



7-DAY HIGH-PROTEIN RESET FOR WOMEN 40+ WHO CAN'T LOSE WEIGHT (EVEN WHEN EATING LESS). RECIPES INCLUDED!

Written by Heather Willman

WELCOME,

I'M HEATHER.



I'm so glad you requested my **7-DAY HIGH-PROTEIN RESET FOR WOMEN 40+ WHO CAN'T LOSE WEIGHT (EVEN WHEN EATING LESS)!**

See, before I became a Holistic Nutritionist and before I created The Balanced Body Blueprint that works with women over 40, in perimenopause/menopause struggling to lose weight, I spent so much time listening to my friends in this phase of life. The weight they've gained, the mood swings, the hot flashes, etc. I too was nearing this time, and I was certain that this was not to be a life sentence and that there was a suitable solution to get midlife women feeling good!

After a lot of searching for recipes and some tweaking of macros, I was able to come up with sustainable meal plans using tasty, easy to make recipes. I decided to try them out for myself and noticed that I not only looked better, but I felt better. I also didn't feel as though I was missing out on food.

The good news is that, you did a really smart thing and requested this guide! Now you have access to the meal plan and recipes in the **7-DAY HIGH-PROTEIN RESET FOR WOMEN 40+ WHO CAN'T LOSE WEIGHT (EVEN WHEN EATING LESS).**

IMPORTANT: The meal plan only works if you follow the recipes, don't take any extra licks or bites and stick within your caloric deficit.

Want additional free resources to help you lose weight and feel better?

[**CLICK HERE TO JOIN**](#) my free Facebook group.

I can't wait to hear how the **7-DAY HIGH-PROTEIN RESET FOR WOMEN 40+ WHO CAN'T LOSE WEIGHT (EVEN WHEN EATING LESS).** helped you.

HEATHER.

HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you lose weight and feel better. Follow these steps below for best results.

STEP # 1: Read through the **7-DAY HIGH-PROTEIN RESET FOR WOMEN 40+ WHO CAN'T LOSE WEIGHT (EVEN WHEN EATING LESS)** in its entirety first. Note that the *Week At A Glance* page shows some shaded/highlighted meals, that means that they are leftovers. Ensure you read the amount of servings each recipe is as you may have to add for a bigger family or reduce for single servings. You'll have to adjust the grocery list for this as well.

STEP # 2: Join the free Facebook Group called: [Menopause Weight Loss & Hormone Support for Women 40+](#).

[CLICK HERE TO JOIN.](#)

STEP # 3: Plan ahead.

Put time into your daily schedule to follow through with the steps in this guide. If you have questions, you can ask them inside of the [Menopause Weight Loss & Hormone Support for Women 40+](#) Facebook group.

STEP # 4: Focus on the wins.

It's easy to get distracted, off track and disappointed when you don't see results immediately. Remember that losing weight and feeling great won't happen overnight and that by focusing on the small wins, you'll keep yourself motivated to continue. Also remember to pay attention to the Non Scale Victories (NSV's), like your clothes fitting better, more energy, etc.

STEP # 5: Ask for help.

If you want to get results faster, the best way is to ask for help. I work with perimenopause and menopausal women over 40 to help them lose weight and feel better via The Balanced Body Blueprint. If you'd like more information about it, you can email: admin@ifittastesgood.com.

Ok, now that you have the steps to be successful, it's time to put them into action!



7-DAY MEAL PLAN

CALORIES: 1200, CARBOHYDRATES: 90G, PROTEIN: 120G, FAT 40G

OPTION 1

BREAKFAST

Veggie Omelette.
Recipe included.

SNACK

4 Celery sticks with 1
tbsp of Chive or
Jalapeno Whipped
Cream Cheese.

LUNCH

Tomato Chicken Noodle
Soup. Recipe included.

SNACK

Healthy Oatmeal
Cookie. Recipe
included and protein
coffee with 1/4 cup
unsweetened almond
milk and 1 scoop
protein powder.

SUPPER

Chicken Dumpling
Stew. Recipe included.

OPTION 2

BREAKFAST

Strawberry Chia
Coconut Protein
Pudding.

SNACK

Healthy Oatmeal
Cookie. Recipe
included and protein
coffee with 1/4 cup
unsweetened almond
milk and 1 scoop
protein powder.

LUNCH

Chicken Rollatini.
Recipe included.

SNACK

3 Carrots & 1 hard-
boiled egg.

SUPPER

One Pan Taco Spiced
Chicken, Quinoa &
Peppers. Recipe
included.

OPTION 3

BREAKFAST

Apple Pecan Cinnamon
Yogurt Bowl.

