



Your Guide to

Weight Loss & Wellness

After 40

(Especially During Menopause)



Simple food swaps,
daily habits & small
changes that make
a big difference.



Feel lighter.
Boost your
metabolism.
Love your
body again.

Welcome!

This guide is for you if you're a woman over 40 who wants to feel better, lose stubborn weight, and support your metabolism—especially during menopause.

Inside, you'll discover:

- ✓ 7 foods to avoid (and what to choose instead)
- ✓ A complete Menopause Weight Loss Checklist
- ✓ 5 morning habits that support metabolism and energy



Small daily choices
create lasting results.

You've got this!



7 Foods Women Over 40 Should Avoid After Menopause

These foods can trigger inflammation, cause bloating, spike blood sugar, and slow down your metabolism. Limiting them can help you burn fat, balance hormones, and feel your best.

1

Sugary Drinks

Soda, energy drinks, and sweetened coffees spike insulin and increase belly fat.



2

Refined Carbs

White bread, pastries, and crackers can cause blood sugar crashes and cravings.



3

Processed Foods

Packaged snacks, frozen meals, and fast food are high in sodium and unhealthy fats.



4

Fried Foods

They can increase inflammation and slow your metabolism.



5

Excess Alcohol

Alcohol can disrupt hormones, affect sleep, and slow fat loss.



6

High-Sodium Foods

Canned soups, deli meats, and salty snacks cause bloating and water retention.



7

Artificial Sweeteners

They may increase cravings and negatively impact gut health.



What to Choose Instead



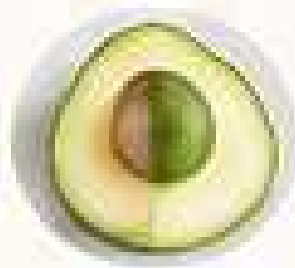
Whole Foods

Choose fresh, whole, and minimally processed foods.



Lean Protein

Supports muscle, keeps you full, and boosts metabolism.



Healthy Fats

Avocado, olive oil, nuts, and seeds support hormones and energy.



Fiber-Rich Foods

Veggies, fruits, beans, and whole grains support digestion and fullness.



Hydration

Water, herbal teas, and infused water help reduce bloating and cravings.

Small swaps. Big results.

5 Morning Habits That Support Metabolism After 40



- 1 Hydrate First**
Drink 16–24 oz of water
when you wake up.



- 2 Get Natural Light**
Morning sunlight helps regulate
hormones and boosts energy.



- 3 Move Your Body**
Do 5-15 minutes of stretching,
walking, or strength moves.



- 4 Eat a Protein-Rich Breakfast**
Protein in the morning helps
balance blood sugar all day.



- 5 Manage Stress**
Deep breathing, journaling, or
meditation lowers cortisol.

Menopause Weight Loss Checklist



Use this daily checklist to stay consistent and support your body during menopause.

Daily Habits

Yes No

I drank at least 64 oz of water.

☐☐

I ate 3 balanced meals.

☐☐

I included protein in every meal.

☐☐

I ate 2-3 servings of veggies.

☐☐

I moved my body for at least 20 minutes.

☐☐

I got 7-8 hours of quality sleep.

☐☐

I managed stress (breathe, walk, journal, etc.).

☐☐

Weekly Habits

Yes No

I planned my meals.

☐☐

I avoided processed foods.

☐☐

I treated my body with kindness.

☐☐

Bonus Tips for Success



Strength train 2–3 times per week to maintain lean muscle.



Prioritize sleep—aim for 7–8 hours each night.



Be patient and consistent.
Small steps create big change.



Celebrate non-scale victories like more energy, better sleep, and improved mood.

"You're not just changing your body, you're becoming the healthiest version of you."



Sample Day of Eating

(Menopause Weight Loss)



Breakfast

Greek yogurt with berries, chia seeds, and nuts.



Lunch

Grilled chicken salad with olive oil dressing and avocado.



Snack

Apple with almond butter or a handful of nuts.



Dinner

Salmon with roasted veggies and quinoa.



Hydration

Water, herbal tea, or infused water.

You've Got This!

You now have the tools to support your metabolism, balance your hormones, and feel amazing in your body again.

Remember: it's not about perfection.
It's about progress and self-love.

If you're looking for extra support on your journey, I recommend checking out CitrusBurn.

CITRUS BURN Key Benefits:

- 🔥 Boosts Metabolism
- ⬇️ Natural Weight Loss Support
- 📏 Balanced Hormones
- ⚡ Daily Energy Lift

It's a natural metabolism, weight loss and energy support supplement designed especially for women over 40.



👉 Learn more here:

<https://thedailytopdeal.com/CITRUS-BURN/>

*Here's to your health, happiness,
and best days ahead! 💕*

Menopause Weight Loss Checklist (Daily)

Date: _____



	Yes	No		Yes	No
I drank at least 64 oz of water.	☐	☐	I ate 2-3 servings of veggies.	☐	☐
I ate 3 balanced meals.	☐	☐	I moved my body for at least 20 minutes.	☐	☐
I included protein in every meal.	☐	☐	I got 7-8 hours of quality sleep.	☐	☐
			I managed stress.	☐	☐

Notes & Wins



Today I'm grateful for:

My wins today:

☐

☐

☐

☐

