

# Your Personal 3-Day Food Plan

Hi Amber

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
- and at the same time regulate blood sugar levels for healthy weight management.

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.

---

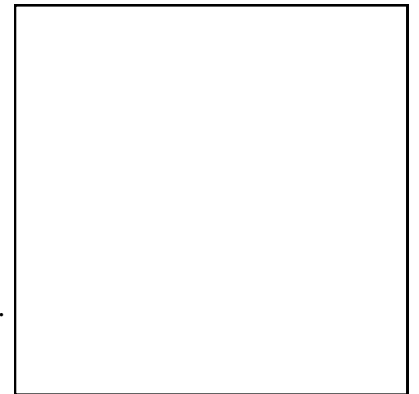


### Overnight Oats Jar

#### 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)

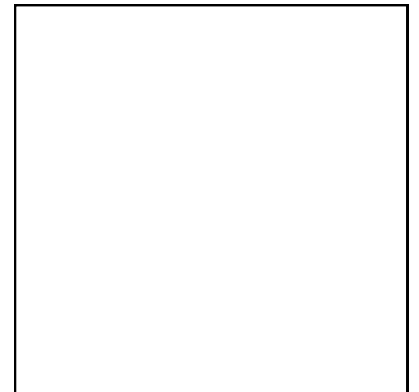


### Yoghurt & Fruit Cup

#### 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)



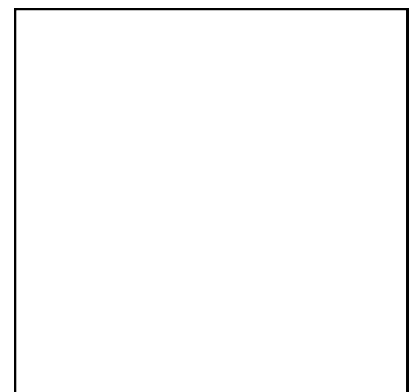
### Veggie Omelette Wrap

#### 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

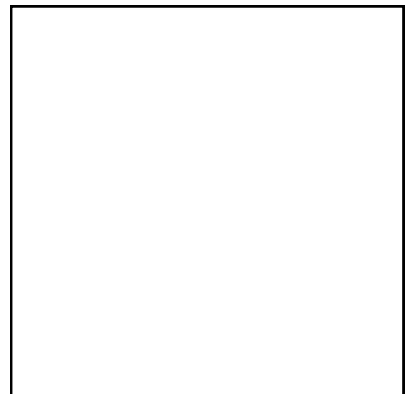
¼ cup Steamed basmati or brown rice

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:

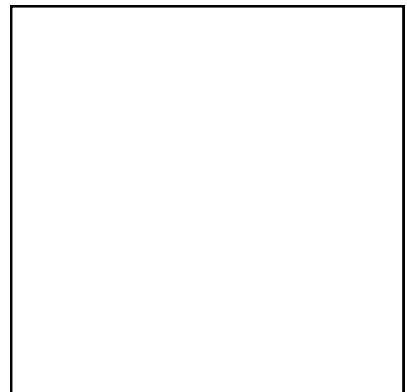
- Protein portion cheese. approximately 70gm

