FREE GUIDE · WELLNESS 1ST

Is Your Metabolism *Working Against You* in Midlife?

The Midlife Metabolism Checklist + 15 High-Protein Snack Ideas - so you can stop guessing and start feeling like yourself again.



- ✦ The metabolism checklist
- ✦ 15 protein snack ideas
- ✦ Simple, real-life steps

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PART 1 OF 2 · CHECK WHERE YOU STAND

The Midlife *Metabolism* Checklist

Go through each box honestly - no judgment. Every unchecked box is simply a place to start, and this is the exact framework Karie uses in her first session with every new client.

Protein Intake

- [ ] 30g+ protein at breakfast
- [ ] 1g protein per lb ideal body weight is key

Muscle Activation

- [ ] Lifting 3-4x/week
- [ ] Progressive overload
- [ ] Walk 10K steps

Hormone & Peptide Support

- [ ] Hormone testing to see where you are low
- [ ] Targeted peptide support for peri/menopause (thru my Telehealth provider)

Sleep & Stress

- [ ] 7-9 hours quality sleep
- [ ] Cortisol management practices

Inflammation & Recovery

- [ ] Gut health & insulin resistance addressed (peptides can support insulin)
- [ ] Labs guiding your plan (real data from alternative labs that I can run for you)
- [ ] Drink half your body weight in ounces of water each day

What NOT to Do

- ✕ **Skip meals**
- ✕ **Overdo cardio**
- ✕ **Chase quick fixes**
- ✕ **Ignore labs**

PART 2 OF 2 · SNACKS 1-5

15 High-Protein Snacks *That Actually Work* in Midlife

Protein is the #1 nutrient most midlife women are under-eating - and one of the fastest levers for feeling full, steady, and strong between meals. Start with these five favorites.



01

Hard-boiled eggs + everything seasoning

~12g protein · Collagen-supporting choline



02

Greek yogurt + walnuts + cinnamon

~18g protein · Anti-inflammatory fats



03

Cottage cheese + cucumber + olive oil

~14g protein · Low sugar, high satiety



04

Wild salmon jerky

~16g protein · Omega-3s for skin + inflammation



05

Turkey roll-ups + avocado

~15g protein · Hormone-supporting healthy fats

PART 2 OF 2 · SNACKS 6-10

Easy, grab-and-go options for busy days - at home, at work, or in the car between everything else life asks of you.



06

Nut butter + celery & apple slices

~8g protein · Almond butter or peanut butter - healthy fats + crunchy fiber



07

Chicken salad lettuce cups

~20g protein · Crunchy, filling, and easy to meal-prep



08

Tuna on cucumber rounds

~20g protein · Light, fresh, and no cooking needed



09

Crispy chickpeas + pumpkin seeds

~10g protein · Crunchy fiber + plant protein



10

Grass-fed beef jerky

~15g protein · On-the-go protein that needs no fridge

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Make-ahead, blend-and-go, and feels-like-a-treat options - because a snack you actually enjoy is a snack you will actually eat.



11
Berry vanilla protein smoothie

~24g protein · One scoop of protein powder + berries



12
Chia pudding + Greek yogurt & protein powder

~25g protein · Fiber-rich chia - make-ahead and filling



13
Shrimp + cocktail sauce

~18g protein · Lean protein that feels like a treat



14
Egg + veggie muffin cups (make 2)

~14g protein · Make-ahead breakfast or snack



15
Warm lentil + feta cup

~13g protein · Fiber-rich and keeps you full

> **Karie's rule of thumb:** Aim for 30g of protein at every meal and 15-20g at snacks. Most of my clients are getting half that - and it is one of the biggest reasons their weight is not moving. Protein amounts above are approximate; check your labels.

YOUR NEXT STEP

Checked a few boxes?
Let's talk about it.

Your checklist is a starting point, not a diagnosis. If you saw yourself in those boxes, a short conversation can help you understand what is going on with your body - and what a plan built for you could look like.

Book your *complimentary* 20 minute discovery call

Book your COMPLIMENTARY 20 minute discovery call with me to discuss what's going on with your body so I can customize a plan for you.

Text **703.755.0769** · or email **wellness-1st@hotmail.com**



Hi, I'm Karie - *and I've been where you are.*

I'm a Board Certified Clinical Nutritionist and Certified Peptide Specialist with 21+ years of practice in Aldie, VA. I help midlife women lose weight, reduce inflammation, improve their skin, and age on their own terms - without crash diets or guesswork.

CCN Board Certified · Certified Peptide Specialist · 21+ Years Practice · Aldie, VA

This is my personal experience. This content is for educational purposes only and is not medical advice. Please talk to your own healthcare provider about what's right for you. 💛

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