repeat interval cycle of choice for 20 minutes

Why it works:

Zone 5 cardio directly challenges your oxygen delivery and usage. Pushing your heart, lungs, and muscles to their upper limit and forcing them to adapt (*raising your VO₂ max score*).



CARDIO & VO2 MAX: YOUR HEART'S BEST FRIEND

I find that a rowing machine is one of the fastest, low impact ways to get my heart rate into zones 4 and 5. It engages all the major muscle groups more than other cardio activities. I track my heart rate zones on my WHOOP and will leave the WHOOP app open while I exercise so I can see what heart rate zone I'm in and adjust my intensity accordingly.

THE FUN RULE: IF YOU LOVE IT, DO IT

With all that being said about cardio ...

VO₂ max matters. Daily steps matter. Zone 2 cardio matters.

But the #1 rule for consistency? Make sure you're participating in movement that brings you joy!

Do you love dancing? Then dance. If you love rollerblading, roll away! If you love hiking, swimming, jumping on the trampoline with your kids, or walking the dog at sunset ... that all counts.

When's the last time you went to a track or field and ran as fast as you possibly can? Wind blowing through your hair and legs about to fall out from under you! For a lot people, they haven't done that sort of thing since they were a kid. Your lungs will feel on fire, but there's no way to not smile or laugh at least a little, feel free spirited, and then get hit with a surge of happy endorphins!

What feels good and makes you smile is what you'll keep doing. And that's a major key to living a fit life.



CARDIO & VO2 MAX: YOUR HEART'S BEST FRIEND

HEART RATE ZONES CHEAT CODE

Zone 1 (Very Easy: 50 - 60% HR max)

- Feels like: a slow walk, stretching, folding laundry.
- You can talk in full sentences, no problem.
- Like strolling through Target with Starbucks, browsing candles.

Zone 2 (Easy/Steady: 60 - 70% HR max)

- Feels like: a brisk walk, light jog, easy bike ride.
- Breathing is heavier, but you can still chat.
- Like brisk stroller walking. Fast enough to feel it, but slow enough that you can still hand out Goldfish crackers without breaking your stride.

Zone 3 (Moderate: 70 - 80% HR max)

- Feels like: a steady run or Peloton ride.
- Talking gets harder, but you can still get out short sentences.
- Like power-walking through the airport but not wanting to run in front of everyone, because boarding has already started.

Zone 4 (Hard: 80 - 90% HR max)

- Feels like: a tough hill run, hard spin class, HIIT workout.
- Talking is limited to a few words.
- Like speed-cleaning the whole house in 15 minutes because company texted they're on their way.

Zone 5 (All-Out: 90 - 100% HR max)


- Feels like: sprints, max-effort burpees, chasing a runaway dog.
- Talking? Haha nope! You're just trying to survive.
- Like tearing across the house when you hear your kid scream, "Mom, the toilet is overflowing!"

CHAPTER



NUMBER 11

**HORMONES: YOU CAN'T OUT-TRAIN,
OUT-DIET, OR OUT-WILLPOWER THIS**



HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

WHEN DOING “EVERYTHING RIGHT” STILL ISN'T ENOUGH

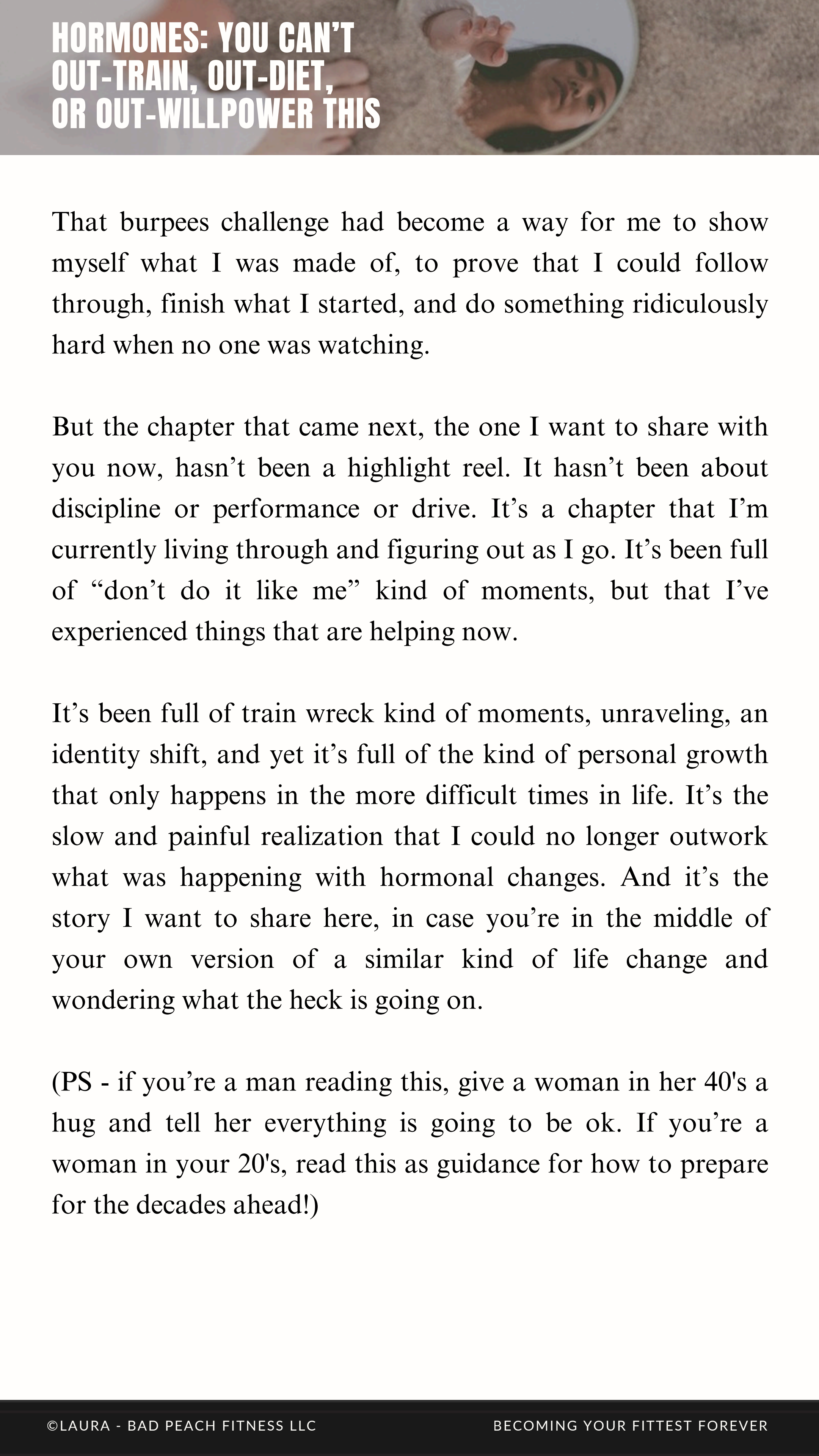
You can lift the weights. Track the macros. Follow the plan. Push hard. Show up. Do everything “right.” And still feel like something is off. Hello midlife fitness struggles!

You can be disciplined, structured, and committed. Be someone others look at and think, “She’s got it together” and still feel like your body isn’t responding the way it used to, or that your energy is gone, or that your motivation has been replaced by this kind of flatness you can’t explain.

When your hormones are imbalanced, when your mental health is fraying at the edges, and your nervous system is quietly overloaded ... no amount of “doing it right” in the gym or the kitchen will be enough to help you feel like yourself again or feel like you’re thriving.

