



SUGAR-FREE MOM'S

MIDLIFE MACRO METHOD WORKBOOK



Welcome!

Whether you've followed me for years through [SugarFreeMom.com](https://www.sugarmom.com) or you're brand new to my world, I'm so glad you're here. This Midlife Macro Method Workbook is more than just a guide—it's a culmination of my personal health journey and professional expertise, designed specifically for women navigating midlife, perimenopause, and menopause.

If you only know me from my recipes, here's a little more about who I am: I've been living sugar-free since 2006, and I started sharing my recipes online in 2011 through my blog Sugar-Free Mom. In 2012, I went gluten-free, and in 2015, I embraced a keto lifestyle that helped me maintain my weight and energy for nearly a decade.

Along the way, I became a certified keto coach, life coach, and Nutritional Therapy Practitioner. I'm also the author of [Naturally Keto](#) (2018) and the best-selling [30-Day Sugar Elimination Diet](#) (2022). My upcoming book [Good Better Best](#)—which includes the Midlife Macro Method—is releasing this fall.

But I'll be honest: 2024 brought challenges. Perimenopause hit hard. What worked before no longer did, and I found myself gaining weight despite doing everything “right.” That struggle led me to develop this method—a higher-protein, calorie-aware, hormone-supportive plan tailored for women over 40 who want real fat loss without deprivation.

I created this with you in mind, because I'm walking through it too. You are not alone—and you can feel good again in your body.

Let's get started.

With grace and grit,
Brenda Bennett, NTP
Sugar-Free Mom



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Welcome to the Midlife Macro Method Month!

I'm so glad you're here and saying "yes" to your health in this season of life. Whether you're just starting out or you've been on this sugar-free journey with me for years, this next month is a powerful opportunity to reset, reconnect to your body, and make progress in a way that honors your hormones and your real life.

This method was born out of my own struggle in 2024. Despite following all the things that had worked in the past—keto, strength training, intermittent fasting—I found myself slowly gaining weight. Perimenopause had hit hard, and everything felt out of balance. I knew something had to change. So I committed to a new macro approach that focused on higher protein, moderate fat, calorie awareness, and real food nutrition, all while keeping total carbs low. It wasn't easy—but in just two months, I naturally lost 14 pounds and finally broke through a long stall. Now I'm here to walk you through it too.

You're not in this alone. You have the support of this workbook, weekly coaching with me, and the encouragement of our Tribe. My hope is that through this method, you'll not only experience fat loss, but also gain energy, mental clarity, confidence, and freedom from food rules that no longer serve you.

What is the Midlife Macro Method aka MMM™?

The Midlife Macro Method is a targeted fat loss strategy for women in perimenopause, menopause, and beyond, designed to support hormone health while creating a calorie deficit in a sustainable, nourishing way.

Priorities in perimenopause and menopause is preserving muscle, bones, supporting liver, brain and blood sugar when in a calorie deficit.

Support Estrogen Detoxification & Liver Health

- Focus: Cruciferous vegetables (broccoli, cauliflower, arugula)
- Compound: DIM help modulate estrogen metabolism
- Research: [DIM and estrogen metabolism](#)

Support Brain Function and Mood

- Focus: Omega-3-rich fish, walnuts, berries, turmeric
- Mechanism: Anti-inflammatory and neuroprotective
- Research: [Omega-3 and cognition in menopause](#)

Maintain Blood Sugar and Insulin Sensitivity

- Focus: High-protein, low carb meals
- Importance: Estrogen loss increases insulin resistance
- Research: [High-protein diet post-menopause](#)

Preserve Bone Density

- Food sources: Sardines (calcium), leafy greens, sesame seeds, fermented dairy
- Support: Maintain calcium intake with magnesium, K2, and D3 synergy
- Research: Dietary calcium and bone health

Here's the structure I used to lose 14 pounds in 2 months:

- Calories:
 - 6 days/week: Calorie deficit of approx. 1200–1300 calories
 - 1 day/week: Maintenance level calories (1700–1800) — this is not a cheat day!
- Protein:
 - Aim for 120–130g of protein per day
 - Prioritize lean, high-quality, real food protein
- Fat:
 - 50–70g fat per day on deficit days
 - Up to 70g+ fat on maintenance day
- Carbs:
 - 20–40g total carbs per day, consistently

The focus is on fresh, whole, single-ingredient foods: quality protein, non-starchy veggies, healthy fats in moderation, and low-glycemic carbs.

