

For Active, Career-Driven Women

Lose 5+kg & Boost Energy
While Supporting Your Hormones
During Life's Natural Transitions.

In under 90 days

FEMININE
& thriving

With Coach & Naturopath - Lilybelle Baker

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Intro



Hey! Lilybelle here,

In the coming pages, I'll reveal the exact system that Active & Career-Driven Women 40+ are using to Lose 5+ kgs in Under 90 Days While Supporting Their Changing Physiology & Hormones... Not Fighting Against Them.

All without spending hours in the gym, following rigid diets, or pushing yourself to exhaustion.

Skeptical? I would be too if I were you.

But I'm not here to convince you of anything – I'm simply here to share the system my clients, who are embracing this transition, are using to thrive.

You can decide for yourself if it feels like it might work for you too.

Lilybelle Baker

Coach & BHSc(Naturopath)

Ex Professional Dancer

Dance Teacher | Coach | Naturopath



As a former full-time dancer, I experienced firsthand the harmful norms around nutrition and body image. This inspired me to advocate for a natural, body-honouring approach to health & fitness as well as studying Naturopathy with a focus on female physiology.

I've seen how common conditions like PCOS, endometriosis and even the natural menstrual cycle are often overlooked and treated as burdens, rather than signals of our body's needs.

After transforming my physique and overcoming chronic fatigue, restrictive dieting and chronic inflammation (endometriosis)...

I now help active and career-driven women drop 5+ kgs whilst working with their female physiology, not against them...

One of the biggest mistakes I see busy women make on their health and fitness journey is following a rigid plan that doesn't work around your busy environment and natural hormonal changes.



My Journey



From constantly inflamed, bloated, lethargic, restrictive eating and burning myself out by training everyday

To leaner, stronger, more energised and aligned with my natural feminine hormones. This has allowed me to keep my lean physique effortlessly, be full of energy and no longer experience bloating or any inflammations such as endometriosis

My face says it all!



Pillars

**THE 3 BIGGEST PROBLEMS THAT
STOP BUSY WOMEN FROM
ACHIEVING THEIR OPTIMAL
HORMONAL HEALTH & PHYSIQUE
GOALS ARE:**

Ineffective/Over Training

Poor Nutrition Choices

Working against natural hormones

My simple 3-pillar system was designed from the ground up to solve these 3 problems.



PILLAR 1

Training



Training

Your Body Is Changing...

& THAT'S OKAY... WE CAN CHANGE IT IN THE DESIRABLE DIRECTION

As busy, active women, our priorities change and sometimes work becomes the main focus. This causes our health, fitness, and physique to go on the back-burner.

Trying to stay financially ahead and focusing on your career while maintaining a social group and enjoying life **IS ALL GREAT.**

But now that you got your career and finances in check, you just can't seem to lose that **5+kg of stubborn body fat, tone up and stay on top of your energy level with life's busy demands.**

Perhaps it's the fluctuating energy levels, lack of confidence on the summer holidays or your motivation for the gym slipping as life gets busy.

HERE ARE THE BIGGEST MISTAKES I SEE BUSY WOMEN MAKE



#1 Training Too Frequently

Training more than 4x/week tends to result in a decrease in intensity or running yourself into the ground. Spoiler, if you can train everyday without requiring a rest day, you are NOT training with the intensity required to build/preserve muscle and thus lose fat. Doing a HIIT class everyday is slowly killing you



#2 Doing Cardio To Burn Calories

Cardio is fantastic for your cardiovascular system, hence the name. But is probably the worst thing to fixate on when trying to get a lean and toned physique.

Creating a calorie deficit through more cardio is like saving for house by not going out for coffee... It's ineffective and sucks the life out of you. It also causes muscle loss, meaning less energy, slower metabolism and even if you do lose weight, you will be just as flabby.



#3 Lost With Lifting Weights

This one isn't really a mistake. It's a barrier that we need to overcome.

Because, if we want to lose fat and tone up, that requires muscle to be built or at least... **PRESERVED**.

This is why we will guide you through the process and have included an example gym day below. ***(pg 12)***

Build Lean Muscle & Boost Metabolism

THIS IS WHERE THE SIMPLE BUT POWERFUL **TONE IN TIME** PROTOCOL COMES INTO PLAY.

This training strategy is designed for busy women 40+ who want to maintain a strong, lean physique without spending hours in the gym every week.

Strength training plays a crucial role in balancing your hormones as they shift during this transition. It helps maintain muscle mass, supports metabolism, and boosts overall energy levels — vital as your body goes through these changes.

You can still build a functional body that feels strong and confident — without the need for time-consuming workouts.

So, what does this training protocol look like?

P.S. It's simpler and involves less time and energy than you think.

It's a 2 x 45-60 minutes per week, strategic approach that prioritises:

- Maintain muscle mass and prevent fat gain, even as metabolism slows.
- Balance hormones through functional strength movements, improving overall energy, flexibility, and mood.
- Support bone density, which is particularly important during this hormonal shift.

