

FREE GUIDE • NUTRITION

GlowGetter

Grocery Guide

For Women in Their 40s

Weight Loss

Skin Health

Hair + Nails

Gut Health

Hormones

"Food is not just fuel. It is information. Every bite either fights inflammation or feeds it. Choose your glow."

The Midlife GlowGetter

This is your go-to grocery list for women in their 40s who want to lose weight, glow from the inside out, and feel good in their body every single day. Every item on this list was chosen with purpose: skin, hair, nails, gut, hormones, and metabolism all covered. Print it. Use it. Make it yours.

1

Produce Staples: Anti-Inflammatory & Fiber-Rich

Helps with weight loss, skin glow, digestion, and reducing bloat.

LEAFY GREENS

- Spinach
- Kale
- Swiss chard
- Arugula
- Romaine

CRUCIFEROUS

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage

COLORFUL ADDITIONS

- Sweet potatoes (beta carotene for skin)
- Beets (gut + circulation)
- Bell peppers (vitamin C)
- Zucchini & cucumbers (hydrating)
- Avocados (healthy fat + fiber)

FRUITS: LOW GLYCEMIC

- Blueberries
- Raspberries
- Strawberries
- Lemons & limes
- Apples (pectin = gut support)

2

Lean Protein: Muscle Retention + Metabolism Boost

Protein supports fat loss, skin elasticity, and strong hair and nails.

ANIMAL-BASED

- Eggs (biotin + choline)
- Chicken breast
- Ground turkey
- Grass-fed beef (1x/week)
- Wild-caught salmon or cod
- Tuna (canned in water)
- Shrimp or scallops

DAIRY-BASED

- Non-fat Greek yogurt
- Cottage cheese (low sodium)

PLANT-BASED

- Lentils
- Chickpeas
- Black beans (rinse well)

3 Healthy Fats: Skin, Hair, Hormones & Satiety

Balance hormones, nourish skin and nails, and help you feel full longer.

NUTS & SEEDS

- Walnuts (omega-3s)
- Almonds or almond butter (vitamin E)
- Chia seeds (fiber + omega-3)
- Flaxseeds (hormone support)
- Pumpkin seeds (zinc = skin + thyroid)

OILS & WHOLE-FOOD FATS

- Extra virgin olive oil
- Avocados
- Coconut oil (limited use)
- Ghee (if tolerated)

4 Gut Health Essentials: Digestion + Mood + Immunity

A healthy gut means better digestion, clearer skin, stronger immunity, and more stable mood.

PROBIOTIC FOODS

- Sauerkraut
- Kimchi
- Plain kefir
- Coconut yogurt (unsweetened)

DIGESTIVE HELPERS

- Bone broth (heals gut lining + supports joints)
- Apple cider vinegar (1 tbsp in water before meals)
- Psyllium husk powder
- Ginger (fresh or tea)
- Peppermint tea

5 Beauty Boosters: Skin, Hair & Nails

Target the nutrient gaps that affect hair shedding, brittle nails, and dull skin.

- Collagen peptides (add to coffee or smoothies)
- Brazil nuts (selenium = hair growth + thyroid support)
- Citrus fruits (vitamin C fuels collagen production)
- Cucumber & celery (hydrating + mineral-rich)
- Berries (antioxidants + anti-aging)

Hydration Helpers: Flush Bloat & Boost Energy

Hydration is essential for fat metabolism, circulation, and glowing skin.

- Filtered water
- Herbal teas (peppermint, dandelion, ginger)
- Electrolyte packets, sugar-free (LMNT, Ultima, or Nuun)
- Green tea (gentle metabolism boost + antioxidants)

AVOID OR LIMIT: These hinder your glow-up

- Ultra-processed frozen meals
- Soda and fruit juices
- Refined white bread, crackers, and pastries
- Flavored yogurts (hidden sugar)
- Granola bars and high-sugar protein bars
- Cream-based dressings and sauces
- High-sodium canned soups