Grass-Fed Beef, Eggs, and Pasture-Raised Poultry

These are rich in essential nutrients including B vitamins (especially B12), zinc, and iron—critical for adrenal health, energy production, and emotional balance during midlife transitions.

- Sufficient protein and fat intake stabilizes blood sugar, preventing cortisol surges.
- Tryptophan, found in eggs and meats, is a precursor to serotonin, helping to regulate mood.
- Tyrosine, present in beef and eggs, supports dopamine and norepinephrine production, both crucial for coping with stress.
- Glycine, abundant in meat and connective tissue, aids sleep quality and reduces anxiety.

Wild Fatty Fish, Flaxseeds & Chia

Salmon, Sardines, Trout, Flaxseeds and Chia seeds, Wild fatty fish are rich sources of EPA and DHA omega-3 fatty acids, known to lower inflammation, stabilize cortisol production, and naturally boost serotonin levels for better mood stability.

- Regular consumption helps improve resilience to stress and supports heart health—both critical concerns after menopause.
- Flaxseeds also offer ALA (plant-based omega-3) and lignans, which gently modulate estrogen, helping ease hot flashes and hormonal imbalances.

The only packaged items I used were ones with minimal, clean ingredients like:

- Frozen Cloudy Rolls or use [my cloud bread recipe](#)
- [Egg White Wraps](#)
- [Egg White Noodles](#)
- [Shirataki Noodles](#) or [Rice](#)
- [Palmini Rice or Noodles](#)
- [Rao's Marinara Sauce](#)
- [Ketochow shakes made with stevia or unsweetened](#)

Everything else? Real, whole food. On my weekly maintenance day, I enjoyed dairy, maintenance calories, a few more carbs and higher fat items like nuts or pork rinds.

This method also incorporates intermittent fasting, movement, daily light exposure, hydration, and powerful mindset tools to help you tune into hunger and satiety, rather than rely on willpower alone.

Recommended Macro Targets

Fat Loss Days (6 Days/Week):

- Calories: Brenda's Personal deficit (typically 1200–1300 for many women)
- Total Carbs: 20–40g
- Fat: 50–70g
- Protein: 120–130g minimum

Maintenance Day (1 Day/Week):

- Calories: Brenda's Maintenance range (1500–1700+ depending on individual)
- Total Carbs: (20–60g)
- Fat: 70g or higher
- Protein: 120–130g

Not a cheat day. It's a planned reset to support hormones and metabolism.

Find Your Personal Macros

How to Calculate Your Personal Calorie Deficit & Maintenance Calories for the Midlife Macro Method

If you're in perimenopause or menopause, you've probably noticed that "eating less and moving more" doesn't work like it used to. That's because midlife hormones change the game. But here's the truth: you can still lose weight, feel better, and eat satisfying meals—once you know your personal numbers.

Why You Need to Know Your Numbers

My Midlife Macros Method works because it's built around a strategic calorie deficit—six days a week—and one maintenance day to help support hormones and prevent metabolic slowdown. But here's the key: a deficit that's too aggressive will backfire, and maintenance that's too high won't feel like maintenance at all.

Let's find the sweet spot for your body.

Step 1: Choose Your Starting Weight

For most women in perimenopause, menopause, beyond menopause, on medications, or dealing with a sluggish metabolism, use your goal weight to calculate your starting calories.

This helps prevent overestimating calories when your metabolism is not responding the way it used to.

Exception:

If you have less than 20 pounds to lose, you can use your current weight

✓ Check ONE:

- I am over 40, have 20+ pounds to lose, or feel previous calorie formulas were too high
→ I will use my GOAL WEIGHT
- I am active, strength training, or closer to my goal weight, less than 20 pounds to lose
→ I will use my CURRENT WEIGHT

Step 2: Choose Your Activity Multiplier

Multiply your goal weight by the number that best fits your current activity level:

Sedentary: goal weight \times 11
Lightly active: goal weight \times 12
Moderately active: goal weight \times 13

This gives you your estimated calorie range before creating a fat loss deficit.

