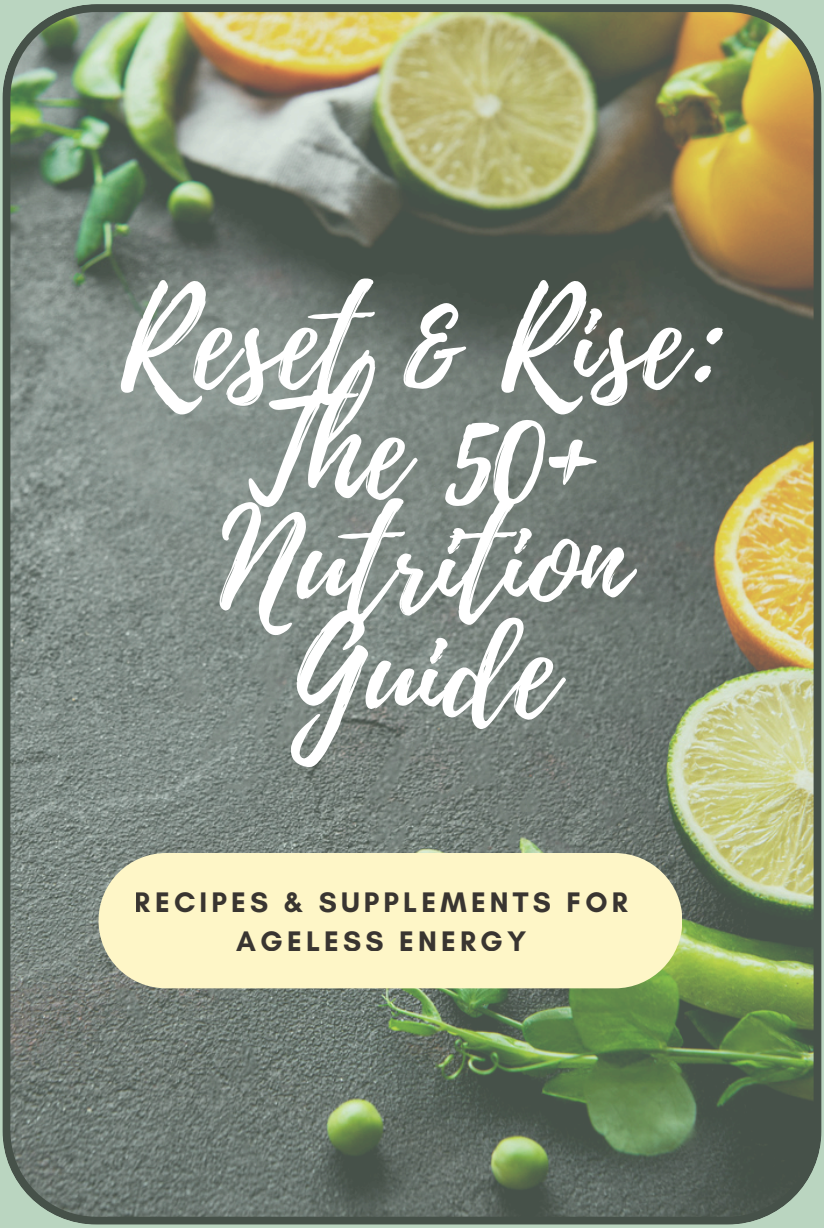


KELLY MESSIER
NUTRITIONAL THERAPY PRACTITIONER

The Nutrition Connection LLC

Hello

I am Kelly, Nutritional Therapist and Health Coach, founder of The Nutrition Connection.



I began this journey to bring clarity to the conversation around nutrition and lifestyle for women over 50— to simplify what midlife symptoms are really telling you and how to uncover ageless energy while feeling fit and healthy!

Most of my life, I'd been fascinated by health and wellness. Then, in my 40s not only had energy crashes shown up but I wanted to nap a lot. Bathroom issues controlled my day, hot flashes and night sweats seemed to come out of nowhere and my clothes were fitting tighter. Even at my lowest, I held onto the belief that my body could feel better. That belief pushed me to try something new: working with a Nutritional Therapy Practitioner. That decision changed everything.

I learned how deeply interconnected *food*, *stress*, and *lifestyle habits* were with my health.

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Then I noticed that things began to shift. I became more regular. Then, my energy returned—a victory I had almost given up on.

Over time, more changes followed. My clothes fit better. My sleep became deeper and more refreshing. And when hot flashes crept in, I leaned on what I'd learned, making small adjustments that worked. Before I knew it, the cravings disappeared. Hot flashes? Gone and my energy was steady throughout the day.

