

Macro – Nutrition Guidelines for Optimal Metabollic Health



🔥 Why Diet Trends Don't Always Work for Active Menopausal Women

Many diet studies:

- Are conducted on **sedentary, obese men or male rats**
- Don't account for **female hormone cycles** or **exercise stress**
- Can backfire when applied to **active women in midlife**





1.

Intermittent Fasting (IF) Types:

- 16:8, 20:4, alternate-day fasting, 5:2, etc.
- **Time-Restricted Eating (TRE)** = separate! (e.g., eat breakfast, stop after dinner)



🚫 Effects in Women (esp. active peri/postmenopausal):

- **Worsens insulin sensitivity** in some pre-diabetics
- **Increases cortisol**, oxidative stress, and sleep disruption
- Can **suppress thyroid** and increase **fat storage**
- **No improvement** in autophagy or key health markers





Recommendation for Women:

- **Fuel for exercise**
- **Use TRE**, not IF (e.g., stop eating after dinner, eat breakfast)
- Avoid training fasted to prevent hormonal and metabolic stress



Keto diets

Original

Use:

- Developed for **epilepsy, traumatic brain injury, and rapid weight loss in obese men**
- 20–50 Grams of Carbs



Findings in *Sedentary* Postmenopausal Women:

- Improved weight loss and insulin sensitivity
- Reduced cravings and food “moods”



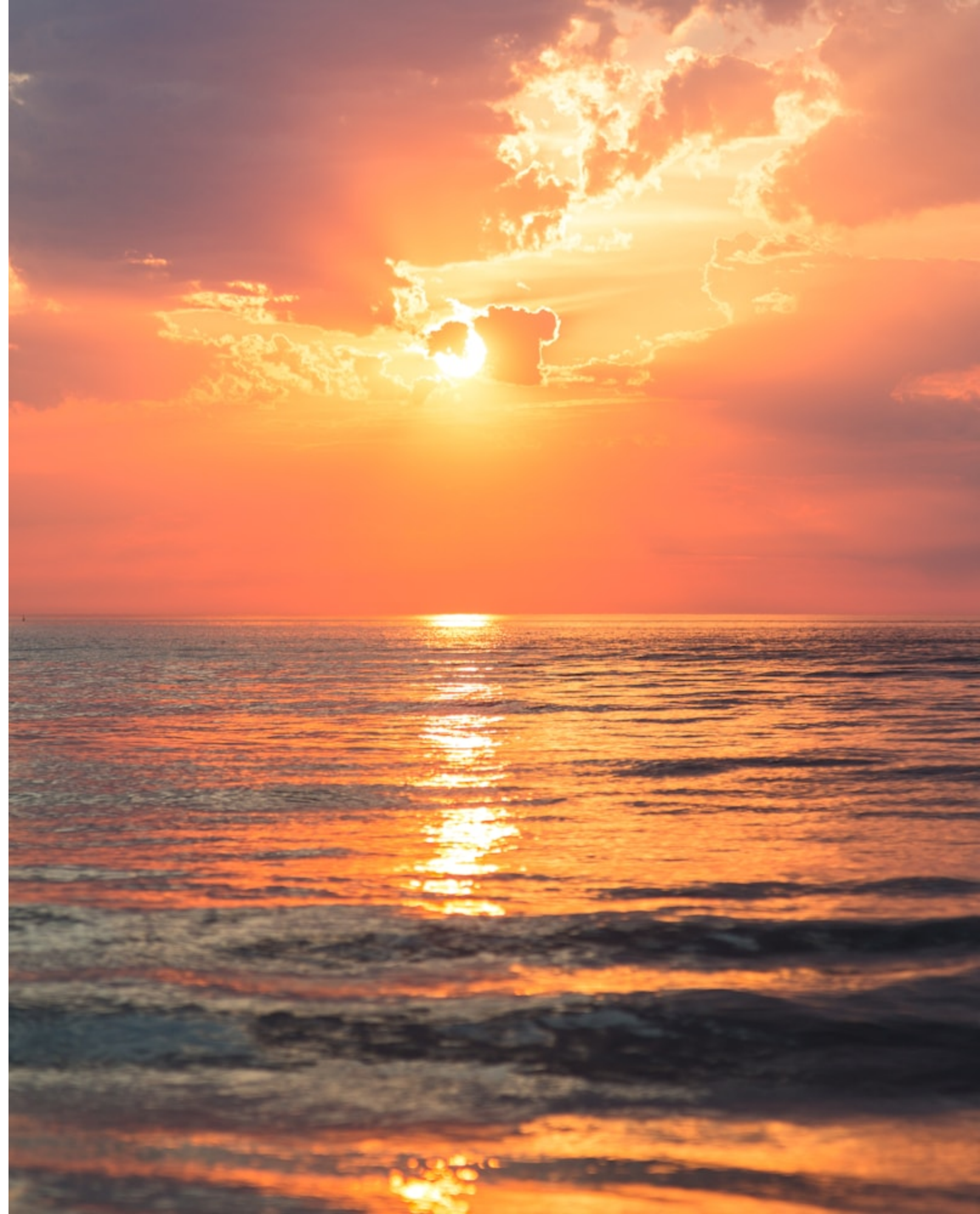
🚫 Effects in Active Women:

- **Thyroid suppression** and elevated **baseline cortisol**
- **Increased visceral fat**
- **Reduced gut microbiome diversity**
 - Loss of beneficial **bifidobacteria**
 - Lower **immune-supportive Th17 cells**
- Decreased **bone mineral density**



Key Point:

- **Women already burn fat efficiently**
- Exercise provides **better metabolic adaptation** than keto
- Keto may harm performance, bone health, and gut health in active women
- Lower Carb not Keto is the way to go for anti-aging and diabetic prevention





3. Plant-Based DietModern Take:

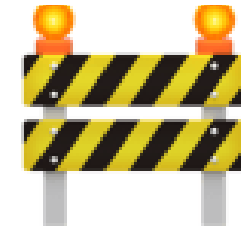
- Emphasis on plants, fiber, phytochemicals
- Not always strictly vegan; small animal product inclusion common



Benefits (especially for menopausal women):

