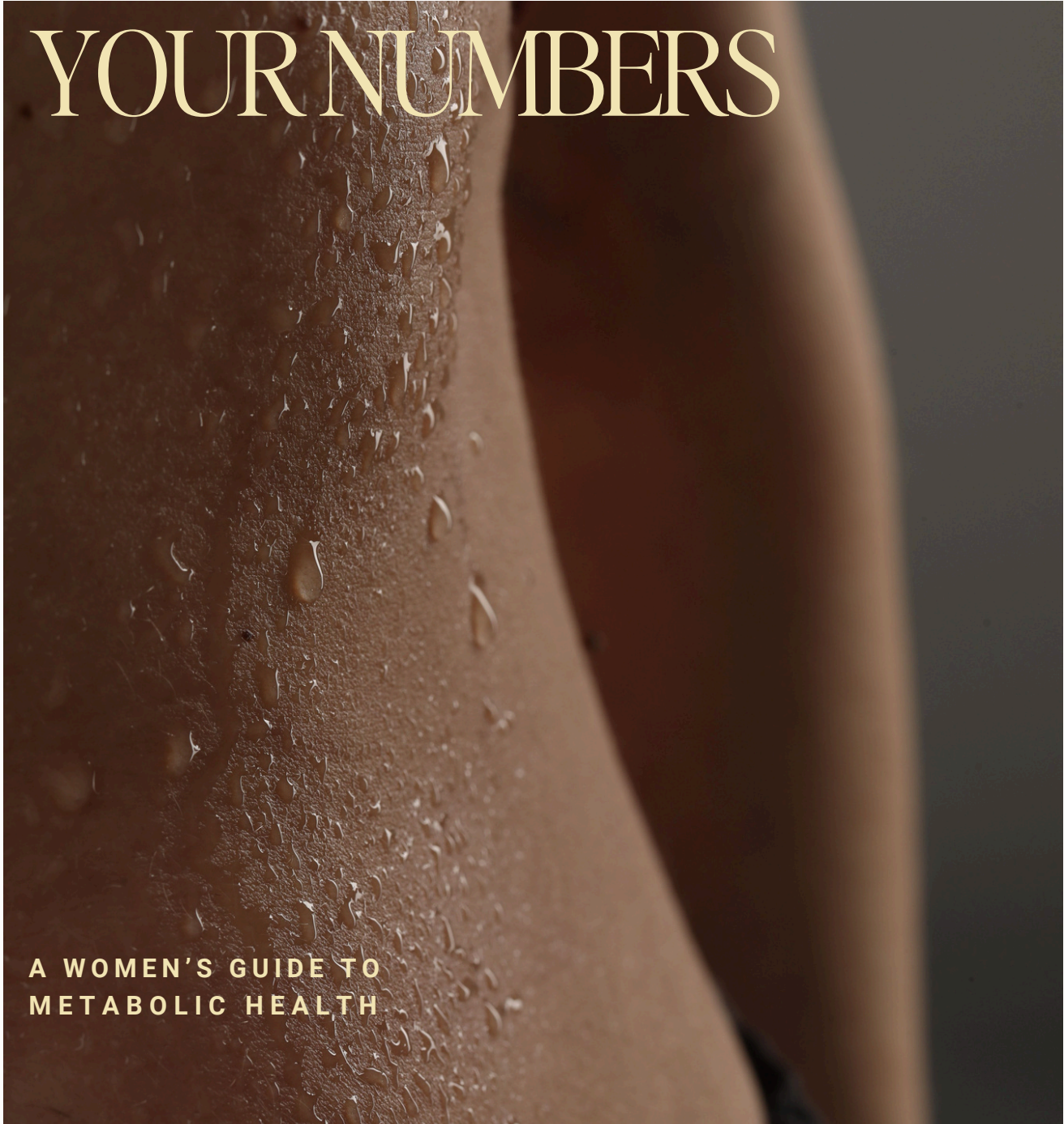


AĒLEVAR

UNDERSTANDING YOUR NUMBERS



A WOMEN'S GUIDE TO
METABOLIC HEALTH

UNDERSTAND

The key metabolic markers
through the lens of your own biology

SUPPORT

Your health with nutrition
and lifestyle foundations

IMPROVE

Your numbers and
how you feel long-term

A NOTE FROM ALEXY

If you've ever looked at your lab results and felt confused by rows of numbers, a few of them flagged, and no real explanation of what they mean for you, you are not alone. Many women are told their results are "fine" or to simply "watch" a particular marker without ever being shown how it all fits together.

For many women, the journey toward better health begins with a desire to understand what their body may be trying to communicate. Perhaps changes in energy, mood, cravings, focus, or weight have sparked a deeper curiosity about what may be influencing your health. Or perhaps you simply want to better understand the factors that contribute to long-term metabolic health and vitality.

This guide was created to help change that. My goal is to help you better understand what your numbers may be telling you, why they matter specifically for women, and what you can do to support them.

Your metabolic health is not a single number on a page. It is the connected story of your blood sugar, insulin, cholesterol, hormones, and how those pieces shift across the different stages of a woman's life. When you can see that story clearly, the path forward becomes far less overwhelming.

Throughout this guide, you'll explore commonly used conventional and functional lab ranges, factors that may contribute to metabolic imbalance, nutrition and lifestyle foundations, supportive supplement considerations, practical strategies, and recipes designed to support healthy blood sugar balance and overall metabolic health.

Importantly, this guide was written with women in mind. Female physiology changes throughout different stages of life, and what supports one woman at 28 may look different at 38, 48, or beyond. My hope is that these pages leave you feeling more informed, more confident, and better equipped to take your next step.

