

BELLE SANTE

LONGEVITY & FUNCTIONAL MEDICINE

YOUR ACTION PLAN

Checklist

Metabolism Reset

Minimal. Strategic. Effective.

Daily + Weekly Habits



Consistency + Strategy = Results

Belle Santé · Longevity & Functional Medicine

DAILY HABITS

Daily Foundations

Non-negotiables for metabolic health.



30–40g protein per meal

Protein preserves lean muscle and keeps metabolism elevated throughout the day.



Strength training 3–4× per week

Builds metabolically active tissue – essential for sustainable, long-term results.



Hydration – move your body daily

Supports every cellular process that drives energy production and fat metabolism.



Sleep 7–8 hours each night

Sleep is when your body repairs, regulates cortisol, and resets hormonal balance.

WEEKLY HABITS

Weekly Rituals

Sustainable habits that compound over time.



Meal prep

Removes decision fatigue and ensures your nutrition goals are met consistently throughout the week.



Dedicated recovery day

Active rest supports muscle repair, reduces cortisol levels, and prevents the burnout cycle.



Stress management practice

Chronic stress elevates cortisol, which directly opposes fat metabolism and hormone balance.

COMMON BLIND SPOTS

What Most People Miss

Effort without awareness leads nowhere.

01

Under-Eating

Chronically eating too little signals a famine state – your metabolism slows to conserve energy rather than burn it.

02

Overtraining

More is not always more. Excessive exercise without adequate recovery raises cortisol and actively breaks down lean muscle.

03

Hormonal Imbalance

No diet or workout plan can fully compensate for unaddressed hormonal dysfunction. The root must be treated directly.

Consistency + Strategy = *Results*

You have the tools. Now you need the support
to put them into action – consistently.

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Helping you find balance and feel like yourself again
through functional medicine.