Fitness doesn’t live in a vacuum. It’s not separate from your emotions, your menstrual cycle, your sleep, your stress, your brain chemistry. It’s all connected, and when one piece is off, it ripples into everything else.

A few years ago, I was at the peak of one of the most intense physical seasons of my life. I had just completed 100,000 burpees. Not metaphorically. Actually. One hundred thousand of them. And I felt on top of the world. I felt mentally sharp, physically strong, emotionally in control.

A woman with long dark hair, wearing a white tank top and white leggings, is captured in the middle of a burpee on a light-colored wooden floor. She is looking up and smiling, with her hands on the floor and her feet tucked under her. The background is a blurred indoor setting.


HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

That burpees challenge had become a way for me to show myself what I was made of, to prove that I could follow through, finish what I started, and do something ridiculously hard when no one was watching.

But the chapter that came next, the one I want to share with you now, hasn't been a highlight reel. It hasn't been about discipline or performance or drive. It's a chapter that I'm currently living through and figuring out as I go. It's been full of "don't do it like me" kind of moments, but that I've experienced things that are helping now.

It's been full of train wreck kind of moments, unraveling, an identity shift, and yet it's full of the kind of personal growth that only happens in the more difficult times in life. It's the slow and painful realization that I could no longer outwork what was happening with hormonal changes. And it's the story I want to share here, in case you're in the middle of your own version of a similar kind of life change and wondering what the heck is going on.

(PS - if you're a man reading this, give a woman in her 40's a hug and tell her everything is going to be ok. If you're a woman in your 20's, read this as guidance for how to prepare for the decades ahead!)



HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS


WHEN EVERYTHING JUST STOPPED WORKING

If we were sitting across the table from each other right now, and your eyes were glassy from the weight of everything you've been trying to carry, and you were telling me that you don't recognize yourself lately, how your workouts feel harder, how it feels like something else has taken control of your brain, how your moods are unpredictable, how your motivation feels like it's hiding under a wet blanket you can't seem to lift. I would tell you gently, "I'm there too."

And I wouldn't say that because it's a cute tagline or because I've figured it all out. I would say it because I truly have lived and am still living through the season where nothing seems to make sense anymore. And I want you to know you're not crazy, you're not broken, and there's a way forward that doesn't require pushing harder.

When I turned 40, everything on the outside looked steady. I was exercising consistently, eating healthy, running a business, feeling like a boss in my own life, managing my family life, doing all the things I had built as healthy habits over years of structure and discipline. I was proud of the life I had created, proud of who I had become, and in many ways, it felt like I was just getting started.

But underneath the surface, something had begun to shift, and it wasn't obvious at first. I couldn't have told you what was happening, because I didn't have the language for it.

A woman with long dark hair is looking into a circular mirror. She is touching her face with her hands, appearing to be in a state of contemplation or distress. The background is a textured, light-colored wall.

HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

All I knew was that I was slowly becoming someone I didn't recognize. And it scared me.


The unraveling wasn't loud. It was subtle.

I started to forget things. I'd lose track of sentences mid-thought, walk into rooms and have no idea why I was there, reread the same paragraph three times and still not retain anything. Forget entire conversations that had happened. I'd walk out of a store and not only forget where I had parked, but I couldn't remember what kind of car I drove. My energy felt like it had a slow leak I couldn't plug, and no amount of sleep or clean eating seemed to fix it.

I became emotionally reactive in ways that didn't match the moment. The week before my period became almost unbearable and something I started fearing. It was like looking over a dark cliff and feeling myself falling off of it into an abyss. And I couldn't make it stop. I started experiencing significant levels of anxiety out of nowhere, and a heavy sadness that would hit in waves with random crying spells that didn't make any sense. It was more than just PMS.

And still, I kept trying to push through. I kept showing up. Because that's who I've always been.

But there was a day, actually a whole week, when I sat in my car outside the gym, unable to myself to go inside.



HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

I was fully dressed and ready to tackle my workout plan. Pre-workout in my system. I had everything lined up like usual. But I sat there with tears streaming down my face, and thought to myself, “what is wrong with me? I feel like my brain is broken.”


And the worst part was: I didn’t have an answer.

I FINALLY WENT TO MY DOCTOR AND FELT SEEN.

I didn’t go looking for hormone treatment. I didn’t even know what to ask for in regards to help. I just sat there and told my Dr. what I had been experiencing. “I don’t feel like myself. And I don’t know what to do.” He looked at me, not surprised and with compassion in his voice, and said, “Welcome to your 40s.”

He explained what perimenopause really is. Not just a little extra PMS, but the slow, invisible breakdown of hormonal stability that can leave you feeling like your body and mind are working against you. Like you’re broken. He said, “This is normal. And it’s also something we can support.”

They ran bloodwork and the results were validating and frustrating and overwhelming all at once. My testosterone was very low. My progesterone was also low and was contributing to the feelings of anxiety. My cortisol was high.




HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

What had worked before was now working against me and driving my body further into stress. All the pushing and hustling, the “I’ll just push through it” kind of attitude, and the attempts to look like I had it all together. All I knew was, nothing was the same anymore, but I wasn’t going to settle for feeling like absolute garbage.

I started fighting for my mental health in a way I had never needed to do before. It’s been a battle that has felt like a nauseating roller coaster ride, but I’ve also realized that I can grow wildly through this season. I keep telling myself that growth is rarely easy.

So ... I started low-dose testosterone replacement therapy First in the form of pellets, but that had a lot of ups and downs and I would sway women away from that option. I switched to low dose injections once a week and have found those to feel stable and much more helpful than pellets. I share that just in case you’re looking in this type of therapy as a woman of similar age. Later, my Dr. added progesterone. While I’m still smack dab in the midst of all of this, I started feeling hopeful that I wasn’t actually broken when the hormone therapy kicked in. Most days now I feel more emotionally even, less reactive, and more myself. The brain fog isn’t nearly as severe. My anxiety doesn’t feel like a tight knot in my chest most days and I no longer am experiencing waves of depression for no reason.



HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

I swapped multiple days per week hard HIIT workouts for strength training and zone 2 cardio to support my heart, my brain, and my nervous system. I stopped chasing the aesthetic goals of my younger years and started chasing peace and holistic health.

This has been a hard season of my life, but fitness has felt like my rock through it all. Moving my body is like medicine.


IF YOU SEE YOURSELF IN MY STORY ... HERE'S A SUGGESTION OF WHERE TO START

I need to say this obvious thing first: I'm not a doctor. I'm not here to give a medical advice or say what to do with your body.

This is simply my story. One that I'm still living and learning from, but the more I've shared it, the more I've realized I'm not alone. In fact, every time I open up about what I've been through and am figuring out day by day - about the brain fog and anxiety and overwhelm and feeling like a stranger in my own mind - I get messages from women who say, "Me too."

We're not imagining this. We're not just tired or too emotional or out of shape. We are in a transitional season of life that deserves to be supported. Our mind, body, and hormones.

I want to feel my very best. Not just in how I feel about my appearance, but in how I move, how I think, how I sleep, and how I show up in my life.



HORMONES: YOU CAN'T OUT-TRAIN, OUT-DIET, OR OUT-WILLPOWER THIS

I've learned that it takes more than exercise and clean eating to be holistically healthy. Because we're not machines. We're complex human beings.

You can't out-exercise a poor diet. You also can't out-exercise hormonal chaos or mental health struggles either.

That's why working with a hormone specialist has been my saving grace. It was like she turned the lights back on for me. I could see the whole picture. Where I was depleted, where I needed support, and what was actually happening in my body beyond "just being a woman in my 40s."

