


FREE GUIDE

*The*

# Menopause

# Belly

# Fix



A 21-DAY CALM METABOLISM RESET  
FOR HIGH-STRESS WOMEN IN MENOPAUSE

• INCLUDES NERVOUS SYSTEM RESET TOOLKIT

*by Naomi Turvey*

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## Welcome — Watch This First

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Before you read anything else, I want you to watch this short video. In it I share my personal story, explain exactly how this guide works and walk you through what the next 21 days are going to look like for you.

It will take less than seven minutes and it will change the way you approach everything that follows.

**Watch your welcome video here:** <https://youtu.be/dLa1ZHapPQk>

*Once you've watched, come back here and start with the Introduction on the next page. I'll see you inside.*

## INTRODUCTION — WHY NOTHING HAS WORKED

### And Why This Time Is Different

#### Why Nothing Has Worked — And Why This Time Is Different

You've tried everything. The diets, the workouts, the supplements, the willpower. And maybe some of it worked for a while. But something fundamental has shifted in your body since your forties, and the strategies that used to work don't anymore.

The truth is, nothing has worked because nobody's been addressing what's actually broken — and it's not your discipline. It's not your metabolism. It's not even really about the menopause, though that's real and it matters.

What's actually happening is that your nervous system has been in survival mode for longer than you probably realise. Maybe it started in childhood — a household that didn't feel safe, a parent who was unpredictable, a world that taught you to stay vigilant. Maybe it was a single catastrophic moment — a loss so profound it rewired your entire system. Maybe it was years of pushing yourself to the absolute limit: the high-pressure career, the perfectionism, the refusal to stop, the belief that if you just worked hard enough everything would be okay.

For me, it was all of that. And then some.

#### My Story

I grew up in a home that felt frightening more often than it felt safe. My father was angry and unpredictable — the kind of environment that teaches a child's nervous system to stay permanently on guard. To scan for danger. To never fully relax. I didn't know it then, but my body was already learning a pattern it would carry for decades.

Then at twenty-one, my fiancé died suddenly. The grief was the kind that doesn't just break your heart — it breaks something deeper. Something in the way you relate to the world, to safety, to love. I carried that loss in my body for years without fully understanding what it was doing to me.

And still — I pushed.

That's what high-achieving women do. We push.

I became an elite athlete. A stunt woman on feature films. A celebrity personal trainer working with Hollywood productions. I was selected for the TV show *Gladiators*. I competed in Miss World and Miss Universe. I trained and qualified as a pilot. I worked with elite athletes in the NRL as a Sports Massage Therapist. I trained at 4am every day — ten kilometre runs before the gym, six days a week.

I was stalked. I was attacked. I pushed through injuries that would have stopped most people — broken ribs, a punctured lung, a collapsed lung, court cases, frightening situations I am only now fully able to talk about.

And I got up every single time. Because that's what I knew how to do.

**Your body keeps score. Even when your mind refuses to.**

In 2010, my body finally said enough. I collapsed. Not gradually — completely. I was bedridden. I couldn't work. I couldn't train. I couldn't get to the bathroom without crawling on my hands and knees. My gut stopped functioning properly. My adrenals crashed entirely.

I realised my body wasn't broken. It was protecting me. My nervous system had learned, from childhood, that the world wasn't safe. Decades of trauma, grief, physical injury, abusive relationships, isolation, relentless pressure and the constant demand to keep performing had kept it in permanent fight-or-flight.

### **Why This Matters For You Right Now**

You're probably in a similar place. Not necessarily with the exact same story, but with the same fundamental problem: your body feels like it's working against you instead of with you.

You're forty, forty-five, fifty. Your metabolism has shifted. Your hormones are changing. And every strategy that worked at thirty is failing spectacularly now.

**The missing piece that nobody talks about is this: You can't out-diet a dysregulated nervous system.**

What you can do is rebuild your system. Systematically. From the inside out. In a way that actually works with your biology instead of against it. That is exactly what the next twenty-one days are about.

## How To Use This Plan

- **Each day includes:** Breakfast, Lunch, Dinner and a daily Snack — all designed to support your hormone balance, nervous system regulation and metabolism.
- **Meal prep tip:** On Sunday, prepare your grains (brown rice, quinoa) and roast a batch of vegetables for the week ahead. This halves your cooking time on busy days.
- **Protein priority:** Every meal contains quality protein. This is non-negotiable at 40+ for preserving muscle mass, fuelling the metabolism and keeping blood sugar stable.
- **Hydration:** Aim for 2-3 litres of filtered water daily. Add a slice of lemon in the morning to support liver function.
- **Flexibility:** You can swap meals within the same phase. Don't stress about perfection — consistency over time is what creates transformation.
- **Listen to your body:** If a meal doesn't feel right, substitute with another from the same phase. Your body's signals are data, not obstacles.

## How The Calm Metabolism Reset Works

Over the next twenty-one days, we're going to do three things:

**Phase 1 — REGULATE (Days 1-7)** We're going to calm your nervous system first. Before we change anything about food or exercise, we're going to teach your body that it's safe. We're going to address the stress, the breath, the sleep, the stories you're telling yourself. Because you can't rebuild on a foundation of fear.

**Phase 2 — REBALANCE (Days 8-14)** Now that your system is starting to feel safer, we introduce the right nutrition, the right movement, the right practices that actually support a menopausal body. Not restriction. Not punishment. But real, nourishing support.

**Phase 3 — RESHAPE (Days 15-21)** By now, your nervous system is regulated enough that your body can actually change. Your metabolism starts responding. Your energy returns. You see physical results — not because you've suffered more, but because you've finally created the conditions where transformation is possible.

You don't have to stop being ambitious. You just have to do it from a different place. From a place where you're regulated. Present. Grateful. Let's start.

## PHASE 1 — REGULATE (Days 1-7)

*"Calm the system first. Everything else depends on this."*

In Phase 1, we are not asking your body to change. We are asking it to feel safe. When your nervous system is dysregulated — from chronic stress, past trauma, or years of pushing — your body holds onto weight as a survival mechanism. This week, we remove that threat. Gentle movement only. Anti-inflammatory foods. Cortisol-lowering practices. By Day 7, your body will begin to trust that change is safe.

### Why We Start Here

Most programs start with the food. Or the workout plan. Or the before photo and the goal weight. We start here. With your nervous system. Not because the food doesn't matter — it does. But because if your nervous system is still running in survival mode, none of the other things will work the way they should.

Think of it this way. Your body is like a house with a faulty alarm system. The alarm keeps going off even when there's no intruder. And until you fix the alarm, you can't hear anything else. That's what chronic stress and unresolved trauma do to your nervous system. Week one is about switching off the alarm.

### What's Happening In Your Body Right Now

When you're stressed, your body produces cortisol. In short bursts it's useful. But when cortisol stays elevated — day after day, year after year — it becomes the single biggest obstacle to weight loss in menopause.

Here's what chronically elevated cortisol does:

- Tells your body to store fat, specifically around your abdomen
- Breaks down muscle tissue — the very tissue that keeps your metabolism burning
- Disrupts insulin, leading to blood sugar crashes, cravings and energy dips
- Suppresses your thyroid function, slowing your metabolism further
- Interferes with oestrogen and progesterone, worsening every menopause symptom you have
- Disrupts your sleep, which then raises cortisol further — a vicious cycle

The harder you push, the more cortisol you produce. Traditional diet and exercise advice is literally making your situation worse. Week one is about breaking that cycle.

### Your Daily Practices — Days 1 to 7

These are your non-negotiables this week. They are not optional extras. They are the foundation.

#### 1. The Morning Regulation Practice (10 minutes)

Before you look at your phone. Before you check emails. Before you do anything for anyone else. Ten minutes. Just for your nervous system.

Choose one of the following each morning and rotate through them across the week:

*Box Breathing: Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 10 minutes. This directly activates your parasympathetic nervous system — your rest and digest state — and begins lowering cortisol within minutes.*

*Somatic Body Scan: Lie still. Starting from your feet, slowly move your attention up through your body. Notice tension without trying to fix it. Just observe. This teaches your nervous system that stillness is safe.*

*Gratitude and Presence Practice: Three things you're genuinely grateful for — not forced positivity, real things. Then one minute of just noticing where you are. Present. Here. Safe.*

## 2. Sleep as Medicine

This week, sleep is your most important performance tool. Non-negotiable target: seven to nine hours.

- No screens one hour before bed — the blue light spikes cortisol and suppresses melatonin
- Keep your bedroom cool and dark — your body temperature needs to drop to initiate deep sleep
- No intense exercise after 6pm this week — we'll build that in later
- Consider magnesium glycinate before bed — one of the most effective natural tools for sleep and nervous system regulation in menopause
- If your mind races at night, do five minutes of box breathing before sleep

You cannot regulate a system you're not resting. Sleep is where healing actually happens.

## 3. Journalling — Unidentify From Your Story (5 minutes)

Every evening this week, write the answers to these three questions:

- What story did I tell myself today that kept me stuck? (I'm exhausted. My body is broken. Nothing works for me.)
- What is actually true right now, in this moment?
- What is one thing my body did today that I can appreciate?

## What To Eat This Week

Food this week has one job — to stop spiking your stress hormones and start supporting your nervous system. We are not restricting. We are not counting. We are not punishing.

### Remove this week:

- Caffeine after midday — it directly elevates cortisol and disrupts sleep

- Alcohol — it feels like it relaxes you but it spikes cortisol overnight and destroys sleep quality
- Ultra-processed foods and refined sugar — they cause blood sugar spikes and crashes that trigger a cortisol stress response every single time
- Skipping meals — under-eating is a physiological stressor, your body reads it as famine and raises cortisol in response

### Add and prioritise this week:

- **Protein at every meal** — minimum 30 grams. Protein stabilises blood sugar, supports muscle and keeps cortisol from spiking between meals.
- **Healthy fats** — avocado, olive oil, coconut oil, salmon, eggs, nuts. Your hormones are literally made from fat.
- **Magnesium-rich foods** — dark leafy greens, pumpkin seeds, dark chocolate, legumes. Magnesium is your nervous system's best friend.
- **Anti-inflammatory foods** — berries, turmeric, ginger, oily fish, walnuts. Chronic stress causes chronic inflammation. These foods begin to calm it.
- **Warm, cooked meals where possible** — raw cold foods require more digestive energy. This week we want your body using energy for healing, not digestion.

## Movement This Week — Gentle Is Not Weakness

This week, we move gently. No HIIT. No intense cardio. No pushing to the point of breathlessness. Not because you can't handle it, but because high intensity exercise is a cortisol trigger — and right now we are trying to lower cortisol, not spike it further.

