

Based on the principles in ROAR and subsequent research by Dr. Stacy Sims for women over 35 (specifically addressing perimenopause/menopause), protein timing is critical to counteract "anabolic resistance"—the body's decreased ability to synthesize protein into muscle. [1, 2]

Here is the protein timing strategy for women 35+ according to Dr. Stacy Sims:

#### 1. The Morning "Break-Fast" (Crucial)

- **The Rule:** Do not train fasted. Consume protein within 30-60 minutes of waking.
- **Why:** Women have a higher cortisol spike upon waking. Eating protein and carbs immediately helps dampen this cortisol surge, signals the brain that nutrients are available, and prevents the body from breaking down muscle for energy (catabolic state).
- **Example:** Protein-fortified coffee, Greek yogurt with berries, or a small shake. [3, 4, 5, 6]

#### 2. Pre-Workout (15-30 mins before)

- **The Rule:** 15–20 grams of high-quality protein.
- **Goal:** To have amino acids circulating in the bloodstream before you start training, which protects muscle mass and enhances performance. [1, 7, 8]

#### 3. Post-Workout (Within 30-45 mins)

- **The Rule:** 30–40+ grams of high-quality protein.
- **Why:** This is the "golden window" for 35+ women to maximize muscle protein synthesis. Perimenopausal and postmenopausal women need higher doses (40g+) to overcome anabolic resistance.
- **Key Source:** Prioritize whey protein or foods high in leucine to initiate repair. [1, 7, 9, 10]

#### 4. Daily Distribution (Every 3-4 Hours)

- **The Rule:** Instead of loading protein at dinner, spread intake evenly across 3–4 meals throughout the day.
- **Daily Total:** Aim for approximately 1 gram of protein per pound of body weight (or 2-2.3g per kg) for active, aging women. [7, 11, 12]

#### Summary of Daily Goals (35+)

- **Prioritize Leucine:** Aim for 3-4g of leucine per meal (found in dairy, soy, eggs, meat).
- **Strength Train:** Pair this protein intake with heavy lifting to stimulate muscle growth.
- **No Fasted Cardio:** Fasted training increases cortisol and causes muscle loss, especially after age 35. [7, 13]

AI responses may include mistakes.

[1] <https://www.100yearathlete.com/blog/yI8zqj5nsywlgpx40mbhlbxz77ds2q>

[2] <https://www.cnn.com/2024/05/02/health/women-fitness-training-nutrition-wellness>

[3] <https://www.triathlete.com/nutrition/race-fueling/ask-stacy-the-ideal-race-weight-and-post-wor>

kout-snacking/

- [4] <https://www.youtube.com/watch?v=WL4Shkmxdtc>
- [5] <https://www.youtube.com/watch?v=fPXAxsdoD80>
- [6] <https://www.facebook.com/drstacysims/posts/what-is-a-good-example-of-a-pre-training-meal-and-what-is-the-timing-of-that-meal/1121236082695333/>
- [7] <https://wellness.alibaba.com/nutrition/stacy-sims-protein-recommendations>
- [8] [https://www.youtube.com/watch?v=ZViO\\_w9CLW8](https://www.youtube.com/watch?v=ZViO_w9CLW8)
- [9] [https://www.reddit.com/r/PetiteFitness/comments/1iautxs/stacy\\_sims\\_protein/](https://www.reddit.com/r/PetiteFitness/comments/1iautxs/stacy_sims_protein/)
- [10] <https://www.amazon.com/ROAR-Revised-Fitness-Physiology-Performance/dp/059358192X>
- [11] <https://www.sundried.com/blogs/news/when-should-i-take-protein>
- [12] <https://www.drstacysims.com/newsletters/articles/posts/optimal-protein-intake-for-women>
- [13] <https://www.facebook.com/drstacysims/posts/peri-and-postmenopausal-women-have-a-very-good-ability-to-do-the-long-slow-endurance/350854473066835/>