If you relate to any of this, here are a few places to begin:

1. Find a hormone specialist:

Ask around. Get referrals. Google integrative or functional medicine in your area. You want someone who will test your full hormone panel and listen to your symptoms, not just your numbers. Look at testosterone, progesterone, estrogen, cortisol, and thyroid, because they all impact how you feel and function.

2. Get blood lab work done:

Don't rely on guesswork. Numbers give data that can lead to clarity and options. Advocate for yourself. Keep a symptom log. Bring questions. You are the one who knows your body.

CHAPTER



NUMBER 12

**SLEEP AND RECOVERY:
WHERE THE MAGIC HAPPENS**

A person is lying in a purple hammock, resting their head on a green cloth. The background is a blurred natural setting with trees and foliage.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

Let me tell you something I wish I had understood way earlier in my fitness journey:

You don't just get stronger in the gym. You get stronger during recovery.

For years I thought if I wasn't sore, I hadn't worked hard enough. If I wasn't drenched in sweat, I hadn't burned enough calories. If I took too many rest days, I was being lazy. I thought discipline meant showing up no matter how exhausted I felt. Rest and recovery was more of a good suggestion rather than a necessity and key for results, vitality and longevity.

But when I started learning what actually happens during recovery and what happens when you don't honor it, I had to completely rethink the way I was treating myself.

You can lift consistently, track macros, walk 10,000 steps, and still feel off. Still feel inflamed. Still feel flatlined. Still feel like your body isn't responding the way it used to. Still feel like you're doing everything "right" and getting nowhere.

I see this all the time, especially with women in midlife who are doing all the external things but secretly feel like their strength is draining in ways they can't explain.

A person is sleeping peacefully in a purple and orange striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a green shirt and orange pants.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

And what I've learned, both from personal experience and from clinical research data, is that sleep and recovery aren't the cherry on top. They are the foundation to fitness and long term health.

And if you're not prioritizing sleep and recovery, your body won't let you level up. And it's more than just getting 7-8 hours of sleep.

MUSCLE IS BUILT WHEN YOU RECOVER

Let's break it down:

When you strength train, you're creating tiny microtears in your muscle fibers. That's the stress part. It's intentional. But the strength, tone, and growth only come if your body has the chance to rebuild what you just broke down. And that rebuilding happens during rest and recovery. Most of it, in fact, happens while you sleep.

Here's what high-quality sleep and recovery do for you:

- Triggers muscle protein synthesis, rebuilding your muscle fibers stronger than before.
- Releases growth hormone, especially during deep sleep, to drive muscle and tissue repair.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

- Lowers cortisol, helping you shift out of “go-mode” and into restoration mode.
- Regulates blood sugar, hunger hormones, and fat storage (*especially belly fat*).
- Boosts HRV (*heart rate variability*), a key signal that your body is adapting, not just surviving.
- Repairs immune system, improves mental clarity, and balances mood.

Now here’s what happens when you don’t sleep enough, don’t stay on a consistent circadian rhythm routine and/or your sleep quality is poor (*even if you’re “in bed” for 8 hours*):

- Slower muscle recovery
- Higher inflammation
- Stalled fat loss (especially around the midsection)
- Poor insulin sensitivity and blood sugar crashes
- More cravings, especially for fast carbs
- Low energy, poor focus, emotional reactivity
- Increased risk of injury and burnout

So if you’re wondering why your progress has slowed, even when you’re following the plan, this might be the missing piece.

A person is sleeping peacefully in a red and purple striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a green shirt and orange pants.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

THE WHOOP CHANGED EVERYTHING

I started wearing a WHOOP band as a way to take a deep dive look into my health and prioritize longevity.

I already considered myself someone who trained smart and lived in a healthy way. I was getting 7 hours of sleep most nights. I didn't really feel "burned out" or low on energy most days. So I assumed I was sleeping and recovering fine.

But once I started tracking my sleep patterns and recovery by wearing a WHOOP, I realized I had so much room for improvement. The cost for not focusing on this area was the risk of shortening my lifespan. My pace of metabolic aging was 1.3x faster than it should be. Even though I was doing so much right with my exercise and nutrition. I was honestly shocked by this data and have also been equally shocked at what focusing on optimizing this area did to my life even in just the span of a few months.

WHOOP'S DAILY REPORT ABOUT SLEEP & RECOVERY:

- How well my body recovered overnight
- How much strain I can handle that day (without pushing myself into a strain deficit)



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

- How much deep sleep, REM, and light sleep I got.
- How long it took me to fall asleep.
- How many disturbances I had throughout the night.
- What's impacting my Heart rate variability, resting heart rate, and respiratory rate.
- And most importantly: whether I'm ready to train hard or need to dial it back and rest a bit.

What surprised me most was how off my assumptions were. There were nights I thought I slept great until I saw the data and realized I was tossing, turning, or barely getting any deep sleep.

And there were days I thought I could go hard at the gym only to see my recovery score in the red and understand why I felt like I was dragging myself through mud.

The insight WHOOP gives me isn't just "cool to know." It's changed the way I train and how I recover.

TRAINING SMARTER AND UNDERSTANDING MY BODY MORE

WHOOP has taught me that recovery is dynamic and the more in tune you are with it, the better your body performs.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

It's personalized and it adapts. And it makes you more powerful, because you stop wasting energy trying to guess what your body needs.

If you've ever wished someone could just tell you when to push and when to rest? This is that tool.

One of many differences between the WHOOP and fitness tools like an Apple Watch or Fitbit is that you charge it while you wear it, so that way you can collect 24/7 data on your body. Try a month free from WHOOP [HERE](#). The data goes much deeper than other fitness tools.

I can't recommend it enough. In fact, since wearing it for only a few months and following the health coaching advice it gives me daily based on my body's data, I've already lowered my metabolic age by three years and am decreasing my pace of aging each week. I use it every day and I truly believe it's a game changer for people who are pursuing a life of optimal health

For a long time, I thought recovery was more optional. If I wasn't sore, I hadn't worked hard enough. If I wasn't drenched in sweat, I hadn't burned enough calories. If I took too many rest days, I was probably just being lazy. Discipline, to me, meant showing up no matter how exhausted I felt. Rest was a "good suggestion," rather than the backbone of vitality and longevity.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

But then I started learning and personally experiencing what actually happens during optimal sleep and recovery. I had to completely rethink the way I had been treating these areas of fitness and health.

You can lift heavy weights consistently, track macros, walk 10,000 steps, and still feel inflamed, drained, and flatlined. Still feel like your body isn't responding the way you hoped for or think it should be. Still feel like you're doing everything "right" and getting nowhere and left with a feeling of chronic fatigue. I see this all the time, especially with women in midlife who are going through the motions, checking every box, yet feeling like strength and energy are quietly leaking away.

The truth? You don't build muscle in the gym. You build it when you sleep and recover. But not just getting a certain number of hours of sleep. Let's dive in deeper.

WHAT HAPPENS DURING RECOVERY

Every time you train, you create tiny microtears in your muscle fibers. That stress is intentional and it's what signals your body to adapt and come back even stronger. But the growth, the tone, and the strength you want? That only happens if your body is given the chance to rebuild. Most of that rebuilding happens while you sleep. If you don't rest and recover adequately, those tiny muscle microtears never get fully repaired, leaving you weaker, more fatigued, and at higher risk for injury instead of stronger.

A person is sleeping peacefully in a red and purple striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a green shirt and orange pants.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

HOW LACK OF RECOVERY SHOWS UP IN REAL LIFE

MUSCLE REPAIR AND GROWTH

- The night after a long day, whether from a heavy workout in the morning, 15,000 steps running errands, kids' activities stacked on top of each other, or often all of the above, I crawl into bed and think, "Seven hours will be fine." The next morning, I woke up groggy, sore, and short-tempered. Now the WHOOP confirms it: my recovery has tanked. Eight or nine hours would've been what my body needed to actually bounce back to a full recovery.