For the first time in years, I felt like myself again—only *better*.

The most surprising part of this journey? Realizing that so many symptoms I'd written off as "normal" signs of aging were really my body asking for help. When I gave it the support it needed, it healed.

This is why I became a Nutritional Therapy Practitioner myself: to help other women discover that midlife and beyond, doesn't have to feel hard.

I created the Energy & Metabolism Reset to teach you the importance of listening to your body and how to decipher what those debilitating symptoms really mean. That feeling crummy isn't necessary. That the body can heal.

♥ Kelly

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These recipes are simple and loaded with the nutrients that the midlife body craves.
Healthy fats, protein rich, fiber and minerals.
All supportive of hormone balance, reducing inflammation, improving sleep & mood, blood sugar balancing, more resilience & a healthy metabolism. This all happens with wellworking digestion.

This Reset & Rise Nutrition Guide is thoughtfully put together to give you a foundational start
on your path for ageless energy and feeling fit and healthy in your over 50 season.

Inside these pages are some of the meals I recommend most often to women who want
steadier energy, better sleep, fewer cravings, and a metabolism that feels like it's working with them again. No rigid rules. No perfection. Just supportive, whole-food recipes (void of many sensitive ingredients: grains, seed oils, sugars). And because nourishment goes beyond food, you get a supplement guide to boost support and help your body breathe easier.

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Agesless Energy Egg Cups

Makes 6 servings (12 muffins)



Ingredients:

12 eggs
1-2 tbsp butter or coconut oil
1 cup red pepper, chopped
1 cup mushrooms, sliced
½ tsp garlic powder
½ tsp black pepper
1 tsp sea salt
½ tsp turmeric
1 package cooked sausage, chopped
optional: chopped greens or herbs
grated cheddar cheese, optional topping

Directions:

1. Preheat oven to 425F. Grease 12 muffin cups with butter or coconut oil.
2. Sauté pepper and mushrooms for about 3 minutes until soft in butter or coconut oil.
3. Divide vegetables (plus optional greens) & browned sausage between the 12 muffin cups.
4. Whisk eggs and spices together, pour into 12 muffin cups. They will expand with cooking.
5. Bake about 30 minutes, or until eggs have set. If using cheese, sprinkle on top within the last 5 minutes of baking. Enjoy!

Midlife Magic Breakfast Bowl

Serves 2

Ingredients:

4 eggs, hard boiled
1 avocado, diced
1 tbsp Dijon mustard
1 tbsp avocado mayo or olive oil
1 large tomato, diced
1 tsp sea salt & pepper
4 slices chopped, cooked crisp bacon
optional: onion powder, garlic powder



Directions:

1. Chop eggs and divide between two bowls.
2. Add tomato, avocado and bacon to each bowl, divided equally
3. In separate bowl, mix together mustard, avocado mayonnaise, salt & pepper, spices; add the mixture to each bowl and fold to combine ingredients.

Enjoy!

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Fit & Fab Chia Pudding

Serves 2



Pair with hardboiled eggs
or sausage
for adequate protein

Ingredients:

1 cup coconut milk (full fat) or whole milk plain yogurt
¼ cup chia seeds
1 cup berries (or fruit of choice)
2 tsp cinnamon
pinch of Sea Salt
optional sweetener 1 tsp honey or maple syrup

Directions:

1. Mix chia and coconut milk or yogurt in a bowl.
2. Allow 15-20 minutes, (or longer) for mixture to thicken into a pudding-like consistency, stir after 2-3 minutes.
3. Divide into two bowls, and add berries & top with lots of cinnamon & optional sweetener. Enjoy!

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Rise & Thrive Pizza Bake

Makes 4 servings

Ingredients:

2 cups marinara sauce of your choice
2 lbs Italian sausage, cooked
2 tbsp Butter
1 tsp. dried oregano
1 tsp. dried basil
1 tsp sea salt
½ tsp fresh-ground pepper
2 1/4 cup fresh cremini mushrooms, washed and cut into thick slices
1 green bell pepper, chopped
1 red bell pepper chopped
1 3/4 cups Mozzarella cheese, Grated
5 oz pepperoni

Continued on next page



Rise & Thrive Pizza Bake

Directions:

Preheat oven to 400F, Butter an 8" x 11" glass casserole dish.

