

Is Forty Love Nutrition Right for You?

Here's what I hear most from women I work with. If this is you, let's talk.

- Things that used to work for your body just... don't anymore
- You've lost weight before, but it came back — or came off without feeling any different
- The scale doesn't match how you feel, or it's stopped moving despite doing everything "right"
- Low energy, afternoon crashes, and cravings you can't seem to outlast — followed by guilt and frustration
- You want to feel strong and capable, not just smaller
- You're done with diets that leave you exhausted and back where you started
- You want a plan built for your changing hormones, not a generic calorie count
- You're ready to care less about the scale and more about a body that works long-term

What It's Like to Work Together
Here's what to expect once we get started.

- We start with what's actually happening in your body — hormones, muscle, metabolism — not just what you're eating
- We set goals around strength, energy, and how you feel — the scale becomes one data point, not the only one
- Your plan fits your real life, not a rigid meal plan you can't sustain
- We track progress that reflects real change — strength, how clothes fit, energy — not just pounds
- Check-ins are collaborative, not judgmental — this is a partnership, not a report card
- You leave with tools that outlast our work together, not dependence on me