STRESS RESET

- I've learned the difference between waking up rested and waking up feeling frayed. When my sleep is short, I'm more reactive. I snap at small things, my patience with my kids and husband disappears, and I feel like the day owns me instead of the other way around. But when I've slept well, I'm calmer, more grounded, and capable of handling chaos without losing myself in it.

ENERGY AND CLARITY

- Poor sleep leaves me foggy, like I'm wading through mud all day. But with recovery dialed in, I don't just have more energy, I think more clearly, have much less brain fog, and I show up more present in my life.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

BLOOD SUGAR AND CRAVINGS

- On mornings after poor sleep, I crave carbs. But not the nutritious kind! Pretzels, chips, anything fast. My blood sugar is on a roller coaster all day. When I'm consistent with sleep, it's like my hunger hormones are finally on my team instead of working against me. Consistent quality sleep helps regulate hunger hormones like leptin and ghrelin, making it easier to stick to the plan.

Those are just a few examples of the many ways that not prioritizing sleep and recovery has a detrimental affect on our everyday life.

WHY SLEEP CONSISTENCY MATTERS

The hardest area for me, and one I'm always having to work on the most, is sleep consistency. Going to bed and waking up at the same time every day, even on weekends. At least aiming for within a 60 minute window. Research shows that irregular sleep schedules disrupt your circadian rhythm, which regulates everything from hormone release to metabolism. One large study found people with inconsistent sleep had higher risks of weight gain, diabetes, and cardiovascular disease. Even if their total hours of sleep looked "normal."

When I keep a consistent schedule, I fall asleep faster, stay asleep throughout more of the night, and I have a higher percentage of sleep time spent in deep and REM stages.

A person is sleeping peacefully in a purple and pink striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a green shirt and orange pants.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

I wake up feeling refreshed instead of groggy. When I drift off my routine, everything feels harder. Our nervous system thrives on a circadian rhythm routine.

BEDTIME HABITS THAT HELP OPTIMIZE SLEEP & RECOVERY

Build rituals around sleep the same way we build rituals around training. These small changes made a huge difference in my recovery.

- Finishing meals two to three hours before bed so our digestion isn't working overtime when we're trying to rest.
- Avoiding the doom scroll and light from our phone in bed. I know I've lost too many hours to "just checking my phone." Reading a book instead cues our brain to wind down and get ready for sleep.
- Wearing a sleep mask and keeping the room cool. Light and heat are enemies of deep sleep. I treat my bedroom like a cave now at night!
- Dimming lights in the evening to signal melatonin release so our brain knows it's almost time to rest.
- Swapping alcohol for mocktails. My biggest recovery game-changer. BY FAR.

A person is sleeping peacefully in a red and purple striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a light green shirt and orange pants. The background is slightly blurred, showing more of the forest.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

ALCOHOL: THE BRUTAL WAKE-UP CALL

I love a glass of wine as much as anyone, but WHOOP gave me the hard truth: alcohol wrecks my recovery more than anything else. By a LONG SHOT. Even one or two glasses, where I didn't feel buzzed or have any morning hangover feeling whatsoever, spikes my resting heart rate and tanks my HRV (*heart rate variability - the measure of tiny changes in the time between your heartbeats that reflects how ready your body is to handle stress or recover from it*). And it doesn't just last for one night; it takes me one to two full days to bounce back.

I used to think a little alcohol was harmless other than the empty calories that I didn't want. Now I know my body stays in a heightened stress state long after the glass is empty. That was sobering (*no pun intended*). These days, non-sugary mocktails are my staple. They let me enjoy the ritual without the wreckage. Honestly, if you love alcohol, don't wear a WHOOP, because it will ruin it for you! Or if you feel addicted to alcohol, this might be the tool you need to break that addiction!

Now with all that being said, yes, I do sometimes still drink alcohol at social events. But it's getting less and less as I realize how long it takes me to recover fully. I just know that there are ramifications that will come from it and I won't feel in tip-top shape for a day or two. So I have to stop and ask myself if it's worth it. And I usually cap it at one drink and sip that one for a long time.

A person is sleeping peacefully in a red and purple striped hammock, suspended between trees in a lush, green outdoor setting. The person is wearing a light green shirt and orange pants. The background is slightly blurred, showing more of the forest.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

LISTENING TO OUR FEMALE BODY ACROSS OUR CYCLE

One of the most important lessons focusing on recovery has taught me is that my body isn't on one steady setting. It's on a monthly roller coaster I never asked to ride but apparently can't get off (*at least for another decade or so!*) Women have it tough in this area. We can do everything right to rest and recover and still feel like we got hit by a bus when we wake up during those dreaded times of our monthly hormonal cycle.

In the follicular phase, I feel alive again. My workouts are strong and my recovery is at the top of the charts. I'm energetic, more confident, and convinced I could probably start another side hustle business, deep clean my entire house, and go hit a record amount of PR's in the gym - all in the same day! My WHOOP even backs me up with that data. My heart rate variability score is higher, my sleep is deeper, and my body just adapts better to stress. It's basically my high-functioning, glowier alter ego that I wish stuck around all month. But of course ...it doesn't.

That soul-crushing late luteal phase creeps back in once again, and everything shifts. Ugh. Optimal recovery is harder to attain, sleep gets choppy, and my mood feels fragile. This is when I can cry in the gym if a sad Taylor Swift song plays!

But here's the thing, I don't throw everything out the window during that week. I know myself well enough now to keep the foundation steady.

A person is shown relaxing in a hammock, which is strung between trees. The person is wearing a green shirt and orange pants. The background is a lush, green forest.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

I still work out, but I give myself the permission to keep it lighter if that's what my body needs. I still eat healthy, because I know how fast junk food can make me feel worse. And I definitely skip the sad playlists and blast happy music at the gym so I don't end up ugly-crying mid-squat!

For years, I thought the low-energy days before and during my period meant I was lazy and weak. Now I know better. It's not weakness, it's hormones just doing their thing! My body isn't betraying me, it's recalibrating. Both versions of me are real ... the high-energy, take-on-the-world me and the one who looks like she's been crying in the Target parking lot for two hours ... because she has.

And here's what makes the biggest difference: I still prioritize sleep and recovery throughout the month, even when I don't feel the same results. I keep my habits as routine as possible because the routine is what carries me through. Sometimes that means adding a little Motrin to the mix, but the foundation never changes. Sleep, healthy food, movement, and rest are what keep me steady. No matter what my hormones are doing.

HOW I RECLAIMED MY NIGHTS

I've always known sleep matters, but I didn't realize just how much until I really started paying attention. Over the past six months, two things have completely changed the way I sleep and how I now feel every day: AGZ and the Pod 5 mattress cover from Eight Sleep.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

AGZ has become my nightly ritual wind down drink. It's melatonin-free and combines the best sleep-supporting ingredients. Magtein, magnesium L-threonate, saffron, ashwagandha, and L-theanine into one drink that tastes really good. I drink it while winding down, and I can feel my body actually relaxing, my mind slowing down, and the anxiety around “trying” to fall asleep melting away. Since I started, I've felt more mentally sharp and stable, and waking up groggy is now rare. It was co-developed by Stanford neuroscientist Andrew Huberman.

- Use the code **BADPEACH** to get a FREE bottle of Vitamin D3+K2 and AG1 Flavor Sampler when you first subscribe to AG1 products [HERE](#).

