



*Real Life Keto  
with Laura*

## **The Real Life Keto 7-Day Reset for Women Over 50**

**Stop Starting Over. Start Feeling Better.**

**Simple Keto. Real Life. Healthy Aging.**

# Welcome

## Welcome Friend,

If you're over 50 and frustrated with your weight, your energy, or your health, I want you to know something: **I understand.**

I've lived through the ups and downs of dieting. I've lost weight, gained it back, and started over more times than I can count.

This isn't another diet. It's a gentle reset designed to help you build confidence, regain energy, and support healthy aging—one simple step at a time.

No perfection required. Just progress.

# DAY 1 — Stop Starting Over

## Today's Encouragement

You are not starting from scratch. You are starting from experience.

## Today's Simple Action

■ Choose ONE meal today and make it keto-friendly.

## Reflection

What is one lesson you've learned from past dieting experiences?

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# DAY 2 — Your Body Has Changed—And That's Okay

## Today's Encouragement

Your body has changed, and your approach can change too.

## Today's Simple Action

■ Drink a large glass of water before every meal.

## Reflection

How can you show your body more kindness?

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# DAY 3 — Understanding Emotional Eating

## Today's Encouragement

Awareness is the first step toward change.

## Today's Simple Action

■ Ask: Am I hungry, or am I looking for comfort?

## Reflection

What emotions trigger overeating?

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# DAY 4 — Keep It Simple

## Today's Encouragement

Simple often works best.

## Today's Simple Action

■ Build meals around protein, healthy fats, and low-carb vegetables.

## Reflection

What healthy foods do you enjoy?

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# DAY 5 — The Scale Doesn't Define You

## Today's Encouragement

Your worth has never been attached to your weight.

## Today's Simple Action

■ Write down three things you appreciate about your body.

## Reflection

How would life change if the scale had less power?

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# DAY 6 — Healthy Aging Is the Goal

## Today's Encouragement

Healthy aging is the real win.

## Today's Simple Action

■ Take a 10-minute walk today.

## Reflection

What do you want life to look like in 10 years?

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# DAY 7 — There Is Hope

## Today's Encouragement

Your next chapter can look different.

## Today's Simple Action

■ Choose one healthy habit and commit to it for 30 days.

## Reflection

What promise will you make to yourself today?

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# A Personal Note From Me

Friend,

If you've completed this reset, you've already taken an important step. You showed up. You invested in yourself. You chose hope.

Health isn't about perfection. It's about consistency, support, and finding something that works in real life.

**Ready for the next step?**

Visit: <https://reallife-keto.com>

Let's create a plan that works for your life, your goals, and your season of life.

**Simple Keto. Real Life. Healthy Aging.**