



The Menopause Metabolic Reset *Guide*



Rebuild Your Metabolic Fire

A practical, science-backed guide for women 40-65

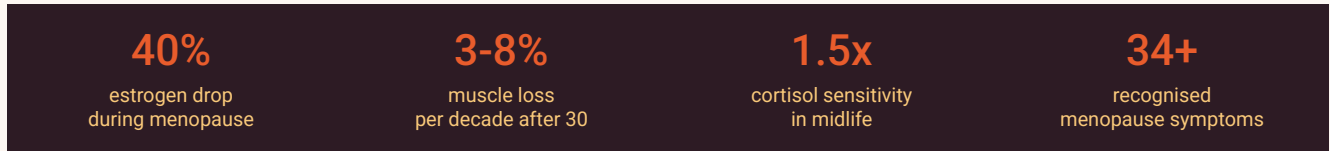
Welcome — I'm so glad you're here.

If you're in perimenopause or menopause and frustrated by weight gain, cravings, or low energy — you're not alone. These changes are real and biological. And they are absolutely manageable with the right approach.

Your metabolism hasn't failed you. It just needs a new approach — one built around how your hormones work right now.

Why Metabolism Changes in Midlife

During perimenopause and menopause, several hormonal shifts happen at the same time — all affecting how your body stores fat, uses energy, and responds to food. Understanding the biology removes the blame and opens the door to real solutions.



The 4 Key Biological Shifts

| | |
|-----------------------------|---|
| Estrogen Drops | Fat storage, appetite, and insulin sensitivity all shift. |
| Muscle Mass Declines | Fewer calories burned at rest — resting metabolism slows. |
| Cortisol Rises | Stress becomes more reactive, driving belly fat storage. |
| Blood Sugar Swings | Cravings, energy crashes, and inflammation increase. |

These changes are not your fault — and they are not permanent. With targeted nutrition, movement, and stress support, your metabolism can become more efficient than it was in your 30s.

Why Standard Advice Fails

Most diet and exercise advice was developed on young men and adapted — poorly — for women. Calorie cutting raises cortisol and breaks down muscle. High-intensity cardio without recovery spikes stress hormones. Both approaches actively work against your biology in midlife.

The 4-Pillar Framework works WITH your hormones. Each pillar targets a specific driver of metabolic dysfunction. Together they create a sustainable system — not a quick fix.

The 4 Pillars of Your Metabolic Reset

Each pillar targets a specific biological driver of midlife weight gain and low energy. Consistency with even two or three pillars creates meaningful change within 2-3 weeks – perfection is never required.

1 Protein – Your Metabolic Anchor

Protein is the most powerful dietary lever for stabilising hunger, preserving muscle, and improving insulin response. Most women in midlife eat 40-50% less protein than they need.

Where to start:

- Aim for 30g or more at your first meal of the day
- Target 100-120g total daily (adjust for body size)
- Choose eggs, Greek yoghurt, cottage cheese, chicken, fish, legumes
- Spread protein across meals – don't save it all for dinner

You'll gain:

- Dramatically fewer cravings by mid-morning
- Stabilised blood sugar between meals
- Preserved muscle mass even in a calorie deficit
- Higher resting metabolic rate over time

2 Strength Training – Rebuild Your Engine

Strength training is the #1 evidence-based method to increase metabolism during and after menopause. Muscle is the engine of your metabolism, and it directly protects against insulin resistance.

Where to start:

- Start with 2-3 sessions per week, 20-30 minutes each
- Focus on compound movements: squats, hinges, push, pull
- A gym is not required – bodyweight routines work very well
- Progressive challenge matters more than session duration

You'll gain:

- Increased resting metabolic rate within 4-6 weeks
- Significantly improved insulin sensitivity
- Stronger bones – critical when estrogen is declining
- Reduced fat mass, especially visceral (belly) fat

3

Blood Sugar Balance – Stabilise Your Energy

Estrogen plays a central role in insulin sensitivity. When it declines, blood sugar becomes harder to regulate – causing energy crashes, carb cravings, and rising inflammation. Stabilising blood sugar is the foundation everything else rests on.

