

7-DAY SIMPLE MEAL PLAN TO HELP WOMEN OVER 40 LOSE 3-5 POUNDS

(Without Counting Calories)

This was me before...

This is me now!



*Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.

Hey, I'm TJ Hudspeth

If you've tried everything & still feel stuck, it's time for us to talk.

I'm not coaching a diet; I'm here to help real women get healthy and make lasting changes.

7-Day Simple Meal Plan to Help Women Over 40 Lose 3–5 Pounds (Without Counting Calories)

WHY THIS WORKS 💡

This plan is designed for busy women over 40 who want results without the stress of counting calories. With balanced meals, smart portions, and whole foods, you'll fuel your body, support your hormones, and still lose weight—sustainably.

GUIDING PRINCIPLES 🌟

- **Balanced Plates:** ½ non-starchy veggies, ¼ lean protein, ¼ fiber-rich carbs
- **Healthy Fats:** Include avocado, olive oil, nuts, or seeds with meals
- **Hydration:** Drink 8–10 eight ounces glasses of water daily
- **Movement:** Aim for 20–30 minutes of daily movement
- **Mindful Eating:** Slow down, chew, and STOP at 80% full

7-DAY MEAL PLAN

DAY 1

Breakfast: Greek yogurt + chia seeds + berries + almonds

Lunch: Grilled chicken salad + mixed greens + tomatoes + cucumbers + olive oil

Snack: Apple slices + almond butter

Dinner: Baked salmon + quinoa + steamed broccoli

DAY 2

Breakfast: Jicama + 5 cherries + flaxseeds + cinnamon

Lunch: Turkey & avocado wrap (low carb tortilla) + cucumbers

Snack: Handful of mixed nuts + Small tangerine

Dinner: Stir-fried tofu + mixed veggies + chickpeas

DAY 3

Breakfast: Smoothie (Frozen spinach, 4 berries, protein powder, unsweetened almond milk)

Lunch: Tuna package + side salad

Snack: Cottage cheese + Small Granny Smith Apple

Dinner: Grilled shrimp + winter squash (acorn, butternut, pumpkin) + asparagus

DAY 4

Breakfast: Avocado toast (whole-grain) + poached egg

Lunch: Quinoa salad (black beans, corn, bell peppers, lime dressing)

Snack: Greek yogurt + walnuts

Dinner: Baked chicken breast + mashed cauliflower + green beans

DAY 5

Breakfast: Chia pudding (almond milk) + strawberries

Lunch: Tuna salad lettuce wraps + cherry tomatoes

Snack: Sliced cucumber + hummus

Dinner: Stuffed bell peppers (ground turkey + couscous)

DAY 6

Breakfast: Scrambled eggs + spinach + whole-grain toast

Lunch: Veggie & hummus wrap + side salad

Snack: Apple + almonds

Dinner: Baked cod + hominy + steamed broccoli

DAY 7

Breakfast: Protein smoothie (kale, banana, protein powder, almond milk)

Lunch: Chickpea salad (cucumbers, tomatoes, feta, olive oil)

Snack: Celery + guacamole

Dinner: Grilled turkey burger (lettuce-wrapped) + baby corn

GROCERY LIST HIGHLIGHTS

Proteins: Chicken, salmon, tofu, eggs, Greek yogurt, cottage cheese, tuna, turkey

Grains: Quinoa, brown rice, oats, whole-grain bread/tortillas

Veggies: Broccoli, spinach, kale, bell peppers, cucumbers, tomatoes, greens

Fruits: Berries, bananas, apples, pineapple, avocado


































































Fats: Olive oil, almonds, walnuts, chia seeds, flaxseeds

Legumes: Black beans, lentils, chickpeas

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WEEKLY MEAL PLANNER

	Breakfast	Lunch	Dinner	Shopping List
Monday				
	       	    		
Tuesday				
	       	    		
Wednesday				
	       	    		
Thursday				
	       	    		
Friday				
	       	    		
Saturday				
	       	    		
Sunday				
	       	    		



HI, I'M T.J.

(Social Media Links)



[@TJhealthcoaching.](#)



[@tj.hudspeth](#)



[@WeightLossForWomen
-TJHudspeth](#)

www.HudspethCoaching.com

(Click the button below)

LET'S CONNECT

I've been there...

As a woman who battled with weight most of my life, I understand the struggle.

In my mid-thirties, I successfully lost 110 lbs, transforming my life and becoming a personal trainer and a certified health coach. My journey led me to specialize in working with women, teaching them how to eat healthy and lose weight without rigid exercise routines and impossible diets.

Dedicated to helping women break free from unhealthy habits and food addictions, I offer a simple, structured plan for a sustainable, healthy lifestyle. With firsthand knowledge of what works, I can guide you towards long-term success in your weight loss journey. Let's embark together on a path to a healthier, happier you – living the life you've always dreamed of!

TJ Hudspeth