This week your movement menu is:

- Daily walk — 20 to 30 minutes outside if possible. Natural light in the morning is one of the most powerful cortisol regulators we have. Walk at a pace where you can hold a conversation.
- Gentle yoga or stretching — 15 to 20 minutes, any style that feels restorative not challenging
- One optional slow resistance session — bodyweight only, low intensity, focused on breathing through every movement

That's it. That's enough. I promise.

## Your Daily Checklist — Days 1 to 7

### Each morning:

- 10 minute regulation practice before phone
- Protein-rich breakfast within one hour of waking
- No caffeine after midday

20-30 minute walk

**Each evening:**

Warm nourishing dinner with protein and healthy fat

5 minute journaling practice

No screens one hour before bed

Magnesium glycinate if using

In bed by your target time

**Weekly:**

Meal prep done (see meal plan)

One gentle yoga or stretching session

One optional slow resistance session

## PHASE 1 — MEAL PLAN

### Day 1 — Gentle Start

#### BREAKFAST

#### Warm Lemon & Ginger Oats with Blueberries

##### Ingredients:

½ cup rolled oats | 1 cup water or almond milk | 1 tsp fresh grated ginger | Zest of ½ lemon | ½ cup blueberries | 1 tbsp chia seeds | 1 tsp raw honey | Pinch of cinnamon

##### Method:

Bring liquid to a simmer. Add oats and ginger, cook 5 mins stirring occasionally. Remove from heat, stir in lemon zest, chia seeds and cinnamon. Top with blueberries and honey. Eat slowly and mindfully.

#### LUNCH

#### Poached Salmon & Avocado Rice Bowl

##### Ingredients:

150g salmon fillet | ½ cup brown rice (cooked) | ½ avocado sliced | 1 cup baby spinach | ½ cucumber sliced | 1 tbsp tamari | 1 tsp sesame oil | 1 tsp sesame seeds | Lemon wedge

##### Method:

Poach salmon in simmering water with a lemon slice for 8-10 mins until cooked through. Flake over rice. Arrange spinach, avocado and cucumber alongside. Drizzle with tamari and sesame oil.

#### DINNER

#### Chicken & Vegetable Bone Broth Soup

##### Ingredients:

200g chicken thigh diced | 500ml bone broth | 1 cup zucchini diced | 1 cup carrot diced | 1 stalk celery | 2 garlic cloves | 1 tsp turmeric | 1 tsp fresh ginger | Fresh parsley | Sea salt & pepper

##### Method:

Saute garlic and ginger 2 mins. Add chicken and cook until sealed. Pour in broth, add vegetables and turmeric. Simmer 20 mins. Serve with fresh parsley.

**Daily Snack:** Small handful of walnuts + 1 piece of fruit

### Day 2 — Anti-Inflammatory Focus

#### BREAKFAST

#### Golden Turmeric Scrambled Eggs

##### Ingredients:

3 free-range eggs | ½ tsp turmeric | ¼ tsp black pepper | 1 tbsp butter or ghee | Handful baby spinach | 2 slices sourdough toast | ½ avocado | Sea salt | Fresh chives

##### Method:

Whisk eggs with turmeric, pepper and salt. Melt butter in pan over low-medium heat. Add eggs and stir gently until just set. Serve on sourdough toast with wilted spinach and avocado.

## LUNCH

**Lentil & Roasted Vegetable Salad****Ingredients:**

1 cup cooked green lentils | 1 zucchini diced | 1 red capsicum diced | ½ red onion sliced | 2 tbsp olive oil | 1 tsp cumin | 1 tsp smoked paprika | Large handful rocket | 2 tbsp tahini | 1 lemon juiced | Fresh parsley

**Method:**

Toss vegetables in olive oil, cumin and paprika. Roast at 200°C for 20-25 mins. Whisk tahini with lemon juice for dressing. Combine lentils with roasted vegetables over rocket. Drizzle with dressing.

## DINNER

**Baked Salmon with Asparagus & Quinoa****Ingredients:**

180g salmon fillet | 1 bunch asparagus | ½ cup quinoa cooked | 2 tbsp olive oil | 2 garlic cloves minced | Zest and juice of 1 lemon | 1 tsp dried dill | Sea salt & pepper

**Method:**

Preheat oven 200°C. Mix olive oil, garlic, lemon zest, dill, salt and pepper. Place salmon and asparagus on a lined baking tray, coat with mixture. Bake 15-18 mins. Serve over quinoa with lemon.

**Daily Snack:** Greek yoghurt with a drizzle of honey and pumpkin seeds

## Day 3 — Gut Healing

## BREAKFAST

**Overnight Chia Pudding with Mango & Coconut****Ingredients:**

4 tbsp chia seeds | 1 cup coconut milk | 1 tsp vanilla extract | 1 tsp maple syrup | ½ mango diced | 2 tbsp toasted coconut flakes | Fresh mint

**Method:**

Night before: Mix chia seeds, coconut milk, vanilla and maple syrup. Refrigerate overnight. Morning: Stir well, add a splash more liquid if too thick. Top with fresh mango and toasted coconut.

## LUNCH

**Turkey & Veggie Lettuce Wraps****Ingredients:**

200g lean turkey mince | 4 large iceberg lettuce leaves | 1 carrot julienned | ½ cucumber julienned | 1 tbsp tamari | 1 tsp sesame oil | 1 tsp fresh ginger grated | 1 lime juiced | Fresh coriander

**Method:**

Cook turkey mince with ginger in a little oil until browned. Add tamari and sesame oil. Fill lettuce leaves with turkey, carrot, cucumber and fresh coriander. Squeeze lime over.

## DINNER

**Slow Cooker Chicken & Sweet Potato Curry****Ingredients:**

400g chicken thigh fillets | 1 large sweet potato cubed | 400ml coconut milk | 2 tbsp red curry paste | 1 onion diced | 2 garlic cloves | 1 tsp turmeric | Handful baby spinach | Brown rice to serve | Fresh coriander & lime

**Method:**

Saute onion and garlic 3 mins. Add curry paste, cook 1 min. Add chicken, sweet potato, coconut milk and spices. Simmer 25-30 mins until chicken is tender. Stir through spinach. Serve over brown rice.

**Daily Snack:** Apple slices with 2 tbsp almond butter

**Day 4 — Adrenal Support**

## BREAKFAST

**Smoked Salmon & Poached Egg on Rye****Ingredients:**

2 eggs | 80g smoked salmon | 2 slices dark rye bread | 2 tbsp cream cheese | Handful rocket | ½ avocado | Capers | Lemon wedge | Fresh dill

**Method:**

Toast rye bread. Poach eggs in simmering water 3 mins. Spread cream cheese on toast, layer rocket and smoked salmon. Top with poached egg and avocado. Scatter capers and dill.

## LUNCH

**Warm Roasted Beetroot & Goats Cheese Salad****Ingredients:**

3 medium beetroot roasted | 100g goats cheese crumbled | 2 cups mixed leaves | ¼ cup walnuts | 2 tbsp balsamic glaze | 2 tbsp olive oil | 1 tsp Dijon mustard | 1 tbsp apple cider vinegar

**Method:**

Whisk olive oil, mustard and vinegar for dressing. Arrange mixed leaves, top with warm beetroot, goats cheese and walnuts. Drizzle with balsamic glaze and dressing.

## DINNER

**Beef & Broccoli Stir Fry with Cauliflower Rice****Ingredients:**

200g lean beef strips | 2 cups broccoli florets | 1 cup cauliflower rice | 2 garlic cloves | 1 tsp fresh ginger | 2 tbsp tamari | 1 tbsp oyster sauce | 1 tsp sesame oil | Sesame seeds | Spring onion

**Method:**

Stir fry beef in high heat oil 2-3 mins, remove. Stir fry broccoli and garlic 3 mins. Return beef, add sauce, toss until thickened. Serve over cauliflower rice.

**Daily Snack:** Small handful mixed nuts and 2 squares dark chocolate (75%+)

## Day 5 — Hormone Harmony

BREAKFAST

### Flaxseed Banana Pancakes

#### Ingredients:

2 ripe bananas mashed | 2 eggs | 2 tbsp ground flaxseed | ¼ tsp cinnamon | ¼ tsp vanilla | Pinch of salt | Coconut oil for cooking | Fresh berries and yoghurt to serve

#### Method:

Mix banana, eggs, flaxseed, cinnamon and vanilla. Cook small pancakes in coconut oil 2-3 mins each side. Serve with fresh berries and Greek yoghurt. Flaxseed is one of the most powerful foods for oestrogen balance.

LUNCH

### Edamame & Quinoa Power Bowl

#### Ingredients:

½ cup quinoa cooked | ½ cup edamame shelled | 1 cup kale massaged | ½ cup roasted pumpkin | ¼ cup pickled red cabbage | 2 tbsp hummus | 1 tbsp tahini | 1 lemon juiced | Pumpkin seeds

#### Method:

Massage kale with olive oil and lemon. Build bowl: quinoa base, then kale, edamame, roasted pumpkin and pickled cabbage. Add hummus. Drizzle with tahini thinned with lemon juice. Top with pumpkin seeds.

DINNER

### Herb Crusted Baked Chicken with Mediterranean Vegetables

#### Ingredients:

2 chicken breast fillets | 1 zucchini sliced | 1 red capsicum sliced | 200g cherry tomatoes | 1 red onion in wedges | 3 garlic cloves | 3 tbsp olive oil | 1 tbsp dried mixed herbs | 1 tsp smoked paprika | Lemon zest | Fresh basil | Feta to serve

#### Method:

Preheat oven 200°C. Toss vegetables with olive oil, garlic, paprika, salt. Coat chicken with herbs and lemon zest. Place on top of vegetables. Roast 25-30 mins until chicken is golden.

**Daily Snack:** Celery and carrot sticks with hummus

## Day 6 — Cortisol Reset

BREAKFAST

### Ashwagandha Smoothie Bowl

#### Ingredients:

1 frozen banana | ½ cup frozen mango | 1 cup coconut milk | 1 tsp ashwagandha powder | 1 tbsp almond butter | 1 tsp honey | Toppings: granola, fresh kiwi, banana, hemp seeds, coconut flakes

#### Method:

Blend frozen banana, mango, coconut milk, ashwagandha and almond butter until very thick. Pour into a bowl. Arrange toppings. Ashwagandha directly reduces cortisol — your belly fat hormone.