- Reduces oxidative stress & systemic inflammation
- Enhances gut microbiome diversity
- Supports better blood sugar control, cardiovascular health, recovery
- Improves mental and physical well-being





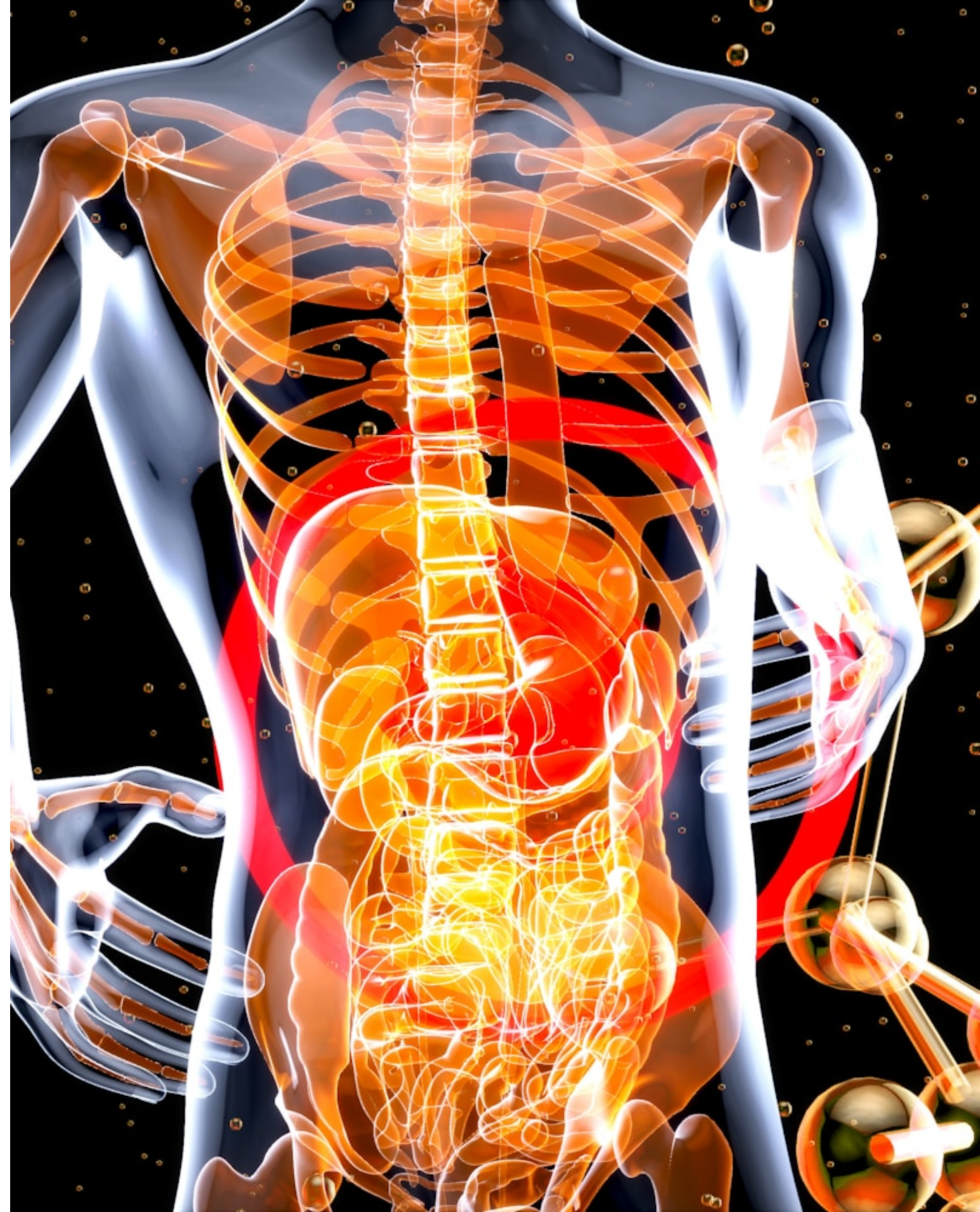
Cautions:

- Risk of **low nutrient intake** and **low energy availability**
- May lead to **undereating** due to fiber-induced satiety
- “Eating too clean” = narrow diet → nutrient gaps



Summary Verdict:

- **Most effective and safest** diet pattern for active peri/postmenopausal women
- Gut diversity from fiber combats menopause-induced microbiome decline

