



EliteFuel.net

# 40+ Woman

## A Protocol for fat loss



# The Routine



## HOW TO EAT

- Eat real, whole foods with 30 grams of protein per meal with plenty of colors to support good bacteria and insulin sensitivity.
- Avoid grazing and eating ultra processed foods.
- Eat 2-3 meals in a 10 hour window about 5 days/week.
- Support adrenals by including clean carbs in meals.

## HOW TO EXERCISE

- Strength train 3-4x /week with compound movements such as: squats, deadlifts, rows, lunges, push-ups, pull-ups, presses.
- Zone 2 cardio 2x/week - 45 min walk, weekend hikes, Spin class.
- High Intensity Interval Training 1x/week.

## HOW TO SUPPLEMENT

**Creatine** - Take 3-5 grams a day. Take a week off each month.

**Cortisol Metab** - Take in the evening, if feeling stressed or struggling to fall asleep.

**Peace Maker** - Take a scoop in the evening, if hormones seem to be all over the place or you're struggling with a sugar addiction.

**Goat Whey** - Take a scoop or two after a workout to promote growth hormone activity and to help clear cortisol.

**Connective Tissue Factors** - Take 30-60 min before a workout to support joint, ligaments, tendons and decrease risk of injury.