SNACK

5 large or 10 small
strawberries with 2 tbsp
of Chocolate Brownie
Dessert Hummus.

LUNCH

Blended Chicken Salad
on 2 plain ricecakes.
Recipe included.

SNACK

Protein coffee with 1/4
cup unsweetened
almond milk and 1
scoop protein powder.

SUPPER

Chicken Rollatini.
Recipe included.

Week At A Glance...

MON



BREAKFAST
IITG - Veggie Omelette



SNACK 1
Celery Sticks & Whipped Cream Cheese



LUNCH
IITG - Tomato Chicken Noodle Soup - Under Construction



SNACK 2
IITG - Healthy Oatmeal Cookies, IITG - Protein Coffee - 1 Scoop



DINNER
IITG - Chicken Dumpling Stew

TUE



BREAKFAST
IITG - Strawberry Chia Coconut Protein Pudding



SNACK 1
IITG - Healthy Oatmeal Cookies



LUNCH
IITG - Chicken Rollatini



SNACK 2
Carrot Sticks, Hard Boiled Eggs



DINNER
IITG - One Pan Taco Spiced Chicken, Quinoa & Peppers

WED



BREAKFAST
IITG - Veggie Omelette



SNACK 1
Celery Sticks & Whipped Cream Cheese



LUNCH
IITG - Tomato Chicken Noodle Soup - Under Construction



SNACK 2
IITG - Healthy Oatmeal Cookies



DINNER
IITG - Chicken Dumpling Stew

THU



BREAKFAST
IITG - Apple & Pecan Cinnamon Protein Yogurt Bowl



SNACK 1
Fresh Strawberries



LUNCH
IITG - Blended Chicken Salad



SNACK 2
IITG - Protein Coffee - 1 Scoop



DINNER
IITG - Chicken Rollatini

FRI



BREAKFAST
IITG - Veggie Omelette



SNACK 1
Celery Sticks & Whipped Cream Cheese



LUNCH
IITG - Tomato Chicken Noodle Soup - Under Construction



SNACK 2
IITG - Healthy Oatmeal Cookies, IITG - Protein Coffee - 1 Scoop



DINNER
IITG - Chicken Dumpling Stew

SAT



BREAKFAST
IITG - Strawberry Chia Coconut Protein Pudding



SNACK 1
IITG - Healthy Oatmeal Cookies



LUNCH
IITG - Chicken Rollatini



SNACK 2
Carrot Sticks, Hard Boiled Eggs



DINNER
IITG - One Pan Taco Spiced Chicken, Quinoa & Peppers

SUN



BREAKFAST
IITG - Apple & Pecan Cinnamon Protein Yogurt Bowl



SNACK 1
Fresh Strawberries



LUNCH
IITG - Blended Chicken Salad



SNACK 2
IITG - Protein Coffee - 1 Scoop



DINNER
IITG - Chicken Rollatini

Grocery List

FRUITS

- 4 Apple
- 4 Lime
- 9 cups Strawberries

BREAKFAST

- 4 cups Coffee
- 16 Plain Rice Cake

SEEDS, NUTS & SPICES

- 0 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1 1/8 tbsps Cinnamon
- 1 1/2 tpsps Dried Thyme
- 3/4 tsp Nutmeg
- 1 1/3 cups Pecans
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Taco Seasoning

FROZEN

- 1 1/2 cups Frozen Peas
- 3 tbsps Frozen Spinach

VEGETABLES

- 1 1/2 cups Baby Spinach
- 1 1/2 tbsps Basil Leaves
- 9 1/2 Carrot
- 19 stalks Celery
- 12 Celery Sticks
- 1/2 cup Fresh Dill
- 11 Garlic
- 3/4 Green Bell Pepper
- 1 1/2 cups Mushrooms
- 1 Orange Bell Pepper
- 3 tbsps Parsley
- 1 Red Bell Pepper
- 9 slices Tomato
- 1 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 3/4 cup Bread Crumbs
- 4 1/2 cups Chicken Broth
- 6 cups Chicken Broth, Low Sodium
- 1 1/2 cups Egg Noodles
- 1 1/2 cups Marinara Sauce
- 1 1/2 cups Quick Oats
- 1/2 cup Quinoa

BAKING

- 1 1/4 tbsps Baking Powder
- 1/4 cup Dried Unsweetened Cranberries
- 1/3 cup Raw Honey
- 1/4 cup Unsweetened Applesauce
- 1/3 cup Unsweetened Shredded Coconut
- 2 tpsps Vanilla Extract
- 2 1/2 cups Whole Wheat Flour

