

The 15-Minute Field Guide

The whole 40+ Metabolism Reset — one idea per page, fifteen minutes cover to cover. Read this first. The big guide will still be there when you want the why.

FILE 2 OF 8

HOW THIS WORKS

One idea per page. That's the whole deal.

You bought a complete program, and part of it is a 61-page guide. You do **not** need to read it to start. Everything you need to begin lives in these pages — the science in single sentences, the method in pictures, the plan at a glance.

THIS FILE

Your first 15 minutes

Read it once, today. By the last page you'll know exactly what to do tomorrow morning.

THE CORE GUIDE

The deep dive

Every page here points to the chapter that explains the why — studies, tables, troubleshooting. Reference, not homework.

THE DAILY CARDS

Days 1–28

From tomorrow: one card per day. Two minutes of reading, one focus, your meals, one checkbox.

START HERE

You're not failing. The rules changed.

You've cut calories. Done the cardio. Probably tried fasting.

It stopped working because your body changed the rules in your 40s and 50s — in **three specific, measurable ways** — and the old strategies weren't built for the new rules.

The next three pages are the three changes. That's all the bad news there is, and none of it is your fault.

GO DEEPER The full story of the three shifts: Core Guide, Chapter 1.

Your muscle has been quietly leaving

—0.2%

LEAN MASS PER YEAR THROUGH THE MENOPAUSE TRANSITION (SWAN STUDY)

Muscle is your metabolic engine — it burns fuel around the clock and soaks up blood sugar. From midlife on, women lose it slowly and steadily, and every crash diet you've ever done accelerated the loss. Smaller engine, same fuel, softer results.

The fix isn't eating less. It's feeding and using the muscle you still have.

GO DEEPER Why muscle is the whole ballgame: Core Guide, Chapter 1.

The weight moved to the middle

+4.6 cm

AVERAGE WAIST INCREASE, PRE- TO POST-MENOPAUSE — EVEN WITHOUT
WEIGHT GAIN

As estrogen falls, fat storage shifts toward the belly — research measured the waist growing about 4.6 cm and visceral (deep belly) fat rising sharply across the transition. That's why your clothes fit differently **even on days the scale hasn't moved.**

Aging decides how much fat; menopause decides where it goes.
Neither means you're broken.

GO DEEPER The fat-redistribution research in plain English: Core Guide, Chapter 1.

Your muscle stopped hearing quiet signals

25–35 g

PROTEIN PER MEAL – THE DOSE THAT GETS THROUGH AFTER 40

Researchers call it *anabolic resistance*: with age, muscle responds less to small doses of protein. The 10-gram breakfast that worked at 30 — coffee and a granola bar — is now below your muscle's hearing threshold. It's not that protein stopped working. **The volume knob moved.**

Every meal now needs a solid dose: 25–35 grams. That single change is half this program.

GO DEEPER Anabolic resistance and the per-meal threshold: Core Guide, Chapters 1 & 4.

Your metabolism didn't crash

A landmark 2021 study in *Science* measured energy burn in over 6,000 people and found metabolism holds **steady from about age 20 to 60**. It does not fall off a cliff at 40.

So why did everything change? Muscle loss, fat moving to the middle, and a protein signal that stopped getting through — the three shifts you just read. That's better news than a broken furnace: **every one of those has a lever you can pull**.

Any program that starts with "your metabolism is wrecked" is selling you the problem. This one starts with the levers.

GO DEEPER The full metabolism honesty box, with the study: Core Guide, Chapter 1.

The “eat less, gain more” cycle

1. You cut hard. Without enough protein and strength work, your body burns muscle along with fat.



2. Your engine shrinks. Less muscle means fewer calories burned at rest — and less room for error.



3. The diet ends. They all do. The weight comes back — but it returns as fat, not the muscle you lost.



4. Repeat, worse each time. Same body weight, smaller engine, softer shape. The diet didn't fail you — it aimed at the wrong target.

The fix: **eat differently, not less.**

GO DEEPER Includes the honest numbers on “starvation mode” (it’s smaller than you think): Core Guide, Chapter 2.

