

14-Day Metabolic Reset for Women 40+

A Simple, Supportive Wellness Program

Welcome

“This program is delivered as a downloadable digital guide for your personal use.”

Welcome to the 14-Day Metabolic Reset for Women 40+.

This program was created specifically for women in midlife who want a gentle, realistic way to support daily energy, digestion, and overall wellness — without extreme dieting, intense exercise, or complicated rules.

This is not a quick fix or a medical program.

It’s a supportive reset designed to help you reconnect with consistent habits that work with your body at this stage of life.

Progress matters more than perfection.

Important Disclaimer

This program provides general wellness and educational information only.

It is not medical advice and is not intended to diagnose, treat, cure, or prevent any medical condition.

Always consult a qualified health professional before making changes to your diet, exercise, or lifestyle.

How This Program Works

The 14-Day Metabolic Reset focuses on five core areas:

- Daily structure
- Balanced meals (no calorie counting)
- Gentle movement
- Digestive support habits
- Rest and consistency

Each day builds on the last. You'll follow the same simple structure every day, allowing your body to settle into a steady rhythm.

What This Program Is (and Is Not)

This program IS:

- Simple and flexible
- Supportive and realistic
- Designed for women ages 40–65
- Focused on habits, not restriction

This program is NOT:

- A diet
- A detox
- A weight-loss guarantee
- A medical treatment

Your Daily Reset Structure

Each day follows the same gentle flow.

Morning

- Hydration
- Light movement
- A calm start to the day

Midday

- Balanced meals
- Steady energy support
- Mindful pauses

Evening

- Wind-down routine
- Digestive support habits
- Rest and recovery

Consistency matters more than doing everything perfectly.

Balanced Eating Framework

Instead of meal plans, you'll use a **Balanced Plate** approach.

Each main meal includes:

- A protein source
- Fiber-rich vegetables
- Smart carbohydrates
- Healthy fats

This approach supports steady energy and helps reduce extreme highs and crashes. Eat until comfortably satisfied — no counting, tracking, or restriction required.

Gentle Movement Guidelines

Movement in this program is intentionally low-stress.

Examples include:

- Walking
- Stretching
- Light strength work
- Mobility exercises

Aim for **10–20 minutes per day**.

Rest days are encouraged when needed.

Movement should feel supportive — not exhausting.

Digestive Support Habits

As we age, digestion naturally changes. This program supports digestion through:

- Regular meal timing
- Slower eating
- Hydration habits
- Evening wind-down routines

Listen to your body and adjust as needed.

Managing Cravings with Compassion

Cravings are common and normal, especially during midlife.

Instead of fighting cravings, this program helps you:

- Eat balanced meals
- Reduce long gaps between eating
- Support steady energy levels
- Respond with awareness instead of restriction

No guilt. No punishment. Just consistency.

Your 14-Day Reset Plan

Days 1–3: Foundation

Focus on hydration, meal timing, and gentle awareness.

Days 4–7: Consistency

Build rhythm with meals, movement, and rest.

Days 8–11: Support

Notice energy patterns, digestion, and how your body responds.

Days 12–14: Integration

Reinforce habits you want to continue beyond the program.

Daily Checklist (Use Each Day)

- Drink water upon waking
- Eat balanced meals
- Move gently
- Pause and breathe
- Wind down in the evening

That's it.

After the 14 Days

This reset is meant to be repeated or adapted.

At the end of the program, reflect on:

- What felt supportive
- What improved your daily energy
- What habits you want to continue

Small, steady habits lead to long-term wellness.

Final Encouragement

Your body is not broken — it's adapting.

This program is here to support you gently, calmly, and sustainably.

Thank you for choosing the **14-Day Metabolic Reset for Women 40+**.

Need Help?

If you have any questions or need support, contact us at:

support@metabolicreset40.com