LUNCH

### Tuna Nicoise Salad

**Ingredients:**

1 can tuna in olive oil | 2 hard boiled eggs | 150g green beans blanched | 10 kalamata olives | 200g baby potatoes cooked | 2 cups mixed leaves | 8 cherry tomatoes | 2 tbsp extra virgin olive oil | 1 tbsp red wine vinegar | 1 tsp Dijon mustard

**Method:**

Make dressing by whisking olive oil, vinegar and mustard. Arrange all ingredients on a plate. Top with flaked tuna and halved boiled eggs. Drizzle generously with dressing.

**DINNER****Stuffed Capsicums with Turkey, Rice & Feta****Ingredients:**

2 large red capsicums halved | 200g turkey mince | ½ cup brown rice cooked | 1 can diced tomatoes | 2 garlic cloves | 1 tsp Italian herbs | 50g feta crumbled | Baby spinach | Fresh basil

**Method:**

Cook turkey with garlic and herbs until browned. Add tomatoes and spinach, simmer 5 mins. Mix with rice. Fill capsicum halves, top with feta. Bake at 180°C for 25-30 mins.

**Daily Snack:** Herbal tea (chamomile or ashwagandha) + small handful of almonds

## Day 7 — Rest & Restore

**BREAKFAST****Slow Shakshuka with Sourdough****Ingredients:**

3 eggs | 1 can crushed tomatoes | 1 red capsicum diced | 1 onion diced | 2 garlic cloves | 1 tsp cumin | 1 tsp paprika | ½ tsp chilli flakes | 100g baby spinach | 50g feta crumbled | Fresh parsley | Sourdough to serve

**Method:**

Saute onion and capsicum 5 mins. Add garlic and spices, cook 1 min. Pour in tomatoes, simmer 10 mins. Stir in spinach. Make wells, crack in eggs. Cover and cook 5-7 mins. Top with feta and parsley.

**LUNCH****Miso Soup with Tofu, Seaweed & Brown Rice****Ingredients:**

2 tbsp white miso paste | 500ml water | 150g firm tofu cubed | 2 tbsp dried wakame seaweed | 2 spring onions sliced | 1 tsp sesame oil | ½ cup brown rice cooked

**Method:**

Bring water to just below boiling. Dissolve miso in a little warm water then add — never boil miso. Add tofu, rehydrated seaweed and spring onions. Drizzle with sesame oil. Serve alongside brown rice.

**DINNER****One Pan Lemon Herb Roast Chicken & Root Vegetables****Ingredients:**

4 chicken thighs bone in | 3 parsnips halved | 3 carrots peeled | 2 red onions quartered | 1 whole garlic bulb halved | 3 tbsp olive oil | 2 lemons sliced | Fresh rosemary and thyme | 200ml chicken stock

**Method:**

Arrange vegetables in roasting pan with garlic and lemon. Drizzle with oil, season and add herbs. Place chicken thighs on top. Pour stock around. Roast 45-50 mins until chicken is golden.

**Daily Snack:** Warm golden milk: heat 1 cup milk with turmeric, cinnamon, ginger and honey

**A Note Before You Move Into Week Two**

You may not feel dramatically different after seven days. That's okay. That's normal. What's happening is happening underneath — in your hormones, in your nervous system, in the inflammatory markers inside your cells. The external results will come. But they come after the internal shift, not before.

*Trust the process. Chip away every day. One small thing at a time. Your body is already beginning to feel safer. And that changes everything.*

## PHASE 1 — MOVEMENT GUIDE

This week we do not train. We heal. Every session is designed to calm your nervous system, release stored tension, and teach your body that movement is safe and pleasurable — not a demand or punishment.

### Day 1 — Gentle Walk + Breath-work

DURATION: 30 MINS | INTENSITY: VERY LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Morning Breathwork	5 mins	On waking	Box breathing: inhale 4 counts, hold 4, exhale 4, hold 4. Repeat 8 cycles. Activates your parasympathetic nervous system before you get out of bed.
Gentle Walk — Outdoors if possible	25 mins	Conversational pace	Walk at a pace where you could hold a conversation. No pushing. Notice 5 things you can see, 4 you can hear, 3 you can feel.
Evening Body Scan	5 mins	Before bed	Lie on your back. Starting from your feet, slowly scan up your body noticing any tension. Breathe into tight areas and consciously release.

### Day 2 — Gentle Yoga Flow

DURATION: 35 MINS | INTENSITY: VERY LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Cat-Cow	2 mins	10 slow cycles	On all fours. Inhale: drop belly, lift chest (cow). Exhale: round spine to ceiling, tuck chin (cat). Move with your breath.
Child's Pose	3 mins	Hold continuously	Knees wide, sit back toward heels, arms extended forward. Breathe deeply into your back body.
Supine Twist	2 mins each side	Hold & breathe	Lie on back, draw right knee to chest, guide across body to the left. Arms out in a T. Look right. Breathe into any tension.
Legs Up The Wall	10 mins	Hold & breathe	Sit sideways next to a wall, swing legs up. Hips close to the wall. Arms relaxed by sides. Close your eyes. This pose reverses blood flow and calms the nervous system almost immediately.

### Day 3 — Walk + Mobility

DURATION: 40 MINS | INTENSITY: LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Walk	25 mins	Easy pace	Try a new route if possible. Novelty in walks stimulates the brain and lifts mood without stressing the body.
Hip Flexor Stretch	2 mins each side	Hold & breathe	Low lunge position. Back knee on ground. Sink hips forward and down. Lift chest. The hip flexors are where we store stress and unprocessed emotion.
Thread the Needle	90 secs each side	Hold & breathe	On all fours. Slide right arm under left arm along the floor, shoulder and cheek resting down. Opens the thoracic spine.
Seated Forward Fold	3 mins	Hold & breathe	Sit on floor, legs extended. Fold forward from hips. Let gravity do the work. Breathe into the back of your legs and lower back.

## Day 4 — Rest Day — Active Recovery

DURATION: 20 MINS | INTENSITY: REST

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Slow Morning Walk	15 mins	Very easy	Just move your body gently. No destination, no purpose other than feeling the ground under your feet.
Physiological Sigh	3 mins	Throughout the day	Double inhale through the nose, then one long slow exhale through the mouth. Repeat 3-5 times whenever stress rises. Fastest known way to lower heart rate.

## Day 5 — Somatic Movement + Walk

DURATION: 45 MINS | INTENSITY: LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Shake It Out — Trauma Release	5 mins	Continuous	Stand with feet hip width. Begin bouncing gently on your knees. Let the vibration travel up through your body. Allow your arms to shake, your whole body to tremble if it wants to. This releases stored stress hormones.
Hip Circles	2 mins	10 each direction	Stand, hands on hips. Draw large slow circles with your hips. This area holds deep tension in women — particularly around menopause.

Wall Angels	2 sets	10 reps	Stand with back flat against wall, arms in goal-post position. Slowly slide arms up the wall and back down, keeping contact throughout. Opens the chest.
Walk	25 mins	Easy to moderate	You can walk slightly brisker today if it feels good. Notice how your body feels compared to Day 1.

## Day 6 — Restorative Yoga + Breath-work

DURATION: 40 MINS | INTENSITY: VERY LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Extended Exhale Breathing	5 mins	Lying down	Inhale for 4 counts, exhale for 8 counts. The longer exhale activates the parasympathetic system — fastest way to tell your body it is safe.
Supported Bridge Pose	5 mins	Hold with block or cushion	Lie on back, knees bent. Lift hips and place a block or cushion under your sacrum. Release completely. Deeply restorative for adrenal function.
Supine Butterfly	5 mins	Hold & breathe	Lie on back. Soles of feet together, knees falling out. Place hands on belly. Feel your breath. No effort required.
Full Body Progressive Relaxation	10 mins	Once	Tense each muscle group for 5 counts then completely release — feet, calves, thighs, glutes, core, hands, arms, shoulders, face.

## Day 7 — Full Rest Day

DURATION: FULL REST | INTENSITY: COMPLETE REST

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
One Gentle Walk if desired	15-20 mins max	Only if you feel like it	Nothing is mandatory today. If you feel energetic, a short walk is lovely. If you feel tired, stay home. Practice listening to the nurturer in you, not the pusher.

## PHASE 2 — REBALANCE

### DAYS 8–14 | LAYER IN NUTRITION & MOVEMENT — YOUR BODY CAN NOW HEAR YOU

*"Your body is starting to feel safe. Now we give it the right fuel."*

Your nervous system is settling. Now we introduce the right nutrition and structured movement. Protein becomes priority. Blood sugar stabilises. We add strength training because muscle is your metabolic engine — and at 40+, it is the single most important thing you can build.

Something will feel different by the time you reach Day 8. It might be subtle — a slightly better night's sleep, a morning where you don't wake up already exhausted, a moment where you notice you didn't clench your jaw all day. Don't dismiss these as small. They're not small. They're your nervous system beginning to trust that things are changing.

### The Menopause Plate

Forget everything you think you know about portions and calories for a moment. What matters in Phase 2 is the quality and composition of what you're eating.

**Protein — your non-negotiable** After forty, your body becomes less efficient at processing protein. You need more of it than you did in your thirties. Protein preserves your muscle mass — and muscle is your metabolism. Aim for a palm-sized portion of quality protein at every single meal. This is not negotiable.

**Blood sugar balancing — the secret weapon** The rollercoaster of high-stress living has likely left your blood sugar chronically unstable. In Phase 2 we break that cycle. Every meal is built to keep your blood sugar steady — protein and healthy fat first, complex carbohydrates alongside not alone, no skipping meals, no coffee on an empty stomach.

**Anti-inflammatory foods — talking directly to your hormones** Oestrogen decline in menopause triggers systemic inflammation. Fill your plate with colour — berries, leafy greens, cruciferous vegetables, olive oil, oily fish, nuts and seeds, turmeric, ginger. These aren't superfoods marketing — they're direct chemical communication with your hormonal system.

### Movement In Phase 2 — Introducing Strength

Now we introduce strength training. And if you've been avoiding it, this is the moment that changes everything. Strength training is the single most powerful tool you have for long term fat loss after forty. Not cardio. Not restriction. Strength.

In Phase 2 we introduce two strength sessions per week. Slow, intentional, controlled. Compound movements that work multiple muscle groups. Your sessions finish and you feel energised, not wrecked. That's the signal you've done it right.

## Your Daily Non-Negotiables — Phase 2

Continue everything from Phase 1. Add in daily:

- Protein at every meal without exception
- Blood sugar balancing — never eat carbohydrates alone
- Two strength sessions this week
- Ten minutes of intentional stillness — not scrolling, not planning, just being
- One thing each day that brings you genuine joy — this is not optional, it is medicine

## A Note On Results

You might be expecting to see dramatic physical change by Day 14. Some women see them by day three — the bloating reduces, the belly softens, the scale shifts. But many women find their biggest visible changes come in Phase 3. Phase 3 is often where that letting go actually happens. Stay the course. Phase 3 is coming and it rewards the women who didn't quit.