With gratitude,
Alexy Molina, RHNC
Founder, Aēlevar

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01

Understanding Metabolic Health

Looking Beyond Individual Numbers

UNDERSTANDING YOUR NUMBERS

UNDERSTANDING METABOLIC HEALTH

Looking Beyond Individual Numbers

Metabolic health is simply how well your body turns food into energy and keeps that energy steady throughout the day. When it is working well, your blood sugar stays stable, your energy is even, your cravings are manageable, and your body can maintain a healthy weight without constant battle.

There are a handful of key markers that, together, give a picture of your metabolic health. You don't need to memorize them - you just need to know what they represent and how they connect.

The Key Markers of Metabolic Health

- ✓ Fasting glucose — your blood sugar after not eating for at least 8 hours
- ✓ Fasting Insulin — how hard your body is working to manage that blood sugar
- ✓ HbA1c — your average blood sugar over about three months
- ✓ Triglycerides — a fat in your blood that's strongly shaped by what you eat and how your body handles blood sugar
- ✓ HDL cholesterol — your “protective” form; higher is better
- ✓ Blood pressure — chronic elevation places strain on the cardiovascular and metabolic system
- ✓ Waist measurement — a marker of the fat stored around your organs

Only about 12% of adults are considered fully metabolically healthy — which means if your numbers aren't perfect, you are far from alone, and small changes can make a real difference.

Here's the thing most women are never told: your blood sugar, your insulin, your cholesterol, and your hormones are not separate problems on a separate lab report. They are one connected story. When your blood sugar rises again and again, your body makes more insulin to handle it. Over time, that extra insulin quietly nudges your cholesterol and triglycerides in the wrong direction, and it does this differently depending on whether you're in your cycling years, perimenopause, or post menopause. So if your numbers have been “a little off” for a while, it's usually not five separate issues. It's often one root pattern showing up in five places.

YOUR BLOOD SUGAR MARKERS

Conventional vs. Functional Optimal Ranges

These four markers show how your body is handling blood sugar. The “conventional” column is the standard lab range. The “functional optimal” column reflects the tighter ranges often used in functional and integrative nutrition to catch imbalances early, before they become a diagnosis.

MARKER	CONVENTIONAL RANGE	FUNCTIONAL OPTIMAL
Fasting Glucose	65–99 mg/dL	75–86 mg/dL
HbA1c*	Below 5.7%	Below 5.4%
Fasting Insulin	2–25 uIU/mL	2–8 uIU/mL
HOMA-IR	Below 2.5	Below 1.0

* HbA1c reflects how much glucose has been attaching to your red blood cells over the past two to three months, a process called glycation. The higher your HbA1c, the more glycation is occurring throughout your body, affecting your blood vessels, tissues, and cells. In simple terms, more glycation means faster cellular aging and more inflammation.

Why fasting insulin matters most for women

Of all these markers, fasting insulin is often the most revealing for women and it is the one most commonly left off standard lab panels. Insulin is the hormone that manages your blood sugar, and it frequently begins to climb years before glucose or HbA1c ever looks abnormal. Asking for a fasting insulin test can give you an early, honest look at your metabolic health.

Insulin often starts to climb years before your fasting glucose or HbA1c ever looks abnormal. That’s why a “normal” glucose reading can still leave you feeling tired, foggy, or stuck — your body may be working overtime behind the scenes to keep that number looking fine. Seeing your fasting insulin is often the first place the real story shows up.

YOUR CHOLESTEROL & LIPID MARKERS

Conventional vs. Functional Optimal Ranges

Cholesterol is not the enemy — your body needs it to build hormones, cell membranes, and vitamin D. What matters is the pattern and balance of these markers, not any single number in isolation.

MARKER	CONVENTIONAL RANGE	FUNCTIONAL OPTIMAL (WOMEN)
Total Cholesterol	125–200 mg/dL	160–200 mg/dL
LDL Cholesterol	Below 100 mg/dL	Below 100 mg/dL
HDL Cholesterol	Above 50 mg/dL	60–80 mg/dL
Triglycerides	Below 150 mg/dL	Below 90 mg/dL
Triglyceride : HDL ratio	Below 3.0	Below 1.5
hs-CRP (inflammation)	Below 3.0 mg/L	Below 1.0 mg/L

The triglyceride-to-HDL ratio

This simple ratio is one of the most useful numbers you can track. Below 2.0 is generally favorable, 2.0–3.0 is borderline, worth monitoring with dietary and lifestyle focus, and above 3.0 suggests your body may be struggling with blood sugar and insulin — often before glucose shows it.

Connecting the dots: *high triglycerides and low HDL are frequently a blood sugar message in disguise. When your cells become less responsive to insulin, your liver tends to produce more triglycerides and your protective HDL tends to fall. This is why your triglycerides-to-HDL ratio can tell you more about your metabolic health than your total cholesterol number alone.*

YOUR LIVER

The Quiet Hub of Metabolism

When we talk about cholesterol, most women picture food — eggs, butter, red meat. But here is something that surprises almost everyone: your liver makes about 80% of the cholesterol in your body. Only a small portion comes directly from what you eat. Your liver is the quiet hub where blood sugar, cholesterol, and hormones are all managed together.

This is why your liver sits at the very center of your metabolic story. It packages and releases cholesterol and triglycerides, it stores and releases sugar to keep your energy steady, and it helps process your hormones. When your liver is under strain — often from years of high blood sugar and insulin — it tends to make more triglycerides and shift your cholesterol in a less favorable direction.

The estrogen connection

For women, there is an important hormonal layer. Estrogen helps your liver manage fats and keep cholesterol in a healthier balance. As estrogen declines through perimenopause and menopause, that natural support fades — which is one reason so many women see their cholesterol, triglycerides, and liver fat begin to rise during this stage, even when their habits haven't changed. It is not a personal failing. It is a real, physiological shift that simply calls for a new level of support.

What this means for you

Caring for your blood sugar is one of the most powerful ways to care for your liver and caring for your liver is one of the most powerful ways to support healthy cholesterol. The same foods and habits in this guide that steady your blood sugar also lighten the load on your liver. It's all one connected system, working in your favor.