Where to start:

- Always pair carbohydrates with protein or healthy fat
- Eat vegetables or protein before starchy foods
- Walk for 10-15 minutes within 30 minutes of eating
- Avoid long gaps between meals, especially early on
- Reduce ultra-processed foods that spike glucose rapidly

You'll gain:

- Fewer afternoon energy crashes
- Significantly reduced sugar and carbohydrate cravings
- Lower systemic inflammation markers
- Better mood stability throughout the day
- Improved sleep onset and quality

4

Stress Regulation – Lower Cortisol, Lose Fat

Cortisol sensitivity increases markedly during perimenopause. Chronic stress drives fat storage – particularly around the abdomen – and suppresses thyroid, digestive, and sleep function. This pillar is not a soft add-on; it is metabolic medicine.

Where to start:

- 5 minutes of deep breathing daily (morning or before sleep)
- Prioritise 7-9 hours of sleep – this is non-negotiable
- 10 minutes of morning natural light anchors cortisol rhythm
- Schedule at least one 20-minute walk daily
- Reduce high-intensity cardio if you feel depleted after sessions

You'll gain:

- Lower fasting cortisol – directly reduces belly fat storage
- Better quality and duration of sleep
- Improved thyroid and digestive function
- More consistent daily appetite regulation
- Reduced anxiety and mood fluctuations

The pillars amplify each other. Protein reduces cravings. Strength training improves insulin sensitivity. Blood sugar balance lowers cortisol. Lower cortisol improves sleep – which improves protein absorption and training recovery. Each pillar makes the others more effective.

At a Glance: Your 4-Pillar Summary

| Pillar | Daily Minimum | Key Benefit |
|----------------------|-------------------------|------------------------------------|
| 1. Protein | 30g at first meal | Fewer cravings, stable blood sugar |
| 2. Strength Training | 2-3 sessions/week | Higher resting metabolism |
| 3. Blood Sugar | Pair carbs + protein | Stable energy and mood |
| 4. Stress Regulation | 5 min breathing + sleep | Lower cortisol, less belly fat |

Your First 7-Day Reset Plan

You don't need to implement all four pillars from day one. This plan focuses on the habits with the fastest, most noticeable results so you feel real momentum early. Each daily focus takes 15-30 minutes.

Daily Non-Negotiables

Protein at Breakfast

30g+ of protein – eggs, Greek yoghurt, protein smoothie

Movement After a Meal

10-15 minute walk or any gentle movement

Strength Session

2-3 times this week, 20-30 min each

Stress Practice

5 min breathing or stretch before sleep

Day-by-Day Focus

Day 1 – Protein audit

Track what you currently eat. Find where to add 30g at breakfast.

Day 2 – First strength session

20 min bodyweight: squats, push-ups, hip hinges, rows.

Day 3 – Walk after every meal

Even 5 minutes counts. Notice energy and cravings by evening.

Day 4 – Carb pairing practice

Every carb eaten today is paired with protein or healthy fat.

Day 5 – Second strength session

Repeat Day 2 or follow a MetaFlame beginner routine.

Day 6 – Sleep and cortisol focus

Consistent bedtime. Morning light 10 min. 5 min breathing.

Day 7 – Reflect and plan week 2

Note changes in energy, mood, or cravings. Plan ahead.

Ongoing – Build the system

Add one new habit per week. Small steps compound fast.

What to Expect – Week by Week

| Timeline | What You'll Notice | Why It Happens |
|----------|--|--|
| Days 1–3 | Fewer mid-morning energy crashes | Higher protein stabilises blood glucose |
| Days 3–5 | Sugar and carb cravings reduce | Insulin sensitivity begins to improve |
| Days 5–7 | Better sleep, calmer mood | Lower cortisol from the stress pillar |
| Week 2–4 | Visible momentum – clothes fit differently | Muscle building and metabolic rate improve |

Common Questions

What if I miss a day?

Consistency over time matters far more than any single day. Pick up where you left off – no guilt, no restart.

Do I need to count calories?

No. Hitting your protein target and following carb pairing naturally creates a sustainable calorie balance.

Is this safe alongside HRT?

Yes. Nutrition and movement support HRT – they don't conflict. Always discuss your full health picture with your doctor.

How quickly will I lose weight?

Most women notice reduced bloating and steadier energy within 7 days. Fat loss typically shows from week 3-4 onwards.