## PHASE 2 — MEAL PLAN

### Day 8 — Protein Power

#### BREAKFAST

#### High Protein Egg White Omelette with Smoked Salmon

##### Ingredients:

4 egg whites + 1 whole egg | 80g smoked salmon | ¼ cup baby spinach | 2 tbsp cream cheese | 1 tbsp fresh dill | Capers | 1 tsp butter | Black pepper | 1 slice rye toast

##### Method:

Whisk egg whites and whole egg with pepper. Heat butter in non-stick pan. Pour in egg mixture, cook until edges set then fold over smoked salmon, cream cheese and spinach filling. Cook 1 more min. Top with dill and capers. Serve with rye toast.

#### LUNCH

#### Chicken & Chickpea Power Salad

##### Ingredients:

150g grilled chicken breast sliced | 1 can chickpeas drained | 2 cups kale | ½ cup roasted red capsicum | ¼ cup sunflower seeds | 3 tbsp olive oil | 2 tbsp lemon juice | 1 tsp cumin | 1 tsp paprika | 1 tsp honey | Fresh parsley

##### Method:

Massage kale with olive oil. Whisk oil, lemon, cumin, paprika and honey for dressing. Toast chickpeas in dry pan 3 mins. Combine everything in a bowl, drizzle with dressing.

#### DINNER

#### Grass-fed Beef Meatballs in Tomato Sauce with Zucchini Noodles

##### Ingredients:

300g grass-fed beef mince | 1 egg | ¼ cup almond meal | 2 garlic cloves | 1 tsp Italian herbs | 3 large zucchinis spiralised | 400g crushed tomatoes | 1 onion diced | 2 tbsp tomato paste | Fresh basil | Parmesan to serve

##### Method:

Mix beef, egg, almond meal, garlic, herbs, salt and pepper. Roll into balls. Brown in olive oil 5 mins. Saute onion and garlic, add tomatoes and paste, simmer 15 mins. Return meatballs, cook 10 mins. Serve over zucchini noodles with basil and parmesan.

**Daily Snack:** 2 boiled eggs with a pinch of sea salt and pepper

### Day 9 — Blood Sugar Balance

#### BREAKFAST

#### Savoury Protein Porridge with Soft Boiled Egg

##### Ingredients:

½ cup rolled oats | 1 cup chicken or vegetable broth | 1 egg soft boiled | Handful baby spinach | 1 tbsp parmesan grated | 1 tsp butter | Spring onion sliced | Sesame seeds | Tamari drizzle

**Method:**

Cook oats in broth instead of water for 5 mins. Stir in butter and parmesan. Wilt spinach through. Top with halved soft boiled egg, spring onion and sesame seeds. Drizzle with a little tamari.

**LUNCH****Rainbow Sushi Bowl****Ingredients:**

½ cup sushi rice cooked | 100g sashimi grade salmon | ½ avocado | ½ cucumber julienned | 1 carrot julienned | ½ cup edamame | Pickled ginger | Nori sheets torn | 2 tbsp tamari | 1 tsp wasabi | Sesame seeds

**Method:**

Season rice with a little rice vinegar. Build bowl with rice as base. Slice salmon thinly and arrange alongside all vegetables and edamame. Add pickled ginger and nori. Make dipping sauce from tamari and wasabi.

**DINNER****Moroccan Spiced Lamb with Cauliflower Couscous****Ingredients:**

250g lamb leg steaks | 1 head cauliflower riced | 400g can chickpeas | 1 tsp cumin | 1 tsp coriander | 1 tsp cinnamon | ½ tsp turmeric | 1 can diced tomatoes | 1 onion diced | Handful dried apricots | 2 tbsp slivered almonds | Fresh mint and coriander

**Method:**

Season lamb with mixed spices, sear 3-4 mins each side. Saute onion, add spices, tomatoes, chickpeas and apricots, simmer 15 mins. Pulse cauliflower to couscous consistency, steam 3 mins. Serve lamb sliced over cauliflower couscous with sauce and fresh herbs.

**Daily Snack:** Sliced cucumber and cherry tomatoes with cottage cheese and herbs

## Day 10 — Liver Love

**BREAKFAST****Green Goddess Smoothie****Ingredients:**

2 cups baby spinach | 1 frozen banana | ½ avocado | 1 cup coconut water | 1 tbsp collagen powder | 1 tbsp hemp seeds | ½ cucumber | Juice of 1 lime | 1 tsp spirulina | 1 tsp honey

**Method:**

Blend all ingredients until completely smooth. Drink immediately. This is liver-supportive, hormone-cleansing and anti-inflammatory all in one glass.

**LUNCH****Broccoli & Walnut Pasta with Lemon Parmesan****Ingredients:**

100g wholegrain pasta | 2 cups broccoli florets | ¼ cup walnuts roughly chopped | 3 garlic cloves thinly sliced | 3 tbsp olive oil | 1 lemon zested and juiced | 50g parmesan grated | Chilli flakes | Fresh parsley

**Method:**

Cook pasta, reserving ½ cup pasta water. Blanch broccoli in pasta water last 2 mins. Toast walnuts in dry pan. Saute garlic in olive oil until golden. Toss pasta, broccoli and walnuts with garlic oil, lemon zest and parmesan.

**DINNER****Teriyaki Salmon with Edamame & Brown Rice****Ingredients:**

180g salmon fillet | 3 tbsp tamari | 1 tbsp honey | 1 tsp sesame oil | 1 tsp grated ginger | 1 garlic clove grated | ½ cup brown rice cooked | ½ cup edamame | 1 cup bok choy | Sesame seeds | Spring onion

**Method:**

Mix tamari, honey, sesame oil, ginger and garlic for teriyaki marinade. Marinate salmon 15 mins. Cook in pan 3-4 mins each side, basting with marinade. Steam bok choy 2 mins. Serve over brown rice with edamame.

**Daily Snack:** Brown rice cakes with avocado and everything bagel seasoning

## Day 11 — Energy Building

**BREAKFAST****Bircher Muesli with Poached Pears****Ingredients:**

½ cup rolled oats | ½ cup Greek yoghurt | ¼ cup apple juice | 1 tbsp chia seeds | 1 tbsp ground flaxseed | 1 pear peeled and poached | 2 tbsp mixed nuts | 1 tbsp honey | Cinnamon

**Method:**

Night before: combine oats, yoghurt, apple juice, chia and flaxseed. Refrigerate. Poach pear in water with cinnamon and honey 10 mins. Morning: spoon bircher into bowl, top with pear, nuts and a drizzle of honey.

**LUNCH****Thai Beef Salad****Ingredients:**

200g lean beef sirloin | 2 cups mixed Asian greens | 1 cup bean sprouts | ½ cucumber sliced | 1 carrot julienned | Fresh mint and coriander | 2 tbsp fish sauce | 2 tbsp lime juice | 1 tsp coconut sugar | 1 garlic clove grated | 1 long red chilli sliced | Crushed peanuts

**Method:**

Whisk fish sauce, lime, sugar, garlic and chilli for dressing. Sear beef in hot pan 2-3 mins each side for medium-rare. Rest 5 mins, slice thinly. Toss greens, sprouts, cucumber, carrot and herbs with dressing. Top with sliced beef and crushed peanuts.

**DINNER****Roasted Garlic White Bean Soup with Sourdough****Ingredients:**

2 cans white beans | 1 whole garlic bulb roasted | 1 onion diced | 3 stalks celery diced | 1L vegetable stock | 3 tbsp olive oil | 1 tsp dried thyme | 1 sprig rosemary | Handful kale shredded | Lemon juice | Sourdough to serve

**Method:**

Roast whole garlic bulb at 200°C for 35 mins, squeeze out cloves. Saute onion and celery 5 mins. Add beans, stock, roasted garlic and herbs. Simmer 20 mins. Blend half the soup. Stir through kale. Finish with lemon and olive oil.

**Daily Snack:** Protein smoothie: blend protein powder, almond milk, frozen banana and nut butter

## Day 12 — Midpoint Reset

### BREAKFAST

#### Acai Bowl with Granola & Fresh Fruit

##### Ingredients:

100g frozen acai packet | 1 frozen banana | ½ cup frozen berries | ¼ cup coconut milk | Toppings: homemade granola, sliced banana, fresh berries, kiwi, honey drizzle

##### Method:

Blend acai, frozen banana, berries and coconut milk until thick and smooth. Pour into a cold bowl. Arrange toppings carefully.

### LUNCH

#### Warm Halloumi & Roasted Vegetable Salad

##### Ingredients:

200g halloumi sliced | 1 zucchini sliced | 1 eggplant cubed | 200g cherry tomatoes | 1 red onion sliced | 3 tbsp olive oil | 2 cups rocket | 2 tbsp pine nuts toasted | 2 tbsp balsamic glaze | Fresh basil

##### Method:

Roast vegetables in olive oil at 200°C for 20 mins. Pan-fry halloumi in a dry non-stick pan 2 mins each side until golden. Arrange rocket, top with roasted vegetables and halloumi. Scatter pine nuts and basil. Drizzle with balsamic glaze.

### DINNER

#### Prawn & Vegetable Coconut Laksa

##### Ingredients:

300g raw prawns peeled | 400ml coconut milk | 500ml fish stock | 2 tbsp laksa paste | 100g rice noodles | 1 cup bean sprouts | 1 bok choy | 6 mushrooms sliced | 2 tbsp lime juice | 1 tbsp fish sauce | Fresh coriander | Sliced chilli | Lime wedges

##### Method:

Cook laksa paste in large pot 2 mins. Add stock and coconut milk, bring to simmer. Add mushrooms and bok choy. Cook noodles separately, drain. Add prawns to broth, cook 3 mins. Serve broth over noodles, top with bean sprouts, coriander, chilli and lime.

**Daily Snack:** A piece of seasonal fruit with a small wedge of quality cheese

## Day 13 — Strength Fuel

### BREAKFAST

#### Beef & Vegetable Breakfast Hash

##### Ingredients:

150g lean beef mince | 2 eggs | 1 large sweet potato diced small | ½ red capsicum diced | ½ onion diced | 2 garlic cloves | 1 tsp smoked paprika | 1 tsp cumin | Baby spinach | Avocado to serve | Fresh coriander

**Method:**

Cook sweet potato in oil until golden 8 mins. Add onion, capsicum and garlic, cook 3 mins. Add beef and spices, cook until browned. Create 2 wells, crack in eggs, cover and cook until set. Stir through spinach. Top with avocado and coriander.