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With 2 strength sessions per week, plus 8,000 steps 5 days a week, this program supports your body's natural transition, promoting long-lasting changes without overdoing it. designed to work with your body as it adapts to the natural shifts in progesterone and estrogen that occur during perimenopause and menopause.

Strength training is crucial during this time, as it helps counteract the loss of muscle mass and bone density, which can occur as estrogen levels decrease.

It's simple — less strain, more reward, and a stronger, more balanced you.

SAMPLE 2 X **WORKOUT** 45 MINUTES



This is exactly how we deliver programs to our clients for maximum adherence, simplicity and effortless tracking

- **Full-Body Focus:** Builds muscle, boosts metabolism, and supports hormone balance.
- **Compound Movements:** Efficient, time-saving exercises that target multiple muscles.
- **Progressive Overload:** Helps build strength, tone, and supports bone health.
- **Minimal Equipment:** Dumbbells and barbell needed — perfect for home or gym.
- **Flexible:** Only 2 sessions per week, great for busy schedules

No crazy cardio required!

SAMPLE **WORKOUT 1/2** 45 MINUTES



workout A-

A: Barbell Squats: 3 sets of 8-12 reps (2 min rest)

B: Hip Thrusts: 3 sets of 12-15 reps (2 min rest)

C: 2 Sets of Split Squats 15-20 Reps With 2 Min Rest

D: Push-Ups: 2 sets of 10-15 reps (90 sec rest)

E: Dumbbell Rows: 3 sets of 8-12 reps (2 min rest)

F: Plank: 2 sets of 30-45 sec (90 sec rest)

SAMPLE **WORKOUT 2/2** 45 MINUTES



workout B-

A: Box Squats – 3 sets of 10-12 reps (90 sec rest)

B: Hip Thrusts – 3 sets of 12-15 reps (90 sec rest)

C: Incline Dumbbell Press – 3 sets of 8-12 reps (90 sec rest)

D: Resistance Band Lat Pulldown or Assisted Pull-Ups – 3 sets of 8-12 reps (90 sec rest)

E: Step-Ups (Bodyweight or Dumbbells) – 2 sets of 12-15 reps per leg (90 sec rest)



PILLAR 2

Nutrition





Nutrition

The Nutrition World Is **Intentionally** Confusing

FOR THE PAST 20 YEARS WE'VE BEEN OFFERED PALEO, MEDITERRANEAN, KETO AND MANY MORE

But none of these actually suit 95% of busy women especially if you are wanting to build a toned physique, increase your strength and take care of your cycle and natural hormones.

The women I speak with report:

- ❗ Shying away from wearing that dress or bikini due to fear of it 'not fitting'
- ❗ Exhausted & fighting brain fog all day
- ❗ Make progress for a couple of weeks and then losing it the next week
- ❗ Think cutting out certain food and restrictive dieting is the **ONLY** way to lose weight



Protein

MACROS? PROTEIN, FATS & CARBS STOP OVER COMPLICATING IT.

Dialling in your calories will dictate how much weight you lose.

Dialling in your calories coupled with hitting enough protein will dictate how much **FAT** you will **LOSE** and how much **MUSCLE** you will **BUILD**.

Both of these combined results in a **TONED PHYSIQUE**

That's it!



Side note: Focusing on protein and overall calories (as opposed to macros) mean you can stop ordering the BS salad and actually eat a proper meal whilst losing fat... Whilst enjoying your weekend.

Example day following complicated ***“I eat healthy why aren't I losing fat”*** diets.

- Breakfast – Yoghurt, muesli, honey and a banana
- Snack – 30g almonds
- Lunch – Chicken salad with olive oil dress and pine nuts
- Snack – 3 wholegrain crackers with a small pot of hummus
- Dinner – Salmon cooked in soy sauce, potatoes and mixed veggies
- Snack – 3 brown rice cakes with 1 Tbsp of natural peanut butter

And this is a good day... no takeaway.

2870 Calories, 150g fat, 150g carbs, 90g protein

Example day following the **simple** 4-Hour-Physique Protocol. (An example with Fasting)

- Breakfast – 3 eggs on sourdough with avo and cheese
- 12pm Lunch - 200g Mince bowl with veggies, avo and rice - **45g protein**
- 4pm Snack – Greek yoghurt, fruit & honey - **20g protein**
- 6pm Dinner – 200g steak, 200g potatoes & any veggies - **60g protein**
- **Optional Protein shake**

1503 Calories, 120g protein, Carbs & Fat (Don't matter)

This even free's up extra calories for weekend flexibility whilst keeping you full, sharp and energised throughout the day. All whilst losing 1kg of fat per week

Make it simple and it becomes **EFFORTLESS**

WE ALL KNOW HOW IMPORTANT NUTRITION IS WHEN IT COMES TO LOSING FAT, BUILDING MUSCLE AND MAXIMISING ENERGY.

But we don't want to live on shakes, salads, eat out of Tupperware containers or miss out on the rare social events/night out that we get. ***And we don't need to.***

Combining a ***protein set-point*** for your goals, our ***80/20 principle*** and our ***cycle sync method***, you can achieve predictable fat loss while building muscle and thriving every day

- 1** **PROTEIN TARGET.** Eat enough **PROTEIN** to support fat loss, strength gains, and muscle growth.
- 2** **80/20.** Get MOST of the remaining calories from wholesome foods (80%). And the other 20% from more flexible & discretionary options.

