DOTHSO NOTHAT

YOUR NUTRITION-LED VITALITY CHEAT SHEET









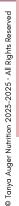
WELCOME

Ready to take your Nutrition to the next level -

AND FINALLY GET REAL RESULTS YOU CAN SEE AND FEEL?

This cheat sheet will help you blast through the biggest hurdles separating you from your goals.

It's packed with clear, easy-to-follow action steps that will help you avoid common pitfalls ... and get your results on the fast track!





Hey there soul-sister! Feeling weighed down by stubborn menopausal weight?

It can seem like our bodies just won't cooperate anymore. I've been there, and I understand. More importantly, I know what it takes to finally reclaim your health and thrive well past your 40s!

I'm Tanya, a registered holistic nutritionist, certified metabolic balance™ coach, and menopausal health specialist.

My expertise and experience have led me to create the Meno-Meltdown™ solutions suite, designed with your health needs, goals, bio-individuality, and lifestyle in mind.

Using science as my compass, I'm here to be your ally in shedding unwanted weight, rediscovering energy, and navigating the hormonal roller coaster of menopause.

Say goodbye to the meno-belly, weight resistance, tummy issues, mood swings, and the many other frustrating symptoms that seem to come out of nowhere.

Trade outdated diet myths and rules for strategies that amplify your body's inherent ability to heal and thrive!

Remember, menopause may be unavoidable, but suffering, sister-friend, is definitely optional!

Take this first step on your meno-health journey with this guide. And if you need support? I'm just a click away!

Plus, if you're eager to take your meno-health to new heights, a special treat awaits you at the end of the guide.

FOREVER IN YOUR WELLNESS CORNER!

Need a chat? tanya@tanyaaugernutrition.com



DO THIS, NOT THAT NUTRITION LED RESULTS CHEAT SHEET





EMBRACING A HEALTHY LIFESTYLE



CHASING THE NEXT DIET TREND

How you nourish your body is bare none the most important factor in your healthy living equation. But that's not all you should be focusing on.

If you're aiming to shed stubborn weight and feel fantastic in your body, you should ditch the "dieting" mentality and instead focus on:

- Pay attention to the foods you eat They're not just fuel, they're your secret weapon!
- Stay active throughout the day A dance break does wonders
- Prioritize stress management Bubble baths and essential oils, here we come
- Ensure you're getting 7-9 hours of beauty sleep each night Cinderella was clearly onto something





EMBRACING A HEALTHY LIFESTYLE



It's all about designing a lifestyle that aligns with your health and wellness aspirations, ensuring you feel at your very best.

O PUT IT INTO ACTION

Assess your pantry: Take a moment to peruse your kitchen. Toss out overly processed, sugary snacks and replace them with whole, nutrient-rich foods.

Dance it out: Set a daily alarm reminding you to take a 5-minute dance break. Whether it's shimmying to your favorite tune or just stretching, it counts!

Wind-down routine: Establish a calming evening ritual. Maybe it's a lavender essential oil bath or ten minutes of meditation. Find what soothes you and stick to it.

Sleep sanctuary: Ensure your bedroom environment is conducive to sleep. Dim lights, soft sheets, and maybe even some white noise.

Select **ONE** of these actions to wholeheartedly dive into for the next week.

As the days roll by, layer in another step.

Before you know it, you'll be crafting a life that resonates with your healthiest self!

DO THIS, NOT THAT NUTRITION-LED VITALITY CHEAT SHEET





DIVING HEADFIRST INTO THE KALE PIT

Drowning in a sea of kale or going full-throttle on strict diets like Keto? Sounds a tad scratchy and outright bonkers, doesn't it?

The "all-or-nothing" approach might feel empowering at the outset. But trust me, it often ends up as a recipe for failure, leaving you overwhelmed, frustrated, and with a sense of defeat.

So, why not outsmart nutritional chaos? Craft a nutritional plan that matches your food preferences, one that remains feasible regardless of life's unpredictable schedule.

O PUT IT INTO ACTION

Think of your nutritional journey as setting "**foundation**" and "**aspiration**" targets.

Foundation targets are your achievable basics, what you aim for even during hectic weeks (like incorporating an extra serving of vegetables in at least one meal a day).

Aspiration targets, on the other hand, are the next level (like ensuring a protein-rich meal after every workout). These are for when you feel like you can go that extra mile.

Establish your foundation and aspiration targets – and be honest with yourself in ensuring they're met.

Need a guiding hand? My FREE masterclass <u>MENO-MELTDOWN™ METABOLIC MASTERY</u> is here to help!

Adopting this approach promotes consistency, which is crucial for building the momentum towards your desired outcomes.



DIVERSIFYING YOUR FOOD CHOICES



IMPOSING FOOD RESTRICTIONS

Sister-friend, it's time to think of nutrition as a potluck!

Would you want to attend one where everyone brings the same dish? Of course not.

Similarly, your body craves a medley of nutrients to function at its prime.