The Pod 5 mattress cover from the brand Eight Sleep has been even more transformative. It works quietly in the background all night, auto-adjusting the temperature of my bed an average of 20-25 times each night as I go back and forth between sleep stages. This keeps me in the ideal zone for restorative sleep from the moment I fall asleep until I wake up. The sleep data it provides is fascinating, showing everything from sleep stages to efficiency, and I can compare it directly with my WHOOP metrics.

What has completely shocked me is the magnitude of the results. I honestly thought I was a “good sleeper” before all this. But seeing the numbers side by side, the before and after, has been jaw-dropping. I'm spending 25% more time in REM sleep, the stage where our brains do their deepest restorative work, and I feel it in every part of my life. My focus is sharper, my memory better, my mood steadier.

A person is shown sleeping peacefully in a red and purple striped hammock. They are wearing a green shirt and orange pants. The background is a dark, out-of-focus natural setting.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

Some mornings now I honestly feel as energized and clear headed and focused as the 25-year-old version of myself.

The data backs up what I feel: my WHOOP shows my metabolic age has dropped by four years, and my pace of aging has reversed. Before I focused on my sleep, I was aging faster than a normal pace - even with all of my other healthy habits in place. Over the last six months of sleep and recovery focus, my body is now become metabolically younger than my chronological age. Watching these numbers change in real time has been fascinating, and experiencing the benefits firsthand has felt totally life-changing.

Sleep has become a foundation I never fully appreciated before when I was younger or just celebrating the hustle and grind lifestyle. Obviously sleep affects everything from our recovery, our energy, mental clarity, emotional stability, and our long-term health. The combination of AGZ and the Pod 5 has made me feel drastically different, in the best possible way. Yes, the Pod 5 comes with a heftier price tag, but for me, it has been worth every penny. Investing in sleep is investing in longevity and the quality of life I want to have. So it's something I wanted to pass on for anyone interested. The link button below will get you up to \$350 off a Pod 5 from Eight Sleep.

MORE ABOUT THE
POD 5

A person is shown sleeping peacefully in a red and purple striped hammock. They are wearing orange pants and a green shirt. The background is a blurred natural setting with trees and foliage.

SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

THE COST OF “JUST GETTING BY”

Skipping recovery and not prioritizing quality sleep doesn't just make you tired. It taxes every part of your life.

- In the gym it means stalled progress, slower strength gains, and higher risk of injury.
- In your mood it shows up as emotional reactivity, less patience, and more stress.
- In your body it means higher inflammation, insulin resistance, and stubborn belly fat.
- In your future it means faster biological aging, weaker immunity, and a shorter healthspan.
- When I ignored recovery, I thought I was saving time and proving discipline. What I was really doing was quietly draining my energy, burning muscle instead of building it, and fast-tracking aging.

I don't look at recovery as optional anymore. I don't look at sleep as wasted time. I look at them as the most powerful performance tools I have.



SLEEP & RECOVERY: WHERE THE MAGIC HAPPENS

My WHOOP fitness band is just the way I track it, but the real story is what I've learned: my body doesn't get stronger from grinding harder. **It gets stronger when I let it rest, adapt, and build back up.**

That's the part so many of us miss. Especially in our hustle and grind, busy lifestyle culture. And it's why I want you to hear this now, sooner rather than later: your recovery is your power.

TRY THE WHOOP FREE FOR A MONTH

I know I've talked a lot about the WHOOP in this book, but it's because I'm truly obsessed with how following it's guidance is positively changing my entire well-being. Even causing my body to physiologically age in reverse now.

THIS VIDEO shows you the magical power of a WHOOP in all of its glorious detail.

TRY WHOOP FOR
1 MONTH FREE

CHAPTER



NUMBER 13

**SCREW THE SCALE: TRACKING
DATA THAT ACTUALLY MATTERS**



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

There's a universal sound women make when stepping on a scale, and it's somewhere between a sigh, a groan, and a silent prayer.

You know the one.

You wake up feeling kinda good, your workout streak is strong, your meals have been on point, your clothes feel great and you're feeling like a confident little hottie, and then ... you step on that god forsaken little piece of metal on the bathroom floor.

Bam. Confidence is gone. Mood has tanked. Depression moves in like an unwelcome house guest. Suddenly you're spiraling and feeling like throwing in the towel on all attempts at being your fittest self.

If you've ever felt that, you're not alone.

We've been conditioned to treat the scale as the ultimate report card on our bodies. And that number can feel like a verdict. A pass or fail. A green light to feel proud or a red light to restrict and punish ourselves.

.

And here's the thing:

A regular scale doesn't measure anything of much importance. Yet we give it permission to rule our mood and mindset.



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

That rude piece of metal doesn't know how strong you've gotten. It doesn't care that you're lifting heavier, building muscle, or sleeping better. It doesn't tell you how your metabolism's improving or how much body fat you've lost. It doesn't tell you that you're heavier because your period is about to start or your muscles are holding in water because you just crushed your strength training workout.

It's just a crappy number, stripped of all context, and it has way too much power over us. Until now ...

TIME TO FLIP THE SCRIPT

Stepping on a regular scale is like trying to understand your finances by only checking your bank account. Sure, it gives you a number, but it tells you absolutely nothing about what's going on behind the scenes.

Your checking account number doesn't reflect your savings, your investments, your spending habits, or whether things are actually improving in your finances. It's a snapshot that offers little insight and a high chance of panic.

Now imagine using an advanced smart scale instead.

It's like opening a full financial dashboard. You see your muscle mass. Body fat percentage. Bone density. Water retention percentage. How much fat you're storing around



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

your organs (*dangerous visceral fat*) versus subcutaneous fat that lives right under the surface of your skin. You start to get the real picture of what's happening inside your body. Not just a surface-level glance.

A traditional scale is old-school and I think it's safe to say it's emotionally reckless for women everywhere!

A smart scale is for women who want to see the whole picture and want data that matters.

"Your worth was never in that weight number. But your body composition data? That's power ... and power just tracks differently."

THE BREAK I NEEDED (AND MAYBE YOU DO TOO)

For several years, I stopped weighing myself on a regular scale altogether.

The only time I stepped on a scale was at my annual doctor's appointment, where I'd strip off anything possible while staring at the wall and pretending it didn't matter to me. While silently bracing myself to feel disappointed and negatively gripped by that number glaring back.

I took that break on purpose. Because I knew that weighing myself wasn't helping. It was hurting me emotionally.



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

I had been caught in a loop of checking my weight everyday and sometimes multiple times a day. Watching it creep up after meals or spike before my period, even though I knew those fluctuations were normal.

Still, that little number staring back at me held too much power in my life. It could unravel my mood in seconds and drag me straight back into old, unhealthy patterns.

So I stepped back from weighing myself. Because I had to relearn what progress actually meant before I could trust myself to track it again.

WHAT FIT WOMEN WILL TELL YOU

A lot of the fittest women I know will tell you this:

Their fittest body actually weighs more than they expected.

At the end of my 100,000 burpee challenge, I was 12 pounds lighter than I am now. Did I gain 12 pounds of fat? No. I took several years to build more muscle mass. Not all 12 lbs of that weight gain are muscle, but I do know that a lot of that weight gain is due to muscle growth. I only know that because of my smart scale tracking. So no freak outs are needed!

Now when I gain weight and see that it's from muscle, I pat myself on the back and say "Daaayyum girl! Good job!"



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

And if I had only looked at the regular scale, I would've panicked at gaining 12 lbs. I would've assumed I was going backwards in my progress. And that spiral would've sent me right back into restrictive, fear-driven habits that had nothing to do with my actual health.

This is why we have to look beyond the regular old style scale. It only tells a snippet of the story.