WHAT CONTRIBUTES TO IMBALANCE

Exploring the Foundations of Metabolic Health

The life-stage piece: the same habits can land very differently depending on where you are in your hormonal journey. In your cycling years, estrogen helps keep insulin sensitivity and cholesterol more favorable. As estrogen shifts in perimenopause and declines in menopause, that natural protection softens — so blood sugar, belly-area fat, and cholesterol can start to change even if nothing about your diet has. This isn't a personal failure. It's biology asking for a different level of support at a new stage of life.

Metabolic imbalance rarely comes from one cause. It usually builds slowly from several overlapping factors. Understanding them helps you see where your own patterns may be coming from without judgement.

Insulin Resistance

When cells stop responding well to insulin, the body makes more of it. This is often the earliest and most central driver of metabolic imbalance.

Chronic Low-Grade Inflammation

Ongoing, silent inflammation interferes with how your body uses insulin and manages fats.

Gut Microbiome Imbalance

The bacteria in your gut influence blood sugar, inflammation, and even how you process hormones.

Dietary Patterns

Frequent refined carbohydrates, liquid sugar, and low-protein meals keep blood sugar on a roller coaster.

Chronic Stress

Ongoing stress raises cortisol, which raises blood sugar — even without eating. This is a major and often overlooked factor for women.

Sleep Disruption

Even a few nights of poor sleep can reduce insulin sensitivity and increase cravings the next day.

Hormonal Shifts

Changes in estrogen, progesterone, and thyroid function — across the cycle and across life stages directly affect blood sugar and cholesterol.

Muscle Loss & Sedentary Time

Muscle is where much of your glucose is used. Less muscle and more sitting mean blood sugar has fewer places to go.

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02

Nutrition Foundations

Supporting Blood Sugar & Metabolic Function



UNDERSTANDING YOUR NUMBERS

NUTRITION FOUNDATIONS

Supporting Blood Sugar & Metabolic Function

Food is the most immediate and modifiable lever for metabolic health. It does not require perfection, restriction, or giving up the foods you love. It's about building meals that keep your blood sugar steady and your body nourished.

This section walks you through what to prioritize, how your needs shift across life stages, and the simple everyday choices that add up.

What to Prioritize & Reduce

PRIORITIZE	REDUCE
• Protein at every meal (25-30g) • Non-starchy vegetables — fill half your plate • Healthy fats: olive oil, avocado, nuts, seeds • Fiber-rich foods: legumes, oats, berries, colorful non-starchy vegetables, whole grains • Fermented foods for gut health • Fatty fish 2-3 times per week • Water and unsweetened drinks	• Sugary drinks, juices, and sweetened coffees • Refined carbohydrates and white flour products • Ultra-processed packaged snacks • Added sugars and desserts eaten alone • Alcohol (especially sweet mixers) • Eating carbohydrates on their own • Skipping protein at breakfast

Why these foods matter

- Protein, fat, and fiber all slow the release of sugar into your bloodstream. When you build meals around them and treat carbohydrates as the accomplishment rather than the main event, you naturally flatten the blood sugar spikes that drive cravings, fatigue, and long-term imbalance.

NUTRITION ACROSS YOUR LIFE STAGES

Supporting Blood Sugar & Metabolic Function

Macronutrient needs shift across a woman's life stages – influenced by hormonal changes, metabolic function, and physiological priorities at each phase. For women working to improve blood sugar regulation, insulin sensitivity, triglyceride and cholesterol levels, and overall metabolic health, current evidence generally supports prioritizing adequate protein intake, healthy fats, and fiber-rich carbohydrates while reducing added sugars and highly refined carbohydrates. The optimal balance of macronutrients varies based on age, activity level, body composition, health history, and individual metabolic needs.

The ranges below reflect general educational starting points organized by life stage, with the understanding that individual needs may fall toward the lower or higher end depending on personal metabolic status and health history.

LIFESTAGE	PROTEIN	HEALTHY FATS	CARBOHYDRATES	FOCUS
Pre-menopause	25-30%	30-35%	35-40%	Ovulatory health, thyroid, and progesterone support
Perimenopause	25-35%	30-40%	30-40%	Metabolic stability and muscle preservation
Postmenopause	30-35%	30-40%	25-35%	Insulin sensitivity and lean mass protection

A note on the luteal phase

In the luteal phase (the week or so before your period), your body's calorie and carbohydrate needs often rise slightly, and cravings are common – this is normal. Nutrients like magnesium, vitamin B6, chromium, and zinc become especially supportive during this time.

NUTRITION ACROSS YOUR LIFE STAGES

Supporting Blood Sugar & Metabolic Function

Fiber, Plants & The Plate Method

Fiber feeds your gut bacteria, slows blood sugar, and helps your body clear excess cholesterol. The variety of plants matters as much as the amount.

An important note: not all women can tolerate high fiber intake, particularly those with underlying gut health concerns. Fiber needs are dynamic — the right amount is the dose that improves motility, glucose control, and microbial balance without causing bloating or digestive distress. Start lower and build gradually if needed.

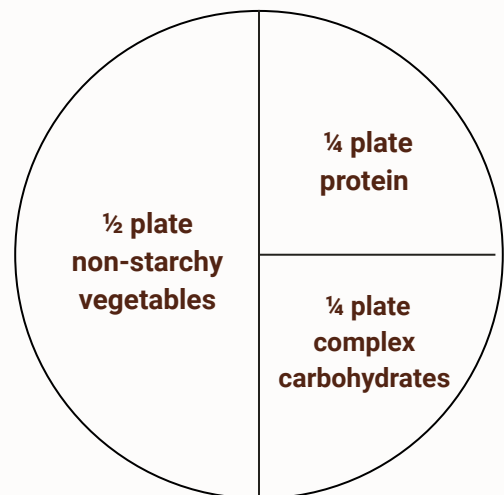
Fiber & Phytonutrients

- ✓ Aim for 30 - 40g of fiber per day
- ✓ Eat the rainbow — try 7 colors of plants
- ✓ Work toward 30-50 different plants per week

The Plate Method

- ✓ ½ plate — non-starchy vegetables
- ✓ ¼ plate — quality protein
- ✓ ¼ plate — complex (quality) carbohydrates

Aim for at least 25-30g of protein per meal distributed across breakfast, lunch, and dinner rather than concentrated at one meal. This supports blood sugar stability, satiety, and muscle preservation throughout the day.



