

Your Personal 3-Day Food Plan

Hi Jacqueline

Your 3 day rotational meal plan has been created just for you, with lovely balance of nutrition blended with the science.

This becomes your guide and your starting point to then begin to growing out more meal ideas that align with personalised nutrition and using food as medicine to support you in feeling strong in your body, clear in your skin, and steady in your energy.

Every meal here has been chosen, not just because it's nutritious, but because it can help you feel full, radiant, and supported in your choices knowing that you have a balanced plan with flexibility to grow.

We know your body is changing, your days are busy, and sometimes your skin or hunger feels unpredictable. But inside this guide are gentle tools to help you feel more at home in your body, more nourished, more balanced, and more in charge.

This is our starting point as your plan will grow as you go.


You'll see:

- Foods that support your hormones, boost your gut health, and keep your brain focused through school.
- Meals that make you feel satisfied and never restricted.
- Ideas that bring comfort and a sense of adventure.

Health Goals:

- Hormonal Balance and cycle regulation
- Skin health and gut health
- Consistent Energy and cognition and focus

Cooking is an act of self-care.
Eating well is a form of self-respect.
And you deserve both — always.

You're doing amazing.
Let's nourish that 
With heart,

Jodie



Breakfast: Building Your Foundation (Protein-Rich & Glow-Boosting)

These meals are designed to:

- Fuel hormonal balance with quality protein and healthy fats
- Support glowing skin through zinc, vitamin A, and antioxidants
- Stabilise blood sugar to support satiety
- Nourish your gut microbiome with fiber, fermented foods, and omega-3s

Breakfast isn't just the first bite of the day: Break-Fast. Literally what the word implies is that you are breaking your overnight fast.

Breakfast becomes your hormonal primer and a skin glow ritual.

Every spoonful supports your mood, energy, and menstrual rhythm.

Our goal is building sustainable energy for the entire day.



Overnight Oats Jar

What to prep:

- ¼ cup rolled oats
- ¾ cup of soy milk [Bonsoy] or almond milk ... soak oats overnight.
- ½ pear or apple, diced or grated.
- 1 tsp chia seeds
- 1 tsp flaxseeds

How to serve: Pop oats, fruit, and seeds into a jar. Add milk and soak overnight. In the morning. No heating needed. Mix in a tablespoon of healthy oil/fat (butter/ghee/coconut)



Yoghurt & Fruit Cup

What to prep:

- 200 gm Full-fat Yoghurt (preferably Goat or Sheep)
- Pear or kiwi (skin on)
- Sprinkle of seeds (e.g. pumpkin or sunflower)

How to serve: Scoop yoghurt into a bowl. Add chopped fruit and seeds. remember to have a tablespoon of healthy oil (flaxseed for hormones)



Veggie Omelette Wrap

What to prep:

- 2 eggs
- 1 cup of veggies eg cabbage, zucchini, cucumber, celery (add healthy oil to veggies)
- Season with salt/pepper or other herbs.
- Slice of 100% Rye bread with butter or ghee

How to serve: Scramble or pan-fry quickly in a non-stick pan. Roll up in a piece of crispbread or serve flat. Your vegetable portion is important addition.

FRUIT: sliced kiwi or apple.

Lunches: Sustaining You Through Your Day

Lunches are built to:

- Maintain satiety during long academic hours
- Balance blood sugar for stable energy and focus
- Offer skin-supportive nutrients like zinc, omega-3s, and vitamin C

Lunch is your anchor: a protein-rich, emotionally grounding meal that carries you through the day with vitality, clarity, and skin-loving support.



Chicken & Rice Bento

What to prep:

palm sized grilled chicken

¼ cup Steamed basmati or brown rice

1 cup veggies. (Eg salad: Lettuce, Cucumber, celery + carrot,)

Wrap or rye crackers

30 mls of healthy oil: coconut

FRUIT: eg.apple/pear/kiwi



Cheese Salad Lunchbox

What to prep:

- Protein portion cheese. approximately 70gm

[Eg mozzarella, goat/sheep cheese, haloumi, ricotta]

- Shredded cabbage + carrot

FRUIT: kiwi/apple/pear

Healthy oil: flaxseed



Fish & Sweet Potato Bowl

What to prep:

- Cooked fresh fish
- Roasted sweet potato cubes
- Steamed broccoli or bok choy

FRUIT: eg. apple/pear/kiwi

Dinners: Restore, Repair & Reconnect

Dinner is designed to:

- Support overnight repair and detoxification
- Offer zinc, iron, and magnesium to fuel hormonal pathways
- Foster digestive ease for optimal skin and sleep
- Bring warmth and connection to the table

This is your nourishing close to the day — a moment to absorb minerals, wind down inflammation, and feel emotionally met through food and family.