WHAT YOU SHOULD TRACK INSTEAD

Here's a more in depth look at our health and progress:

- Lean muscle mass: This is the game-changer for metabolism, body shape, and long-term fat loss.
- Body fat %: This matters, but as part of a bigger picture.
- Bone mass: Especially important in midlife and beyond.
- Hydration levels: Affects weight fluctuations and literally everything in our body. Am I drinking enough water everyday?
- VO₂ max & HRV: VO₂ max tells your overall cardiovascular fitness and HRV tells how recovered you are to take on your day.
- Visceral Fat: the dangerous fat around your organs.



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

Non-scale data to track:

- Progressive strength: How much you're progressing in your weight lifting strength. Are you getting stronger?
- Daily step count, protein grams per day, calories consumed, workouts logged.
- Sleep and stress levels.
- Estimated metabolic age.
- TDEE - total daily energy expenditure - overall calories used per day.

These are the numbers that show you how your body and health is progressing.

Notice that “how much you weigh” didn't make the list.

TRACKING TOOLS THAT HELP (NOT HURT)

You don't have to track everything, but having a few tools that give you honest insight can super helpful:

- Smart Scales for body composition tracking: Here's my favorite for 50% off - [SHOP SMART SCALE](#)

WHOOP: For recovery, HRV (heart rate variability), sleep, strain levels, total calories burned each day, VO2 max score, daily step count, blood pressure readings, heart screener for Afib detection and ECG readings, stress levels, etc.




SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

- MyFitnessPal: For calories and macro tracking when needed.
- Lifting logs: For tracking progressive overload with strength training.
- Photos & Body Measurements: Non-tech way of tracking progress.

HOW I TRACK NOW

After years of breaking up with the scale and rebuilding trust in my body, here's what works for me now:

I track my data once a month using my smart scale. I do it at the same consistent time of day and time of the month. I do it first thing in the morning before any liquid or food consumption. I do it the week after my period, when water retention is lowest and I feel my true body size and measurements. I track my lean mass, body fat percentage, muscle mass, water percentage of my body, bone mass density, visceral fat level, and where on my body I'm gaining/losing fat and gaining/losing muscle. If my weight has gone up or down, I'm tracking to see if that change is from muscle or fat and then adjust my nutrition accordingly with my goals. Now when I see the scale go up and see that it's because I gained a pound of muscle, I feel proud. If I see that the scale went down and I lost a pound of muscle, I make sure I'm hitting my calorie and protein needs.



SCREW THE SCALE: TRACKING DATA THAT ACTUALLY MATTERS

I also study my WHOOP app everyday to see my daily recovery levels, strain, sleep, my step count, my habits that contributed to a higher or lower recovery score, my daily calories burned so I can make sure I'm eating the amount of calories I need, plus SO much more.

I also check in with how my clothes fit, how my lifts are progressing, and how I feel in my body.

Because that's the stuff that actually tells me the truth. No spiraling or daily mental drama. No breakdowns on the bathroom floor anymore. It's just emotionally neutral data I can use to optimize my health month after month.

LIVE EMPOWERED

Empower yourself with data that actually matters. You are not a number. You're a wildly capable, beautifully complex human with systems inside you that are doing their best to keep you alive, strong, and thriving.

Your worth was never meant to be measured by a scale. And who you are? That can't be summed up in a single number.

This isn't about obsessing over stats. It's about finally seeing the full picture. Because understanding your body is power. And you deserve that kind of power in your own hands.

CHAPTER



NUMBER 14

**SUPPLEMENTS: CUTTING
THROUGH THE NOISE**



SUPPLEMENTS: CUTTING THROUGH THE NOISE

Let's be honest - supplements can feel like a minefield. Walk into any health store or watch Tik Tok for a few minutes and it seems like there's a powder, pill, or gummy for everything under the sun. The marketing is bold, the promises are huge, and it's overwhelming to know what actually matters and is worthy the money vs. just hype or an influencer hoping to make money off your impulse buy.

Here's the truth I've learned: supplements are not a magic fix. They won't do the heavy lifting for you. But, when chosen wisely, they can support your training, recovery, health, and hormones in ways that make a real difference.

I keep my approach simple. I divide my supplements stack into four buckets:

- Regular Health Supplements - a foundation that most women benefit from.
- Fitness-Focused Supplements - add-ons that support heavy fitness training.
- ADHD & Perimenopause Support - targeted supplements that have made a dramatic difference in my focus, stress resilience, and hormone balance in midlife with ADHD.
- Sleep Supplements - optimizing all sleep stages including winding down and waking up feeling refreshed.



SUPPLEMENTS: CUTTING THROUGH THE NOISE

My supplements stack won't look exactly like yours and shouldn't. I recommend getting your bloodwork done to know what your body needs, and then fill in the gaps intentionally. Think of supplements as teammates. They'll help, but only if you've already built a foundation with food, movement, and recovery.

MY REGULAR HEALTH SUPPLEMENTS

These are the daily staples I take. I've tried a lot over the years that were a total waste of money. These are the ones that truly make me feel better when I take them.

AG1

If I could only take one supplement, it is AG1. A lot of people take a whole cabinet of pills: a multivitamin, probiotics, vitamin C, B complex, etc. And half the time, we forget to take one, or we're not sure if we actually need it. AG1 is all of the best essentials rolled into one product. Vitamins, minerals, probiotics, adaptogens, antioxidants ... it literally covers everything foundational.

- Use the code **BADPEACH** to get a FREE bottle of Vitamin D3+K2 and AG1 Flavor Sampler when you first subscribe to AG1 products [HERE](#).

CREATINE

The most studied supplement in the world, and yes, it's just as effective for women as it is for men. Creatine helps your muscles store more energy (ATP), which translates to lifting heavier, recovering faster, and building lean muscle more

SUPPLEMENTS: CUTTING THROUGH THE NOISE

effectively. It's also been shown to support memory and focus, so it's especially valuable in midlife with brain health.

FISH OIL (OMEGA-3S)

Omega-3 fatty acids are crucial for heart health, brain function, and reducing inflammation. Unless you're eating fatty fish several times a week, there's a chance you're not getting enough. Fish oil helps me reduce joint stiffness, bounce back from hard workouts, and support long-term brain health. I love the omega 3 fish oil from AG1.

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COLLAGEN

Collagen is the glue that holds your body together - literally! It supports joints, tendons, ligaments, skin, and even gut health. Since our natural collagen production drops with age, supplementing helps me keep my joints resilient for heavy lifting. Bonus: healthier hair, nails, and skin!

VITAMIN D3 + K2

Vitamin D supports bones, immunity, and mood - and many women are deficient. Pairing it with K2 directs calcium into bones (*instead of arteries*), making the combo even more effective. It's a foundation kind of supplement for long-term health, especially in midlife. I love the one from AG1.

- Use the code **BADPEACH** to get a FREE bottle of Vitamin D3+K2 and AG1 Flavor Sampler when you first subscribe to AG1 products [HERE](#).



SUPPLEMENTS: CUTTING THROUGH THE NOISE

PSYLLIUM HUSK

Fiber doesn't get enough hype, but it's critical. Psyllium husk supports digestion, balances blood sugar, and helps boost my fiber intake. It keeps my cravings in check and supports gut health. It's not flashy, but it's one of my essentials.

FITNESS-FOCUSED SUPPLEMENTS

These are the extras I layer on for fitness performance, muscle repair, and recovery.

MASS AMINOS

Amino acids are the building blocks of protein. I use this especially when I'm training hard or in a calorie deficit. I always hit my protein goal with food first, but since adding Mass Aminos I've noticed an extra edge. More muscle fullness, better recovery, and honestly, more muscle growth. It's one of those little additions that makes a big difference when you're serious about results.