This simple visual takes the math out of eating well. Build every plate this way and the balance largely takes care of itself.

KEY FOODS FOR METABOLIC HEALTH

Supporting Blood Sugar & Metabolic Function

These everyday foods each earn their place for a specific, metabolic reason.

Fatty fish

Salmon, sardines, and mackerel provide omega-3 fats linked to lower triglycerides and reduced inflammation.

Oats & Legumes

Rich in soluble fiber, which helps lower cholesterol and steady blood sugar.

Extra virgin olive oil

A cornerstone healthy fat that supports heart and metabolic health.

Berries

Lower in sugar and rich in antioxidants that support blood sugar balance.

Leafy greens

Full of magnesium and fiber — essential for insulin sensitivity.

Nuts & Seeds

Protein, healthy fats, and fiber in one — great for slowing glucose absorption.

Apple cider vinegar

Taking a small amount of diluted apple cider vinegar before a meal may help slow digestion and soften the rise in blood sugar afterwards. It's simple, accessible, and shows promising early evidence.

A note of caution: apple cider vinegar isn't right for everyone. If you experience reflux or heartburn, or you have a history of digestive sensitivity, this may not be the best fit for you and that's completely okay. It's one small tool, not a requirement.

Green tea

Contains gentle plant compounds that support metabolism and provide antioxidants.

The simple trick: meal order

Eat your vegetables and protein first, and save the carbohydrate for last. This one small habit — changing the order, not the food can meaningfully soften your after-meal blood sugar rise.

LIFESTYLE

Movement, Sleep, & Stress

Nutrition alone is powerful. But for women — particularly those navigating hormonal transitions, chronic stress, or years of disrupted sleep, addressing lifestyle factors is not optional. It is where the compounding effect of real, lasting metabolic change comes from.

Movement & Muscle

Muscle is your body's largest place to store and use blood sugar. You don't need intense workouts — consistency matters more. A short 10-15 minute walk after meals helps your muscles use up glucose, which can lower the after-meal blood sugar rise by about 20-30% — no change to what you eat required. Adding resistance training two to three times a week builds the muscle that keeps this working long term.

Sleep

Aim for 7-9 hours of quality sleep in a cool room (around 65-68°F). Even a few nights of poor sleep can lower insulin sensitivity and increase cravings. Protect your sleep as a genuine metabolic priority, not a luxury.

Stress & Cortisol regulation

Chronic stress raises cortisol, which raises blood sugar even without food. Gentle, daily practices like slow breathing, time outdoors, and boundaries around your energy are not indulgences; they are metabolic tools.

A Simple Daily Rhythm

- ✓ Take a 10-15 min walk after at least one meal (can lower the after-meal blood sugar by about 20-30%)
- ✓ Aim for 7-9 hours of sleep
- ✓ Do resistance training 2–3 times per week
- ✓ Practice a few minutes of slow breathing before meals when stressed
- ✓ Keep alcohol moderate
- ✓ Reduce screens and bright light before bed
- ✓ Get morning light soon after waking
- ✓ Stay hydrated throughout the day (dehydration impairs glucose regulation and increases cortisol)

SUPPLEMENTS TO UNDERSTAND

An Evidence-Informed Overview for Metabolic Health

Supplements are supporting players, never a replacement for food and lifestyle. The information below is educational — a look at what the research commonly examines and not a personal prescription.

The ranges below reflect what is commonly studied in the research. They are shared for education only, not as personal recommendations. Your ideal choices depend on your labs, medications, and health history, which is exactly what we map out together in a one-on-one session.

MAGNESIUM GLYCINATE | Commonly studied range: 200–400 mg per day

Supports blood sugar regulation, sleep, and stress. A gentle, well-tolerated form.

Caution: May cause loose stools at higher doses. Check with your provider if you have kidney concerns.

BERBERINE | Commonly studied range: 500 mg, up to 2–3 times per day, with food.

Studied for its effects on blood sugar and lipid balance.

Caution: Can interact with several medications and is not appropriate during pregnancy. Provider guidance is essential.

OMEGA-3 (EPA/DHA) | Commonly studied range: 1,000–2,000 mg combined EPA/DHA per day, with food.

Studied for lowering triglycerides and reducing inflammation.

Caution: May thin the blood; discuss with your provider if you take blood thinners.

VITAMIN D3 + K2 | Commonly studied range: 1,000–4,000 IU D3 per day (with K2)

Supports insulin sensitivity, bone, and immune health. Best dosed to your lab levels.

Caution: Fat-soluble — ideally guided by testing rather than guessing.

CoQ10 (Ubiquinol) | Commonly studied range: 100–200 mg per day

Supports cellular energy and heart health; often relevant for women on statins.

Caution: Generally well tolerated; discuss timing with your provider.



SUPPLEMENTS TO UNDERSTAND

An Evidence-Informed Overview for Metabolic Health



ALPHA-LIPOIC ACID (ALA) | **Commonly studied range:** 300–600 mg per day, with food.

An antioxidant studied for supporting insulin sensitivity and nerve health.

Caution: May lower blood sugar; monitor if you take glucose-lowering medication.

CHROMIUM PICOLINATE | **Commonly studied range:** 200–400 mcg per day

Studied for its role in blood sugar and carbohydrate metabolism.