BREAD, FISH, MEAT & CHEESE

- 1 1/2 ozs Cheddar Cheese
- 4 3/4 lbs Chicken Breast
- 1 3/4 lbs Chicken Breast, Cooked
- 3 ozs Mozzarella Cheese
- 3/4 cup Ricotta Cheese

CONDIMENTS & OILS

- 1/16 oz Avocado Oil Spray
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 cups Tomato Sauce

COLD

- 2 tbsps Butter
- 11 Egg
- 1 1/8 cups Egg Whites
- 4 cups Oikos Plain Greek Yogurt 0%
- 1 cup Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 1 3/4 cups Unsweetened Almond Milk

OTHER

- 10 scoops Diesel Whey French Vanilla Protein Powder
- 3 tbsps Philadelphia Whipped Cream Cheese
- 7 1/8 cups Water

IITG - Veggie Omelette

1 SERVING 5 MINUTES



INGREDIENTS

- 2 Egg
- 1/4 cup Egg Whites
- 2 tbsps Water
- 1/4 Green Bell Pepper (diced)
- 1/2 cup Baby Spinach (chopped)
- 1/2 cup Mushrooms (diced)
- 1/2 oz Cheddar Cheese (shredded)
- Black Pepper (to taste)
- 3 slices Tomato

DIRECTIONS

- 01 Whip eggs and egg whites.
- 02 Dice vegetables and set aside.
- 03 In a heated pan, add in 2 tbsp of water. Once warm, pour in the eggs.
- 04 Once eggs are almost set on surface, but still look moist, cover half with vegetables and cheese. Fold over onto the filled half.
- 05 Cook for a minute or so, then slide the omelette onto a plate. Enjoy with a side of tomatoes.

IITG - Strawberry Chia Coconut Protein Pudding

1 SERVING 35 MINUTES



INGREDIENTS

- 1/2 cup Plain Coconut Milk
- 1 scoop Diesel Whey French Vanilla Protein Powder
- 1/2 cup Strawberries
- 1/2 tsp Vanilla Extract
- 2 tbsps Chia Seeds
- 1 tbsp Unsweetened Shredded Coconut

DIRECTIONS

- 01 Add the coconut milk, strawberries, and protein powder to a small blender or food processor and blend well until combined.
- 02 Add the strawberry mixture to a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 03 Divide the mixture evenly between bowls or in to-go containers. Enjoy!

IITG - Apple & Pecan Cinnamon Protein Yogurt Bowl

4 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Water

2 Apple (large, peeled and cut into small cubes)

1 tsp Cinnamon

2 cups Oikos Plain Greek Yogurt 0% (may use any plain greek yogurt as long as it's 0%)

2/3 cup Pecans (chopped)

2 scoops Diesel Whey French Vanilla Protein Powder

DIRECTIONS

- 01** In a small saucepan over medium-low heat, add the water. Once heated, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often. Add more water if needed.
- 02** Mix the protein powder in the yogurt.
- 03** Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

IITG - Tomato Chicken Noodle Soup

6 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
3 Carrot (medium, peeled, sliced)
1 1/2 Zucchini (medium, chopped)
Sea Salt & Black Pepper (to taste)
4 1/2 cups Chicken Broth (low sodium)
1 1/2 cups Tomato Sauce (low sodium)
6 cups Water
1 1/2 lbs Chicken Breast
1 1/2 cups Egg Noodles (thin, uncooked)

DIRECTIONS

- 01** In a large pot, heat the oil over medium-high heat. Add the carrots and zucchini and cook until the carrots are tender, about five minutes. Season with salt and pepper.
- 02** Add the broth, tomato sauce, and water. Bring to a boil. Add the chicken breast, reduce to a simmer, and cover. Cook until the chicken is cooked through, for about 10 minutes.
- 03** Remove the chicken and chop or shred into bite-sized pieces.
- 04** Add the noodles to the pot and cook until tender, for about four minutes. Season with salt and pepper.
- 05** Add the chicken back to the pot. Divide the soup evenly between bowls and enjoy!