THE METHOD

The 40+ Reset, in four moves

PILLAR 1

Protein First

Anchor every meal with 25–35 g of protein, eaten first. Breakfast is the meal most women are missing.

PILLAR 2

Meal Structure

Three real meals plus an optional protein snack, every 3–5 hours. No grazing, no skipping. Rhythm beats willpower.

PILLAR 3

Strength Support

Two 20-minute sessions a week — at home, no gym — so your body has a reason to keep its engine.

PILLAR 4

Real-Life Flexibility

80% of meals follow the plate. 20% is life — planned and enjoyed. You are never one meal from failure.

One pillar per week for 28 days. Each one answers one of the three shifts.

GO DEEPER One chapter per pillar: Core Guide, Chapters 4–7.

Your number

Find your weight. Land anywhere in your range. **The per-meal column never changes** — after 40, when you eat protein matters almost as much as how much.

Your weight	Daily protein	Per meal (3–4 meals)
120 lbs	55–85 g	25–35 g
140 lbs	65–100 g	25–35 g
160 lbs	75–115 g	25–35 g
180 lbs	80–130 g	25–35 g
200 lbs	90–145 g	25–35 g
220 lbs	100–160 g	25–35 g

Roughly double what most midlife women currently eat — and why skipping breakfast quietly wrecks the math: you can't fit a day's protein into two meals your muscle can hear.

GO DEEPER Where the range comes from (and why the RDA is a floor, not a target): Core Guide, Chapter 4.

No scale. No app. Just your hand.

Your hand	Measures	Roughly
Palm (fingers off)	Protein	~25 g per cooked palm (~4 oz)
Fist	Vegetables	1 cup — aim for 1–2 fists per meal
Cupped hand	Smart carbs	½–1 cup cooked
Thumb	Fats	~1 tablespoon

A palm at every meal, a bit more on strength days, and you'll land in your range without counting a single gram. Your hand is proportional to your body and it's always with you.

There is no tracking in this program. Anywhere.

GO DEEPER The top-40 protein sources, pre-counted: the Protein-First Cheat Sheet (on your fridge).

The Reset Plate



● **½ vegetables & fiber**

Your fullness and de-bloat strategy

● **¼+ protein**

A palm or more — build the plate around it

● **¼ smart carbs**

The ones you actually enjoy

○ **+ a thumb of fat**

Every meal, same shape, any cuisine. Your family eats this plate too — it's just dinner, not "mom's diet."

GO DEEPER Why this shape kills the 9pm cravings: Core Guide, Chapter 5.

A day, on rails

When	What	The point
7–9 am	Protein-anchored breakfast	The day's most important dose — it ends the 3pm crash before it starts
12–1 pm	Lunch, Reset Plate shape	Often last night's dinner, on purpose
3–4 pm	Optional protein snack	Bridges the gap so dinner isn't desperate
6–7 pm	Dinner, Reset Plate shape	Same food as your family
After	Kitchen closed	Not willpower — you're genuinely full now

Every 3–5 hours, no grazing, no skipping. Grazing never gives your muscle a real dose; skipping makes the math impossible and hands your evening to the pantry. **Structure beats both.**

GO DEEPER The full template plus the kill-the-graze toolkit: Core Guide, Chapters 5 & 10.

Two days. Twenty minutes. Your living room.

Cardio is good for your heart — but it doesn't tell your body to **keep its muscle**. Resistance does. It's also one of the few non-drug tools shown to meaningfully support bone density after menopause.

THE NO-GYM STARTER

Wall pushups • Chair squats
Glute bridges • Step-ups
Farmer carries (groceries count)
Wall plank

THE DOSE

2 sessions a week — the official minimum
~20 minutes each
Every move has an easier version
Week 3 is when you start

The number on the dumbbell will grow faster than anything the scale does — and it only moves one direction.

GO DEEPER All six movements with form cues and the 4-week progression: Core Guide, Chapter 6.

80/20, and the rule that saves everything

The 80/20 Reset Rules

80% of meals follow the plate. 20% are life — birthdays, wine night, vacation — **planned and enjoyed**, at the table, guilt not invited. No forbidden foods. No "being good."