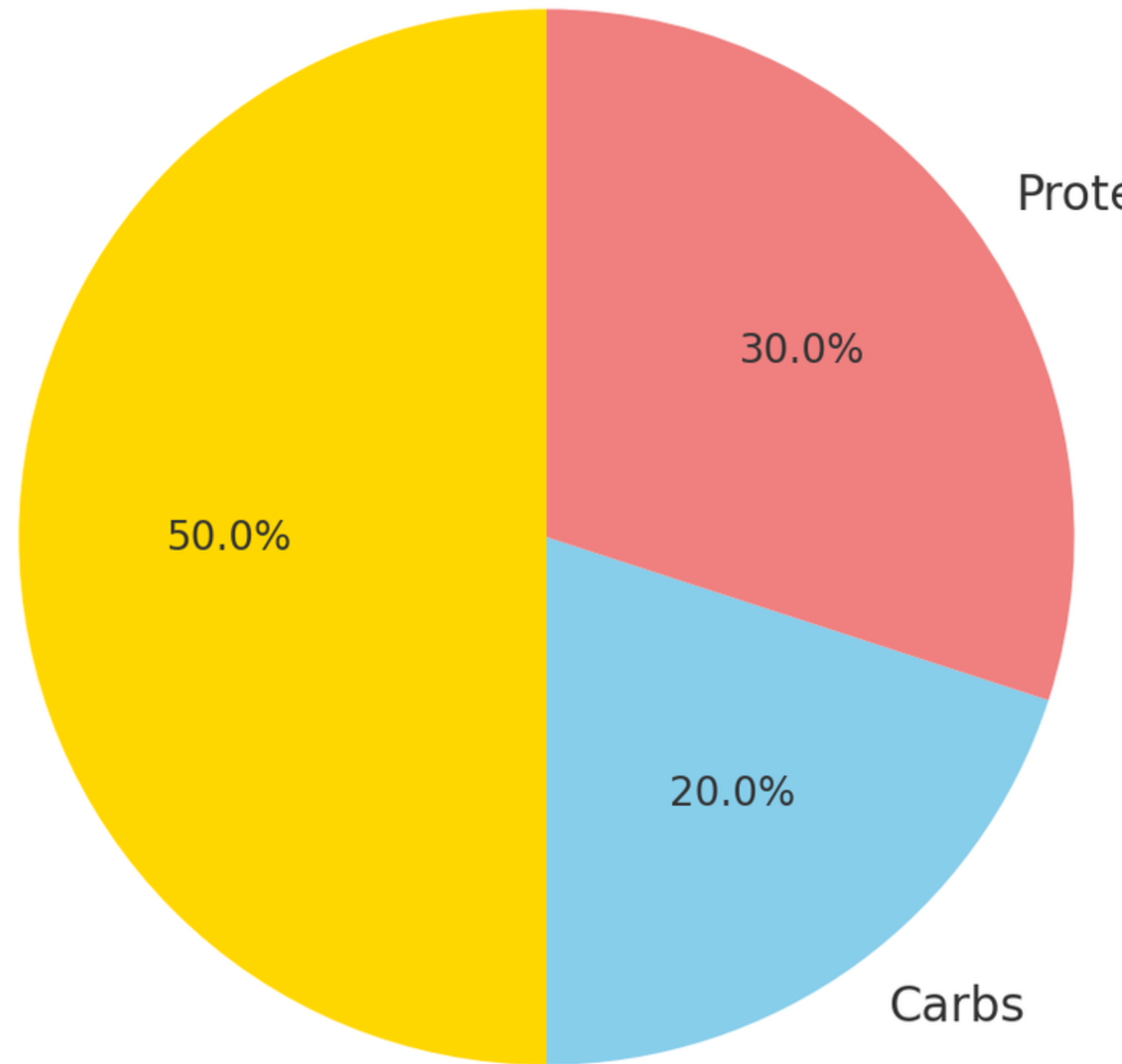


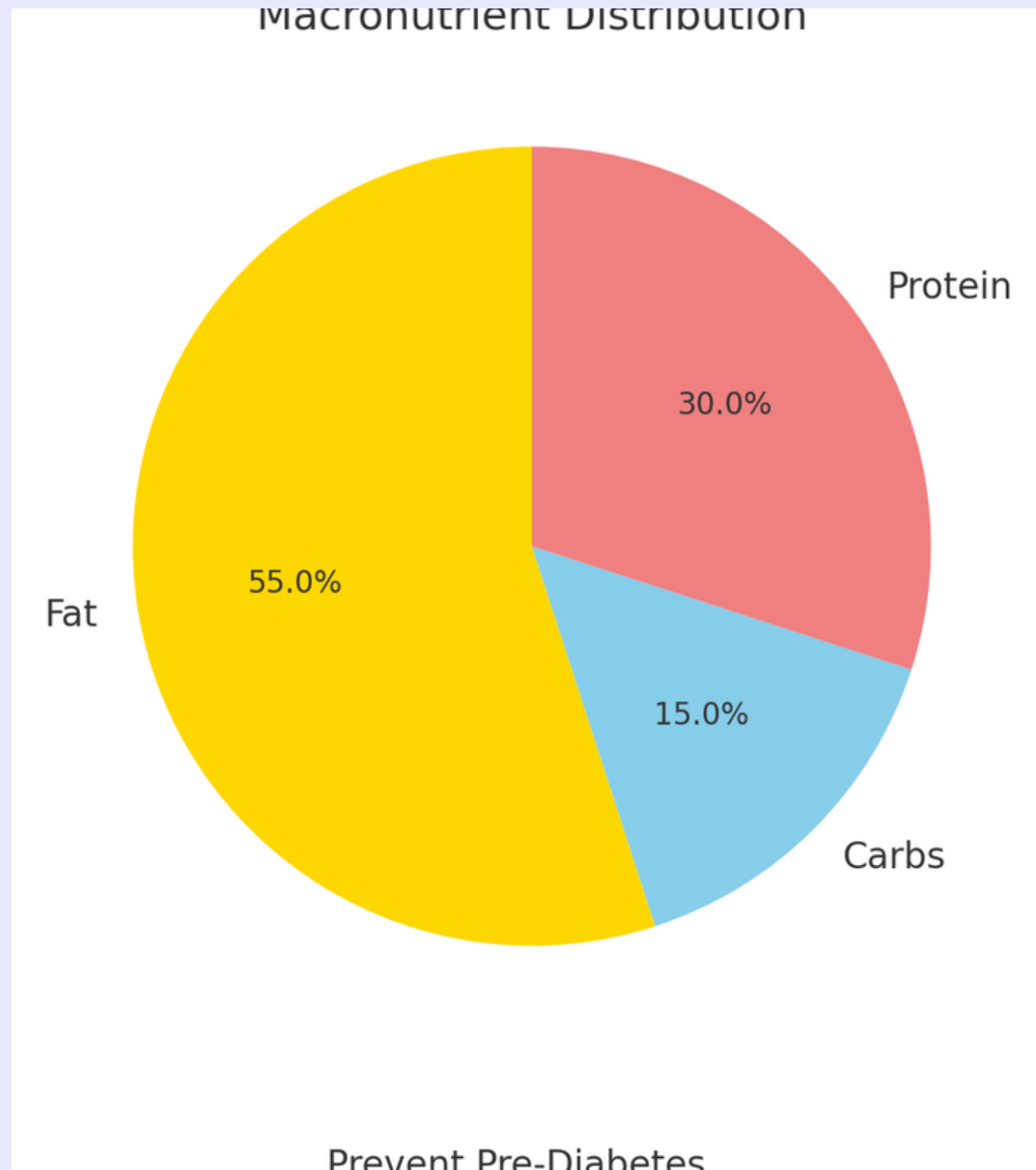


Final Takeaways

- **Fuel your workouts.**
- Avoid **fasted training** or **intermittent fasting**.
- Use **time-restricted eating (TRE)** aligned with circadian rhythm.
- **Prioritize gut diversity:** eat colorful, fiber-rich, plant-based meals.
- **Plant-based diets** are the most evidence-supported for this life stage.