Ginger Chicken & Rice Bowl

What to prep:

- Grilled chicken (tamari + ginger marinade)
- Steamed basmati or brown rice (cooled and reheated for resistant starch)
- Stir-fried bok choy + carrot, cauliflower, broccoli



Beef & Veggie Pasta Plate

What to prep:

- Lean beef strips (pan-seared with garlic + herbs)
- Low-GI pasta (e.g. chickpea, lentil, or quinoa)
- Steamed broccoli + shredded cabbage



Tofu Noodle Stir-Fry

What to prep:

- Protein portion tofu cubes (pan-fried with tamari + sesame)
- Soba noodles or konjac noodles (low-GI, MB-friendly)
- Snow peas + carrot matchsticks

Snacks: Bridge & Balance

(Blood Sugar Balancing & Filling)

Each snack intentionally includes:

- Protein and fat to maintain fullness and cognitive focus
- Slow carbs and fiber to avoid the 3pm slump
- Micronutrients that calm inflammation and support skin clarity

Snacks are not just gap-fillers. They can work to stabilise your energy curves, brain focus gut balance and nurture your skin from the inside out.



Hummus + Veggie Sticks

What to prep:

1/2 cup of hummus dip
Carrot, cucumber, celery, apple sticks

Store in a bento box ready to grab and go. No heating, no fuss.



Cheese + Rice Crackers

What to prep:

- 40g full-fat cheese (e.g. mozzarella, gouda, feta)
- 8-10 plain rice crackers

How to serve: Slice cheese into fingers or cubes. Pair with crackers.

Optional: add a few cucumber slices for crunch.



Nut Butter + Apple

What to prep:

- 1 protein portion almond or peanut butter (no sugar/oil added)
- ½ apple, sliced

How to serve: serve as a dip.

Option: sprinkle cinnamon for extra yum. Great after school or pre-sport.



Nuts and seeds mix

What to prep:

- consider: almonds, brazil nuts, pecans, walnuts, pistachio, macadamia, (avoid peanut)
- consider: sunflower, pepitas, hemp, chia, flaxseed,
- consider dark chocolate (75%+)

Meal Rotation Ideas

	Day 1	Day 2	Day 3
Breakfast	Overnight Oats Jar	Yoghurt & Fruit Cup	Veggie Omelette Wrap
snack	Hummus + Veggie Sticks	Cheese + Rice Crackers	Nut Butter + Apple
Lunch	Chicken & Rice Bento	Lentil Salad Lunchbox	Salmon & Sweet Potato Bowl
snack	Cheese + Rice Crackers	Nut Butter + Apple	Hummus + Veggie Sticks
Dinner	Ginger Chicken & Rice Bowl	Beef & Veggie Pasta Plate	Tofu Noodle Stir-Fry
dessert			

Use this template as a guide to show you how to structure your meals and eating windows through the day.

Snacks are optional and only if needed.

For example. You may need extra nutrition in the lead up to your period.

Ideally we are looking for a 5 hour mini fast between main meals to rebalance blood sugar and reset digestion process.

Mess Meals

Look for clean cooked protein and a wide variety of colourful vegetables.
Ensure you are getting enough protein in all 3 x meals.

Mix between both raw and cooked vegetables through the day for enzymes & easy digestibility

If feeling low energy, go for higher starch options to calm and support hormonal health

Always have your healthy oils. approximately a tablespoon 3 times a day.
These are not the fats found in our foods. They are a conscious addition of healthy oils, to your meals such as olive oil, butter, ghee, coconut oil, flaxseed oil.

If possible have one apple a day and a second fruit of your choice.

Limit wheat products and hidden wheat ingredients. Choose sourdough over standard wheat bread.
Ryvita crackers or 100% whole rye bread [read ingredient list to avoid wheat]

Include a fist full of rice or quinoa for satiety.
The need for this will fluctuate during your cycle.

Avoid cow milk, cream and ice cream.

Meal Rotation

	Day 1	Day 2	Day 3
Breakfast			
snack			
Lunch			
snack			
Dinner			
dessert			

How to create a Balanced Plate

Protein: Animal meats/seafood/dairy/nuts&seeds/eggs/tofu/legumes

Carbohydrates: Vegetables/Fruit

Starch: Rice/Quinnoa/pasta/noodles

Healthy Fats: Olive oil/Ghee/Coconut oil/Butter

