

SNA
HEALTH COACHING



TAKING BACK CONTROL OF YOUR METABOLISM AFTER 35

A Metabolism-Boosting Quick Start Guide



hi, samantha here!

As a board-certified health and transformational coach, I help women 35+ ditch diets and prioritize their health.

Over the last few years, I've coached a lot of women (and some men!) with personalized, actionable habits to reach their unique health goals.

Now it's time to put a sustainable plan into action to finally achieve the results you've been craving.

This guide is just the beginning—it's the first step to feeling like your best self!

Below, you'll find some of the ways my clients have successfully worked with me to lose weight for good, without sacrificing their precious free time or the things they enjoy:

1:1 VIP COACHING

METABOLISM
MASTERY CLUB

hey there!

**I'M WILLING TO BET YOU'RE
HERE BECAUSE YOU'RE TIRED.**

- ✓ Tired of battling with those stubborn pounds that crept up on you over the last few years.
- ✓ Tired of trying every fad diet and trend out there.
- ✓ Tired of being tempted by those sweet treats and salty snacks everywhere you turn.

**THE STRUGGLE IS REAL.
AND YOUR METABOLISM
MAY BE TO BLAME!**

I totally get how frustrating it can be to realize that your metabolism isn't kicking into high gear, especially for those of us 35 and up!

The good news? There are plenty of ways to give your metabolism the boost it needs, starting with what I'm about to share in this guide.



**READY TO KICKSTART THAT
METABOLISM INTO HIGH GEAR?**

Count me in as your biggest cheerleader on this awesome journey to a healthier, more energized life!



METABOLISM-BOOSTING MEAL PLAN

Let's eat! This meal plan is meant to serve as a general guide and can be adjusted as needed to accommodate your personal preferences or dietary needs. Use it as inspiration to add energizing, metabolism-boosting meals to your daily routine.



breakfast

- Protein smoothie or shake
- Greek yogurt bowl with protein powder, granola, chia seeds, and berries
- Sourdough toast, eggs, spinach, avocado, and a side of cottage cheese



dinner

- Chicken fajitas
- Sheet pan salmon, broccoli, and potatoes
- Sheet pan tofu with veggies



lunch

- Turkey wrap
- Quinoa salad
- Buffalo chicken lettuce wrap



snacks

- Trail mix with dark chocolate chips
- Nuts and string cheese
- Guac and chips

[CHECK OUT SOME EASY RECIPES HERE](#)

METABOLISM BOOSTING CHEAT SHEET



the scoop on portions

- Use your hands for quick portioning: lean proteins (1-2 palms), carbs (1-2 cupped hands), vegetables (1-2 fists), and fats (1-2 thumbs)
- Have protein, healthy fats, and fiber at every meal (it's ok if snacks only have 2 out of the 3)
- Ensure you have 25-30 grams of protein per meal, and eat your veggies first
- Eat at the same time each day (within 15 minutes) every 3.5 - 4 hours
- Plan to have 3 meals a day with 1 snack (this depends on you and your activity levels, etc.), and don't skip breakfast or any meals

the daily habits you need

- Stay hydrated by drinking water first thing when you wake up and before meals. Continue to drink throughout the day (aim for 8 glasses of water per day or $\frac{1}{2}$ your body weight in ounces)
- Move your body through walking, cardio zone 2, or strength training exercises
- Stand more and sit less by incorporating NEAT movement throughout your day, like standing while working or taking short walking breaks
- Manage stress levels with meditation, deep breathing exercises, yoga, doing something fun that you enjoy, and laughing
- Aim for 7 to 9 hours of quality sleep each night (lack of sleep can also disrupt hormone levels!)

BONUS TIPS!

- Supercharge your metabolism with avocados, cinnamon, flaxseed, ginger root, lentils, chili peppers, coffee, nuts, and tea (lots of great desserts include these too!)
- Spice up your meals by adding chili peppers, cayenne pepper, or ginger to temporarily boost metabolism and increase calorie burning



WITH EVERY ENDING COMES A NEW BEGINNING

this may be the end of the guide, but
it's time for a whole new beginning

The beauty of metabolism? It's not set in stone—it's adaptable! While some factors like age or genetics are beyond our control, what we eat and how we move can have a huge impact on our metabolism.

Every body is unique, so it's all about finding what works best for you! Quick fixes? They're a myth. Starting and sticking to healthy habits involves a bit of trial and error, but by staying consistent and committed, you'll soon see the results you're after! Aim for progress, not perfection.

And since you made it to the end of this guide, I have something special for you! My new FREE course [Weight Loss for Women Over the Age of 35](#). It has everything you need to make lasting changes to your body and your life. And want to know the best part? You can start right now!

It's time to love your body and who you are today and every day after that.

always rooting for you,
XO, SAMANTHA

P.S. - Looking for personalized 1:1 support? I can help you create a customized plan that prioritizes YOUR health with YOU in mind! Book a free [30-minute GET RESULTS call](#) to get started.