reset
WITH VALERIA

FREE GUIDE

PERIMENOPAUSE & MENOPAUSE · 14 DAYS

14-Day Strength and Wellness Guide for Women

Strength, Nutrition, and Well-Being During Perimenopause and Menopause



WELCOME

Small habits.
More presence.

A practical guide to building habits that support gradual fat loss and strength, without extreme diets or quick-fix promises. Every body experiences perimenopause and menopause differently. Over these two weeks, focus on practicing a sustainable routine and noticing how you feel.

HOW TO USE THIS GUIDE

01 The menu offers **general ideas, not exact portions.** Adjust serving sizes to your hunger, activity level, culture, and needs.

02 You can **swap meals**, choose vegetarian options, and repeat simple meals.

03 You do not need to eat perfectly to make progress.



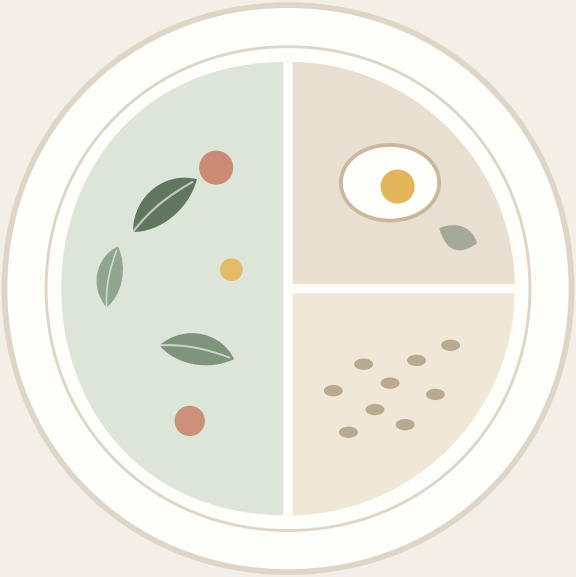
PLEASE READ

This guide is for educational purposes and does not replace care from a health professional. It is not designed to treat diabetes, thyroid disease, kidney disease, osteoporosis, or any other condition. If you are pregnant, have an injury, take medication, or have a history of an eating disorder, talk with your health professional before making significant changes.

NUTRITION

A Simple Meal Formula

For lunch and dinner, try this flexible plate structure:



½ PLATE
Vegetables or salad in a variety of colors.

¼ PLATE
Protein: fish, chicken, eggs, tofu, beans, lentils, or Greek yogurt.

¼ PLATE
High-fiber carbohydrate: potatoes, brown rice, oats, corn, quinoa, whole-grain bread, or legumes.

Add a small serving of unsaturated fat if the meal needs it, such as olive oil, avocado, seeds, or nuts. At breakfast, pair protein with fruit or vegetables and, if you like, oats or whole-grain bread. Include a source of protein in your main meals to support recovery and muscle maintenance.

Snack ideas

If you are hungry between meals, choose a snack; snacks are optional. Ideas include:

- Plain yogurt with fruit
- An apple with peanut butter
- Hummus with vegetables
- An egg with fruit
- Edamame

DAYS 1 TO 7

Week One Meal Plan

DAY	BREAKFAST	LUNCH	DINNER
01	Greek yogurt, berries, and oats	Chicken, quinoa, and vegetable salad	Salmon, potatoes, and broccoli
02	Eggs with spinach and whole-grain bread	Lentil soup and salad	Turkey or bean tacos with cabbage and corn
03	Oatmeal with yogurt, chia, and fruit	Chickpea salad with cucumber and tomato	Tofu stir-fry with vegetables and brown rice
04	Cottage cheese or yogurt, fruit, and nuts	Whole-grain chicken wrap or hummus and vegetable wrap	Bean chili with salad
05	Eggs, black beans, and salsa	Salmon or tofu with leafy greens and chickpeas	Chicken or tempeh with vegetables and sweet potato
06	Yogurt smoothie with fruit and oats	Lentil, vegetable, and rice bowl	Whole-wheat pasta with shrimp or tofu and vegetables
07	Oatmeal with fruit and yogurt	Whole-grain turkey or hummus sandwich with salad	Chicken or tempeh with roasted vegetables and quinoa

Swap any meal for one you enjoy more, or repeat a simple meal on busy days.

DAYS 8 TO 14

Week Two Meal Plan

DAY	BREAKFAST	LUNCH	DINNER
08	Whole-grain toast with egg and tomato	Chicken or tofu bowl with beans and vegetables	Fish, rice, and vegetables
09	Plain yogurt with pear and oats	Tuna or chickpea salad with whole-grain bread	Turkey or lentil meatballs with pasta
10	Eggs with mushrooms and fruit	Bean soup and salad	Chicken or tofu fajitas with peppers
11	Oatmeal with milk or a fortified beverage and seeds	Quinoa with edamame and vegetables	Shrimp or beans with potatoes and salad
12	Greek yogurt with banana and nuts	Egg or hummus and vegetable wrap	Baked chicken or tempeh with rice and broccoli
13	Toast with ricotta or tofu and fruit	Lentil and vegetable salad	Fish or bean tacos with cabbage
14	Oatmeal with yogurt and berries	Leftover bowl with protein, vegetables, and a grain	Vegetable omelet or tofu scramble with potatoes

Adjust serving sizes to your hunger, activity level, culture, and needs.