Step 3: Calculate Your Maintenance Calories

Write your numbers here:

Goal/current weight: _____

Sedentary: _____ \times 11 = _____

Lightly active: _____ \times 12 = _____

Moderately active: _____ \times 13 = _____

Choose the number that best reflects your current activity level.

Step 4: Find Your Deficit Calories for a Fat Loss Range

Subtract 300–400 calories from your number:

_____ $-$ 300 = _____

_____ $-$ 400 = _____

This gives you your daily fat loss calorie range.

For example, if your starting number is 1,800 calories:

$1,800 - 300 = 1,500$

$1,800 - 400 = 1,400$

Your fat loss range would be 1,400–1,500 calories per day.

Step 5: Set Your Protein

Protein is non-negotiable in midlife.

Aim for at least 120 grams of protein per day.

This supports muscle retention, metabolism, blood sugar stability, hunger control, and better body composition as we age. Do not cut protein to lower calories.

Step 6: Set Your Carbs

For the Midlife Macro Method, keep carbs around:

- 30–50 grams total carbs per day

Focus mostly on non-starchy vegetables, leafy greens, bitter greens, berries, and whole foods.

Step 7: Fill in Fats Last

After protein and carbs are set, fat fills in the remaining calories.

On deficit days, this usually lands around:

- 50–70 grams of fat

On your one maintenance day per week, fats can increase to around:

- 70–100 grams of fat

Step 8: Adjust Based on Your Body

This is a starting point, not a life sentence.

- If you are too hungry, increase protein first.
- If you are not losing, check fat intake because fats often creep up quickly.
- If energy is low, look at sleep, stress, hydration, movement, and whether your calories are too low.

The Big Picture

This is not about perfection.

It is about using your goal weight, setting protein first, creating a reasonable deficit, keeping carbs low, and using fat strategically instead of letting fat run too high like classic keto.

That is how we get results in midlife when what used to work stops working.

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The MMM™

The foundation of the Midlife Macro Method is whole, fresh, nutrient-dense foods that fuel your metabolism, support hormone balance, and help you feel full and energized. Prioritize single-ingredient proteins and fiber-rich, low-carb vegetables to support fat loss, muscle maintenance, and steady blood sugar.

Here are some go-to options to build your meals around:

High-Quality Protein Sources

- Chicken breast or thighs
- Ground turkey or beef (90% lean or higher)
- Filet mignon or flank steak
- Eggs and egg whites
- Salmon, tuna, cod, or other wild-caught fish
- Shrimp, scallops, or lobster
- Deli meats like chicken, turkey (nitrate-free, low-carb)
- Cottage cheese (if tolerated)
- Whey or collagen protein powders (clean, no added sugar)

Foods to Focus On

Approved Packaged Items (Minimal + Clean Ingredients):

- Cloudy Keto Rolls (frozen or fresh) or use my cloud bread recipe
- Egg White Wraps
- Egg White Noodles
- Shirataki Noodles or Rice
- Palmini Rice or Noodles
- Rao's Marinara Sauce
- Ketochow shakes made with stevia or unsweetened

Proteins (Aim for 30g-50g per meal):

- Chicken, turkey, lean ground meats
- Salmon, white fish, shrimp, tuna
- Whole eggs + egg whites
- Lamb, steak, pork (trimmed)
- Collagen peptides, protein powders (clean, no sugar)

Low-Carb, Fiber-Rich Vegetables

- Leafy greens (romaine, spinach, arugula, kale, etc.)
- Broccoli, cauliflower, cabbage, Brussels sprouts
- Zucchini, cucumber, celery
- Bell peppers, green beans, asparagus
- Mushrooms, radishes, fennel
- Eggplant, turnips
- Herbs like parsley, dill, and basil for flavor and function

Fats (Use Mindfully):

- Olive oil, avocado oil
- Avocado (½ per day)
- Nuts/seeds (1 tbsp max if used)
- Coconut milk (full-fat, unsweetened)
- Dairy if tolerated

Daily Essentials

- Hydration:
 - Half your ideal body weight in ounces
- Electrolytes:
 - Add sea salt or use keto-friendly electrolyte mix
- Protein Goal:
 - 100–130g daily
- Fiber:
 - Aim for 20–25g/day from veggies

Fasting + Meal Timing

Choose what works best for your rhythm and hormones:

- Option 1: 3 meals/day, no snacks
- Option 2: 2 meals/day within a 6–8 hour eating window
- One 24-hour fast per week (optional and only if well tolerated)

Avoid These

- Refined sugars, artificial sweeteners
- Grains, starches, processed keto treats
- Packaged foods with long ingredient lists
- Seed oils (canola, soybean, corn)
- Snacking habits, even if low-carb
- Alcohol

Beverages to Enjoy

- Water, sparkling water
- Zevia zero sugar soda
- Swoon sugar free lemonade sweetened with monk fruit
- Swoon peach tea
- Water sweetened with Sweet Drops
- Little Saints non alcoholic spirits with monk fruit

Optional Targeted Supplement Support

- Relax & Regulate – Supports stress resilience, gut motility, and blood sugar balance
- Grass-Fed Whey Protein – Supports detoxification and lean body mass
- Bone Broth – Heals the gut and calms inflammation
- Pure Collagen – Supports joints, skin, and gut lining
- Cellular Antiox – Provides antioxidant protection to combat oxidative stress and support cellular health during detox
- GabaCalm- has a positive effect on the parasympathetic (rest and digest) nervous system helping to balance an overstressed survival response.
- Bio-C Plus-supports progesterone production.

Sample Meal Ideas + Macros

Your Mindset Reminder

This isn't a diet—it's a reset. You're nourishing your body with what it needs for midlife balance, not depriving it. Fuel first with protein + produce, stay consistent, and give yourself grace with structure.

Breakfast Ideas

1. Egg White Wrap Breakfast Tacos

- 1 whole egg + 4 egg whites
- 2 egg white wraps
- 2 tbsp fresh salsa
- Chopped fresh parsley

Macros:

Protein: ~28g | Fat: ~8g | Carbs: ~5g | Calories: ~210

2. Protein-Powered Cottage Bowl

- 1 cup lactose-free cottage cheese
- 1 scoop vanilla whey protein
- ¼ cup fresh berries

Macros:

Protein: ~38g | Fat: ~7g | Carbs: ~10g | Calories: ~300

3. Savory Egg White Scramble

- 1 cup egg whites
- 1 whole egg
- ½ cup cottage cheese (mixed in for creaminess)

Macros:

Protein: ~35g | Fat: ~9g | Carbs: ~6g | Calories: ~260

Lunch Ideas

1. Signature Protein Salad

- 3 cups mixed greens
- ½ cup cucumber, 5 grape tomatoes
- 1 tbsp pumpkin seeds
- 1 tbsp Primal Kitchen honey mustard dressing
- 5 oz grilled chicken or canned tuna

Macros:

Protein: ~40g | Fat: ~12g | Carbs: ~9g | Calories: ~300

2. Deli Wrap Lunch Box

- 2 egg white wraps
- 3 oz deli turkey or chicken (clean ingredients)
- Dill sandwich pickles (2 spears)
- 1 tbsp mustard

Macros:

Protein: ~28g | Fat: ~4g | Carbs: ~5g | Calories: ~220

3. Leftovers Lunch

- Any portion-controlled leftover protein & veggie dinner
- (Example: 3 oz leftover shrimp + 1 cup sautéed zucchini and peppers)

Macros:

Protein: ~25–30g | Fat: ~10–15g | Carbs: ~7–10g | Calories: ~300–350

Dinner Ideas

1. Shrimp & Broccoli Stir Fry

- 4 oz shrimp sautéed with garlic, ginger, coconut aminos
- 1 cup steamed broccoli
- 1 tbsp sesame or avocado oil

Macros:

Protein: ~32g | Fat: ~12g | Carbs: ~8g | Calories: ~300

2. Air Fryer Salmon with Asparagus

- 5 oz salmon fillet
- 1 cup roasted asparagus (with 1 tsp olive oil)

Macros:

Protein: ~35g | Fat: ~20g | Carbs: ~4g | Calories: ~360

3. Asian Chicken Meatballs with Egg White Noodles

- 4–5 chicken meatballs (about 4 oz protein)
- 1 cup cooked egg white noodles
- Sauce: Coconut aminos, garlic, ginger, 1 tsp sesame oil

Macros:

Protein: ~34g | Fat: ~10g | Carbs: ~8g | Calories: ~320

Snack Ideas (Lower-Fat, High-Protein)

1. Peanut Butter Greek Yogurt Whip

- 2–4 tbsp PB2 (sugar-free powdered peanut butter).
- ½ cup plain 2% Greek yogurt (or 0% if you want even lower fat) If you need dairy free, swap with canned unsweetened coconut milk
- Sweetener to taste (like monk fruit or stevia)

Macros (using 3 tbsp PB2 + 2% Greek yogurt):

Protein: ~17g | Fat: ~3.5g | Carbs: ~7g | Calories: ~150

(For 0% yogurt, fat drops to ~1g, calories to ~130)

2. Cottage Cheese & Cucumber Bowl

- ½ cup lactose-free 2% cottage cheese
- ½ cup chopped cucumber
- Sprinkle of Everything Bagel Seasoning

Macros:

Protein: ~14g | Fat: ~2g | Carbs: ~4g | Calories: ~100

3. Strawberry Protein Frozen Yogurt

4. Dairy Free Chocolate Sorbet

5. KetoChow Shakes have Dairy Free, stevia sweetened options 27g protein, mix with water or unsweetened almond milk.

MMM™ APPROVED RECIPES

Breads / Condiments

90 Second Cottage Cheese Bread
Cottage Cheese Hawaiian Sweet Rolls
Coffee Creamer
Cottage Cheese Bread
Ketchup
Cottage Cheese Cloud Bread
Boiled Egg Mayonnaise
BBQ Sauce

Breakfast

Chocolate Smoothie
Cottage Cheese Protein Waffles
Cottage Cheese High Protein Overnight Oats
Strawberry Cottage Cheese Boiled Egg Pudding
Carnivore Protein Pancakes
Ham Cottage Cheese Egg Muffins
Sheet Pan Pancakes (No Flour)
90 Second Cottage Cheese Pancake Muffin

Lunch

Buffalo Ranch Chicken Salad Lettuce Wraps
Greek Chicken Salad Meal Prep
Smoked Salmon Stacks
Cottage Cheese Chicken Patties
General Tso Chicken
Instant Pot Chicken Tacos

Dinners

Shrimp Ramen Stir Fry
Asian Chicken Meatballs
Chicken Alfredo Lasagna
Dijon Chicken Thighs
Grilled Pesto Shrimp Skewers
Shrimp Stir Fry
One Pan Skillet Lemon Chicken
Marinated, Grill, or Oven Beef Steak Kabobs

Snacks

Peanut Butter Frozen Yogurt
Peanut Butter Yogurt Bites
Strawberry Protein Frozen Yogurt Ninja Creami
Lime Coconut Yogurt Chocolate Cups
No Churn Chocolate Frozen Yogurt
Chocolate Sorbet
Homemade Beef Jerky
Mini Cottage Cheese Cheesecake
Ninja Creami Protein Ice Cream
Homemade Jello

Daily Non-Negotiables

These simple, consistent habits are the foundation of the Midlife Macro Method. They support balanced hormones, fat loss, and steady energy—without adding stress or complexity.

From proper hydration and essential electrolytes to time-restricted eating (with optional fasting), these daily practices create structure and metabolic flexibility.

You'll aim for two to three nourishing meals in a 6–8 hour window, with no snacking in between. One 24-hour fast or bone broth fast per week is completely optional but recommended.

And don't underestimate the power of sunlight—exposing your eyes to morning light and moving your body in natural light for 30 minutes a day can work wonders for your circadian rhythm, mood, and metabolism. Start where you are, and make these habits your own.

- Hydration:
 - Half your ideal body weight in ounces (e.g., 150 lbs = 75 oz water)
- Electrolytes:
 - Add sea salt or supplement
- Fasting Options:
 - 3 meals a day, no snacks
 - 2 meals a day in a 6–8 hour window
 - 24-hour fast once per week (optional)

Non-Negotiable: Sunrise Light (or Early Morning Light)

Aim for at least 5 minutes of natural light exposure as early in the day as possible.

