

Reset After 40!

"The Essential Food And Habit Guide For Women"



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INTRODUCTION

Hello and Welcome!

I'm Joanna, I'm passionate about nutrition and wellness and I like to keep things simple. The aim of this ebook is to help guide you towards healthy eating and informed realistic choices.

I have a bachelors degree in nutrition and health and I am studying for a masters degree in human nutrition. I'm excited to share my knowledge and everything I have learned and will continue to learn with others who are seeking a more balanced and healthy lifestyle.

As a woman in her late 40s with three children, I know firsthand how difficult it is to juggle family and work commitments whilst trying to find the time to keep yourself healthy. It isn't easy, but I've discovered it's absolutely achievable using the information I'm going to share with you in this book.



Nothing here is about perfection it's about nourishment that fits into real life.

I truly believe that with the right knowledge and tools, every woman over 40 can reclaim her energy, feel confident in her body, and create lasting healthy changes that work with their busy lives

- *Joanna*



Chapter 1:

The Truth About Your Changing Body

Understanding hormones, metabolism, and what's really happening after 40

As we move through our 40s and beyond, our bodies naturally change and so do our nutritional needs. Understanding the science behind these shifts can help us make better choices without confusion or guilt. It's never about eating perfectly, that's unachievable for the majority of people. It's about supporting your body with kindness.

If you've been wondering why your usual daily routines aren't working or your feeling like your body is working against you, you are not imagining it! and you are not alone!

Hormones, Metabolism & You

Changes usually begin during perimenopause which can be as early as your late 30s. estrogen and progesterone start to decline but sometimes it's years before your period actually stops. One of the most noticeable changes for many women after 40 is how our hormones begin to fluctuate.

Supporting your hormonal balance through food can help ease these transitions. Eating enough protein, fibre, healthy fats, and fruit and vegetables play a huge role in regulating blood sugar and reducing inflammation.

You may recognise the following symptoms:-

- Slower metabolism
- Feeling tired after a full night of sleep
- Changes in weight (especially around your waist)
- Hot flashes and sweats
- Mood swings and brain fog

Supporting your body through a healthy diet and engaging in physical activity can help to reduce some of these symptoms.

Gut Health = Whole-Body Health

Around 70% of your immune system lives in your gut and what you eat has a direct effect on how you feel day to day. Have you ever noticed that your bloated after meals and it never usually happens?. This could be your gut responding to the hormonal changes in your body. To help ease this:

- Eat a varied diet filled with plant fibres (prebiotics) and fermented foods (probiotics) that can help to reduce bloating, brain fog, and inflammation. I like kimchi and sauerkraut.
- Staying hydrated and increasing your water intakes, reducing processed foods, and managing stress also make a difference and contribute to balanced gut health.

Nutrient rich foods support more than just your physical health, they also impact mood, sleep, and emotional wellbeing.

The Main Food Myth Keeping You Stuck

Why “eat less, move more” doesn’t work anymore

After the age 40, studies have shown that women can lose up to 5% of their muscle mass per decade. However, many women are still working under the myth of ‘eating less and moving more’.

After 40 nutrition matters more than ever. Our bodies go through hormonal shifts, our energy levels change and our priorities such as family and work commitments impact the way we care for ourselves. This really matters, here's why:

- Muscle naturally declines with age, so getting enough protein helps protect our strength, mobility, and metabolism. We should be aiming for at least 30g per meal.
- Blood sugar regulation becomes more sensitive, and balanced meals can help reduce fatigue, reduce mood swings, and reduce cravings.
- Inflammation can increase, especially in the joints and digestive system. Eating a wide variety of anti-inflammatory foods like berries, leafy greens, and healthy fats help calm the system.
- Nutrient absorption and metabolism may slow down, so we need more nutrient density, not less food!.



THE GOAL IS NOT TO EAT “PERFECTLY,” BUT TO EAT IN A WAY THAT WORKS FOR YOUR CHANGING BODY AND ALLOWS VARIETY, AND FLEXIBILITY WITHIN YOUR SCHEDULES AND COMMITMENTS IN YOUR REAL LIFE!!



The Reset Formula: 3 Simple Food Hacks



Protein

As women we should be prioritising protein, especially in the morning, research suggests within 30 minutes of waking up. Protein is especially important in kickstarting your metabolism, regulating hormones and keeping your energy levels balanced.