KEEP READING TO SEE YOUR MEAL PLAN (PG. #21)

BUT QUICKLY! Can I Still Go Out On The Weekend?

SORRY TO BREAK IT TO YOU, BUT NOBODY GAINED WEIGHT FROM ENJOYING A DATE NIGHT, EVENT OR WEEKEND AWAY.

Not one of my clients restricted themselves on weekends or purposely stayed in to lose fat! & ***Neither will you...***

OKAY NOW LET'S MOVE ON TO THE CYCLE SYNC METHOD



Meal Plan

For Stable Blood Sugar levels:

Morning Hydration Protocol:

- Start the day with 1/4 to 1/2 tsp Celtic sea salt in water to hydrate & balance electrolytes.
- Follow with a shot of apple cider vinegar to support metabolism, improve insulin sensitivity, and curb sugar cravings before they start.

Breakfast: High-Protein & Fat (No Sugar Spikes!)

● Skip sugary, high-carb breakfasts to avoid crashes.

Lunch: Protein + Fiber

- Keeps you full & stabilises blood sugar.

Dinner: Protein + Starchy Carbs

- Supports energy, hormone balance, and muscle recovery without triggering cravings.

Meal Plan

BREAKFAST

Option 1: Savory Protein Scramble

- 2-3 eggs scrambled with avocado & spinach
- 1 tbsp goat's cheese, feta or ricotta for added flavor and protein.

Option 2: Savory Protein Omelet

- 2 eggs whisked and cooked into an omelet
- Filled with sautéed mushrooms, cherry tomatoes & baby spinach
- 1 tbsp parmesan or feta for extra protein & taste



Option 3: Gut-Loving Protein Smoothie (High Probiotic, No Sugar Spikes)

- 1 cup full-fat Greek yogurt (probiotic & protein-rich)
- ½ cup choice of DF milk (almond milk).
- 1 tbsp flaxseeds (fiber for blood sugar balance)
- 1 tbsp almond butter (healthy fats for satiety)
- ½ scoop collagen or plant-based protein powder
- ¼ tsp cinnamon (helps regulate blood sugar)
- Ice + water as needed for consistency

Meal Plan

LUNCH

🍖 Option 1: Beef Power Bowl

- 150-200g grass-fed beef (minced, steak, or lamb)
- 1/4 Avocado (healthy fats)
- 1 cup Choice of non-starchy vegetables (e.g., sautéed kale, zucchini, or mixed greens)
- or Side of fresh fruit (e.g., blueberries, kiwi for vitamin C to enhance iron absorption)
- Sprinkle with Celtic sea salt for minerals



Option 2:

🍗 Option 2: Chicken & Avocado Bowl

- 150g grilled chicken breast or thigh
- Roasted sweet potato & mixed greens
- Avocado
- Side of fruit of choice.

Meal Plan

DINNER

Option 1: 🍌 **Lamb Tacos/bowls** – Slow-cooked lamb tacos in tortillas or on rice, topped with avocado, Greek yogurt, pickled onions

Option 2: 🥑 **Grass-Fed Beef Stir Fry with Rice**

- 150g beef mince with broccoli & capsicum
- ½ cup basmati rice (lower GI than other rice types)

option 3- Build a bowl exempld below

Inspo to build a bowl with protein, healthy fats, fibre and carbs



Meal Plan

SNACKS

Snack Options *with No Sugar Spikes!*

- 100g full-fat Greek yogurt with cinnamon & walnuts topped with fruit of choice.
- 2 Brazil nuts + 1-2 boiled egg- rich in selenium & protein to curb cravings.
- 2 squares of dark chocolate- high in magnesium to support relaxation & energy.
- Beef sticks or beef jerky – high in protein and satiating



PILLAR 3

Natural Physiology

A CALORIE IS JUST A CALORIE. YOU ALSO WANT NUTRIENTS TO SUPPORT YOUR NATURAL HORMONE PRODUCTION.

Whilst you can still eat a certain amount of calories and lose weight, the quality of those calories will dictate how you feel.

Hence eating low carb, low fat, low quality and ultra processed works in the short run for losing weight (if your calories are dialled in), **but never in the long run.**

This is why I will educate you on how to construct balanced meals that guarantee you to lose fat, tone up, and re-ignite your energy and hormonal balance.



“I Don’t Have Time”!

WE ARE NOT TAKING ANY, BUT RATHER **RESTRUCTURING** YOUR TIME.

You’re already putting in the effort, my job is to turn that into **real, lasting results**. Fat loss, muscle gain, and **working with your natural energy and hormones... not against them.**

Think this is some crazy, rigid plan? Watch my YouTube videos and see how I stay on track through adventures, date nights, and holidays.

Sound familiar?

- 1** On-Again, Off-Again: Progress one week, setback the next.
- 2** Next Week Mentality: “I’ll start when life calms down.”
- 3** Return to Default: Losing weight but struggling to keep it off.

Let’s break the cycle.