Caution: Generally well tolerated; discuss with your provider if you take diabetes medication.

For professional-grade supplements, my dispensary is available at

us.fullscript.com/welcome/alexymolina

As always, personalized choices are best made together, based on your needs and health history.

As an Aēlevar client or guide reader, you can access a 20% discount on professional-grade supplements through Fullscript. New clients receive an additional first-order discount on top of the standard dispensary savings. All products are shipped directly to you.

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03

Your Practical Action Plan

Turning Knowledge Into Action

UNDERSTANDING YOUR NUMBERS

PRACTICAL ACTION PLAN

Meaningful First Steps

The most common mistake when improving metabolic health is attempting to change everything at once. Lasting change is built on small, consistent actions that compound. Start here — these are the highest-leverage, most evidence-supported first steps for women specifically.

The empowering part: because these markers are all connected, you don't have to fix them one at a time. When you steady your blood sugar, you're often helping insulin, your triglycerides, and your energy all at once. A few small, consistent changes can move several numbers together — which is exactly why the steps below are so effective.

Step 1 - Start breakfast with protein and fat

A high-carbohydrate breakfast creates an early blood sugar spike that drives cravings and energy crashes all day. Starting with protein and fat stabilizes your morning and sets the tone. Aim for at least 25-30g of protein - eggs with vegetables, Greek yogurt with nuts and berries, or a protein smoothie with flaxseed.

Step 2 - Eat vegetables or protein before carbohydrates

Change the order, not the content. Starting your meal with vegetables or protein, and saving the carbohydrate for last can help reduce the after-meal blood sugar spike by roughly 20-30%. Begin with the salad, the vegetables, or the protein, and eat the bread, rice, or pasta at the end. No foods removed, nothing eliminated.

Step 3 - Walk for 10 minutes after at least one meal

Your muscle absorbs glucose during movement, softening the post-meal spike without any change to what you eat. Even a slow walk counts. Start with one meal a day and build from there.

Step 4 - Reduce and replace sweetened beverages

Liquid sugar is one of the fastest drivers of high triglycerides and blood sugar swings. Replace sodas, juices, sweetened coffees, and energy drinks with water, sparkling water, or herbal tea. This one change can move your triglycerides within weeks.

Step 5 - Prioritize 7-9 hours of quality sleep

Choose a consistent bedtime and protect it. Reduce screens and bright light in the two hours before bed, and keep your room cool. If sleep is a persistent struggle, treat it as a metabolic priority, not a lifestyle luxury.

Step 6 - Add resistance training twice a week

This doesn't require a gym. Bodyweight moves — squats, lunges, pushups, resistance bands build the muscle that improves glucose disposal and insulin sensitivity. Two sessions a week is enough. Consistency matters more than intensity.

RECIPES FOR METABOLIC SUPPORT

13 Blood sugar-Supportive Recipes

The recipes in this section were designed to support stable blood sugar, healthy metabolic function, and lasting satiety. Each recipe emphasizes protein, fiber, and nutrient-dense whole foods, along with a note explaining the metabolic thinking behind each one.

BREAKFAST

Savory Egg & Vegetable Scramble

SERVES 1 | PREP 5 MIN | COOK 10 MIN

[High Protein] [Gluten-Free] [Dairy-Free]

Nutritional Highlights (per serving)

Protein 22g | Fiber 4g | Net Carbs 5g

INGREDIENTS

- 3 large eggs
- 1 cup baby spinach
- ½ cup cherry tomatoes, halved
- ¼ avocado, sliced
- 1 tbsp extra virgin olive oil
- Pinch of turmeric, salt, and pepper

METHOD

1. Heat olive oil in a pan over medium heat.
2. Add tomatoes and cook 2 minutes until softened. Add spinach and wilt.
3. Whisk eggs with turmeric, salt, and pepper. Pour over vegetables.
4. Scramble gently until just set. Serve with sliced avocado.

Note: Turmeric adds curcumin, an anti-inflammatory compound with evidence for supporting insulin sensitivity. Protein and fat from eggs and avocado creates a slow, stable glucose response for the next few hours.



Nutritional values are estimates provided for general educational purposes and may vary based on ingredients, brands, and preparation methods. These figures are not intended as precise dietary targets. For personalized macronutrient guidance, a one-on-one nutrition session is recommended.

Recipes For Metabolic Support - *Breakfast*

Greek Yogurt Metabolic Bowl

SERVES 1 | PREP 5 MIN | NO COOK

[High Protein] [Gluten-Free] [Blood Sugar Supportive]

Nutritional Highlights (per serving)

Protein 22g | Fiber 6g | Net Carbs 14g

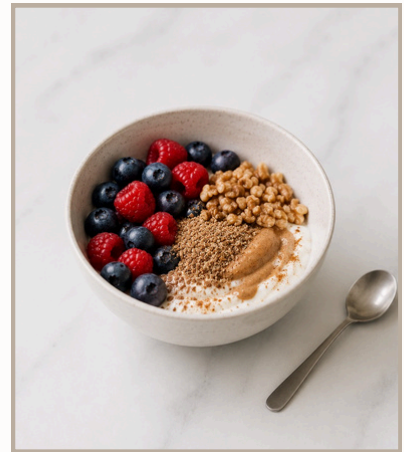
INGREDIENTS

- $\frac{3}{4}$ cup full-fat plain Greek yogurt
- $\frac{1}{4}$ cup mixed berries (fresh or frozen)
- 2 tbsp ground flaxseed
- 1 tbsp almond butter
- 1 tsp cinnamon
- Small handful of walnuts

METHOD

1. Layer Greek yogurt in a bowl.
2. Top with berries, flaxseed, walnuts, and almond butter.
3. Sprinkle generously with cinnamon and serve immediately.