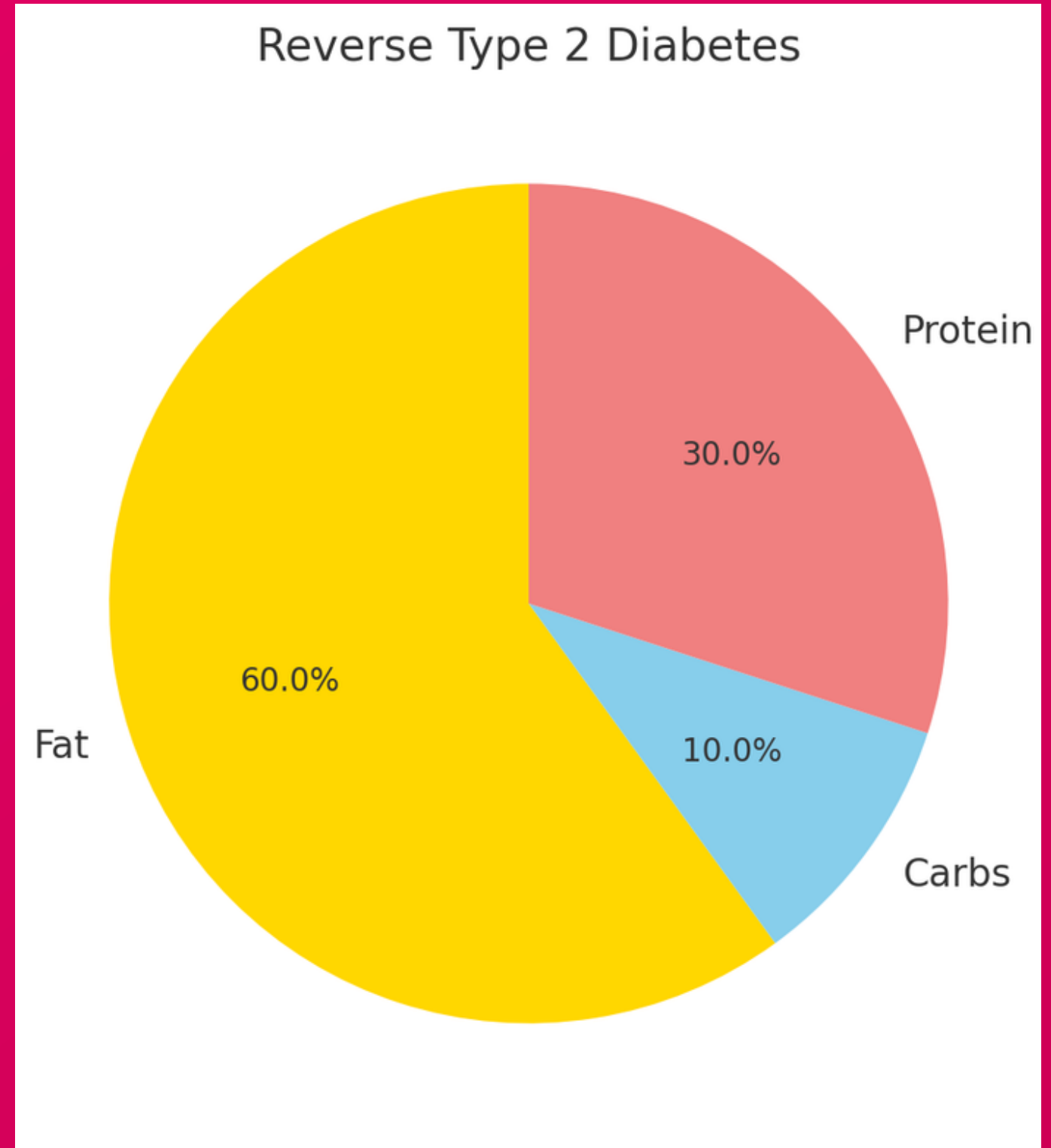
Macro nutrient Range for Anti-Aging



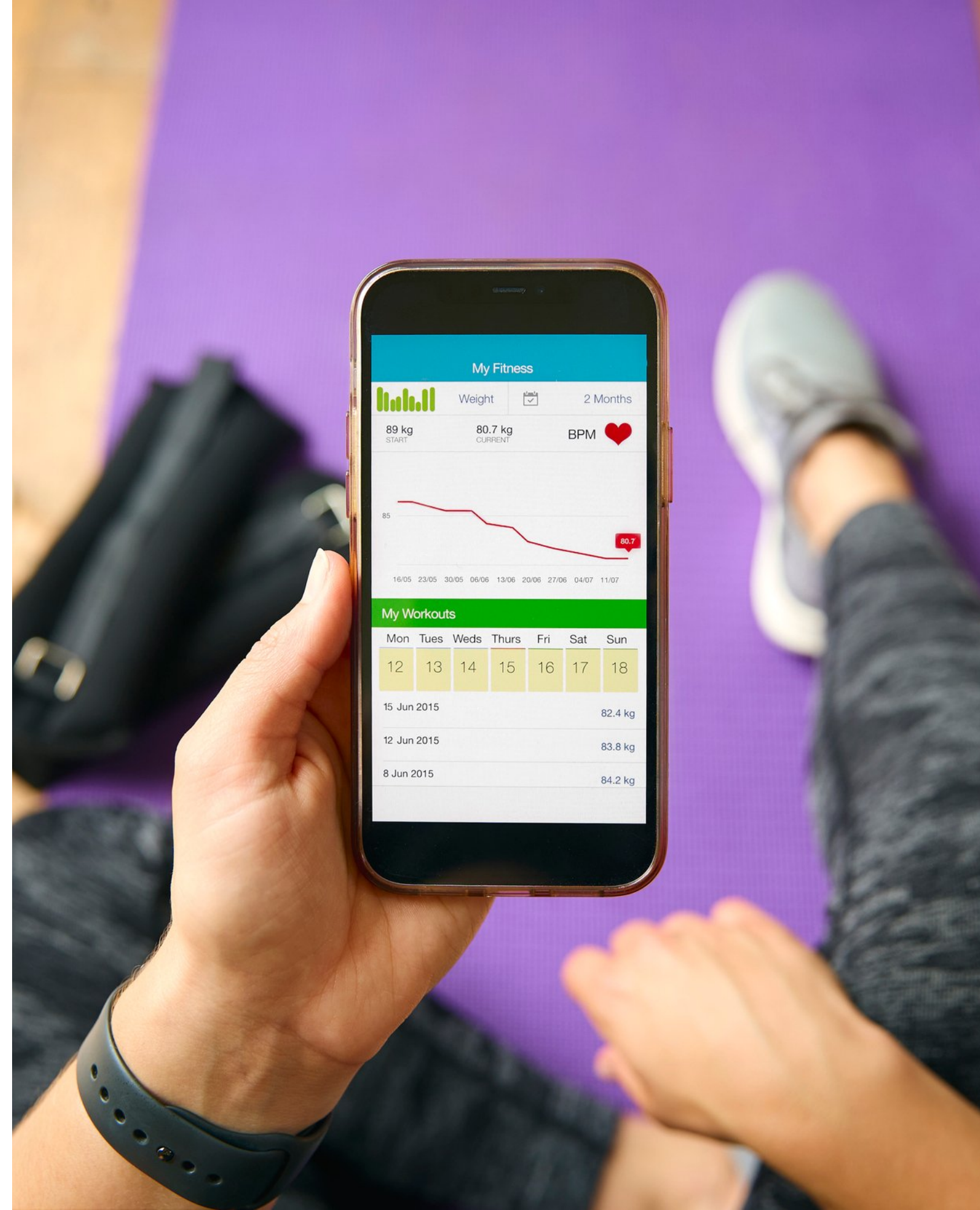


Prediabetic Range Reverseal

Type 2 Diabetes Range Reversal



- Calorie range is determined by Activity level
- Plug your info in to my fitness pal app to get a baseline
- Make sure too set customized Macro goals in app. (Premium editon is reccomended)
- Make sure to re input weight every 2 weeks to recalibrate calorie goal.





Protein is King

1. **Prioritize protein** –in each meal 30 grams minimum.
2. **Carbohydrates**–should be limited to 30–40 grams per meal , any meal over 40– grams of carbs should be timed around a workout.
3. **Fiber** –25–35 grams daily
4. **Added Sugar** – 30–40 grams max daily
5. **Take** apple cider vinegar before meals 1tbsp
6. Eat Vegetables first
7. Eat protein and fat 2nd.
8. Eat carbs last

Food order explained here if you want to know more

Calorie sources



Eat as many Foods
from whole food
sources. Go for Grass
fed and pastured
meats. Eat only wild
caught Fish

Minimize processed and packaged
food



Avoid Vegetable
and Seed oils

Alcohol

- Alcohol- This toxic substance greatly reduces the amount hormone sensitive Lipase, which is responsible for burning fat.
- It is best to limit consumption of alcohol to max 3 per week.
- Also try not too eat Food within an hour before and after the consumption of your drinks, because the liver prioritizes the metabolism of ethanol in the alcohol, and you body will store the food as fat
-

Video here on alcohol and weightloss



Foods to Avoid When Trying to Lose Weight

- **Sugary Beverages**
 - Soda, energy drinks, and sweetened teas
 - High in calories but do not fill you up
- **Processed Foods**
 - Chips, crackers, and packaged snacks
 - Often high in unhealthy fats, sugar, and sodium
- **Fast Foods**
 - Burgers, fries, and fried chicken
 - Loaded with calories, trans fats, and sodium
- **Baked Goods**
 - Cakes, cookies, pastries, and doughnuts
- High in sugar, refined flour, and unhealthy fats
- **Candy and Chocolate**
 - Especially milk chocolate and candy bars
 - Packed with sugar and empty calories
- **White Bread and Refined Grains**
 - White bread, bagels, and refined pasta
 - Low in fiber and high in refined carbs
- **Sweetened Breakfast Cereals**
 - Loaded with added sugar and refined carbs
 - Minimal protein or fiber to keep you full