Instead of boxing youarself in with strict food restrictions, open up to the beautiful variety of nourishment out there.

PUT IT INTO ACTION

Rainbow Diet: Aim to consume veggies and fruits of every color over the course of a week. Each hue offers unique benefits.

Step Outside Your Comfort Zone: Try one new nutrient-rich food every week. You might just discover a new favorite!

Stay Informed, Not Confined: It's okay to be aware of food sensitivities or intolerances, but don't label foods as "good" or "bad." Your body knows what it needs!

Select one action, go all in for a week, and then layer on another. Before you know it, you'll have a plate that's as vibrant as your personality.





LISTENING TO YOUR HUNGER CUES



Over the years, we've become masters at multitasking, but sometimes, that means we're not giving our meals the attention they deserve.

Eating while distracted can lead to overconsumption, not because we're still hungry, but simply because the food's still on the plate.

Learning to tune into your body's signals is like acquiring a secret language; it helps decipher when you're genuinely hungry and when you've had just the right amount.

PLUS, when you do, you can not only cultivate a healthier relationship with food but also say goodbye to outdated food rules like obsessively counting calories and weighing every bite.

It's all about nourishing your body just right, every single time.

O PUT IT INTO ACTION

Mindful Meals: Create a distraction-free eating environment. Yes, that means putting away your phone and turning off the TV. Be present in the moment.

Slow Down: It takes about 20 minutes for our brains to register satiety. Chew slowly, savor every bite, and give your body the time it needs to communicate.

Check-in with Yourself: Halfway through your meal, pause and ask yourself how you're feeling. Are you still hungry, or are you eating out of habit?

Plate Sizes: Opt for smaller plates. It's a psychological trick; a full small plate can feel more satisfying than a half-empty large plate.



PLANING YOUR MEALS



JUST THROWING SPICES AROUND



There's a time for culinary spontaneity, and then there's Tuesday evening when you're famished, and everything's a blur.

Avoid the scramble (unless we're talking eggs •) by having a meal plan in place. It ensures your nutrition is on point and reduces those frantic "What's for dinner?!" moments.

With a plan in hand, you'll be less tempted to reach for that acookie when your tummy starts rumbling. Plus, healthy eating becomes a breeze!

I adore this famous quote by Benjamin Franklin (*I might be paraphrasing a bit here*): "When you fail to plan, you're essentially planning to fail!"

PUT IT INTO ACTION

Batch Cooking: Cook in bulk during the weekend. This ensures you have nutritious meals ready to go on busier days.

Shopping List: Create a list of ingredients based on your weekly meal plan, and stick to it. This reduces impulse buys.

Stay Flexible: Sometimes life serves up surprises. It's okay to rearrange meals or occasionally choose a healthier takeout option when cooking at home isn't on the cards.



Melinda G.

"You exceeded my expectations...Loving losing weight while still eating delicious food like bread, butter and cheese! I don't feel restricted at all in my food choices..."



Solem L.

"I followed Tanya's strategies and immediately started to feel better and more energetic...! lost 9 pounds in less than 14 days with Tanya's help..."

DO THIS, NOT THAT NUTRITION-LED VITALITY CHEAT SHEET





EATING FOR NOURISHMENT



OBSESSING OVER CALORIES

Imagine your body is like a lush, thriving garden. Would you water it sparingly, focusing only on the "quantity" and not the quality of nutrients?

Absolutely not! It's all about nourishing those roots with the best, ensuring vibrant blooms in your daily life.

You deserve quality nutrients to blossom and thrive in this fabulous journey called life. Remember, it's not about eating less, it's about eating right.

PUT IT INTO ACTION

Label Love: Instead of zoning in on calorie count, review the nutrients listed. Opt for wholesome, energy-boosting ingredients.

Whole Over Holes: Go for whole foods over processed ones. They're the turbo-boosters your system craves.

Stay Curious: Pay attention to how different foods make you feel. Jot it down if it helps. Energized? Bloated? Knowing this can guide your food choices.



FOCUSING ON GUT HEALTH



OVERLOOKING DIGESTIVE BALANCE

Your gut isn't just about digestion; think of it as your body's command center.

A balanced gut can pave the way for better nutrient absorption, a more robust immune system, and even improved mood. (Yes, the gut-brain connection is real!)

So, while other factors play their part, don't treat your gut like a sidekick. It's a superhero in its own right!

And if you're ever feeling lost in the gut realm, remember: I'm known as the Gut Whisperer Tap into my expertise anytime, and be sure to check out my FREE masterclass >> HERE I'm here to help!



PUT IT INTO ACTION

Probiotics & Prebiotics: Add foods rich in these to your diet like yogurt, sauerkraut, and asparagus.

Limit Processed Foods: Processed and sugary foods can harm your gut's natural flora.

Stay Hydrated: Drinking water helps the mucosal lining of the intestines and promotes good bacterial balance.

Digestive Friends: Fiber-rich foods like whole grains, beans, and lentils keep things moving in the right direction.