Note: Greek yogurt provides protein and live cultures for digestive health. Flaxseed adds lignans that support estrogen metabolism and soluble fiber. Cinnamon has modest evidence for improving insulin sensitivity, and walnuts contribute ALA omega-3s.



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Recipes For Metabolic Support - *Breakfast*

Smoked Salmon & Avocado Toast

SERVES 1 | PREP 10 MIN | NO COOK

[High Protein] [Dairy-Free] [Omega-3 Rich]

Nutritional Highlights (per serving)

Protein 24g | Fiber 5g | Net Carbs 18g

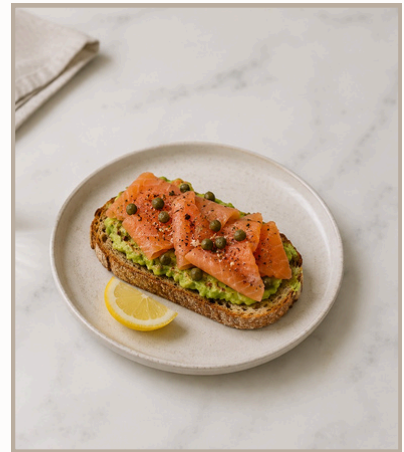
INGREDIENTS

- 1 slice sourdough or sprouted grain bread
- 80g smoked salmon
- ½ avocado
- 1 tsp capers
- Squeeze of lemon
- Red pepper flakes, black pepper

METHOD

1. Toast bread. Mash avocado with lemon, salt, and black pepper.
2. Spread avocado on toast. Layer with smoked salmon.
3. Top with capers and red pepper flakes.

Note: Sourdough is fermented and using sprouted grain bread keeps the glycemic impact lower than standard bread. Salmon provides EPA/DHA omega-3s linked to triglyceride reduction. Avocado adds monounsaturated fats and potassium — both cardioprotective. For extra blood sugar support, eat the salmon and avocado first, or serve over a bed of greens.



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Recipes For Metabolic Support - *Lunch*

Lentil & Roasted Vegetable Bowl

SERVES 2 | PREP 10 MIN | COOK 30 MIN

[Plant-Based] [Dairy-Free] [Gluten-Free] [High-Fiber]

Nutritional Highlights (per serving)

Protein 18g | Fiber 14g | Net Carbs 28g

INGREDIENTS

- 1 cup green or black lentils, cooked
- 1 small sweet potato, cubed
- 1 cup broccoli florets
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp cumin, ½ tsp smoked paprika
- Handful of arugula
- 2 tbsp tahini, lemon juice, water for dressing

METHOD

1. Preheat oven to 400°F. Toss sweet potato, broccoli, and tomatoes with olive oil, cumin, paprika, salt. Roast for 25–30 minutes.
2. Whisk tahini with lemon juice and a splash of water until smooth.
3. Build bowls: arugula base, lentils, roasted vegetables, tahini drizzle.

Note: Lentils are one of the most metabolically supportive foods — rich in plant protein, soluble fiber, and resistant starch for a low, steady blood sugar rise. Tahini contributes healthy fats and sesame lignans, which may support cholesterol balance and hormone metabolism.



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Recipes For Metabolic Support - *Lunch*

Sardine & White Bean Salad

SERVES 1 | PREP 10 MIN | NO COOK

[High-Protein] [Omega-3 Rich] [Gluten-Free] [Dairy-Free]

Nutritional Highlights (per serving)

Protein 32g | Fiber 8g | Net Carbs 16g

INGREDIENTS

- 1 tin sardines in olive oil (120g)
- ½ cup canned white beans, rinsed
- 2 cups mixed greens
- ½ cucumber, sliced
- ¼ red onion, thinly sliced
- 1 tbsp capers
- Dressing: olive oil, lemon, Dijon, black pepper

METHOD

1. Whisk together olive oil, lemon juice, and Dijon for dressing.
2. Combine greens, beans, cucumber, onion, and capers.
3. Top with sardines, drizzle with dressing.

Note: Sardines are one of the most nutrient-dense foods available — highest EPA/DHA per gram of any common food, plus calcium, vitamin D, and B12. White beans add soluble fiber and resistant starch.. This is a complete metabolic health meal in under 10 minutes.



Nutritional values are estimates provided for general educational purposes and may vary based on ingredients, brands, and preparation methods. These figures are not intended as precise dietary targets. For personalized macronutrient guidance, a one-on-one nutrition session is recommended.

Recipes For Metabolic Support - *Lunch*

Anti-Inflammatory Chicken & Greens Bowl

SERVES 2 | PREP 10 MIN | COOK 20 MIN

[High-Protein] [Gluten-Free] [Dairy-Free]

Nutritional Highlights (per serving)

Protein 38g | Fiber 4g | Net Carbs 18g

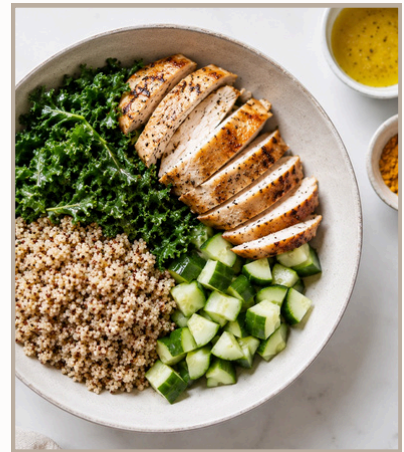
INGREDIENTS

- 2 chicken thighs or breasts
- 2 cups kale or Swiss chard, chopped
- 1 cup cooked quinoa
- ½ cup cucumber, diced
- Dressing: 2 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp turmeric, ½ tsp ginger, garlic, salt

METHOD

1. Season chicken and cook in olive oil over medium heat until cooked through, about 8 minutes each side. Rest and slice.
2. Whisk dressing ingredients together. Massage into kale until softened.
3. Build bowls: quinoa base, dressed kale, sliced chicken, cucumber. Drizzle with extra dressing.