Add excessive calories with little nutritional value

Alcohol

Especially cocktails, beer, and sugary mixers

Empty calories that can hinder fat loss

High-Calorie Coffee Drinks

Flavored lattes, frappuccinos, and mochas

Contain large amounts of sugar and cream

Fried Foods

Fried snacks like onion rings and mozzarella sticks

High in unhealthy fats and calories

Highly Processed Vegan or Plant-Based Foods

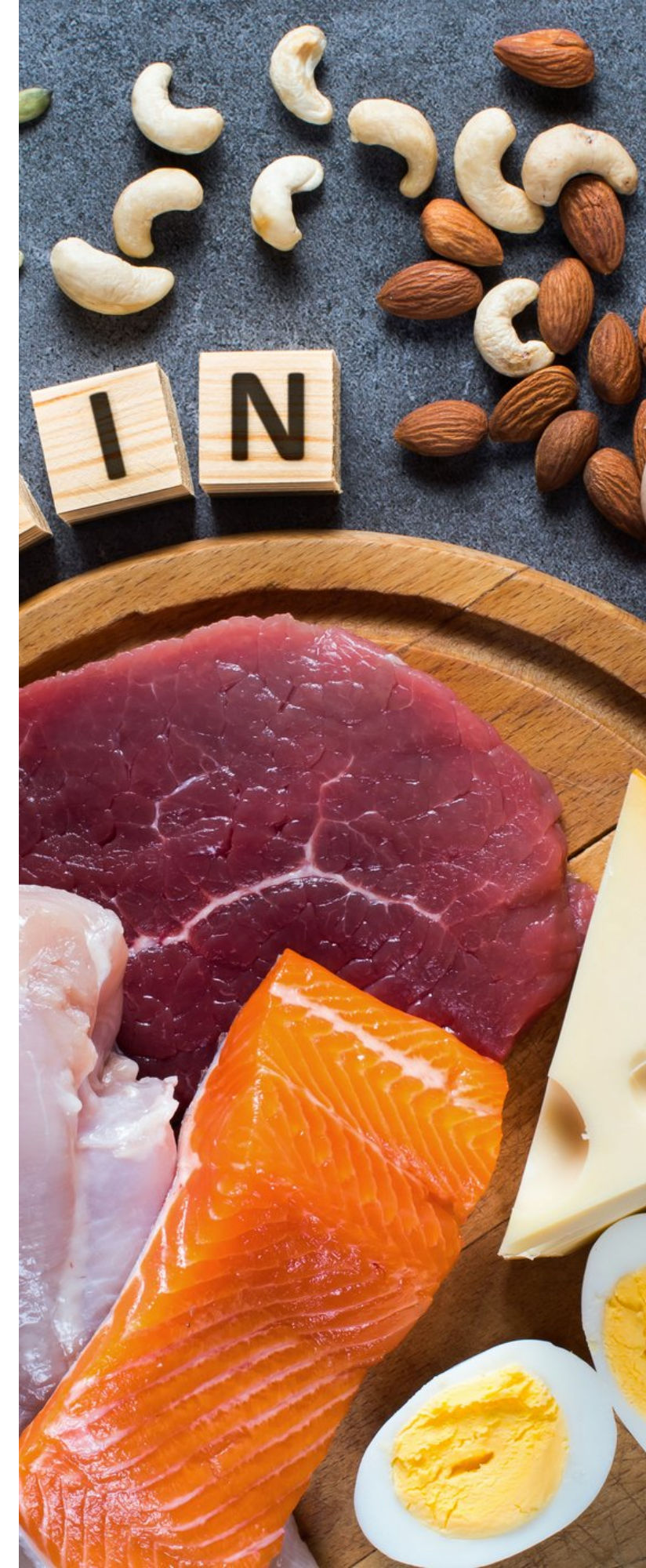
Vegan “junk foods” like fake meats and processed snacks

Often high in calories, additives, and unhealthy oils



Animal Proteins

- Chicken Breast: Serving Size: 4 ounces, 35g protein
- Steak: Serving Size: 4 ounces, 34g protein
- Shrimp: Serving Size: 5 ounces, 34g protein
- Tuna: Serving Size: 6 ounces, 33g protein
- Pork: Serving Size: 4 ounces, 32g protein
- Chicken Thighs: Serving Size: 4 ounces, 31g protein
- Salmon: Serving Size: 5 ounces, 31g protein
- Eggs: Serving Size: 5 large, 31g protein
- Dairy (Yogurt): Serving Size: 1 cup, 200 calories
- Cheese: Opt for aged, grass-fed varieties for better quality



Plant & Bean Proteins

- Sacha Inchi Seeds: Serving Size: 1 cup, 32g protein, 0g net carbs, 680 calories
- Black Soybeans: Serving Size: 1 1/2 cups, 33g protein, 3g net carbs, 360 calories
- Extra Firm Tofu: Serving Size: 10 ounces, 30g protein, 5g net carbs, 255 calories
- Tempeh: Serving Size: 1 cup, 34g protein, 6g net carbs, 319 calories
- Edamame Spaghetti: Serving Size: 2 1/2 ounces dry, 30g protein, 9g net carbs, 225 calories
- Black Soybean Spaghetti: Serving Size: 2 1/2 ounces dry, 31g protein, 10g net carbs, 225 calories
- Shelled Edamame: Serving Size: 1 3/4 cups, 32g protein, 10g net carbs, 328 calories
- Lentils: Serving Size: 1 3/4 cups, 31g protein, 49g net carbs, 402 calories
- Black Beans: Serving Size: 2 cups, 30g protein, 51g net carbs, 454 calories
- Kidney Beans: Serving Size: 2 1/4 cups, 32g protein, 63g net carbs, 494 calories
- Chickpeas: Serving Size: 2 1/4 cups, 33g protein, 73g net carbs, 605 calories
- Quinoa: Serving Size: 3 1/2 cups, 30g protein, 123g net carbs, 791 calories



Protein Tack-Ons

- **Kirkland Brownie Protein Bar:** 1 bar, 21g protein, 8g net carbs, 190 calories
- **Vital Proteins Collagen Peptides Chocolate:** 2 scoops, 18g protein, 4g net carbs, 90 calories
- **Full Fat Cottage Cheese:** 1/2 cup, 13g protein, 5g net carbs, 110 calories
- **Low-Sugar Beef Jerky:** 1 ounce, 12g protein, 2g net carbs, 70 calories
- **Full Fat Greek Yogurt:** 1/2 cup, 11g protein, 3g net carbs, 100 calories
- **Hemp Hearts:** 3 tbsp, 10g protein, 0g net carbs, 180 calories
- **Whole Milk:** 1 cup, 8g protein, 13g net carbs, 146 calories
- **Naked Brand Peanut Butter Powder:** 1 scoop, 7g protein, 1g net carbs, 50 calories
- **String Cheese:** 1 string, 7g protein, 1g net carbs, 85 calories
- **Shredded Cheese:** 1/4 cup, 7g protein, 1g net carbs, 114 calories
- **Almonds:** 1/4 cup, 7g protein, 3g net carbs, 184 calories
- **Pumpkin Seeds:** 3 tbsp, 7g protein, 4g net carbs, 151 calories
- **Banza Chickpea Pasta:** 1 ounce dry, 7g protein, 12g net carbs, 95 calories
- **Peanut Butter:** 2 tbsp, 7g protein, 6g net carbs, 188 calories
- **Hard-Boiled Egg:** 1 large, 6g protein, 1g net carbs, 78 calories
- **Chia Seeds:** 3 tbsp, 6g protein, 2g net carbs, 180 calories
- **Sunflower Seed Butter:** 2 tbsp, 5g protein, 2g net carbs, 210 calories



