

Welcome!

I'm Bex, a Nutrition and Fitness Coach on a mission to empower women over 35 to reclaim their healthy, vitality, and confidence.



ABOUT ME

As a busy Mum myself, I understand the challenges of juggling multiple responsibilities while trying to prioritize self-care and wellness. 🧡

After struggling with my own body image and self-esteem issues during the whirlwind of raising a toddler and twins in France...

I realized the importance of finding balance and taking control of my health journey.

Through years of personal experience, education, and dedication, I've discovered effective strategies to optimize hormone balance, boost metabolism, and shed fat without sacrificing precious time or lifestyle.

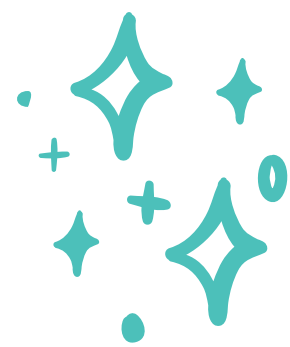
Now, I'm passionate about sharing these insights and helping other women navigate their own health and fitness journeys with confidence and ease.

Bex Lynn

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Delicious and Easy snacks

That won't leave you hungry 15 minutes later



Low sugar popcorn (if making from scratch, after adding butter roll it in flavourless protein powder to get boost)

Rice wafers with toppings (cream cheese, cucumber, shredded chicken, tuna, tomatoes, cheese, ham, cottage cheese...)

Roasted edamame beans or roasted chickpeas

Ham and cucumber rollups (take the ham, roll up the cucumber inside of it)

Chicken on a stick (i.e. GoGo Chicken sticks)

Chopped vegetables sticks and dip (carrots, cherry tomatoes, capsicum, radishes with yoghurt based dip, cream cheese etc)

Protein shakes (I like Balance, Macro Mike, NZ protein or for plant based option go Nuzest...use code EVERYDAY)

Cottage cheese and chives on muffin split, high protein bagel or low carb wrap (add veggies as desired)

Laughing cow cheese triangles on crackers (add some salmon or shredded chicken)

Protein bars (I like Quest and Barbell or the Aus Bodies range)

Cottage cheese bowl with sliced banana and powdered peanut butter (I like NZ muscle or Macro Mike powder)

High protein pancakes with greek yoghurt topping (message me for a recipe)

Ghost hot cocoa drink or MYPROTEIN hot chocolate

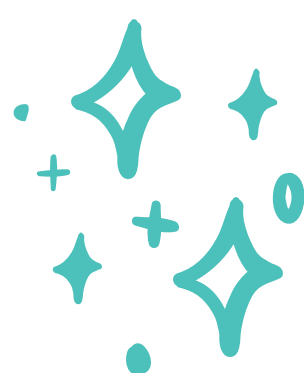
Biltong or beef jerky

High protein yoghurt (or icecream such as Halo Top) with berries (Yoghurts = Isey, Yoplait or YoPro)

Quest protein chips

Wondercrunch chocolate cereal with unsweetened almond milk

Boiled eggs with low cal mayonnaise (I like Callowfit or Primal Kitchen)





WANT TO LEARN MORE?

Are you a busy woman over 35 who wants to restore your hormones, reclaim your energy and lose stubborn body fat while showing up for your loved ones using a simple protocol that reduces stress and gains your time?

Click on the button below to apply for a free consultation.

[SCHEDULE A FREE CALL](#)

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