

# The Optimal Plate: What to Eat for Hormone-Friendly Fat Loss



**Joe Miller**  
Founder of  
1st Optimal

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You're eating less, trying to be healthy, maybe even skipping meals. But the scale won't move, and your energy is tanked.

It's not just about calories—it's about communication. Every bite you take sends a signal to your hormones. And for midlife adults, those signals matter more than ever.

## 1. Insulin Sensitivity: The Fat Loss Accelerator Most Diets Ignore

Insulin is a powerful hormone. When your body is **sensitive** to insulin, it efficiently pulls glucose into your cells for energy. But when you're **resistant**—a common issue after 35—your body pumps out *more* insulin to do the same job.

High insulin = more fat storage, especially around the belly.

This resistance builds over time from:

- Skipping protein
- Eating too many refined carbs
- Poor sleep and high stress
- Inflammation from the wrong fats and processed foods

The fix? Meals that minimize blood sugar spikes and support stable energy.

## 2. Inflammation: The Silent Hormone Saboteur

Inflammation isn't just about joint pain or soreness—it disrupts nearly every hormone system in your body, from cortisol and thyroid to testosterone and estrogen.

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And one of the biggest modern culprits? Refined seed oils.

Canola, soybean, corn, safflower, and sunflower oils—common in “healthy” packaged foods and restaurant meals—are rich in omega-6 fats. While not inherently bad, when consumed in excess (and out of balance with omega-3s), they promote chronic inflammation, impair insulin sensitivity, and damage hormone receptors.

👉 Swap these out whenever possible for:

- Extra virgin olive oil
- Avocado oil
- Coconut oil (in moderation)
- Grass-fed butter or ghee

Choose foods that help cool inflammation, not fuel it.

## 3. Lean Mass: The Metabolic Engine You’re Probably Undereating For

After 35, both men and women naturally start losing muscle mass. Less muscle means a slower metabolism, reduced insulin sensitivity, and weaker hormone signals.

The key? **Daily protein intake.**

💡 **Aim for 0.8–1.0 grams of protein per pound of your ideal body weight.**

So if you want to weigh 160 lbs, shoot for **140–160g of protein daily.**

Protein isn’t just about muscle—it stabilizes blood sugar, promotes satiety, supports detoxification, and balances hunger hormones like leptin and ghrelin.

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## The 1st Optimal Plate Formula:

- ½ of your plate: Non-starchy vegetables (broccoli, greens, cabbage, peppers)
- 🍗 ¼ of your plate: Lean protein (chicken, eggs, turkey, tempeh, fish)
- 🌶️ ¼ of your plate: Fiber-rich carbs (berries, lentils, sweet potato, wild rice)
- 🥑 Add healthy fats: Olive oil, avocado, nuts/seeds (but skip the seed oils)
- ✅ Optional: A scoop of collagen or whey protein to help meet your protein goal
- ❌ Avoid: Packaged foods, seed oils, sugar-sweetened beverages, and highly refined grains

**Eating this way won't just help you lose weight. It will *rebalance your hormones*.**

Your body isn't broken—it's just waiting for the right inputs. At 1st Optimal, we test for the root causes behind weight loss resistance, hormonal imbalances, and energy crashes—and we build nutrition strategies that match your labs, not someone else's trend.

**Ready to build a metabolism that *works with your hormones*?**

📞 **Book your complimentary call with a health specialist today.** We'll review your bloodwork, your lifestyle, and your goals—and help you design your own Optimal Plate.

🔗 [\*\*Book Your Call Now\*\*](#) »

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