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

- Shredded cabbage + carrot

**FRUIT:** kiwi/apple/pear

Healthy oil: flaxseed

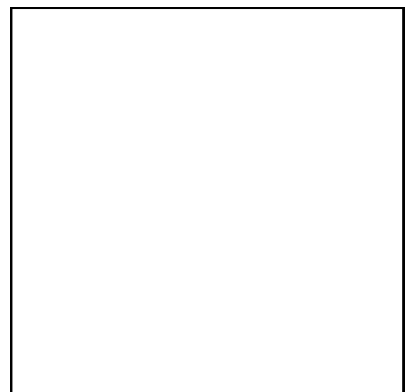


### Fish & Sweet Potato Bowl

#### 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.

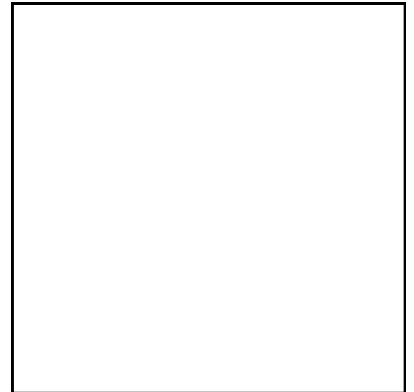
---



### Ginger Chicken & Rice Bowl

#### What to prep:

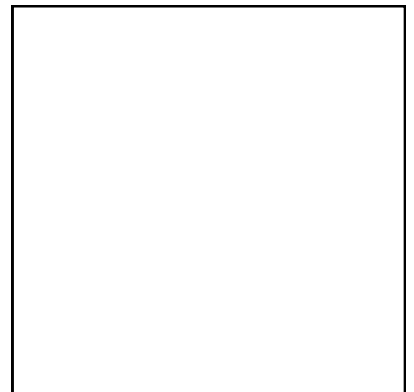
- Grilled chicken (tamari + ginger marinade)
- Steamed basmati or brown rice (cooled and reheated for resistant starch)
- Stir-fried bok choy + carrot, cauliflower, broccoli



### Beef & Veggie Pasta Plate

#### What to prep:

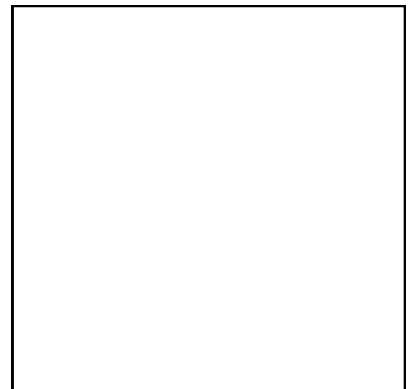
- Lean beef strips (pan-seared with garlic + herbs)
- Low-GI pasta (e.g. chickpea, lentil, or quinoa)
- Steamed broccoli + shredded cabbage



### 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.

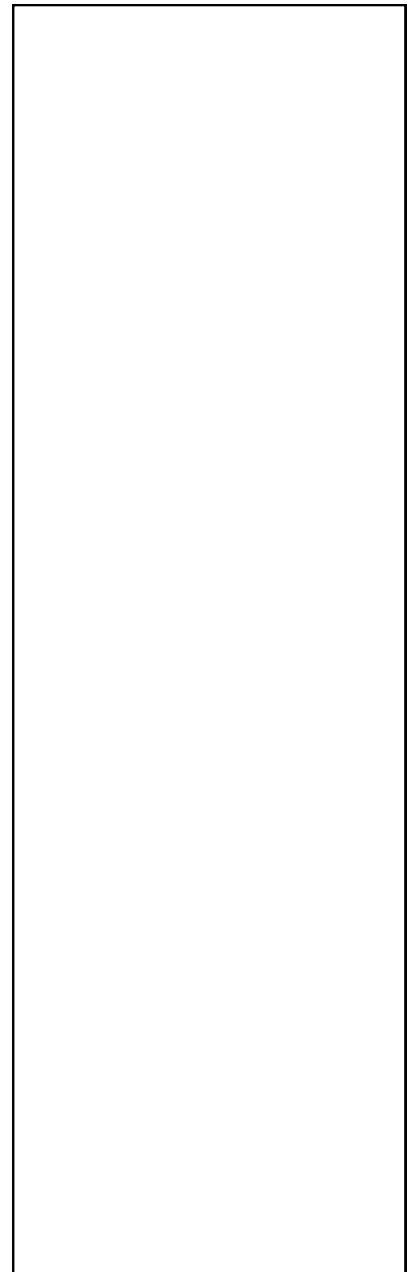
**Option:** sprinkle cinnamon for extra yum. Great after school or pre-sport.



#### **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/cheese (eg mozzarella, haloumi, cream cheese, Havarti, Gouda)/nuts & seeds (all nuts except peanuts. All seeds) /eggs/tofu/legumes (lentils, chickpeas, butter beans etc)

**Carbohydrates:** Vegetables/Fruit. Eat the rainbow

**Starch:** Rice/Quinoa/oats/pasta (avoid Wheat) Legumes (lentils, chickpeas, butterbeans), potato, sweet potato, beetroot

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

**Avoid:** Wheat, cow milk, peanuts, canola/sunflower oils, sweeteners, preservatives, additives, numbers,