NEED SOMEONE BY YOUR SIDE?

Planning meals is one thing. Sustaining new habits when life gets busy is another. In RESET, we work on one small, achievable action each week, built around your real routine.

Learn more →

MOVEMENT

Movement During These Two Weeks

The goal is to exercise consistently and recover between sessions. If you are just starting, do one set of each exercise. When you feel comfortable, try two sets of 8 to 12 repetitions with a weight you can control. Comfortable- or moderate-paced walking counts too; gradually increase your time. Public health guidelines for adults recommend weekly aerobic activity and muscle-strengthening activity at least two days a week.

WEEK ONE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Strength A 20–30 min	**Comfortable-paced walk** 20–30 min	**Strength B** 20–30 min	**Gentle mobility** or rest	**Strength A** 20–30 min	**Walk** 20–30 min	**Rest** or relaxed stroll

WEEK TWO

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Strength B 20–30 min	**Comfortable-paced walk** 20–30 min	**Strength A** 20–30 min	**Gentle mobility** or rest	**Strength B** 20–30 min	**Walk** 20–30 min	**Rest** and reflect

Strength Walk Mobility, rest & reflection

Walking counts too: start where you are and gradually increase your time.

STRENGTH

Strength Routines

Before you begin, warm up with 3 to 5 minutes of gentle movement. Move at a controlled pace and breathe through each repetition. You can use your body weight, a resistance band, or light dumbbells.

STRENGTH A



01 Sit-to-stands from a chair

02 Glute bridges

03 Wall push-ups

04 Resistance-band rows

05 Bird-dogs

STRENGTH B



01 Hip hinges with light weight

02 Seated shoulder presses or unweighted presses

03 Seated resistance-band rows

04 Standing calf raises while holding a chair

05 Dead bugs



Starting out
One set of each exercise.



Feeling comfortable
Two sets of 8 to 12 reps.



Support
Use a chair or wall.

LISTEN TO YOUR BODY

Choose a comfortable range of motion and use a chair or wall for support. Stop if a movement causes sharp pain, dizziness, unusual shortness of breath, or makes an injury worse. If you have pain or a medical condition, adapt your exercise routine with help from a professional.

FINDING IT HARD TO KEEP IT UP ALONE?

It isn't a lack of willpower. In RESET, you get one-on-one sessions and WhatsApp support Monday through Friday, so you don't have to do it by yourself.

Talk to Valeria →

WELL-BEING

Habits to Support You During This Stage

Sleep and symptoms

Note how you slept, your energy, and any symptoms you want to discuss with your health professional. If you notice that caffeine, alcohol, spicy foods, or heat seem to coincide with hot flashes or interrupted sleep, observe the pattern; triggers vary from person to person.

Bone and overall health

Include calcium-rich foods such as yogurt, milk or fortified plant-based drinks, calcium-set tofu, and some vegetables. Ask your health professional whether you need to discuss calcium, vitamin D, or supplements; do not start supplements based on this guide.

Recovery

Alternate strength days with rest or gentle walks. Prioritize a regular sleep routine and drink water throughout the day. You do not need to eliminate entire food groups or use “detox” products.

> “You don’t have to change everything today. One possible step is a beginning.”
>
> VALERIA GONZÁLEZ

AFTER THE 14 DAYS

Your Focus for Day 15

Choose two habits you can maintain, such as strength training twice a week, taking a walk after lunch, or preparing protein and vegetables for several days.

Notice how you feel and which activities are becoming easier. Weight can fluctuate, and two weeks do not predict long-term results.

Habit 1 _____

Habit 2 _____



If symptoms affect your sleep, mood, or daily life, talk with your health professional. Evaluation and treatment options are available; you do not have to manage symptoms through food or exercise alone.

YOUR 14 DAYS END HERE. YOUR PATH DOESN'T HAVE TO.

RESET is 8 weeks of personalized support to keep caring for yourself: see yourself again, care for yourself again, and choose yourself again.

Talk to Valeria →



MEET VALERIA

Hi, I'm Valeria González.

Holistic health coach. I support women who feel they've lost themselves after years of caring for everyone else, with small, realistic steps that connect the mind, habits, and body, and fit into real life.

Want support to keep going after these 14 days?

LIMITED LAUNCH SPOTS

- RESET: 8 weeks at your own pace
- 8 one-on-one sessions
- WhatsApp support between sessions

I want to talk to Valeria →

No payment, no commitment. We talk first.

resetwithvaleria.com · @resetwithvaleria

TRUSTED SOURCES

National Institute on Aging Staying Healthy During and After Menopause	nia.nih.gov/health/menopause/staying-healthy-during-and-after-menopause
Office on Women's Health Menopause and Your Health	womenshealth.gov/menopause/menopause-and-your-health
CDC Physical Activity Guidelines for Adults	cdc.gov/physical-activity-basics/guidelines/adults.html

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RESET: Vuelve a Ti | General Educational Guide
RESET is holistic coaching and does not replace psychotherapy, medical diagnosis, treatment, or individualized medical nutrition advice.