BEEF LIVER

Old-school, but powerful. Beef liver pills are rich in B vitamins, iron, and protein in a form your body absorbs easily. Ultra 40 beef liver pills support endurance, recovery, and energy. For women especially, the iron boost can make a big difference. My Dr. is always amazed at my B12 levels and it's from this supplement.



SUPPLEMENTS: CUTTING THROUGH THE NOISE

ADHD & PERIMENOPAUSE SUPPORT

This is where I've noticed the most profound difference in how I feel because of my age and specific brain make-up. This category is not “optional extras” for me. They've become my best friends for helping me manage focus, stress, and hormone swings. I literally feel like they've given me my life back after a few years of hormonal and ADHD chaos.

ADRENAL SUPPORT STACK

This trio has been nothing short of a God send for my mental clarity, stress resilience, and overall feeling of calm.

- Ashwagandha - helps balance cortisol, lower stress, and improve sleep.
- Rhodiola - boosts energy, reduces fatigue, and improves focus.
- L-Theanine - promotes calm alertness without making you drowsy.

Together, they help me feel steadier, calmer, and sharper even on chaotic days. Which is most days! I've never felt as dramatic a shift from supplements as I have with this stack in combination with HRT (hormone replacement therapy) and new prescription ADHD meds.

SUPPLEMENTS: CUTTING THROUGH THE NOISE

SLEEP SUPPORT

I talked about this already a bit in the sleep and recovery chapter, so briefly ...

AGZ

AGZ is an all-in-one, melatonin-free sleep and recovery drink, designed to support our body's natural rhythm instead of overriding it. What I love is how it works through the entire night in three distinct phases:

Evening: Helps us let go of stress, relax, and actually fall asleep with calming ingredients like ashwagandha and L-theanine.

Sleep: Optimizes the quality of our sleep with Magtein® magnesium L-threonate. Which supports deeper and more restorative sleep.

Morning: Wake up feeling refreshed and clear-headed, not groggy, thanks to saffron, which gives us a revitalized feeling to the start of our the day.

It's a super supplement in one scoop, replacing multiple individual products while supporting our body and brain through every stage of rest. I feel calmer, more stable, and energized when I wake up. Which is something I never realized I was missing before taking this.

- Use the code **BADPEACH** to get a FREE bottle of Vitamin D3+K2 and AG1 Flavor Sampler when you first subscribe to AG1 products [**HERE**](#).

A close-up photograph of a woman with long, wavy blonde hair, blowing on a dandelion seed head. The background is a warm, golden-brown bokeh. The text 'SUPPLEMENTS: CUTTING THROUGH THE NOISE' is overlaid in white, bold, sans-serif font in the top left corner.

SUPPLEMENTS: CUTTING THROUGH THE NOISE

Supplements aren't magic, and they aren't meant to replace a crappy diet, poor sleep, and/or chronic stress. But they can fill the gaps, make training more effective, and give your body extra support when it needs it most.

Your stack will look different than mine, and it should. Start with bloodwork results, focus on whole foods, and use supplements as strategic support.

I've linked a few of my favorite brands in [chapter 15](#).

CHAPTER



NUMBER 15

**YOU'RE NOT ALONE:
1:1 COACHING WITH LAURA**



YOU'RE NOT ALONE. 1:1 COACHING WITH LAURA

If you've made it this far in the book, one thing is clear: you're not here for "sort of" results. You don't want to dabble, you want to transform. You want to feel confident and strong in your body, and unstoppable in your life.

Some women find it hard to do alone, or just don't want to do it alone. You can read the strategies, understand the numbers, even meal prep and train consistently, but at some point accountability, personalization, and support can make all the difference. That's exactly where 1:1 coaching comes in.

Most women who come to me aren't beginners. They've already put in the effort with gym memberships, apps, diets, and programs. They've seen some results, but nothing that lasts. They're tired of guessing, tired of spinning their wheels, and ready to finally break through all the plateaus.

We'll take everything you've learned in this book and apply it directly to your life. With structure, personalization, and accountability that keeps you consistent. You won't just know what to do. You'll be doing it with me in your corner.

Think of coaching as launch mode. Just like a rocket needs an intense burst of energy to break through the atmosphere, you need focused momentum to break through your old patterns. With coaching, we'll build that momentum. Once the habits are locked in, everything gets easier and more sustainable.

And the side effects? Let's just say women who go through this transformation don't just look different.



YOU'RE NOT ALONE. 1:1 COACHING WITH LAURA

They carry themselves differently. Confidence skyrockets. Clothes fit better (*and shopping finally feels fun again*). Energy improves. Health bio-markers shift to optimal. Hormones, mood, and metabolism start working the way they want.

This isn't about becoming someone else. It's about stepping into the woman you're meant to be.

IS COACHING YOUR NEXT STEP?

If you've been nodding along while reading this book and the strategies, mindset shifts, and tools here resonate with you, then 1:1 coaching may be your natural next step.

Maybe you know what to do but need accountability to finally stay consistent. Maybe you've tried everything and are ready for a proven plan tailored to you. Or maybe you just want the support of a coach who sees the version of you that you can't quite see yet. The one who's stronger, leaner, healthier, and radiating confidence.

If that's you, then this is your moment. Envision yourself in the best shape of your life - physically, mentally, and emotionally.

This isn't just another program. This is your breakthrough.

[START APPLICATION](#)

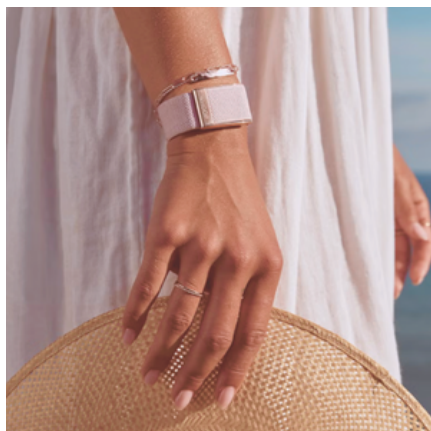
CHAPTER



NUMBER 16

**LAURA'S
FAVORITE PRODUCTS TO SHOP**

links TO SHOP



THE WHOOP
1 month free



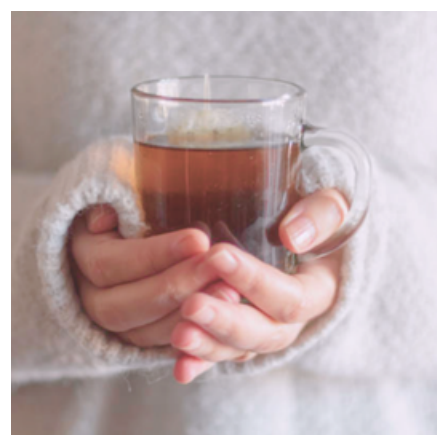
FITNESS
OUTFITS & TOOLS



AG1
the #1 supplement

AG1 Code: BADPEACH

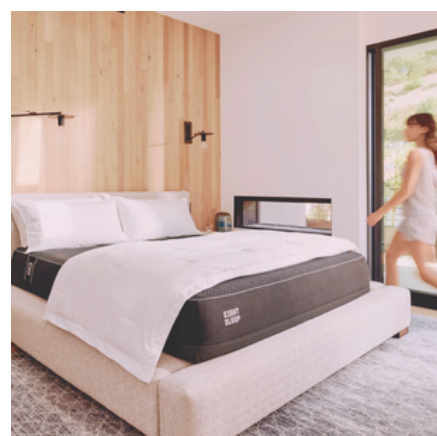
Get a FREE bottle of Vitamin D3+K2 and
AG1 Flavor Sampler when you first subscribe