**LUNCH****Mediterranean Tuna & White Bean Salad****Ingredients:**

2 cans tuna in olive oil | 1 can cannellini beans | ½ red onion finely diced | 200g cherry tomatoes halved | 100g baby spinach | 10 kalamata olives | 3 tbsp extra virgin olive oil | 2 tbsp lemon juice | 1 tsp oregano | 1 garlic clove minced

**Method:**

Combine beans, red onion, tomatoes, olives and spinach. Whisk olive oil, lemon, garlic and oregano for dressing. Add flaked tuna, drizzle with dressing and toss gently.

**DINNER****Slow Braised Lamb Shanks with White Bean Mash****Ingredients:**

2 lamb shanks | 400g can white beans | 400g crushed tomatoes | 1 cup red wine | 500ml beef stock | 1 onion diced | 3 garlic cloves | 2 carrots diced | 2 celery stalks | 2 sprigs rosemary | 2 bay leaves | Olive oil | Gremolata: lemon zest, garlic, parsley

**Method:**

Brown shanks in oil 5 mins each side. Saute vegetables 5 mins, add wine, simmer 2 mins. Add tomatoes, stock and herbs. Return shanks. Braise at 160°C for 2.5-3 hours. Blend beans with olive oil and garlic for mash. Serve shank on mash with sauce and gremolata.

**Daily Snack:** Cottage cheese with cucumber, dill and black pepper

## Day 14 — Halfway Celebration

**BREAKFAST****Ricotta Hotcakes with Poached Peaches****Ingredients:**

½ cup ricotta | 2 eggs separated | ¼ cup flour | 1 tsp baking powder | 1 tbsp honey | Pinch of salt | Butter for cooking | 2 peaches poached in vanilla syrup | Greek yoghurt | Crushed pistachios | Fresh mint

**Method:**

Mix ricotta, egg yolks, flour, baking powder, honey and salt. Whisk egg whites to soft peaks, fold through batter. Cook spoonfuls in butter over medium-low heat 3 mins each side. Serve stacked with poached peaches, yoghurt, pistachios and mint. You are halfway through your reset. Celebrate that.

**LUNCH****Vietnamese Chicken Pho****Ingredients:**

200g chicken breast | 1L quality chicken stock | 100g rice noodles | 1 cinnamon stick | 3 star anise | 4 cloves | 1 tbsp fish sauce | Bean sprouts | Fresh basil | Mint | Sliced chilli | Spring onions | Lime wedges

**Method:**

Simmer stock with cinnamon, star anise and cloves 20 mins, strain. Poach chicken 15 mins, shred. Return broth to heat, season with fish sauce. Cook noodles separately. Divide noodles into bowls, top with shredded chicken and hot broth. Serve with fresh herbs, chilli and lime.

**DINNER**

**Whole Roasted Snapper with Fennel & Citrus**

**Ingredients:**

1 whole snapper or 2 fillets | 1 fennel bulb sliced | 1 orange sliced | 1 lemon sliced | 4 garlic cloves | Fresh dill and parsley | 3 tbsp olive oil | 200ml white wine | Sea salt & cracked pepper

**Method:**

Preheat oven 200°C. Line a baking dish with fennel slices. Stuff fish cavity with citrus slices, garlic and herbs. Place on fennel. Pour wine around fish. Drizzle with olive oil, season generously. Roast 25-30 mins until fish flakes easily.

**Daily Snack:** Golden milk and a small piece of raw honey dark chocolate

## PHASE 2 — MOVEMENT GUIDE

This week we introduce strength training. Muscle is the single most important factor in your long term metabolic health at 40+. We begin with manageable loads and perfect form. The weight is less important than the mind-muscle connection.

### Day 8 — Introduction to Strength — Upper Body

DURATION: 40 MINS | INTENSITY: LOW-MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Warm Up Walk or March on Spot	5 mins	Easy pace	Get blood moving gently before asking your body to work. Never skip this.
Wall Push Ups	3 sets	12-15 reps	Hands on wall, slightly wider than shoulders. Lower chest toward wall, push back. Perfect form here builds the foundation for floor push ups.
Dumbbell or Band Rows	3 sets	12 reps each side	Hinge forward slightly, pull weight toward hip, elbow driving back. Squeeze between shoulder blades at top.
Shoulder Press	3 sets	10-12 reps	Hold light dumbbells at shoulder height, press overhead until arms nearly straight. Lower slowly. Use 1-3kg to start.
Bicep Curls	2 sets	12 reps	Stand tall, curl weights from hips to shoulders. Keep elbows pinned at sides. Slow and controlled.
Cool Down Stretch — Upper Body	5 mins	Hold each 30 secs	Chest stretch in doorway, cross-body shoulder stretch, tricep stretch overhead, neck rolls.

### Day 9 — Walk + Core Foundations

DURATION: 40 MINS | INTENSITY: LOW-MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Walk	20 mins	Moderate pace	Aim for slightly breathless but still able to talk.
Dead Bug	3 sets	8 each side	Lie on back, arms to ceiling, knees at 90 degrees. Slowly lower opposite arm and leg toward floor while pressing lower back into ground. Return and switch.
Bird Dog	3 sets	10 each side	On all fours. Extend right arm and left leg simultaneously, hold 2 secs, return. Keep hips level.

Glute Bridge	3 sets	15 reps	Lie on back, feet flat hip width. Press through heels, lift hips until body forms a straight line. Squeeze glutes at top, hold 2 secs. Lower slowly.
Side Lying Clam	2 sets each side	15 reps	Lie on side, knees bent and stacked. Keep feet together, lift top knee like a clamshell opening. Feel the outer hip and glute working.

## Day 10 — Strength — Lower Body

DURATION: 45 MINS | INTENSITY: MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Warm Up — Leg Swings & Hip Circles	3 mins	10 each direction	Hold a wall for balance. Swing each leg forward and back, then side to side. Prepare the joints before loading them.
Bodyweight Squats	4 sets	15 reps	Feet shoulder width, toes slightly out. Sit back and down as if into a chair. Keep chest tall. Press through heels to stand.
Reverse Lunges	3 sets	10 each leg	Stand tall, step one foot back and lower back knee toward floor. Front knee stays above ankle. Push through front heel to return.
Sumo Squat	3 sets	12 reps	Wide stance, toes pointed out 45 degrees. Lower between your legs. Hold a dumbbell between hands for added load.
Step Ups	3 sets	10 each leg	Use a sturdy chair or step. Step up with right foot, bring left up to meet it, step back down.
Standing Calf Raises	2 sets	20 reps	Hold wall for balance. Rise up on toes, lower slowly. Crucial for circulation and lymphatic drainage.

## Day 11 — Active Recovery — Walk + Yoga

DURATION: 40 MINS | INTENSITY: LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Walk	20 mins	Easy pace	Let your legs recover from the strength work. Gentle walking flushes lactic acid and reduces soreness.
Pigeon Pose	3 mins each side	Hold & breathe	From all fours, bring right knee toward right wrist, extend left leg back. Lower toward floor. Never force — come up immediately if you feel joint pain.
Hamstring Stretch	2 mins each side	Hold & breathe	Lie on back, loop a towel around right foot, extend leg toward ceiling. Hold gently. Never yank or force.

Legs Up The Wall	10 mins	Complete rest	Your recovery tool from Phase 1. Use after every strength session. Non-negotiable post-leg day.
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## Day 12 — Full Body Strength Circuit

DURATION: 45 MINS | INTENSITY: MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Circuit Format	3 rounds	40 secs work / 20 secs rest	Complete all exercises back to back with 20 secs rest between each. Rest 90 secs between rounds.
Squat to Overhead Press	In circuit	40 secs	Hold dumbbells at shoulders. Squat down, stand and press overhead. Combines lower body and upper body in one movement.
Bent Over Row	In circuit	40 secs	Hinge at hips, flat back, pull dumbbells toward hips. A fundamental pulling movement for a strong back.
Reverse Lunge with Bicep Curl	In circuit	40 secs	Step back into lunge as you curl weights up. Return to stand and lower. Alternating legs.
Push Up (Wall, Incline or Floor)	In circuit	40 secs	Choose the version that challenges you while maintaining perfect form. 8 perfect reps beats 20 sloppy ones.
Glute Bridge March	In circuit	40 secs	Hold bridge position, alternately lift one foot off floor. Challenges core and glutes simultaneously.

## Day 13 — Walk + Pilates Core

DURATION: 45 MINS | INTENSITY: LOW-MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Walk	20 mins	Moderate — arms swinging	Walk with intention. Shoulders back, core gently engaged, chin parallel to ground.
The Hundred (Modified)	1 set	100 small arm pulses	Lie on back, legs at tabletop. Lift head and shoulders. Pump arms up and down in small rapid movements — 5 pumps inhale, 5 pumps exhale. Complete 100 pumps.
Single Leg Stretch	3 sets	10 each side	Lie on back, head and shoulders lifted. Draw right knee to chest while extending left leg. Switch simultaneously. Keep lower back pressed to floor.
Swimming (Modified)	3 sets	20 alternating	Lie face down, arms extended overhead. Lift opposite arm and leg in small controlled movements. Strengthens entire posterior chain.

Side Plank (Modified)	2 each side	20-30 secs	On forearm and knees (easier) or forearm and feet (harder). Body in straight line, lift hip. Hold.
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## Day 14 — Rest Day — Celebrate End Week 2

DURATION: REST | INTENSITY: COMPLETE REST

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Mindful Body Appreciation	5 mins	Morning	Stand in front of a mirror. Instead of critiquing, find 3 things your body has done for you this week. Thank it. This is nervous system regulation through changed self-perception.
Gentle Stroll if desired	20 mins max	Only if joyful	Movement from joy, not obligation. There is a difference — and your body knows it.

### A Note Before You Move Into Week Three

Something has shifted. You may not be able to name it exactly — but it's there. A quietness in the body that wasn't there two weeks ago. A moment of calm that arrives without you forcing it. A morning where you woke up and the first thought wasn't dread.

*Week three is where the women who kept going get to see why they did.*

## PHASE 3 — RESHAPE (Days 15–21)

### DAYS 15–21 | BUILD MOMENTUM — YOUR BODY IS READY TO LET GO

This is where the physical transformation becomes visible. Your body, now feeling safe and supported, begins to release what it no longer needs. Weight shifts. Energy stabilises. You notice you are sleeping better, thinking more clearly, feeling more like the woman you know yourself to be.

### Why Results Often Show Up Here — Not Week One

Here's the truth: Week one and two are internal work. Your body is rebuilding at a cellular level — regulating cortisol, reducing inflammation, rebalancing hormones, restoring gut function. None of that shows up immediately on the scale or in the mirror. But it's all happening beneath the surface.