- Best: Step outside within 30 minutes of sunrise (even on cloudy days)
- Alternate: If sunrise is too early, simply get outdoors within the first hour of waking

Why it matters:

- Regulates cortisol (your natural “get up and go” hormone)
- Supports melatonin production for better sleep later
- Helps balance insulin sensitivity, hunger hormones, and mood
- Reinforces your circadian rhythm, which impacts metabolism, energy, and fat loss

Even if you can't walk outside, open a window or step onto your porch. Light through a screen works — light through glass does not. If it's raining, just open your sunroom screen or stand under shelter for a few minutes.

Pro tip: Pair this time with prayer, journaling, or morning gratitude to anchor your mindset for the day.

Non-Negotiable: Light + Walking = Midlife Power Habit

Goal: Aim for 30 minutes of movement daily with natural light exposure whenever possible.

- Best: Outdoor walking for 30 minutes
- Modify: Break into 3 walks of 10 minutes (ideal for joint/back issues)
- Optimal timing: After meals, especially after your largest meal of the day

Why this combo works:

- Improves insulin sensitivity and reduces post-meal blood sugar spikes
- Supports fat loss and reduces inflammation
- Boosts mood, energy, and helps regulate appetite
- Walking after meals can be as effective as the blood sugar-lowering effects of metformin
- Light exposure during movement doubles the benefit: supporting circadian health, cortisol regulation, and sleep quality

Even if it's cloudy, your body still benefits from natural daylight — it's not about brightness, it's about exposure.

Model Midlife Macro Day Routine

(Fat Loss Focus – Monday through Saturday)

WAKE + LIGHT (5–10 minutes)

- Step outside for sunrise light or early daylight exposure
- Regulates cortisol, metabolism, and hormones
- Pair with prayer, gratitude, or journaling

HYDRATION + ELECTROLYTES

- Start your day with 16–20 oz water
- Add sea salt or a clean electrolyte powder
- Continue aiming for ½ your ideal body weight in ounces throughout the day, between meals

PROTEIN BREAKFAST (within 1–2 hours of waking)

- Prioritize 30–50g of protein to support lean mass & blood sugar
- Choose from:
 - 1 egg + 4 egg whites in egg white wraps + salsa
 - Cottage cheese + whey protein + berries
 - Egg whites + whole egg + cottage cheese- scramble

MOVEMENT + LIGHT (Aim for 30 min/day)

- Outdoor walk or strength training session
- Can be split into 3 x 10-minute walks, ideally after meals
- Supports blood sugar balance and metabolism
- Works as effectively as metformin for lowering glucose when done post-meal

MIDDAY MEAL (Lunch)

- Large leafy green salad or wraps with lean protein
- Add low-carb veggies, pumpkin seeds, Primal Kitchen dressing
- Avoid snacking; focus on protein filled meals

OPTIONAL Fasting Window

- Choose your eating pattern:
 - 3 meals a day, no snacks
 - OR 2 meals in a 6-hour window
 - 1 x 24-hour fast per week (optional)

DINNER (Protein + Veggies)

- Examples:
 - Shrimp & broccoli stir fry
 - Air fryer salmon + asparagus
 - Asian chicken meatballs + egg white noodles

EVENING WIND-DOWN

- Avoid bright indoor light 1–2 hours before bed
- Wear Blue light blocking glasses after sunset
- No snacking after dinner
- Gentle stretching, gratitude, or reading

Daily Check-In Questions

Use these each night or the next morning to reflect, realign, and stay connected to your body's signals.

1. How was my hunger today?

- Steady
- Excessive
- Low or nonexistent

- Did I eat enough protein?
- Was I under stress or under-rested?

2. Did I feel satisfied after my meals?

- Yes
- Still hungry after eating
- Felt too full

- Consider your portions, fats, and fiber.

3. Did I have any cravings? What triggered them?

- Boredom
- Emotional
- Hormonal
- Low blood sugar / missed protein

- What did I do to handle it? Would I do it again?

Daily Check-In Questions

4. Did I meet my protein target today (120g)?

- Yes
- Almost
- Not even close

→ Protein = priority.

5. How was my energy throughout the day?

- Stable and clear
- Sluggish
- Crashed mid-day

→ Check hydration, meal timing, carb intake, light exposure.

6. Did I move my body today?

- Walk (10, 20, 30+ min)
- Strength training
- Gentle stretch or rest

→ Every bit counts. Consistency over intensity.

Daily Check-In Questions

7. Did I get 5+ minutes of natural light in the morning?

- Yes
- No

→ Try again tomorrow. Light resets your rhythm.

