

Get Rid of Menopausal Weight Gain!



Foods that are contributing to weight gain and what to have instead.

It's no secret that sugar and white flour are two of the biggest culprits behind unwanted weight gain, but what might surprise you is just how often they sneak into our everyday foods and drinks. These ingredients spike blood sugar levels, and when that happens repeatedly over time, it can lead to Insulin Resistance, a condition that signals your body to store more fat, making weight loss even harder. Plus the changes during the transition to Menopause make you more susceptible to Insulin Resistance.

But here's the good news: there are delicious alternatives that won't hijack your blood sugar. Natural sweeteners like **stevia**, **monk fruit**, **erythritol**, **xylitol**, and **allulose** give you that sweet taste you love without the sugar spike and crash. And when it comes to flour, low-carb options made from nuts and seeds like **almond flour**, **coconut flour**, and **flax meal** can satisfy your cravings for baked goods without the metabolic consequences.

Don't forget about oils! Many packaged foods are loaded with inflammatory seed and vegetable oils that quietly sabotage your health and weight goals. You can swap them out for nourishing, anti-inflammatory fats like **coconut oil** and **avocado oil** (for cooking) and **olive oil** (for salads and room temperature things). Your body, and waistline, will thank you!

It's not just about what you are having, it's about what you are not having enough of.

Two powerful nutrients that often fly under the radar—but are absolutely essential for a healthy metabolism and weight balance are **protein** and **fiber**. And chances are, you could be someone who is not getting enough of them.

For **protein**, aim for **25–30 grams at each meal**, and with your snacks too. Protein helps maintain and, with strength training, build lean muscle. It also keeps you feeling full longer, and supports balanced blood sugar, making it a game-changer for energy and appetite control.

Then there's **fiber**, your digestive system's best friend. Most people barely hit half of what they need! Target **25–30 grams per day**, and you'll notice big shifts in fullness, digestion, and overall health. It's easier than you think when your meals include **plenty of veggies, fruits, whole grains, nuts, and seeds**.

With the right balance of these two key nutrients, you're not just eating, you're fueling your body to thrive.

Have a clear plan of how to eat real whole food, including treats & desserts that you'll LOVE getting to eat.

The **Trim Healthy lifestyle plan** isn't about restriction, it's about freedom with wisdom. With this plan, you'll enjoy a wide variety of satisfying meals from all the major food groups. The secret? Pairing **protein** with either **healthy carbs** or **healthy fats**, for a simple, powerful strategy that helps your body burn fat efficiently while keeping your blood sugar stable.

And yes, there are times you can enjoy all three: protein, healthy fats and carbs in one delicious meal. It's flexible, doable, and completely satisfying.

You'll be focusing on **wholesome, nourishing foods** instead of processed ones, which means your body gets the nutrients it craves for real, lasting energy and health. And thanks to smart swaps like natural sweeteners and low-glycemic flours, you can still indulge in **decadent desserts and treats**, without the guilt. This isn't just a "diet" it's a lifestyle you'll actually LOVE. Real food. Real results. Real joy on your plate.

Here are examples for quick & easy Trim Healthy MEALS to get you started:

Simple Meals with Protein & Healthy Fats (S Meals):

Scrambled Eggs with Sautéed frozen Peppers & Onions and/or fresh Spinach and optional: a little Cheese or Bacon for added flavor. Coffee with Cream & Approved Sweetener

Canned Tuna, a bag of pre-cut Salad fixings, any additional Salad Veggies you enjoy with bottled Ranch Dressing (with 2 gr carbs or less per serving)

Beef Roast, buttered Broccoli, Sautéed cubed Zucchini or Yellow Squash seasoned with Italian seasoning & Garlic salt. Optional if desired [Volcano Mudslide Muffin](#)

Rotisserie Chicken (off the bone & shredded), sautéed frozen Stir-Fried Vegetables all on a bed of Cauli-Rice, seasoned with Liquid Aminos. Optional if desired [Luscious Lemon Cake](#)

Simple Meals with Protein & Healthy Carbs (E Meals):