IITG - Chicken Rollatini

6 SERVINGS 40 MINUTES



INGREDIENTS

- 1/16 oz Avocado Oil Spray (divided)
- 3/4 cup Ricotta Cheese
- 3 tbsps Frozen Spinach (thawed, drained)
- 3 ozs Mozzarella Cheese (shredded, divided)
- 1 1/2 tbsps Basil Leaves (chopped)
- 3/4 tsp Nutmeg
- Sea Salt & Black Pepper (to taste)
- 12 ozs Chicken Breast
- 1/3 cup Egg Whites
- 3/4 cup Bread Crumbs
- 1 1/2 cups Marinara Sauce (warm, divided)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Spray a baking dish with 1/2 of the avocado oil spray.
- 02 In a bowl, combine the ricotta, spinach, 1/2 of the mozzarella, basil, and nutmeg. Season with salt and pepper.
- 03 Slice the chicken breasts in half lengthwise, creating a thinner piece of meat. Spoon about 1 1/2 tbsps of the cheese mixture onto each piece of chicken, until the mixture is used up. Spread evenly across each piece of chicken and loosely roll them.
- 04 Place the egg whites and bread crumbs in two separate bowls. Dip each chicken roll first in the egg white, then coat with bread crumbs and place them on the baking dish. Lightly spray the chicken rolls with the rest of the avocado oil spray.
- 05 Bake in the oven for about 20 to 25 minutes. Remove from the oven, spoon 1/2 of the marinara sauce on top, and top with mozzarella. Bake for an additional three to four minutes or until the cheese has melted and is golden brown.
- 06 Serve with the rest of the marinara sauce. Enjoy!

IITG - Blended Chicken Salad

4 SERVINGS 5 MINUTES



INGREDIENTS

14 ozs Chicken Breast, Cooked
1 cup Plain Greek Yogurt
4 Garlic (clove, minced)
2 Lime (juiced)
Sea Salt & Black Pepper (to taste)
1/4 cup Fresh Dill (chopped)
1 1/3 tbsps Extra Virgin Olive Oil
8 stalks Celery (finely chopped)
8 Plain Rice Cake

DIRECTIONS

- 01** In a food processor, process the chicken for about 30 seconds or until it reaches a fine consistency.
- 02** In a bowl, combine the chicken with the remaining ingredients. Stir to combine and adjust the seasoning to your taste.

IITG - Healthy Oatmeal Cookies

24 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Quick Oats
1 cup Whole Wheat Flour
1 1/2 tsp Baking Powder
1 1/2 tsp Cinnamon
1/2 tsp Sea Salt
1/4 cup Unsweetened Shredded Coconut
1/4 cup Unsweetened Applesauce
1 tsp Vanilla Extract
1 Egg (large)
2 tbsps Butter (unsalted, melted)
1/3 cup Raw Honey (melted)
1/4 cup Dried Unsweetened Cranberries

DIRECTIONS

- 01 Preheat oven to 350F.
- 02 In a bowl, mix together all dry ingredients.
- 03 In a small bowl, whisk the egg and mix in all of the wet ingredients. Stir until well combined.
- 04 Fold in cranberries.
- 05 Cover a cookie sheet with parchment paper. Make 1" balls and flatten each one with a spoon until they are approximately 3/4 of an inch thick.
- 06 Mixture will be sticky. Put in fridge for minimum 30 minutes.
- 07 Bake for 5-10 minutes. Cook on the pan for a few minutes and then finish cooling on a rack. Enjoy!

IITG - Chicken Dumpling Stew

6 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Breast
1 1/2 tsps Extra Virgin Olive Oil
3 Garlic (cloves)
1 1/2 Yellow Onion (large)
4 1/2 Carrot (chopped, 2 cups worth)
3 stalks Celery
1 1/2 tsps Dried Thyme
6 cups Chicken Broth, Low Sodium
Sea Salt & Black Pepper (pinch)
1 1/2 cups Whole Wheat Flour
2 1/4 tsps Baking Powder
3 tbsps Parsley
3/4 cup Unsweetened Almond Milk
1 1/2 cups Frozen Peas

DIRECTIONS

- 01 In a large saucepan, add a little bit of water, saute the garlic for 2 minutes and then add the onions. Saute until onions are clear.
- 02 Add olive oil and chicken. Saute until cooked. Add in broth, carrots, celery, thyme, salt and pepper and stir well. Bring to a boil and then simmer for 10 minutes.
- 03 Make dumplings by mixing flour, baking powder, parsley and almond milk. Drop quarter sized balls into the chicken mixture. Cook for another 10 minutes.
- 04 Add in the peas and stir well. Simmer for 3-5 minutes. Enjoy!

IITG - One Pan Taco Spiced Chicken, Quinoa & Peppers

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 lb Chicken Breast (boneless, skinless, cut into strips)
- 1 Yellow Bell Pepper (medium, sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Taco Seasoning
- 1/2 cup Quinoa (cooked)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Add the chicken and peppers to the baking sheet. Add the oil and taco seasoning and toss to coat.
- 03 Spread the chicken and peppers out into an even layer on the baking sheet. Cook for 20 to 25 minutes or until the chicken is cooked through.
- 04 Divide evenly between plates and enjoy!

Medical Disclaimer

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