Non-Starchy Vegetables

- **Black Soybeans:** Serving Size: 1/2 cup, 6g fiber, 5g net carbs, 130 calories
- **Asparagus:** Serving Size: 1 cup, 4g fiber, 4g net carbs, 40 calories
- **Edamame:** Serving Size: 1/2 cup, 4g fiber, 4g net carbs, 95 calories
- **Artichoke:** Serving Size: 1/2 cup, 4g fiber, 3g net carbs, 22 calories
- **Cauliflower:** Serving Size: 1 cup, 3g fiber, 3g net carbs, 28 calories
- **Zucchini:** Serving Size: 1 cup, 3g fiber, 5g net carbs, 30 calories
- **Yellow (Summer) Squash:** Serving Size: 1 cup, 3g fiber, 5g net carbs, 36 calories
- **Cabbage:** Serving Size: 1 cup, 3g fiber, 5g net carbs, 35 calories
- **Turnips:** Serving Size: 1 cup, 3g fiber, 5g net carbs, 34 calories
- **Onion:** Serving Size: 1/4 cup, 3g fiber, 3g net carbs, 16 calories
- **Spinach:** Serving Size: 2 cups raw, 2g fiber, 0g net carbs, 14 calories
- **Lettuce:** Serving Size: 2 cups, 2g fiber, 1g net carbs, 16 calories
- **Celery:** Serving Size: 1 cup, 2g fiber, 2g net carbs, 16 calories
- **Green Beans:** Serving Size: 1/2 cup, 2g fiber, 3g net carbs, 22 calories



Starchy Vegetables

- **Navy Beans:** Serving Size: 1/2 cup, 10g fiber, 14g net carbs, 128 calories
- **Acorn Squash:** Serving Size: 1 cup, 9g fiber, 21g net carbs, 115 calories
- **Pinto Beans:** Serving Size: 1/2 cup, 8g fiber, 15g net carbs, 123 calories
- **Black Beans:** Serving Size: 1/2 cup, 8g fiber, 13g net carbs, 114 calories
- **Sweet Potatoes:** Serving Size: 1 cup, 7g fiber, 35g net carbs, 180 calories
- **Taro:** Serving Size: 1 cup, 7g fiber, 39g net carbs, 187 calories
- **Kidney Beans:** Serving Size: 1/2 cup, 6g fiber, 15g net carbs, 113 calories
- **Parsnips:** Serving Size: 1 cup, 6g fiber, 21g net carbs, 111 calories
- **Garbanzo Beans:** Serving Size: 1/2 cup, 6g fiber, 16g net carbs, 135 calories
- **Great Northern Beans:** Serving Size: 1/2 cup, 6g fiber, 12g net carbs, 105 calories
- **Corn:** Serving Size: 1 cup, 5g fiber, 37g net carbs, 177 calories
- **Yams:** Serving Size: 1 cup, 5g fiber, 32g net carbs, 158 calories
- **Green Peas:** Serving Size: 1/2 cup, 4g fiber, 8g net carbs, 67 calories
- **White Potatoes:** Serving Size: 1 cup, 4g fiber, 39g net carbs, 188 calories
- **Red Potatoes:** Serving Size: 1 cup, 4g fiber, 36g net carbs, 178 calories
- **Butternut Squash:** Serving Size: 1 cup, 0g fiber, 22g net carbs, 82 calories





Fruits

Avocado: Serving Size: 1 cup, 10g fiber, 3g net carbs, 240 calories

Blackberries: Serving Size: 1 cup, 8g fiber, 7g net carbs, 62 calories

Raspberries: Serving Size: 1 cup, 8g fiber, 7g net carbs, 64 calories

Olives: Serving Size: 1 cup, 5g fiber, 3g net carbs, 152 calories

Pear: Serving Size: 1 cup, 5g fiber, 20g net carbs, 94 calories

Orange: Serving Size: 1 cup, 4g fiber, 17g net carbs, 85 calories

Blueberries: Serving Size: 1 cup, 4g fiber, 17g net carbs, 84 calories

Banana: Serving Size: 1 cup, 4g fiber, 30g net carbs, 133 calories

Strawberries: Serving Size: 1 cup, 3g fiber, 9g net carbs, 49 calories

Apple: Serving Size: 1 cup, 3g fiber, 14g net carbs, 65 calories

Tomato: Serving Size: 1 cup, 2g fiber, 5g net carbs, 32 calories



Nuts & Seeds

- **Basil Seeds:** Serving Size: 1/4 cup, 23g fiber, 0g net carbs, 195 calories
- **Chia Seeds:** Serving Size: 1/4 cup, 14g fiber, 3g net carbs, 200 calories
- **Flaxseed Meal:** Serving Size: 1/4 cup, 8g fiber, 0g net carbs, 112 calories
- **Cocoa Powder:** Serving Size: 1/4 cup, 6g fiber, 3g net carbs, 36 calories
- **Pistachios:** Serving Size: 1/4 cup, 3g fiber, 6g net carbs, 171 calories
- **Quinoa:** Serving Size: 1/4 cup (dry), 3g fiber, 26g net carbs, 170 calories
- **Almonds:** Serving Size: 1/4 cup, 2g fiber, 2g net carbs, 127 calories
- **Sunflower Seeds:** Serving Size: 1/4 cup, 1g fiber, 1g net carbs, 67 calories
- **Pumpkin Seeds:** Serving Size: 1/4 cup, 1g fiber, 3g net carbs, 114 calories
- **Walnuts:** Serving Size: 1/4 cup, 19g fat, 2g net carbs, 191 calories

Fat Tack-Ons

- **Avocado Oil:** Serving Size: 2 tbsp, 28g fat, 0g net carbs, 248 calories
- **Olive Oil:** Serving Size: 2 tbsp, 27g fat, 0g net carbs, 238 calories
- **Butter:** Serving Size: 2 tbsp, 23g fat, 0g net carbs, 200 calories
- **Avocado:** Serving Size: 1 cup, 22g fat, 3g net carbs, 240 calories
- **Hazelnuts:** Serving Size: 1/4 cup, 18g fat, 2g net carbs, 181 calories
- **Olives:** Serving Size: 1 cup, 16g fat, 3g net carbs, 152 calories
- **Peanut Butter:** Serving Size: 2 tbsp, 16g fat, 6g net carbs, 188 calories
- **Hemp Hearts:** Serving Size: 1/4 cup, 15g fat, 0g net carbs, 180 calories
- **Pistachios:** Serving Size: 1/4 cup, 14g fat, 5g net carbs, 176 calories
- **Heavy Cream:** Serving Size: 2 tbsp, 12g fat, 1g net carbs, 104 calories
- **Full Fat Cottage Cheese:** Serving Size: 1/2 cup, 10g fat, 4g net carbs, 111 calories
- **Shredded Cheese:** Serving Size: 1/4 cup, 9g protein, 1g net carbs, 114 calories
- **Full-Fat Greek Yogurt:** Serving Size: 1/2 cup, 8g protein, 3g net carbs, 114 calories
- **Whole Milk:** Serving Size: 1 cup, 8g protein, 13g net carbs, 146 calories
- **Hard-Boiled Egg:** Serving Size: 1 large, 5g protein, 1g net carbs, 78 calories