[Trim Healthy Pancakes](#) topped with All Fruit Spread, Coffee with up to 2 T half-n-half OR Nut Pods creamer & Approved Sweetener

Sandwich of Sprouted Bread with Light Laughing Cow Cheese &/or Mustard, Low Fat or Fat Free Lunch Meat, Lettuce, Sliced Tomato. Dill Pickles, Baby Carrots OR ½ piece of fruit, & Low Fat Cottage Cheese

Pan (lightly sprayed) cooked low-fat Wild Caught Salmon (great sprinkled with paprika and lemon juice), Oven Baked (or Microwaved) Sweet Potato with Cinnamon & Approved Sweetener, seasoned Green Beans. Optional if desired [Cottage Berry Whip - THM](#)

Mexican Chicken Bowl: Canned chicken breast, canned black beans, cooked rice, shredded lettuce, salsa, diced tomato (optional), Fat-Free Greek Yogurt, sprinkle in seasonings like: chili powder & onion powder for added flavor. Optional if desired [Peanut Butter Cheesecake in a Bowl](#)

Note: For Baking Blend (in Trim Healthy recipes) - you can use equal parts of almond flour, coconut flour, & flax meal, which is also called ground flax seeds. If you don't have TH brand of Gentle Sweet - you can use Truvia brand sweetener, in the container with the green lid. These easy substitutes are available at many major Grocery Stores.

Here are examples for quick & easy Trim Healthy SNACKS:

Simple Snacks: with Protein & Healthy Fats (S snacks):

2 Light Mozzarella Cheese Sticks or Meat Sticks (that don't contain sugar) & Non-Starchy Vegetables like: Cucumber & little Colored Sweet Peppers

Deli Meat and a slice of Cheese rolled up in a Lettuce Leaf

Simple Snacks: with Protein & Healthy Carbs (E snacks):

Oikos brand Triple Zero Yogurt (many flavors to choose) with approximately a cup of Fruit or one piece

½ - ¾ cup Low-Fat Cottage Cheese, an Apple cut into small pieces and mixed together with Cinnamon & Truvia sprinkled on.

BUT NOW we have more options within the Trim Healthy lifestyle plan that may be just what you need:

The *Trim Healthy Wisdom* book is a game-changer for many women in their 40s and beyond, especially those navigating the shifting seasons of **perimenopause, menopause, and post-menopause**. While the Trim Healthy lifestyle plan works beautifully for all ages, our bodies often need a more targeted approach as hormones begin to change.

This book dives deep into the key areas that matter most during this stage of life like **metabolism, insulin resistance, hormones, sleep, energy, and more** offering practical, grace-filled guidance to help you thrive, not just survive.

Whether you're just starting to feel the shift or have been walking through it for a while, *Trim Healthy Wisdom* will empower you with the tools and understanding to reclaim your health, balance your hormones, and feel strong and vibrant again.

Menopause Doesn't Have to Mean Weight Gain: Discover the Trim Healthy way to Slim Down

With the Trim Healthy lifestyle, the options are endless—meals, snacks, desserts, and drinks that are not only nourishing but truly delicious. There's something for every taste, every schedule, and every season of life. Many women find favorites the whole family enjoys, making it a sustainable way to eat well together.

Whether you're just starting or want to go deeper, the Trim Healthy plan is clearly laid out in their resources: the *Trim Healthy Mama Plan* book, *Trim Healthy Starter* book, *Trim Healthy Table* cookbook, and now the incredibly insightful *Trim Healthy Wisdom* designed especially for women in midlife and beyond. You can find all of these, along with plan-friendly products, through my [Affiliate Link](#) on their website.

If you're feeling overwhelmed or just want a little support as you begin or continue this journey, I'm here to help! Reach out with your questions by connecting with me on a call to discuss your situation and what are some good plans for you. Contact me at the link below.

Video about the Trim Healthy Mama lifestyle and how it is helpful for the Menopausal years and beyond at [▶ Menopausal weight loss with Trim Healthy Mama](#)

You can also [Contact me HERE](#) Visit my [Website HERE](#)

With Your Good Healthy In Mind,

Linda Johnson

Certified Trim Healthy Lifestyle Coach