



**Unleash Your Strength: Menolux's
Empowering Nutrition Guide for Midlife
Muscle!**

Unlock Your Strength: The Protein Power-Up You Need!

Fuel Your Muscle Growth: Hit Your Daily Target!

To truly build and preserve that vital muscle as a midlife woman, aim for a powerful **0.6 to 1.0 grams of protein per pound of your body weight every single day.**

This is your foundation for lasting strength and vitality!

Strategize Your Plate: Protein with Every Meal!

Don't just eat protein, *strategize* it! Aim for at least **25 grams of high-quality protein with every meal.**

This consistent fuel keeps your muscles fed, energized, and ready to thrive throughout your day.

Smart Choices: Your Lean Protein Allies!

Supercharge your plate with menopause-friendly protein sources rich in muscle-building leucine! Think delicious fish, versatile eggs, creamy dairy, powerful soy, or plant-based champions like pea and hemp. These are your allies in feeling vibrant and strong!

Ready to feel stronger, more vibrant, and empowered? Start prioritizing your protein intake today!

Reignite Your Energy: The Power of Smart Carbs for Midlife Women!

Ready to feel strong, energized, and vibrant? Let's talk about the incredible benefits of carbohydrates - your body's essential fuel for thriving!

Your Ultimate Energy Source & Strength Catalyst!

Carbohydrates aren't just fuel; they're the spark that powers your workouts, keeps your mind sharp, and sustains your energy levels throughout your busy midlife schedule. Embrace them!

Unlock Your Optimal Fuel Zone:

A fantastic starting point for sustained vitality and performance is aiming for approximately **1.4 grams of carbs per pound of body weight daily**. This helps you recover, build muscle, and feel amazing!

Nourish Your Body with Wholesome Goodness:

Choose vibrant, whole carbohydrates that love your body back! Think delicious sweet potatoes, hearty quinoa, nutrient-packed beans, an abundance of fresh veggies, and luscious fruits. These are your allies for health and happiness!



Maximize Your Efforts: The Golden Window for Recovery!

Ladies, you've crushed your workout - now it's time to supercharge your recovery! The next 24 hours are YOUR golden opportunity to embrace the **3 R's** for lasting strength and vitality:



Rehydrate for Radiance

Sip smart, feel vibrant, and keep that glowing energy flowing from within. Your body will thank you!



Replenish Your Power

Refuel your body with nourishing carbs and proteins to conquer tomorrow's challenges with renewed strength and focus.



Rebuild & Restore

Give your hardworking muscles the love they need to grow stronger, recover faster, and bounce back better than ever.

Your Calorie Compass: Fueling Your Strength Journey!

Ready to unlock your full potential and feel stronger than ever? Understanding your calories is key to building muscle and boosting your vitality!



Ignite Your Inner Power!

A **small calorie surplus** paired with **strength training** is your secret weapon to build lean muscle, fire up your metabolism, and reclaim your incredible strength! Embrace the fuel your body craves for transformation.



Trust the Process, Own Your Curves!

As your body transforms, it's natural to experience minor shifts, including a **slight increase in body fat**. This is often a powerful sign you're building serious muscle and becoming exponentially stronger! Focus on how you feel and the incredible strength you're building.



Your Journey, Your Rules!

Forget cookie-cutter diets! Your body is magnificent and unique, especially during midlife. There's no one-size-fits-all answer. Listen to your body, discover what makes you feel vibrant, and embark on a personalized path to optimal health. You've got this!

Unleash Your Inner Power: The Truth About Creatine for Midlife Women!

Ready to reclaim your strength, boost your energy, and nourish your muscles? Creatine is a powerful ally specifically designed to empower midlife women like **you!**

Beyond just building strength, creatine can ignite your vitality, sharpen your focus, and support overall muscle health, helping you feel stronger and more energetic every day.

- ✔ Your daily dose for success: A safe and effective **3-5 grams** can transform your journey! Speak to your doctor before starting any new supplements.





Ignite Your Inner Power: Thrive Through Menopause and Beyond! ✨

It's time to reclaim your vibrant health, unwavering strength, and boundless energy.

Your Journey to Empowerment Starts Here.

✔ **Ready to embrace your strongest self?**

Connect with us today to start your personalized wellness journey.

Menolux Health & Wellness

Email:

Menoluxhealthandwellness@gmail.com