Note: Apple cider vinegar in the dressing may help soften post-meal glucose rise. Kale is rich in magnesium, vitamin K, and glucosinolates that support estrogen metabolism. Quinoa is a complete protein with a lower glycemic index than most grains.



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Recipes For Metabolic Support - *Dinner*

Baked Salmon with Roasted Asparagus & Cauliflower Rice

SERVES 2 | PREP 10 MIN | COOK 20 MIN

[High-Protein] [Omega-3 Rich] [Gluten-Free] [Dairy-Free]

Nutritional Highlights (per serving)

Protein 36g | Fiber 5g | Net Carbs 6g

INGREDIENTS

- 2 salmon fillets (150g each)
- 1 bunch asparagus
- 2 cups cauliflower rice (fresh or frozen)
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Lemon zest and juice
- Fresh dill or parsley, salt, pepper

METHOD

1. Preheat oven to 400°F. Place salmon on one half of a baking sheet, asparagus on the other. Drizzle both with olive oil, garlic, lemon, salt, pepper.
2. Bake 15–18 minutes until salmon flakes and asparagus is tender.
3. Meanwhile, sauté cauliflower rice in a pan with olive oil, salt, and pepper for 5 minutes.
4. Serve salmon and asparagus over cauliflower rice. Finish with lemon zest and fresh herbs.

Note: Salmon is the most complete metabolic health food in this guide — omega-3s, protein, vitamin D, B12, and astaxanthin (a potent antioxidant). Cauliflower rice provides a lower-glycemic alternative to traditional grain-based side dishes, helping reduce the overall carbohydrate load of the meal. Asparagus is a prebiotic that supports gut microbiome diversity.



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Recipes For Metabolic Support - *Dinner*

Slow-Roasted Chicken Thighs w. White Bean Mash & Greens

SERVES 2 | PREP 10 MIN | COOK 35 MIN

[**High-Protein**] [**Gluten-Free**] [**Dairy-Free**]

Nutritional Highlights (per serving)

Protein 42g | Fiber 9g | Net Carbs 18g

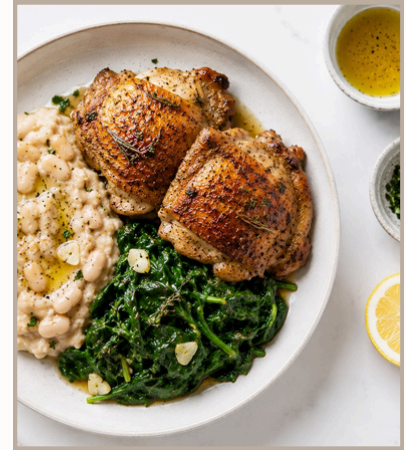
INGREDIENTS

- 4 bone-in chicken thighs
- 400g can cannellini beans, rinsed
- 3 cups baby spinach
- 4 garlic cloves
- 2 tbsp olive oil
- 1 tsp rosemary, 1 tsp thyme
- Chicken stock (¼ cup)
- Lemon juice, salt, pepper

METHOD

1. Season chicken with herbs, salt, pepper. Sear skin-side down in oven-safe pan until golden (5 min). Flip and transfer to oven at 375°F for 25–30 minutes.
2. Meanwhile, warm beans in a small pan with garlic and olive oil. Mash roughly with stock, lemon, salt until creamy but textured.
3. Wilt spinach in the same pan.
4. Serve chicken over bean mash with wilted spinach.

Note: White bean mash is a high-fiber, high-protein alternative to mashed potato with a fraction of the glycemic impact. The combination of protein from chicken, resistant starch and fiber from beans, and magnesium-rich spinach creates an exceptionally well-balanced metabolic meal.



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Recipes For Metabolic Support - *Dinner*

Turmeric Lentil Soup

SERVES 4 | PREP 10 MIN | COOK 30 MIN

[Plant-Based] [Gluten-Free] [Dairy-Free] [Anti-Inflammatory]

Nutritional Highlights (per serving)

Protein 16g | Fiber 12g | Net Carbs 24g

INGREDIENTS

- 1.5 cups red lentils
- 1 onion, diced
- 3 garlic cloves
- 1 tin diced tomatoes
- 1 can coconut milk (full fat)
- 4 cups vegetable broth
- 2 tsp turmeric, 1 tsp cumin, 1 tsp ginger
- 1 tbsp olive oil
- Juice of 1 lemon
- Fresh cilantro

METHOD

1. Sauté onion and garlic in olive oil until soft, 5 minutes.
2. Add spices and stir 1 minute. Add lentils, tomatoes, broth.
3. Simmer 20 minutes until lentils are soft. Stir in coconut milk and lemon.
4. Adjust seasoning. Serve with fresh cilantro.

Note: Red lentils are among the most blood sugar-supportive foods available — the combination of protein, soluble fiber, and resistant starch helps support a more stable blood sugar response. Turmeric and ginger are well-studied anti-inflammatory spices. Freeze portions for easy weeknight meals.



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Recipes For Metabolic Support - *Snacks*

A note on snacking: for most women working on blood sugar regulation, three well-composed meals that include adequate protein and fat greatly reduce the need to snack. But needs are individual — if you need a snack, make it count. The options below are anchored in protein and fat to avoid glucose spikes.

Almond Butter & Apple

SERVES 1 | PREP 2 MIN | NO COOK

[Gluten-Free] [Dairy-Free] [Blood Sugar Supportive]

Nutritional Highlights (per serving)

Protein 7g | Fiber 6g | Net Carbs 24g

INGREDIENTS

- 1 medium apple (preferably Granny Smith — lower sugar)
- 2 tbsp natural almond butter
- Pinch of cinnamon

METHOD

1. Core and slice apple.
2. Dip in almond butter. Sprinkle with cinnamon.

Note: The fat and protein in almond butter slow glucose absorption, softening the fruit's glycemic impact. Dip each slice rather than eating the apple on its own for more stable blood sugar.