8. How was my mood today?

- Balanced
- Irritable
- Anxious or down

→ Sleep, light, blood sugar, and self-compassion all matter.

9. What am I proud of today?

→ (Big or small — list at least one thing.)

10. What will I adjust or try differently tomorrow?

→ (Use this to learn, not judge.)

Bonus Tools For Success

Mindset & Craving Support to Keep You Anchored

To help you stay consistent and confident this month, enjoy these exclusive trainings from the Sugar-Free Mom vault. These are especially powerful for managing emotional eating, cravings, and midlife stress responses.

Tame the Toddler Mini-Workshop

[Click here to watch the Tame the Toddler Workshop](#)

Mouth Party Coaching Class

[Click here to watch the Mouth Party Class](#)

Self-Calming Tools for Cravings

[Click here to watch the Self-Calming Tools Class](#)

Pick one bonus to watch each week during your Midlife Macro Month. Reflect on how your mindset shifts as you nourish your body with food and truth.

Tribe Support + Coaching Schedule

You Are Not Doing This Alone

You're part of a powerful community of women walking through this with you.

Throughout your Midlife Macro Month, you have access to live support, coaching, accountability, and replays to help you stay focused and encouraged — even when life gets busy.

Live Coaching + Support Schedule (Eastern Time)

- Weekly Coaching with Brenda
 - Wednesdays at 7:00 PM ET
 - Replays available the next day in the portal
- Accountability Check-Ins (Pick what works best):
 - Mondays at 8:00 PM ET
 - Tuesdays at 12:00 PM ET
 - Thursdays at 7:00 PM ET

These calls are your space to:

- Ask questions
- Share wins and struggles
- Get encouragement and clarity
- Stay consistent and connected

Come as you are — live or on replay — but stay connected.

You're not here to do this perfectly. You're here to do this together.

Stay plugged into our community for coaching, encouragement, and accountability:

Weekly Coaching + Support Schedule (Eastern Time)

- Midlife Macro Coaching with Brenda
 - Wednesdays at 7:00 PM ET (Live + Replay)
- Accountability Check-Ins
 - Mondays at 8:00 PM ET
 - Tuesdays at 12:00 PM ET
 - Thursdays at 7:00 PM ET

Replays are uploaded the following day for those who can't attend live.

Coaching Call Notes + Takeaways Tracker

Week 1 Coaching Call - Notes + Takeaways

Date: _____

What I learned:

What I'm applying:

Week 2 Coaching Call - Notes + Takeaways

Date: _____

What I learned:

What I'm applying:

Week 3 Coaching Call - Notes + Takeaways

Date: _____

What I learned:

What I'm applying:

Week 4 Coaching Call - Notes + Takeaways

Date: _____

What I learned:

What I'm applying:

Research References

The Importance of Nutrition in Menopause and Perimenopause—
A Review

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10780928/>

Nutrition in Menopausal Women: A Narrative Review

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8308420/>

Essential Vitamins and Supplements to Balance Hormones

<https://www.premierob-gyn.com/blog/essential-vitamins-and-supplements-to-balance-hormones>

An Anti-Inflammatory Diet and Its Potential Benefit for
Individuals with Mental Disorders and Neurodegenerative
Diseases—A Narrative Review

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11357610/>

Closing Encouragement

You're not just following another plan—you're choosing to show up for yourself in a whole new season of life. Midlife isn't a dead end or a downhill slide. It's an opportunity to rewrite the story, reclaim your health, and restore confidence in your body.

Progress won't always be linear. There will be wins, setbacks, and everything in between. But what matters most is your consistency, your mindset, and your willingness to keep going even when it feels slow.

This method was born out of my own struggle—and my decision not to settle. I believe with all my heart that you can thrive in midlife. Your hormones don't have the final word—you do. So stay the course, give yourself grace, and remember: your best isn't behind you. It's just beginning.

You've got this—and I'm right here cheering you on.

With love and belief,
Brenda



Prizes are coming!

At the end of this challenge, I'll be giving away some fun and meaningful prizes to recognize your commitment and growth. Showing up, sharing takeaways, and supporting others all count — so stay engaged and keep going.

You are so worth this reset. Let's finish strong, together.