

HOW IT WORKS

A protein-first, metabolism-focused program for women in midlife, designed to help you lose body fat, build muscle, and finally stop starting over. Metabolic eating means recognizing where you are in your body right now and adjusting based on that. For women in midlife, it means prioritizing protein and fiber, moving smarter rather than harder, and building a repeatable method — not another diet you abandon after three weeks.

THE SCIENCE BEHIND THE METHOD

This Isn't Intuition. It's Data.

Know Your Body

A BodySpec DEXA scan gives you a precise picture of your body composition — lean muscle, body fat, and visceral fat. The baseline everything is built from.

Calculate Your Macros

Using your scan, we establish your personal macro targets — exactly how much protein, carbohydrate, and fat your body needs to lose fat and preserve muscle right now.

Build Your Meal Plan

From your macros, I design a simple, delicious, fully personalized meal plan built around your food preferences, your kitchen, and your life.

Cook It Together

In one focused session, I come to your home with your groceries and teach you to prepare your meal plan — leaving you with food, knowledge, and a method you can repeat for life.

THE RESET

Hands-on Kitchen Session + One Month Coaching

- In-depth consultation to understand your health, goals, lifestyle, and routine—so your plan is fully tailored to you.
- Curated shopping list tailored to your macros, preferences and weekly rhythm
- I shop for your week, every ingredient sourced based on your curated shopping list
- Fully stocked kitchen, so your fridge and pantry are set up for success from day one
- 2.5–3-hour in-home hands-on cooking session – we cook together, you learn the method
- Fully stocked 7-day meal plan: breakfasts, lunches, dinners, and snacks, structured around simplicity and repeatability
- One month of metabolic coaching – weekly check-ins, meal planning and adjustments as you progress

THE ALLIANCE

Ongoing Support + Structure + Accountability

- In-depth consultation to understand your health history, goals, lifestyle and current routine
- Meal planning (I provide up to 20 meals/month based on your individualized plan)
- Simple structure for protein, balance, and consistency
- Weekly check-ins (30 mins), also available via email
- Support for appetite, hormonal changes, and GLP-1
- A method you can repeat without thinking
- Adjustments based on your progress

THE CHEF

For existing clients who want to hand off the cooking

- I come to your home with your groceries – everything sourced based on your macros and preferences
- Up to 3-hours, in-home session: a full week of meals prepped and ready