SHOPPING LIST



Gruyere aged cheese

Amylu Chicken

Breakfast Links

Grass Fed Beef Kibbasa

Wildbrine Raw

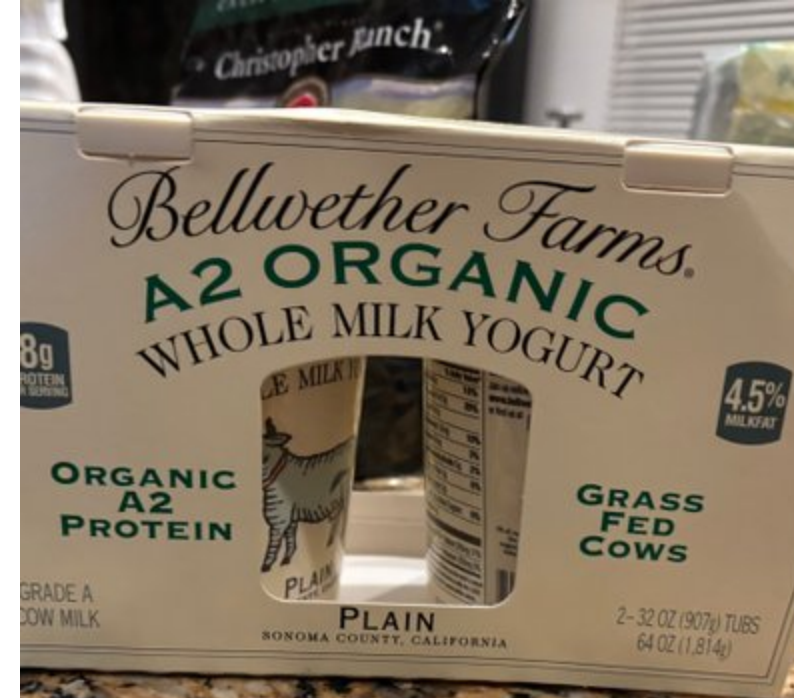
Saurkraut



Ground Bison
Chicken Thighs
Ground beef
Grass Fed Butter



Bell Weather a2 Yogurt
Green Mountain Yogurt
Natures Touch berry
blend organic
Kirkland Chicken Breast



Grass Fed Beef Patties

Pasture raised Eggs

Heirloom Garlic



Avacado oil (cooking)

Olive Oil

Apple cider vinegar

Chomps Beef sticks



Buccard Dark Chocolate
Organic Walnuts
Sprouted Pumpkin
Seeds
Bobs Redmill organic
Flax seed



Sardines

Safe Catch wild Ahi yellow fin tuna

One Sprouted Oats



Sweet Potatoes
Lindsay Black olives
Avacado Mayo
Creatine Monohydrate



Costo –List

Amylus chicken breakfast sausage

Wildbrine Raw organic SauerKraut

Grass Fed Beef Links

organic chickent thighs

kirkland organic ground beef

Kirkland grass fed butter

Bell Weather Farms A2 Grass Fed whole fat yougurt.

Green Mountain Greek Yogurt

Pasture Raised Eggs

Frozen Kirkland Grass Fed beef patties

Frozen Organic Four Berry blend Natures touch

Frozen Chicken Breast

Heirloom Garlic

North coast organic apple cider Vinegar

Kirkland extra virgin olive oil

Avacado oil

Organic Walnuts

Safe Catch ahi yellow fin tuna

Sardines

One degree sprouted rolled oats

Bobs Redmill Flax Seed

Natures way sweet potatoes

Early California Extra Large Olives

Bison

Basil sauce

Avacadoes

Kirkland ParmaGiano Romano Cheese

Almond Butter

Organic Vegatbles fresh or frozen

Organic Fruits

Lemons

Limes

Pears

Apples

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Mindy Seeno 5★ ★ ★ ★ ★

7/10/2024

*"I've had the pleasure of working with Dan for over" **ten years,**" and I cannot recommend him highly enough. Throughout this time, he has consistently demonstrated a level of professionalism and knowledge that is truly exceptional. What sets Dan apart is his unwavering commitment to his clients. He is always up-to-date with the latest fitness and rehabilitation techniques, and his passion for helping others achieve their goals is evident in every session. Whether you're looking to recover from an injury, get back in shape after a major life event, or simply maintain a healthy lifestyle, Dan is the person to help you succeed. Thank you, Dan, for your dedication, support, and incredible knowledge over the years. You've made a significant difference in my life, and I am truly grateful."*



Leslie Berry 5



- “I had Dan of Thrive Fitness as my personal trainer for”” ””**over 10 years**””.”” He does a wonderful job combining the workout with balance, nutrition and alternative therapies, such as shearing or trigger point release. He quickly adjusted my workout when I suffered a nerve disorder that required months of different approaches to get back the mobility. He encourages and makes the workout fun. Group sessions were a blast and what a workout there too. I recommend Dan on many levels. He listens and you get results. He recently moved to Reno and if it wasn't for the 4-hour commute ,I would still be going. Thanks Dan!”



Olga Chotinun 5



Reno, Nv

2-22-2025

I would like to recommend my personal trainer, Daniel who has been helping me over the last few months to improve my body composition. I feel much stronger and fit now thanks to Dan! And it's really great to work out in private studio, Dan has set up in part of his house in N.W Reno!



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