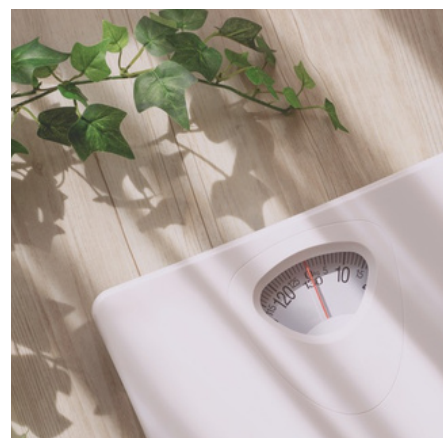
AGZ
sleep like a pro

AGZ Code: BADPEACH

Get a FREE bottle of Vitamin D3+K2 and
AG1 Flavor Sampler when you first subscribe



EIGHT SLEEP POD 5
up to \$350 off



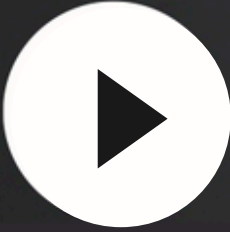
SMART SCALE
body composition




SUPPLEMENTS
protein & muscle growth

other workout programs **BY LAURA**

WEIGHT LIFTING + WALKING
32 WORKOUTS



INFO VIDEO



**BAD PEACH
EVEREST**


BAD PEACH EVEREST
8 weeks · 32 workouts · weight lifting + walking

DOWNLOAD


- 8 weeks
- 32 workouts
- weight lifting
- walking
- dumbbells only
- beginner to intermediate
- follow along style

EMPOWER

WEIGHTS + HIIT
75 WORKOUTS



INFO VIDEO



BAD PEACH EMPOWER

BAD PEACH EMPOWER
15 weeks · 75 workouts · weight lifting + HIIT

DOWNLOAD

- 15 weeks
- 75 workouts
- weight lifting + HIIT
- dumbbells only
- intermediate to advanced
- follow along style

CHAPTER



NUMBER 17

**SHARE AND MAKE SERIOUS
CASH AS AN AFFILIATE**

share **AND MAKE MONEY**



READY TO MAKE SOME SERIOUS CASH FOR SHARING WITH YOUR FRIENDS?

You never know which woman in your world is quietly struggling with her body and just needs this kind of fire to wake her up.

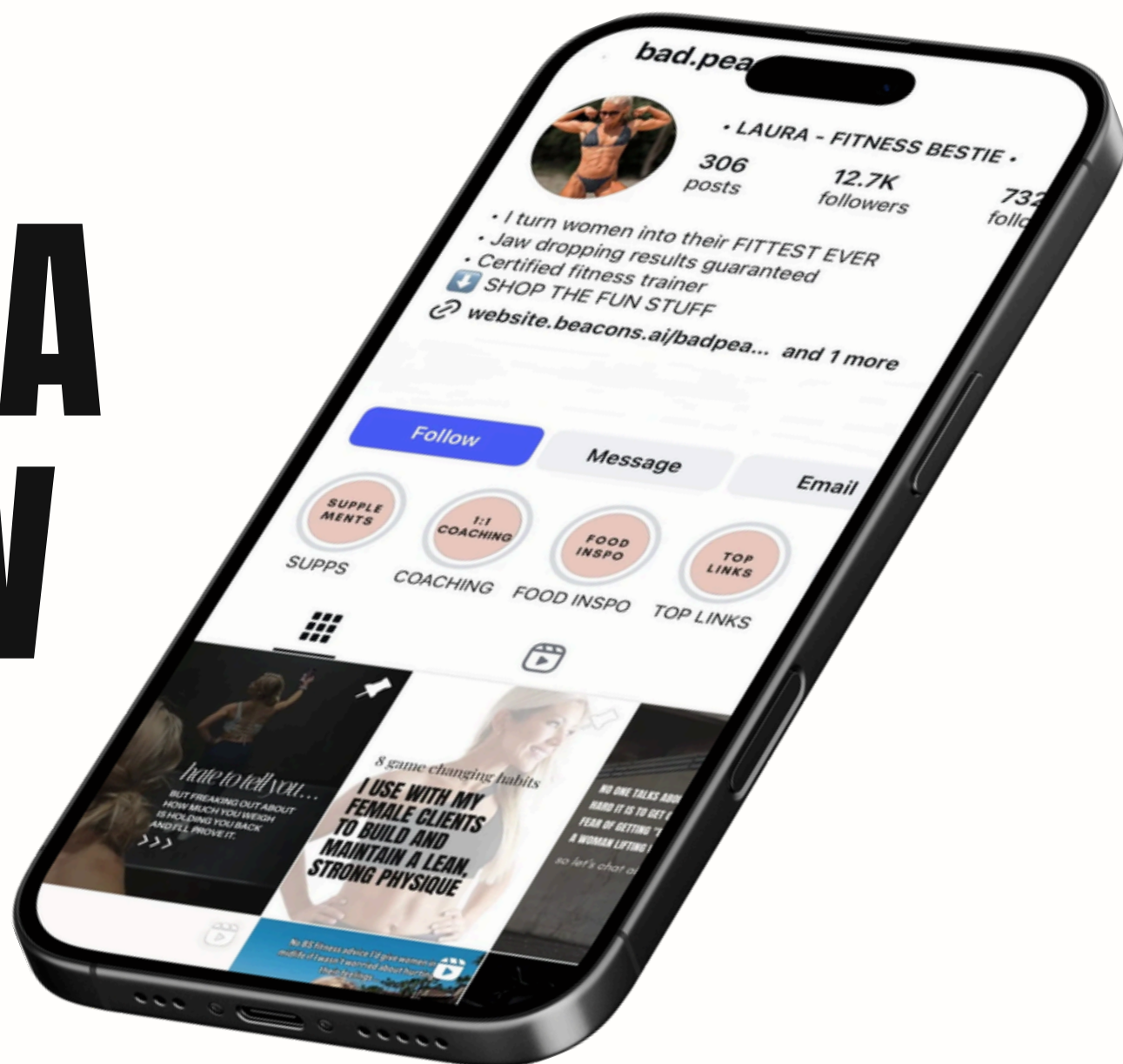
Share Becoming Your Fittest Forever and be rewarded generously as a thank you.

When you help other women glow up, you should benefit too! At this high commission rate, the rewards stack up fast. The sky is the limit for your earning potential. Get started with receiving your affiliate link today at the button below and start sharing it.

You'll earn a 50% affiliate commission for every person who purchases Becoming Your Fittest Forever using your unique link.

BECOME AN AFFILIATE

please
**LEAVE A
REVIEW**



I'D LOVE TO HEAR FROM YOU - LIKE PRETTY PRETTY PLEASE!

If this guide lit a spark, shifted something inside you, or helped you discover your path forward in a whole new way ... I want to know!

Your words matter. Not just to me, but to the next woman who is searching for exactly what you read in this book.

Send me a DM on Instagram and tell me what hit home. What changes you're making in your life. What you're walking away with. How this affected you. Message me again down the road after implementing this blueprint into your life!

I read every single message.

Find me at: @bad.peach.fitness on Instagram

Thank you for being here. I'm cheering you on!

SEND ME A DM

thank you for reading

If you're feeling fired up, seen, and just a little bit dangerous in the best way ... good! That means something clicked.

Remember, you don't need to be perfect. You just need to commit to your heartfelt "why," trust the process, and stop letting outdated rules run the show.

You've got the blueprint to follow now.

SO BABE
IT'S OFFICIALLY YOUR TURN TO
BECOME YOUR FITTEST FOREVER.

MAKE THAT WONDER WOMAN COME ALIVE



Laura xoxo

**EMBRACE THE
STRENGTH
WITHIN YOU AND
LET IT CHANGE
YOUR EXISTENCE**



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