Protein also supports your muscles and keeps your blood sugar balanced. Many women over 40 are unknowingly underestimating how much protein they are eating. Current guidance advises that women should consume around 0.8g of protein per kg of body weight per day. If you aim to consume around 25 - 30g per meal you may find it easier to meet these requirements. To increase your intake try including:

Greek yogurt, eggs, tofu, lentils, nuts, seeds or fish to meals. The Eatwell Guide has further information on how to achieve this.



Vegetables

Fill half your plate with vegetables. This not only helps you meet your daily requirements but also helps you feel fuller for longer.

Vegetables offer fibre, antioxidants, and essential nutrients. They help you with digestion, mood, and long-term health.

Mix it up a bit, cook trays of roasted veg, make vegetable soups, colourful salads or try roasted vegetables blended into sauces. A delicious addition to your daily intakes.



Meal Preparation

Building on these protein and vegetable priorities, try to meal prep as much as you can and what you will actually eat. This doesn't have to mean hours in the kitchen and could be as simple as:

- Chopping veg in advance (for example, every Sunday)
- Cooking a protein (chicken, fish, beans) and a carb (rice, grain of some kind) so meals are prepped for a few days in advance. This removes any of the ("I don't have time to cook pressure").
- Make healthier lunch options for a couple of days in advance so you can grab and go and don't have to think about it.

HABITS THAT STICK: THE 10-MINUTE DAILY RESET

Creating A Supportive Environment

Your surroundings directly affect your wellbeing. It goes without saying that a calm and organised home supports clearer thinking, better choices, and deeper rest. Sometimes this is easier said than done with busy lives and a mountain of commitments to juggle. So here is a simple, easy to include, daily 10 minute reset guide which will help when your feeling overwhelmed. Firstly take a deep breath, you've dealt with bigger problems and you can handle this!

Declutter

Start with just the kitchen counter so you have the space to create a healthy meal. If you have time in the week have a clearout or try to clear one drawer at a time. Break things down into smaller tasks if they become overwhelming. Let go of any items that no longer support your goals. Consider donating or recycling them.

A Relaxing Corner

Find a corner, nook or window seat in your house that you can claim as your own. Not the kids or the dogs or cats, just yours. Use it as your quiet place to pause and relax. Put the phone away, get your favourite book or any book and take a few minutes to focus on that. Even taking five minutes, no rush, no phone, no anything can help to reset your mind and your entire day. My go too is always to choose my favourite cup, mine is a teacup and saucer (fancy right) and my favourite tea blend. At the moment I'm loving jasmine and green tea but pick any you love. This small ritual is all about giving yourself permission to pause. Light a candle, journal or just sip on a delicious cup of tea and dream. This is your reset, your moment. Breathe and relax.



Chapter 5: Your Energy Comeback Plan

How to make them permanent

Making worthwhile changes that truly last and creating a healthier lifestyle after 40 isn't about overhauling your entire life overnight. It's more about building routines and systems that you can return to, even on busy or days when you have no energy. The secret to sustainability isn't intensity, it's actually consistency with compassion for yourself that will take you where you need to go.

Start Small, Stay Consistent

We often underestimate just how powerful small changes can be. The key is to focus on one thing at a time and let it become effortless and second nature before adding more.

Instead of:

- Sticking to a strict plan x Try adding one healthy protein packed breakfast each week
- Planning your entire meals for the week x Try meal prepping just one lunch ahead as discussed in the simple food hacks in chapter 3
- Cutting out sugar x Try and notice when and why you crave it and do a simple swap
-

Ask yourself: "What's one small change that would support me this week?"

Wellness is a Journey, not a finish line

Some days you'll feel amazing and balanced. Other days, you won't and that's okay. You're not here to be perfect, none of us are. You're here to feel more like yourself again.

To support your health when your overwhelmed try making something simple like in the picture below. Just avocado on toast with boiled egg and a few pine nuts. Real energy comes from foods that work with your body, not against it. This combination of healthy fats, protein, and fibre also helps to avoid the dreaded afternoon crash.



CONCLUSION

This Is The Beginning, Your Reset Starts Now!

Thank you for taking this journey with me. I hope this guide has given you the clarity, confidence, and the practical tools you need as you transition into this next season of life

Remember the 3 simple food hacks, your 10 minute daily reset, and most importantly that small, consistent changes create lasting transformation.

Ready for more support?

Join our community of women over 40. Check out my website for recipes, motivation, inspiration and real life tips!

Join us at TheKindNourish.com

Wishing you a healthy and happy week

Joanna
The Kind Nourish



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