By week three, that internal work starts showing up externally. The inflammation drops and the puffiness goes with it. The cortisol levels settle and the belly fat — the last to arrive, the first to leave when cortisol finally calms — begins to shift.

This is why women who quit at day ten miss everything. The magic is here, in week three. Stay the course.

### Your Movement This Week

- **3 x strength sessions** full body, compound movements, progressively heavier than week two. Muscle is your metabolic engine at forty plus. We build it deliberately
- **Daily walks** non-negotiable. Twenty to thirty minutes, ideally outdoors. This is nervous system medicine as much as it is movement
- **One somatic or mobility session** yoga, stretching, breath-work based movement. Keep your system regulated even as you increase physical load

## PHASE 3 — MEAL PLAN

### Day 15 — Momentum

#### BREAKFAST

#### Power Protein Smoothie Bowl

##### Ingredients:

1 scoop vanilla protein powder | 1 frozen banana | ½ cup frozen strawberries | 1 cup unsweetened almond milk | 1 tbsp almond butter | 1 tbsp chia seeds | Toppings: sliced strawberries, banana, granola, hemp seeds, dark chocolate shavings

##### Method:

Blend protein, banana, strawberries, almond milk and almond butter until thick and smooth. Pour into a chilled bowl. Arrange toppings beautifully.

#### LUNCH

#### Spicy Prawn Tacos with Mango Salsa

##### Ingredients:

300g prawns peeled and deveined | 8 small corn tortillas | 1 mango diced | ½ red onion finely diced | 1 long red chilli diced | Fresh coriander | 1 lime | Red cabbage slaw: shredded red cabbage, lime juice, olive oil | 1 tsp smoked paprika | 1 tsp cumin | ½ tsp cayenne | Avocado crema: avocado + lime + salt

##### Method:

Season prawns with paprika, cumin and cayenne. Cook in hot pan 2 mins each side. Make mango salsa: mango, red onion, chilli and coriander with lime juice. Mash avocado with lime for crema. Warm tortillas. Build tacos: slaw, prawns, mango salsa, avocado crema and coriander.

#### DINNER

#### Chicken Souvlaki with Greek Salad & Tzatziki

##### Ingredients:

400g chicken thigh cut in chunks | 2 tbsp olive oil | 1 lemon juiced and zested | 3 garlic cloves | 1 tsp dried oregano | 1 tsp smoked paprika | Tzatziki: Greek yoghurt, cucumber grated, garlic, dill, lemon | Greek salad: tomato, cucumber, olives, red onion, feta, oregano | Warm pita bread

##### Method:

Marinate chicken in olive oil, lemon, garlic, oregano and paprika 30 mins. Thread onto skewers. Grill or pan-cook 12-15 mins. Make tzatziki by squeezing water from cucumber, mixing with yoghurt, garlic, dill and lemon. Serve on warm pita with tzatziki, salad and lemon.

**Daily Snack:** Trail mix: almonds, cashews, pumpkin seeds, goji berries, dark chocolate chips

### Day 16 — Fat Burning Mode

#### BREAKFAST

#### Smashed Avocado with Dukkah & Poached Eggs

##### Ingredients:

2 eggs | 1 large ripe avocado | 2 slices sourdough | 2 tbsp dukkah | 1 lemon | Chilli flakes | Extra virgin olive oil | Cherry tomatoes halved

**Method:**

Toast sourdough. Poach eggs in simmering water 3 mins. Mash avocado with lemon juice, salt and pepper. Spread on toast, top with poached egg, sprinkle generously with dukkah and chilli. Drizzle with olive oil.

**LUNCH****Korean Inspired Beef Bowl (Bulgogi)****Ingredients:**

200g beef sirloin thinly sliced | ½ cup brown rice | 1 cup kimchi | 1 cucumber sliced | 2 eggs fried | 2 tbsp tamari | 1 tbsp sesame oil | 1 tbsp honey | 2 garlic cloves grated | 1 tsp ginger grated | Sesame seeds | Spring onion | Gochujang optional

**Method:**

Marinate beef in tamari, sesame oil, honey, garlic and ginger 20 mins. Cook in very hot pan 2-3 mins until caramelised. Serve over brown rice with kimchi, cucumber, fried egg, sesame seeds and spring onion.

**DINNER****Baked Barramundi with Sweet Potato Mash & Steamed Greens****Ingredients:**

2 barramundi fillets | 2 large sweet potatoes | 2 tbsp butter | ¼ cup warm milk | 200g broccolini | 200g snow peas | 3 tbsp olive oil | 2 garlic cloves | 1 lemon | 1 tsp smoked paprika | Capers

**Method:**

Boil sweet potato until tender, mash with butter and warm milk. Coat barramundi with olive oil, paprika, lemon zest, salt and pepper. Bake at 200°C 12-15 mins. Steam broccolini and snow peas 3 mins. Brown capers in butter. Serve fish over mash with greens and caper butter.

**Daily Snack:** 1 boiled egg + small handful of mixed nuts

## Day 17 — Anti-Bloat Day

**BREAKFAST****Ginger Papaya Smoothie with Collagen****Ingredients:**

1 cup fresh papaya cubed | 1 frozen banana | 1 cup coconut water | 1 tbsp collagen powder | 1 tsp fresh ginger | ½ tsp turmeric | Juice of ½ lime | 1 tsp honey | Pinch of black pepper

**Method:**

Blend all ingredients until smooth. Papaya contains papain — a digestive enzyme that reduces bloating. Drink slowly on an empty stomach for maximum benefit.

**LUNCH****Steamed Ginger Chicken with Brown Rice & Bok Choy****Ingredients:**

200g chicken breast | ½ cup brown rice | 2 heads baby bok choy | 3cm piece fresh ginger sliced | 3 spring onions | 2 tbsp tamari | 1 tsp sesame oil | 1 garlic clove | Sesame seeds | Fresh coriander

**Method:**

Steam chicken over ginger-infused water 15-18 mins. Shred or slice. Steam bok choy 3 mins. Make sauce: mix tamari, sesame oil, garlic and a little ginger water. Arrange rice in a bowl, top with chicken and bok choy, drizzle with sauce.

**DINNER****Roasted Cauliflower & Lentil Dahl with Raita****Ingredients:**

1 cup red lentils | 1 head cauliflower cut into florets | 400ml coconut milk | 400ml vegetable stock | 1 can diced tomatoes | 1 onion diced | 3 garlic cloves | 1 tbsp curry powder | 1 tsp cumin seeds | 1 tsp turmeric | Raita: Greek yoghurt, cucumber, mint, cumin | Roti or naan

**Method:**

Roast cauliflower with cumin and olive oil 25 mins. Fry onion, garlic and spices 5 mins. Add lentils, tomatoes, coconut milk and stock. Simmer 20 mins until thick and creamy. Stir in cauliflower. Serve with raita and warm bread.

**Daily Snack:** Fennel and cucumber slices with a squeeze of lemon

## Day 18 — Bone & Joint Health

**BREAKFAST****Sardines on Sourdough with Tomato & Rocket****Ingredients:**

1 can good quality sardines in olive oil | 2 slices sourdough toasted | 2 ripe tomatoes sliced | Handful rocket | 1 tbsp capers | ½ lemon | Fresh parsley | Chilli flakes | Extra virgin olive oil

**Method:**

Toast sourdough. Layer with sliced tomato, rocket and sardines. Scatter capers and parsley. Squeeze lemon generously. Drizzle with olive oil. Sardines are one of the richest sources of calcium, omega-3s and vitamin D — they are bone medicine.

**LUNCH****Pumpkin & Sage Risotto****Ingredients:**

1 cup arborio rice | 500g pumpkin cubed | 1L warm vegetable stock | 1 onion finely diced | 2 garlic cloves | ½ cup white wine | 50g parmesan grated | 2 tbsp butter | 8 fresh sage leaves | 3 tbsp olive oil

**Method:**

Roast pumpkin at 200°C 20 mins. Saute onion and garlic in oil 5 mins. Add rice, toast 1 min. Add wine, stir until absorbed. Add warm stock one ladle at a time, stirring constantly — about 20 mins total. Stir in butter, parmesan and pumpkin. Fry sage leaves in butter until crispy. Serve topped with crispy sage.

**DINNER****Slow Cooker Bone Broth Oxtail Stew****Ingredients:**

800g oxtail pieces | 2 carrots diced | 2 onions diced | 3 celery stalks | 4 garlic cloves | 400g crushed tomatoes | 500ml beef stock | 2 bay leaves | 2 sprigs thyme | 1 tbsp tomato paste | Creamy polenta or mashed potato to serve

**Method:**

Season oxtail, brown in batches in olive oil until deeply coloured. Transfer to slow cooker. Saute vegetables 5 mins, add tomato paste, cook 1 min. Simmer 3 mins. Pour over oxtail with stock, tomatoes and herbs. Cook on low 8 hours or high 4 hours. Shred meat from bones. Serve over polenta or mash.

**Daily Snack:** A cup of bone broth with a pinch of sea salt

## Day 19 — Detox Support

### BREAKFAST

#### Detox Green Eggs

##### Ingredients:

3 eggs | 2 cups kale or spinach | ½ avocado | ¼ cup fresh herbs (parsley, coriander, basil) | 2 garlic cloves | 2 tbsp olive oil | 1 lemon juiced | ¼ tsp chilli flakes | Sourdough or rye toast

##### Method:

Blend greens, herbs, garlic, olive oil and lemon juice to a rough green sauce. Cook eggs your preferred way. Toss green sauce through scrambled eggs while cooking, or serve alongside. The concentrated phytonutrients directly support liver detoxification pathways.

### LUNCH

#### Japanese Inspired Salmon Miso Bowl

##### Ingredients:

150g salmon fillet | 2 tbsp white miso | 1 tbsp mirin | 1 tbsp sake or dry sherry | 1 tsp honey | ½ cup brown rice | ½ cup edamame | 1 cup kale | ½ avocado | 1 sheet nori torn | Pickled ginger | Sesame seeds

##### Method:

Mix miso, mirin, sake and honey for marinade. Coat salmon and rest 20 mins. Grill or pan cook 4 mins each side. Massage kale with sesame oil until softened. Build bowl: rice, kale, edamame, avocado and nori. Top with miso salmon and pickled ginger.