Your Metabolic Reset Pantry Essentials

Stock these staples and you'll always have the building blocks of a high-protein, balanced meal on hand – all standard supermarket items.

| PROTEIN | SMART CARBS | VEGETABLES | EXTRAS |
|--------------------|----------------|------------------|--------------------|
| Eggs | Sweet potatoes | Spinach, kale | Olive oil |
| Greek yoghurt | Oats (rolled) | Broccoli | Nuts + nut butter |
| Cottage cheese | Quinoa | Courgettes | Seeds (chia, hemp) |
| Tinned salmon | Brown rice | Bell peppers | Avocados |
| Chicken or turkey | Berries | Onions, garlic | ACV + cinnamon |
| Edamame | Legume pasta | Frozen mixed veg | Dark chocolate 85% |
| Lentils, chickpeas | | | |
| Protein powder | | | |

How MetaFlame Helps You Implement This

The 4-Pillar Framework works. But knowing what to do and consistently doing it are two very different things. MetaFlame was built to close that gap – for women in midlife specifically, not 20-year-olds with different hormones and different lives.

Inside the MetaFlame App

AI

AI Recipe Generator

Tell the app your dietary preferences, intolerances, and protein target. It generates fully customised high-protein recipes instantly – from quick weeknight dinners to batch-cook meal prep – all optimised for midlife metabolic needs.

C

AI Food Tracking via Camera

Photograph your meals for instant nutrition analysis. The AI identifies foods, estimates portions, and shows your protein progress for the day in real time – no calorie counting spreadsheets required.

S

Strength Training Plans

Beginner-friendly resistance routines built around midlife physiology: shorter sessions, compound movements, appropriate recovery time, and progressive challenge so you keep making gains.

H

Hormone Health Education

A curated library of evidence-based articles covering perimenopause stages, symptom science, hormonal interactions, HRT information, and what the research actually says works for each challenge.

R

Metabolic Reset Programme

A structured 4-week guided programme that implements all four pillars progressively – building habits one at a time so the changes stick, rather than overhauling your life overnight.

P

Progress and Symptom Tracking

Log energy, sleep, mood, and symptoms alongside food and movement. See the patterns that connect your habits to how you feel – the kind of personalised insight no generic health app offers.

MetaFlame is free to start. Track meals, generate recipes, and access the hormone education library immediately after creating your account.

Sample High-Protein Meals

Practical, accessible meals that hit the 30g protein target. Each is designed to be easy to prepare, satisfying, and supportive of blood sugar balance. Pair every meal with plenty of vegetables or fibre.

BREAKFAST

- 3 scrambled eggs + 2 slices smoked salmon
- Greek yoghurt + berries + hemp seeds + protein powder
- Cottage cheese bowl with walnuts, fruit, and honey
- Protein smoothie: Greek yoghurt, spinach, banana, nut butter
- Overnight oats with chia, protein powder, and almond butter

LUNCH

- Chicken and avocado salad with olive oil dressing
- Tuna with mixed greens, chickpeas, and cucumber
- Lentil and vegetable soup with a boiled egg
- Turkey and hummus wrap with lots of vegetables
- Tofu stir-fry with edamame and brown rice

DINNER

- Baked salmon with roasted sweet potato and greens
- Turkey mince bolognese on courgette noodles
- Prawn and vegetable Thai green curry with quinoa
- Chicken thighs with roasted mediterranean vegetables
- Bean and lentil chilli with a dollop of Greek yoghurt

SNACKS

- Hard-boiled eggs with a pinch of salt
- Cottage cheese with cucumber and seeds
- Edamame with sea salt
- Protein bar (check: 15g+ protein, low added sugar)

Use the MetaFlame AI Recipe Generator to build a full week of personalised meals in under 5 minutes – filtered for your preferences, intolerances, and protein targets.

Protein Quick Reference

- Greek yoghurt (200g): 18-20g protein
- Chicken breast (120g cooked): 35g
- Eggs (2 large): 13g
- Cottage cheese (200g): 24g
- Salmon fillet (130g): 30g
- Firm tofu (150g): 18g
- Lentils (200g cooked): 18g
- Protein powder (1 scoop): 20-25g