Notice a meal that doesn't sit well? Keep a food diary and track any patterns. This isn't about restriction; it's about understanding and optimizing!



PRIORITIZING HYDRATION



BANKING SOLELY ON CAFFEINE

Look, I get it – coffee feels like a hug 🤗 in a mug.

But your body craves more than just that caffeine fix.

Keeping adequately hydrated doesn't just quench thirst; it's vital for metabolism, skin health, and overall vitality.

Plus, being well-hydrated can help manage those troublesome hot flashes.

And trust me, I totally feel you on the coffee love!

My personal slice of heaven? A double espresso skim milk latte with cinnamon sprinkles. Honestly, if I were stranded on an island but still had that in hand, I'd say life's still pretty fabulous!

O PUT IT INTO ACTION

Water First: Begin each morning with a glass of water before reaching for that coffee.

Infuse & Enjoy: If plain water doesn't excite you, jazz it up! Cucumber slices, berries, or a splash of citrus can add flavor without excess sugars.

Limit Diuretics: While coffee and certain teas are delightful, they can also dehydrate. Balance them out with glasses of water.

Stay Alert: Often, our bodies signal thirst in the same way they do hunger. Before snacking, have a glass of water and see if that craving eases up.

Remember, hydration isn't just about quantity but consistency. Keep sipping throughout the day, and your body will thank you!



KEEPING TRACK OF PROGRESS



Ever had a friend exclaim, 'Ugh, I feel like I've gained weight,' and you're looking at them thinking, 'Where?!'

Sometimes our minds play a game of mischief on us. It's crucial to ground our selfperceptions with some tangible data.

But, plot twist: the scale can be just as sneaky as our minds sometimes. Remember, it's not the sole storyteller of your progress.

There's wisdom in the saying, 'What gets measured, gets managed!' So, keep track, but always see the bigger picture.

O PUT IT INTO ACTION

Beyond the Scale: Consider other metrics – body measurements, energy levels, how certain foods make you feel, and even blood sugar levels.

Journal Journey: Documenting your meals, moods, and milestones can be an enlightening experience. A pattern might emerge, guiding you on what works and what doesn't.

Set Milestones: Ditch the nebulous "I want to lose weight" goal. Opt for precise targets like "I want to shed 10 pounds in 3 months" or "I aim to sustain my energy levels until 6 pm daily". From there, pinpoint and monitor the factors that propel you towards those goals.

Celebrate Non-Scale Victories: Fitting into an old dress, feeling lighter after ditching that sugary snack, or getting compliments on your glowing skin? Celebrate it all!



BUILDING A SUPPORT NETWORK



CHANNELING YOUR INNER LONE WOLF

Embarking on this health journey alone? Change can indeed be challenging, even when it's for the better! Having someone in your corner to share successes and navigate struggles with makes reaching your goals both easier and faster.

Many studies confirm that those with strong social support tend to be more successful when changing their lifestyles.

Instead of trying to stick it out solo, why not lean on some supportive shoulders?

Surrounding yourself with friends not only smoothens the journey but also makes it a whole lot more enjoyable.

And remember: even superheroes have their squads. Finding allies who truly understand your journey, because they've walked it too, can make a world of difference.



O PUT IT INTO ACTION

Buddy Up: Link up with folks who share your goals. Be accountability partners, exchange tasty recipes, or spark a friendly wellness competition.

Spread the Vibes: Know someone eyeing a wellness boost? Invite them into your circle of health. As we often say, by lifting others, we rise higher ourselves!

The Ideal Starting Point: Jumpstart your adventure by joining our warm, private Facebook group, The Mid-Life Mastery Society. Dive deep into daily inspiration, snag invaluable tips, enjoy the fellowship, and, of course, experience a bit of my professional magic.

IT'S TIME FOR YOUR MENOPAUSAL HEALTH BREAKTHROUGH!

Thank you for downloading this guide! It's a great start, but lasting results require more

Ready to MELT away stubborn menopausal weight and RECLAIM your health, confidence, and vitality?

If you're saying "heck yes," then it's time to move beyond those one-size-fits-all diets that don't work for your menopausal body. Instead, let's chat!

Why This Offer is Different:

Generic solutions may offer short-term results but often leave you frustrated and back at square one. I know how it feels—I've been there too

The Key to Your Success?

A personalized approach tailored to your unique body chemistry (*using over 35 blood values*), medical history, dietary needs, and food preferences!

My *Meno-Meltdown™ Metabolic Mastery* Program, combined with the *Metabolic Balance®* method, is an all-natural, scientifically-backed solution designed specifically for women over 40

If you're ready to explore this program, book your free Meno-Health Accelerator™ call now. We'll discuss your unique situation, answer any questions, and see if my program is the right fit for you

Don't wait—spots are limited. CLICK HERE to

NOOK YOUR FREE, MENO-HEALTH ACCELERATOR™ CALL NOW!



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