### DINNER

#### Chicken & Artichoke Traybake

##### Ingredients:

4 chicken thighs skin on | 280g jar artichoke hearts | 200g cherry tomatoes | 1 head garlic | 1 lemon sliced | Fresh tarragon and thyme | ½ cup white wine | 3 tbsp olive oil | Steamed green beans to serve | Crusty bread for juices

##### Method:

Preheat oven 200°C. Season chicken thighs well. Place in roasting pan with artichokes, cherry tomatoes, whole garlic cloves and lemon slices. Pour wine and olive oil over. Scatter herbs. Roast 35-40 mins until chicken is golden.

**Daily Snack:** Dandelion root tea with a small handful of pumpkin seeds

## Day 20 — Almost There

## BREAKFAST

**Turkish Eggs (Cilbir) with Whipped Yoghurt****Ingredients:**

2 eggs poached | 1 cup Greek yoghurt | 1 garlic clove grated | 1 lemon | 3 tbsp butter | 1 tsp smoked paprika | ½ tsp chilli flakes | 1 tsp dried mint | Fresh dill | Sourdough or flatbread

**Method:**

Whip yoghurt with garlic, lemon juice and salt until smooth and fluffy. Spread on a warm plate. Poach eggs to your liking. Place on yoghurt. Melt butter with paprika and chilli, pour immediately over eggs. Scatter mint and dill. Serve with warm bread.

## LUNCH

**Roasted Beet, Walnut & Goats Cheese Wrap****Ingredients:**

2 large wholegrain wraps | 200g cooked beetroot sliced | 100g goats cheese | ½ cup walnuts roughly chopped | 2 cups baby spinach | ½ avocado sliced | 2 tbsp hummus | 2 tbsp balsamic glaze | Rocket

**Method:**

Spread hummus over wraps. Layer spinach, rocket, sliced beetroot, goats cheese, avocado and walnuts. Drizzle with balsamic glaze. Roll tightly and slice on the diagonal.

## DINNER

**Pan Seared Duck Breast with Cherry Sauce & Roasted Parsnips****Ingredients:**

2 duck breasts | 200g frozen cherries | 2 tbsp balsamic vinegar | 1 tbsp honey | 100ml red wine | 3 large parsnips peeled and halved | 2 tbsp olive oil | 1 tsp thyme | Steamed broccolini

**Method:**

Score duck skin, season. Place skin-down in cold pan, turn to medium. Cook 8 mins, flip, cook 4 more mins for medium. Rest 5 mins. Roast parsnips with oil and thyme at 200°C 25 mins. Make sauce: simmer cherries, wine, balsamic and honey until thickened 10 mins. Slice duck, serve with parsnips, cherry sauce and broccolini.

**Daily Snack:** Frozen banana nice cream: blend 2 frozen bananas until smooth, top with cacao nibs

## Day 21 — Your New Beginning

## BREAKFAST

**Celebration French Toast with Berries & Cream****Ingredients:**

2 thick slices sourdough or brioche | 2 eggs | ¼ cup milk | 1 tsp vanilla | ½ tsp cinnamon | 1 tbsp butter | Mixed fresh berries | 2 tbsp whipped cream or coconut cream | 1 tbsp pure maple syrup | Fresh mint

**Method:**

Whisk eggs, milk, vanilla and cinnamon. Soak bread slices 1 min each side. Cook in butter over medium heat 3 mins each side until golden and puffed. Serve with fresh berries, whipped cream, maple syrup and mint. Today you celebrate. You showed up every day. That matters more than you know.

## LUNCH

**Luxury Prawn & Avocado Salad****Ingredients:**

300g cooked tiger prawns | 2 avocados | 1 mango diced | ½ red onion finely sliced | 200g mixed leaves | Fresh coriander and mint | Dressing: olive oil, lime juice, honey, chilli finely diced | Toasted coconut flakes | Lime wedges

**Method:**

Whisk dressing ingredients together. Arrange mixed leaves on a platter. Top with prawns, diced avocado, mango and red onion. Scatter herbs generously. Drizzle with dressing. Finish with toasted coconut. Eat slowly, savour, feel proud.

## DINNER

**Your Choice — Return to a Favourite or Something That Brings You Joy****Ingredients:**

Look back through this guide | Choose a meal that made you feel truly nourished and alive | Prepare it with care | Eat it slowly

**Method:**

Tonight is yours. Notice how different your body feels from Day 1. That is your nervous system regulated. That is your metabolism working with you. That is what it feels like to be safe in your own body. This is just the beginning.

**Daily Snack:** Whatever feels good and nourishing to you — you now know what that is

## PHASE 3 — MOVEMENT GUIDE

This week we build. Not recklessly — progressively. Your nervous system is regulated, your muscles have been introduced to strength work, and your body now has the foundation to respond to greater challenge with growth rather than stress.

### Day 15 — Progressive Strength — Upper Body

DURATION: 45 MINS | INTENSITY: MODERATE-HIGH

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Warm Up — Arm Circles + Chest Openers	3 mins	Full range	Large arm circles forward and back. Clasp hands behind back and gently open chest. Roll shoulders front and back.
Incline or Floor Push Ups	4 sets	10-15 reps	Progress from Phase 2. If wall push ups were comfortable, move to incline. If incline felt easy, try floor push ups. Always prioritise form.
Dumbbell Chest Press (Floor)	3 sets	12 reps	Lie on back, knees bent. Hold dumbbells at chest, press to ceiling, lower slowly. Use a weight that makes the last 3 reps challenging.
Renegade Row	3 sets	8 each side	In a high push up position with hands on dumbbells. Row one weight to hip while balancing. Modify by doing from knees.
Lateral Raises	3 sets	12 reps	Stand tall, light dumbbells by sides. Lift arms out to shoulder height, lower slowly. Lighter weight here — this is a small muscle.
Tricep Dips off Chair	3 sets	10-12 reps	Hands on chair seat behind you, feet forward. Lower by bending elbows to 90 degrees, press back up.

### Day 16 — HIIT Walk — Intervals

DURATION: 35 MINS | INTENSITY: MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Warm Up Walk	5 mins	Easy	Easy pace to warm the body.
Interval Walk	20 mins	8 intervals	Alternate: 1 min brisk walk (7/10 effort — definitely breathless) followed by 1.5 mins easy recovery walk. Repeat 8 times. This is NOT running. It is purposeful walking with intention.
Cool Down Walk	5 mins	Very easy	Bring heart rate back down fully before stopping.

Post-Walk Stretch	5 mins	Hold each 30 secs	Quad stretch, hamstring stretch, calf stretch against wall, hip flexor lunge stretch. Always stretch after cardio.
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## Day 17 — Progressive Strength — Lower Body

DURATION: 50 MINS | INTENSITY: MODERATE-HIGH

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Goblet Squat	4 sets	12-15 reps	Hold one heavy dumbbell vertically at chest height. Squat deep, keeping elbows inside knees at the bottom.
Romanian Deadlift	3 sets	10-12 reps	Hold dumbbells in front of thighs. Hinge at hips, lowering weights along your legs until you feel a deep hamstring stretch. Drive hips forward to stand.
Bulgarian Split Squat	3 sets	8-10 each leg	Rear foot elevated on chair behind you, front foot forward. Lower back knee toward floor. Use bodyweight first until you have the balance, then add dumbbells.
Lateral Band Walk	3 sets	15 steps each direction	Band around ankles or just above knees. Slight squat position. Walk sideways — keep tension in band throughout.
Single Leg Glute Bridge	3 sets each side	12 reps	Normal bridge position but extend one leg straight. Press through the planted heel to lift hips.
Wall Sit	3 sets	30-45 secs	Back flat against wall, thighs parallel to floor. Hold. Breathe. The burn you feel is your muscles being challenged to grow.

## Day 18 — Active Recovery — Long Walk

DURATION: 45-60 MINS | INTENSITY: LOW

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Long Leisure Walk	45-60 mins	Easy conversational pace	Go somewhere beautiful if you can. A park, the beach, through trees. Nature exposure directly lowers cortisol.
Post Walk Full Body Stretch	10 mins	Hold each 60 secs	Calves, hamstrings, quads, hip flexors, glutes (pigeon or figure-four), lower back (child's pose), chest, shoulders. Take your time.

## Day 19 — Full Body Strength + Core

DURATION: 50 MINS | INTENSITY: MODERATE-HIGH

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Squat + Overhead Press Superset	4 sets	12 reps each	Back to back with minimal rest between the two exercises, then rest 60 secs.
Deadlift + Row Superset	4 sets	10 reps each	Romanian deadlift immediately followed by bent over row. These two work almost every muscle in the posterior chain.
Lunge + Lateral Raise Superset	3 sets	10 each leg + 12 raises	Alternating reverse lunges, then immediately into lateral raises. Legs then shoulders — you never rest.
Plank Variations	3 rounds	30 secs each	Front plank (forearms), right side plank, left side plank. Complete all three back to back for one round.
Cool Down Yoga Flow	8 mins	Slow and intentional	Cat-cow, child's pose, seated twist each side, legs up the wall. Return to where we began — and notice how much has changed.

## Day 20 — Interval Walk + Somatic Release

DURATION: 45 MINS | INTENSITY: MODERATE

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
Interval Walk	25 mins	10 intervals	Same as Day 16 but 10 intervals instead of 8. You are fitter and more capable than 5 days ago. Notice that.
Shake and Release	5 mins	Continuous	Return to the trauma release shaking from Day 5. Has it changed? Does it feel different? Less scary? More natural? This is your nervous system learning to release rather than hold.
Gratitude Walk or Sit	10 mins	Slow	Walk slowly or sit comfortably. With each breath, name something you are grateful for — in your body, in your life, in what you have done these past 20 days.

## Day 21 — Your Celebration Movement

DURATION: YOUR CHOICE | INTENSITY: WHATEVER FEELS JOYFUL

EXERCISE	SETS/TIME	REPS	HOW TO DO IT
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Choose Your Movement	Your choice	Your choice	Look back at the movement sessions from the past 21 days. Which one made you feel most alive? Most capable? Most like yourself? Do that today. Or go for a walk somewhere beautiful. Or dance in your kitchen.
Final Reflection	5 mins	Sitting or lying quietly	Place your hands on your body — wherever feels right. Take 10 deep slow breaths. Notice your body. Notice how it feels compared to Day 1. You have done something remarkable. Carry this forward.

### A Final Word On Movement

You began this reset barely able to consider anything beyond a gentle walk. You end it doing supersets, interval training and progressive strength work — from a body that actually feels good doing it. The goal from here is simple: keep strength training twice a week minimum, keep walking daily, keep one somatic or restorative session in your week. Not as punishment. Not as obligation. But because you now know what a regulated body feels like — and movement done right is one of the fastest ways to stay there.