1. Over medium heat, melt some of the butter in a frying pan, add the mushrooms and peppers, stirring a few times and cooking until peppers are fork tender.
2. Layer the sausage in the bottom of the prepared casserole dish and top with half of the marinara, spreading evenly over the sausage.
3. Season with dried oregano, basil, sea salt and fresh-ground black pepper.
4. Layer the mushrooms and peppers over the sausage-tomato mixture.
5. Cover with the remaining 1 cup of marinara.
6. Sprinkle the grated Mozzarella over the top of the casserole and lay the pepperoni slices on top of the cheese, spacing them evenly so the whole top is covered with pepperoni.
7. Bake about 25 minutes, or until the cheese is melted and sauce is bubbling.

Enjoy out of the oven and as leftovers.



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Cool Mood Salmon Salad

Makes 2 large salads

Ingredients:

1 can wild caught salmon (or tuna)
½ avocado, chopped
1 cup cherry tomatoes
2 tbsp olive oil
2 tbsp balsamic vinegar
½ tsp Dijon mustard
1 cup purple or green cabbage, chopped
2 cups butter lettuce, chopped
½ tsp sea salt & pepper
Optional toppings: Flax or Pumpkin Seeds

Directions:

1. Drain salmon.
2. Divide cabbage and lettuce into two bowls.
3. For dressing, use separate cup and mix oil, vinegar & mustard, salt & pepper
4. Top greens with salmon, avocado and cherry tomatoes.
5. Drizzle with dressing, add toppings if desired, mix and enjoy!



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Brain Boost Yogurt Dip

Enough to Share!

Great for dipping Vegetables or chicken:

Ingredients:

½ cup whole milk Greek yogurt
¼ tsp sea salt
1 tsp lemon juice
½ tsp ground ginger
¼ tsp ground garlic
¼ cup loosely packed chopped fresh dill or 1 tbsp dried

Directions:

1. Place all ingredients into a small bowl
2. Whisk until ingredients are well incorporated
3. Refrigerate until ready to use.
4. Serve with chopped veggies: cucumbers, carrots, snap peas, celery, pepper slices

Never NAKED carbs! Pair whole food carbs with this healthy fat to aid in the uptake of fat solulble nutrients as well as to slow digestion for better breakdown of foods and balancing blood sugar.



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Happy Hormones Pumpkin Latte

Serves 1

Ingredients:



6 ounces espresso
or strong coffee
6 ounces full fat coconut milk
or cream
1 tsp pumpkin pie spice
¼ tsp. unrefined sea salt
1 tsp. maple syrup, if desired
2 tsp pumpkin puree
3 drops vanilla
cinnamon

Directions:

1. Mix pumpkin pie spice & sea salt into the maple syrup & pumpkin puree in your favorite mug.
2. Pour coconut milk into a small saucepan and turn on medium heat.
3. As milk is heating, make espresso or coffee, preferably using freshly ground beans (option to use decaf).
4. When espresso is ready & coconut milk is warmed, pour both into the mug with the puree mixture. Blend with a frothing stick or a small whisk.
5. Top with cinnamon and add vanilla, if desired. Enjoy!

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Midlife Daily Balance Supplements:

Magnesium: supports hundred of functions & is the first mineral to be used up with stress and the imbalances that midlife can bring. Benefits muscle & cardiovascular health as well as sleep, digestion and a calmer mood. My favorite: ReMag from RNAReset: this is the most absorbable type of magnesium created by a doctor. Just a few drops in your water to start.

Green Pastures Fermented Cod Liver Oil: Healthy fats are needed at this pivotal time for hormone support, to absorb fat soluble nutrients, for brain health & much more. This is also a natural source of that much needed Vitamin D. Check out with code: *Connect10* for discount.

Digestive Support: This season can bring on digestive issues and aiding digestion is key to absorbing nutrients from food. Hydrozyme can be beneficial when digestion is off. Visit Fullscript for high quality & my discount. Start with 1 tablet with your first bite of food in your first meal of the day

Probiotic: Megasporebiotic also on Fullscript. Spore based, for supporting beneficial gut flora. Midlife changes can throw off the balance of our microbiome. Supporting with highly impactful probiotics can be a game changer. *Start with ¼ capsule after dinner daily.*

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Nutrition for living your best years
Strong & Resilient

Want to better understand the signals your body is sending—and what they really mean? I can help you with low energy, cravings, excess weight, digestive challenges, supporting bone health. Your midlife season is a time to thrive & celebrate...together we make this a reality

Click here: to Set up your FREE consulation call with me to learn more about the
ENERGY & METABOLISM RESET



Kelly

Scan here to visit my site:
www.thenutritionconnectionllc.com

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