The Next-Meal Rule

After any meal that went sideways, the next meal is a completely normal one. Not smaller. Not skipped. Not punished. **You are never one meal away from failure — and nobody here starts over Monday.**

One rule travels everywhere: **find your protein first, build the plate around it.** Any menu on earth — restaurant, airport, Thanksgiving — has a palm of protein and something resembling vegetables on it.

GO DEEPER Nine cuisines of best orders, the menu decoder, holidays, travel, and wine night: The Eat Anywhere Guide (in your bundle).

THE PLAN

28 days, one habit at a time

Week	Focus	You add
Week 1	Protein First	Anchor all three meals — nothing else changes yet
Week 2	Meal Structure	3 meals + optional snack on rhythm; grazing ends
Week 3	Strength Support	Two 20-minute No-Gym sessions
Week 4	Real-Life Flexibility	A restaurant meal and a social event — on purpose, as practice

Each week layers onto the last — by Day 28 the whole method is running on habit, not memory. Your **Daily Reset Cards** carry you through it one page at a time: today's focus, today's meals, one checkbox. Two minutes a day.

Sunday nights, 20 minutes: glance at the week's card spread, shop from the week's grocery list, done.

GO DEEPER Week-by-week chapters with full 7-day meal tables: Core Guide, Chapters 8–12.

WHAT TO EXPECT

Days 3–5: the first thing you'll notice

Most women feel it before the end of the first week: **less bloat, steadier afternoons, quieter evenings**. That's protein and fiber displacing the refined-carb load that was holding water and running the 3pm crash — real, physiological, and yours by Friday.

What you will **not** see in week one is the scale moving much. That's expected. You're trading puff for muscle fuel, and the scale is the last instrument to notice. The waistband, the energy, and the dumbbell all report first.

Give the scale four weeks. Give the mirror ninety days. Judge week one by how 4pm feels.

GO DEEPER What's actually happening (and every troubleshooting scenario after it): Core Guide, Chapters 8 & 14.

Five habits carry everything

- ☐ A protein-anchored breakfast, almost every day
- ☐ The Reset Plate as your default shape
- ☐ Two strength sessions a week, permanent calendar slots
- ☐ Weekday meal structure — three meals, no grazing
- ☐ The Next-Meal Rule, forever

That's it. Not 28 rules — five. Days 29–90 are where they compound: this is the window where body recomposition becomes visible in clothes, photos, and strength numbers. The women who keep results aren't the ones who were perfect for a month. **They're the ones still doing five ordinary things in month three.**

GO DEEPER The 60–90 day roadmap, habit stacking, and measuring progress beyond the scale: Core Guide, Chapter 13.

Your entire Day 1

1. Eat a protein-anchored breakfast. Pick one from the Cheat Sheet — Greek yogurt bowl, three-egg scramble, cottage cheese plate. Same one all week is encouraged.

2. Do the same at lunch and dinner. Palm of protein first, build around it. Imperfect counts.

3. Check three boxes on your calendar. Read tomorrow's card before bed. That's the whole day.

No pantry purge, no shopping trip required, no workout yet — Week 1 is protein only. Everything else joins one week at a time.

You could do Day 1 with the groceries already in your kitchen.

GO DEEPER The 3-step setup (print, pantry, anchors): the Quick-Start Guide.

Where everything lives

When you need...	Open...
The why, in depth — science, studies, troubleshooting	The 40+ Metabolism Reset (core guide)
Today's focus, meals, and checkbox	The 28 Daily Reset Cards
Restaurants, holidays, travel, wine night	The Eat Anywhere Guide
Your fridge-door habit tracker	28-Day Reset Calendar
Your protein number + top 40 sources	Protein-First Cheat Sheet
This week's shopping run	Reset Grocery Lists
Five-minute orientation	Quick-Start Guide

You're not on a diet. You eat like a woman who keeps her muscle.

Educational information only — not medical advice. If you take medication, manage a health condition, use a GLP-1, or have kidney concerns, talk with your healthcare provider before changing how you eat or exercise.