## WEEKLY SHOPPING LISTS

### Week 1 — REGULATE (Days 1-7)

PROTEINS & DAIRY	PRODUCE & FRESH	PANTRY & STAPLES
Salmon fillets (x3)	Broccoli	Rolled oats
Chicken thighs & breast (x3)	Zucchini (x4)	Brown rice
Turkey mince (500g)	Asparagus (1 bunch)	Quinoa
Beef mince, lean (300g)	Baby spinach (large bag)	Chia seeds
Smoked salmon (160g)	Kale (1 bunch)	Ground flaxseed
Eggs (x18)	Bok choy (x2)	Almond butter
Canned tuna (x2)	Avocados (x4)	Tahini
Greek yoghurt (large tub)	Sweet potato (x2)	Bone broth (1L)
Cream cheese	Beetroot (x3)	Coconut milk (x2 cans)
Goats cheese (100g)	Cauliflower (x1)	Crushed tomatoes (x2 cans)
	Cherry tomatoes	Lentils (dried or canned)
	Capsicums (x3)	Chickpeas (x1 can)
	Cucumber (x2)	Tamari
	Lemons (x6)	Sesame oil
	Limes (x4)	Extra virgin olive oil
	Blueberries	Turmeric
	Mixed berries	Cumin
	Bananas (x6)	Smoked paprika
	Mango (x1)	Cinnamon
	Garlic (x2 bulbs)	Raw honey
	Fresh ginger	Miso paste (white)
	Fresh herbs: parsley, dill, coriander	Sourdough bread
		Dark rye bread

### Week 2 — REBALANCE (Days 8-14)

PROTEINS & DAIRY	PRODUCE & FRESH	PANTRY & STAPLES
Grass-fed beef mince (300g)	Zucchini (x4)	Arborio rice
Beef sirloin (x2)	Kale (2 bunches)	Brown rice
Lamb leg steaks (250g)	Fennel (x2)	Rice noodles
Lamb shanks (x2)	Edamame (frozen, 2 cups)	Laksa paste
Whole snapper or 2 fillets	Broccolini (1 bunch)	White miso
Salmon fillets (x3)	Bok choy (x3)	Almond meal
Tiger prawns (300g)	Mushrooms (x6)	Collagen powder
Chicken breast & thighs (x4)	Eggplant (x1)	Coconut water
Eggs (x12)	Avocados (x4)	Cannellini beans (x2 cans)
Halloumi (200g)	Sweet potato (x2)	Fish sauce
Ricotta (250g)	Baby potatoes (200g)	Oyster sauce
Feta cheese	Cauliflower (x1)	Sushi rice
Cottage cheese	Broccoli	Pickled ginger
	Orange (x1)	Nori sheets
	Peaches (x2)	Dried apricots
	Kiwi fruit	Slivered almonds
	Seasonal fruit	Pine nuts
	Pumpkin (500g)	

### Week 3 — RESHAPE (Days 15–21)

PROTEINS & DAIRY	PRODUCE & FRESH	PANTRY & STAPLES
Duck breasts (x2)	Papaya (½ large)	Corn tortillas
Chicken thighs for souvlaki (400g)	Cherries (frozen, 200g)	Dukkah
Barramundi (x2 fillets)	Parsnips (x3)	Kimchi (jar)
Oxtail (800g)	Artichoke hearts (jar)	Gochujang
Prawns — tiger (300g) + cooked (300g)	Red cabbage (½ head)	Coconut flakes toasted
Salmon (x2 fillets)	Beetroot cooked (200g)	Cacao nibs
Sardines (x1 can)	Mango (x2)	Dark chocolate 75%+

Eggs (x12)	Seasonal berries	Protein powder (vanilla)
Goats cheese (100g)	Broccolini (x2 bunches)	Hemp seeds
Greek yoghurt	Snow peas	Ashwagandha powder
Ricotta	Fennel	Pita bread
	Cucumber (x3)	Polenta
	Avocados (x5)	Roti or naan bread
	Baby spinach	Sourdough (x2 loaves)
	Rocket (x2 bags)	Maple syrup
	Fresh herbs: coriander, dill, mint, parsley, basil	

## QUICK REFERENCE CHEAT SHEET — PRINT & PUT ON YOUR FRIDGE

### Phase Overview

Phase 1 — REGULATE	Days 1-7	Calm nervous system. Gentle movement only. Anti-inflammatory foods. Cortisol-lowering practices.
Phase 2 — REBALANCE	Days 8-14	Introduce strength training. Blood sugar balance. Protein priority. Structured movement.
Phase 3 — RESHAPE	Days 15-21	Progressive strength. Interval walking. Momentum builds. Physical changes become visible.

### Eat These — Hormone Heroes

Salmon, sardines, mackerel  
 Greek yoghurt & cottage cheese  
 Broccoli, kale, spinach  
 Chicken & turkey (quality)  
 Lentils & chickpeas  
 Avocado  
 Eggs — free range  
 Tofu & edamame  
 Sweet potato  
 Brown rice & quinoa  
 Blueberries & mixed berries  
 Walnuts & almonds  
 Ground flaxseed  
 Olive oil (extra virgin)  
 Turmeric + black pepper  
 Ginger (fresh)  
 Bone broth  
 Miso & fermented foods  
 Dark chocolate 75%+  
 Herbal teas

Collagen powder

## Avoid These — Cortisol Triggers

Refined sugar & sweets

Processed & packaged foods

Sugary drinks & juices

Alcohol (especially Week 1)

White bread & pasta

Excess caffeine (1 cup max)

Vegetable seed oils

Diet products & sweeteners

Deep fried foods

Skipping meals

Eating while stressed

Eating after 8pm

## Your Daily Non-Negotiables

Morning breath-work (5 mins)

Protein at every meal

2-3L filtered water

Lemon in water on waking

Move your body (any form)

One moment of stillness

Eat slowly — no screens

In bed by 10pm

3 things I am grateful for

Evening body scan

## The Menopause Plate — Build Every Meal Like This

**1/2 PLATE**

**Non-Starchy Vegetables**

Broccoli, spinach, zucchini, capsicum, cucumber, asparagus, kale, bok choy — as many colours as possible

1/4 PLATE	Quality Protein	Salmon, chicken, eggs, Greek yoghurt, lentils, tofu, beef — aim for 30-40g protein per meal
1/4 PLATE	Complex Carbs & Healthy Fats	Brown rice, quinoa, sweet potato + avocado, olive oil, nuts, seeds — these are not the enemy

## Nervous System Toolkit

- **Box Breathing:** Inhale 4 / Hold 4 / Exhale 4 / Hold 4 — repeat 8 cycles. Do this before meals, before bed, whenever stress rises.
- **Physiological Sigh:** Double inhale through nose, one long exhale through mouth. Fastest way to lower heart rate.
- **Shake It Out:** 5 mins of whole body shaking/trembling. Releases stored cortisol and stress hormones.
- **Legs Up The Wall:** 10 mins. Reverses blood flow, calms nervous system, reduces inflammation. Use after every strength session.
- **Body Scan:** Lie down, scan from feet to head, breathe into tension and release. Every evening before sleep.
- **Gratitude Practice:** 3 things you are grateful for — IN YOUR BODY specifically. Changes neurotransmitter levels measurably.

## DAILY CHECKLIST — PHASE 3

Each day tick off the following:

Morning nervous system practice — breath-work, meditation or quiet time (10 mins minimum)

Protein at every meal (aim for 30g minimum per meal)

Strength session OR walk (alternating, 3 strength sessions this week)

Liver support food included in at least one meal

2-3 litres of water

Screen off 60 minutes before bed

One moment of genuine gratitude noted — written or spoken aloud

One thing today that brought me joy or pleasure

## BUILDING HABITS THAT LAST BEYOND DAY 21

Here's what I want you to understand as you approach the end of this reset: This is not the finish line. This is the starting line.

Twenty-one days is enough time to regulate your nervous system, rebalance your hormones, and begin reshaping your body. But it's not enough time to undo decades of chronic stress, hormonal shifts and survival mode living. What you've built here is a foundation — and what you do next determines everything.

The women who get lasting results are the ones who take what they've learned here and keep showing up. Not perfectly. Not obsessively. But consistently and compassionately.

Here's what that looks like:

- **They keep their protein high** even when life gets busy
- **They protect their sleep** like it's the most important health intervention they have — because it is
- **They notice when their nervous system is dysregulated** and they do something about it instead of pushing through
- **They strength train** at least twice a week for the rest of their lives
- **They stop identifying with the story** of the woman who can't lose weight, whose body is broken, who's tried everything. That story kept you stuck. It doesn't belong to you anymore
- **They ask for support** when they need it instead of white-knuckling through alone

## How To Read Your Body's Signals Now

One of the greatest gifts of the last three weeks is that you've started to hear your body again. After years of ignoring its signals, you've created enough space to actually listen.

- **Energy levels** — are you waking with energy or dragging? Energy is data
- **Sleep quality** — are you falling asleep easily, staying asleep, waking rested? Sleep is your body's report card
- **Digestion** — is it settled and consistent? Your gut is directly connected to your hormone balance and your nervous system
- **Mood and reactivity** — are you calmer? More patient? Less triggered by small things? This is your nervous system telling you it feels safer
- **Hunger and cravings** — are they more manageable? Less urgent? This is your blood sugar stabilising and your cortisol settling

## WHEN I FEEL LIKE QUITTING — READ THIS

*My body is not broken — it is protecting me.*

*This is not punishment. This is repair.*

*I am a high-achieving woman learning to work smarter.*

*Rest is productive. Recovery is progress.*

*One small step today compounds into transformation.*

*My nervous system is learning that I am safe.*

*I did not get here overnight. I will not heal overnight. And that is okay.*

**YOU'VE RESET YOUR FOUNDATION. NOW LET'S BUILD ON IT.**

## You Made It

Twenty-one days ago you started this reset because something wasn't working. Because you were exhausted and frustrated and felt like your body had become a stranger to you.

Look at where you are now. You understand what was actually happening — not failure, not weakness, but a nervous system doing its best to keep you safe in a body that had been through too much for too long.

This is how transformation actually works. Not in dramatic overnight shifts but in small, compounding acts of self-respect. In choosing sleep over scrolling. In eating the protein even when you don't feel like cooking. In doing the breath-work even when it feels silly. In showing up for yourself even when nobody's watching.

Don't stop now.

The 21 days you've just completed gave you the foundation — the regulated nervous system, the understanding of your body, the right nutrition and movement habits. But real, lasting transformation happens over months, not weeks. The women who get the most dramatic results are the ones who keep going — with support, accountability and a community of women who understand exactly what they're going through.

The Menopause Belly Fix — 21-Day Calm Metabolism Reset  
*Created with love for every high-achieving woman who has pushed too hard and deserves to feel good in her body again.*