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Recipes For Metabolic Support - *Snacks*

Savory Yogurt Dip with Vegetables

SERVES 1 | PREP 5 MIN | NO COOK

[Gluten-Free] [High-Protein] [Probiotic]

Nutritional Highlights (per serving)

Protein 12g | Fiber 3g | Net Carbs 7g

INGREDIENTS

- ½ cup full-fat plain Greek yogurt
- 1 garlic clove, minced
- 1 tbsp olive oil
- Fresh dill, finely chopped
- Salt and pepper
- Vegetable dippers: cucumber, celery, bell pepper, radishes

METHOD

1. Mix yogurt with garlic, olive oil, dill, salt, and pepper.
2. Serve with a plate of sliced vegetables for dipping.

Note: Greek yogurt provides protein and live cultures, while non-starchy vegetables add fiber with minimal glucose impact. This snack supports satiety without disrupting blood sugar and a satisfying option for the afternoon dip in energy.



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Recipes For Metabolic Support - *Snacks*

Walnuts, Dark Chocolate & Blueberries

SERVES 1 | PREP 1 MIN | NO COOK

[Gluten-Free] [Dairy-Free] [Anti-Inflammatory]

Nutritional Highlights (per serving)

Protein 4g | Fiber 4g | Net Carbohydrates 10g

INGREDIENTS

- Small handful of walnuts (about 7–8 halves)
- 2–3 squares of 70%+ dark chocolate
- Small handful of blueberries

METHOD

1. Combine in a small bowl or portion bag.

Note: Walnuts are the richest nut source of ALA omega-3s. Dark chocolate (70%+) contains flavanols linked to better blood vessel function, and Blueberries add anthocyanins – among the most potent metabolic antioxidants available. Pair with water or herbal tea and enjoy slowly rather than eating on the go to improve satiety.



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04

When Additional Support May Be Helpful

WHEN ADDITIONAL SUPPORT MAY BE HELPFUL

This guide gives you a strong, evidence-informed foundation. But foundations are a starting point, not a complete answer for everyone. For some women, the pattern is more layered or has been building for longer, and individualization is what's needed.

Consider personalized support if:

- ✓ Your labs have been trending in the wrong direction for more than a year
- ✓ You've made dietary and lifestyle changes and your numbers have not responded as expected
- ✓ You're experiencing significant symptoms — fatigue, brain fog, poor sleep, persistent cravings, or unexplained weight changes
- ✓ You've been diagnosed with pre-diabetes, metabolic syndrome, or PCOS
- ✓ You're navigating perimenopause or menopause and noticing metabolic shifts
- ✓ You have a family history of type 2 diabetes or cardiovascular disease
- ✓ You want supplement guidance based on your specific labs, medications, and history
- ✓ You want to understand your full lab results, including functional optimal ranges
- ✓ You want a nutrition and lifestyle plan built around your body, schedule, and life

Working with Aēlevar

At Aēlevar, the work is rooted in both functional and holistic nutrition — addressing root causes, not just managing numbers. Every recommendation is personalized to your labs, your health history, your body, and what is genuinely sustainable for you.

Your next step

If you're ready to apply what you've learned to your own labs and life, a one-on-one session is a meaningful next step. Together we'll work through your specific markers, discuss where to begin, and determine the level of support that makes the most sense for you.

Nutrition Foundation Session

\$250 | 75 minutes | virtual

A focused one-on-one consultation to review your lifestyle patterns, goals, address your concerns, answer your questions, and map out a clear, personalized starting point built around your body, health history, and life stage.

Guide readers save \$25. Use code **CLARITY** at checkout. Valid for 60 days.

DISCLAIMER

The information in this guide is intended for educational and informational purposes only. It is not medical advice, diagnosis, or treatment, and should not be interpreted as such.

The content presented throughout this guide reflects general nutritional and lifestyle education and is not a substitute for individualized guidance from a qualified healthcare provider, registered dietitian, or licensed medical professional. Always consult your physician or another qualified health professional before making changes to your diet, supplementation, exercise routine, or any other aspect of your health regimen – particularly if you are pregnant, breastfeeding, managing a chronic condition, or currently taking medication.

Individual results will vary. The nutritional information, lab reference ranges, and recommendations provided in this guide are presented as general educational guidance and are not a guarantee of specific health outcomes. Functional reference ranges presented alongside conventional ranges are used in integrative and functional nutrition practice and may differ from standard clinical ranges.

Supplement information included in this guide is for general educational purposes only. Supplements are not regulated in the same manner as pharmaceuticals and may interact with medications or existing health conditions. Always consult your healthcare provider before beginning any new supplement.

The recipes and nutritional estimates included in this guide are approximate and intended as general reference. Actual nutritional values will vary based on specific ingredients, brands, portion sizes, and preparation methods.

This guide was created by Alexy Molina, a Registered Health and Nutrition Coach (RHNC) and Gut Health Practitioner operating within her scope of practice. Aeleva LLC does not provide medical services and does not establish a coach or practitioner-client relationship through the purchase or use of this guide. The one-on-one Nutrition Foundation Session (\$250, 75 minutes, virtual) referenced in this guide is an educational nutrition and lifestyle consultation and is likewise not medical advice, diagnosis, or treatment.

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Thank you

Thank you for taking the time to invest in your health.

Understanding your numbers is not about striving for perfection. It is about building awareness of what is happening in your body, recognizing the patterns behind imbalance, and taking informed steps toward lasting metabolic health — at a pace that is sustainable for your life.

Small, consistent actions create the most meaningful results. I hope this guide has given you greater clarity, confidence, and a practical starting point.

If and when you are ready for personalized support, I am here.

Wishing you health, energy, and wellbeing.

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