



Daily Habits

for

Weight Loss in Menopause

✓ 1. Balance Your Hormones on a Plant-Based Diet

Prioritize eating plenty of wholesome plant-based food that contains protein, fiber, healthy fats, and phytoestrogens.

✓ 2. Eat Meals That Balance Your Blood Sugar

Aim to build meals that include a balance of high-quality plant protein, healthy fats, and fiber. This will help ensure your blood sugar remains stable and you are full and satisfied between meals.

✓ 3. Strength Train to Preserve Muscle

Make it a goal to train (weight lifting, free weights, bands, or body weight resistance) for 20 to 30 minutes 2-3 days per week.

✓ 4. Prioritize Protein at Every Meal

Include at least 20-30 grams of healthy plant-based protein at every meal. This will help preserve muscle mass and accelerate your metabolism to promote fat loss.

✓ 5. Practice Stress Management

Begin implementing practices that allow you to relax. Spend time outdoors, go for a leisurely walk, and do deep breathing exercises, meditation, or yoga.

✓ 5. Think of Sleep as a Weight Loss Tool

Set your bedtime routine to start at the same time every night (if possible). Turn off screens an hour before bed, take magnesium, drink calming tea, or try melatonin if you have trouble falling asleep.

✓ 7. Hydrate with Intention

Track your fluid intake by writing it down in a journal or tracking app. Consume more fluids by having water, herbal tea, or clear broth. Add fresh fruit to water for added flavor.

✓ 8. Be Mindful of Alcohol

Reduce alcohol intake a little at a time and notice how much it impacts your energy. Find alternatives to alcohol. For example, replace it with herbal teas or a delicious smoothie.

✓ 9. Notice Emotional and Habitual Eating

Keeping a food journal can help you recognize when eating is driven by emotions, stress, hunger, or boredom.

✓ 10. Track Progress Beyond the Scale

Track beyond the scale by noticing how you feel and how your clothes are fitting. You can also track your body measurements. The bottom line is progress will show up with consistency, so don't give up!

✓ 11. Honor Your Energy Needs

Track your food for one to two weeks to see if you are on the right path. Don't obsess over calories; simply become more aware of them.