



FREE CLIENT GUIDE

Eat More. Weigh Less.

Why undereating is keeping you stuck and how to use food as your most powerful tool.

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You have not been eating too much.

You have been eating too little — and your body has been protecting itself because of it.

When you restrict calories, your body adapts. It lowers your metabolic rate. It holds onto fat. It breaks down muscle instead. The longer you stay in restriction, the harder it becomes to see results.

This is not a willpower problem. It is a strategy problem.

WHAT YOU WERE TOLD	WHAT IS HAPPENING
Eat less, weigh less	Restriction breaks down muscle and slows your metabolism
Skip breakfast	Spikes cortisol and increases fat storage
More cardio = more results	Without fuel, cardio breaks down muscle tissue
Cut carbs to lose weight	Low carbs raise cortisol and disrupt thyroid in women 40+

Your body is not broken. The approach is.

Metabolic Adaptation

Every time you cut calories significantly, your body lowers its resting metabolic rate to compensate. This is not a flaw. It is survival. The longer you restrict, the more efficient your body becomes at protecting fat.

Muscle Is Metabolic Protection

Muscle burns more calories at rest than fat does. When you undereat, you lose muscle. When you lose muscle, your metabolism slows further. This is the cycle most women are stuck in — and it has nothing to do with discipline.

Hormones Shift After 40

Estrogen and progesterone begin to decline. This changes how your body stores fat, uses insulin, and responds to stress. Undereating raises cortisol — which signals the body to hold fat, especially around the midsection. What worked in your 30s is actively working against you now.

Restriction does not create a smaller body. It creates a more protected one.

Food is the tool. Not the enemy.

Eating more — strategically — is how you restore your metabolism, build muscle, and start seeing results again.

1 Protein First — Every Single Meal

Aim for 30 to 40 grams per meal. Protein preserves muscle, increases satiety, and burns more calories in digestion than any other macronutrient. Start here before anything else.

2 No Naked Carbs

Carbs are not the problem. Eating them alone is. Pair every carb with protein or fat to stabilize blood sugar, lower cortisol, and stop the urgent cravings.

3 Eat Within 90 Minutes of Waking

Cortisol is highest in the morning. A protein-rich meal early signals safety — your body stops protecting and starts burning.

4 Strength Train — Not Just Cardio

Progressive resistance training is the most effective tool you have. More muscle means more fuel burned at rest. No HIIT required.

5 Stop Counting. Start Fueling.

Shift from calorie restriction to nutrient density. Whole foods, protein first, complex carbs, quality fats. Your body knows how to respond when it is not in survival mode.

What this looks like every day.

You do not need a perfect plan. You need consistent anchors. Here are six things that move the needle.

0 Morning protein within 90 minutes

1 Eggs, Greek yogurt, cottage cheese, protein shake. At least 30g. Before coffee if possible.

0 Pair every carb

2 Toast with eggs. Fruit with nuts. Rice with chicken. Never a carb alone.

0 Hydrate before you caffeinate

3 16oz of water before your first coffee. Dehydration mimics hunger and raises cortisol.

0 Lift 3x per week minimum

4 Compound movements — squat, hinge, press, pull. Progressive overload over time. Form over weight always.

0 Eat every 3 to 4 hours

5 Do not let yourself get ravenous. Stable blood sugar is the foundation of everything.

0 Sleep is non-negotiable

6 Poor sleep spikes ghrelin (hunger hormone) and cortisol. 7 to 9 hours is part of the method.

Consistency over perfection. Every single time.



Ready to stop guessing and start fueling with purpose?

Book a free 30-minute call. No pitch. No pressure. Just an honest conversation about where you are and what your body actually needs.

BOOK YOUR FREE CALL

calendly.com/strengthrealizedmethod/30min

Real Evidence. Real Strength. Real Fuel.