

3 step meal formula for more energy



iNaturally™

REBOOT YOUR HEALTH
REBUILD YOUR LIFE

Your first step for more energy

I'm so pleased you've downloaded my 3 step meal formula for more energy.

In this handout you'll discover a simple 3 step system to balance every meal. Meals your body will love.

By following these 3 simple steps, every meal will give your body the ingredients it needs to help your cells make energy.

You see, your body needs proteins, carbohydrates, starch, fibre and fats to make energy in your cells. Look at it like a recipe. If you miss out on an essential ingredient, the recipe simply won't turn out as planned.

A well balanced meal helps your blood sugar levels to be better balanced throughout the day, avoiding energy slumps between meals.

There's many reasons why you can be tired. Every "body" is different. It could be sleep, stress, thyroid, blood sugar, nutritional needs. The list is long and the reasons will be specific to you.

But, balancing your meals with essential ingredients is a great place to start.

This is just one of the tools I use to help women like you regain energy **through my Ultimate Energy Reboot Program.**

Your 3 step meal formula is your first step to taking back control of your health.



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The Healthy Balanced Meal Formula

STEP 1 PROTEIN

PALM-SIZED

At every meal, make sure you have a 'palm-sized' portion of protein.

Protein is a key part of my formula for more energy and healthy weight loss and will help you feel less hungry between meals & curb those annoying cravings!

You'll feel fuller for longer.

The amino acids in proteins give your body building blocks for repair and maintenance.

Tip - choose your protein first and build your meal around it.

STEP 2 VEGGIES

2 FISTS

Include 2 'big fist-sized' servings on every plate. You can mix in some fruit with vegetables to make up these handfuls.

Veggies and fruit give us vitamins, minerals, antioxidants and fibre. All needed for good digestion, blood sugar balance and energy.

You can include 1 "small fist" of starches like grains or sweet potato with one meal each day to replace 1 veggie "fist" (optional).

Tip - enjoy a diverse range of colours in this food group

STEP 3 FATS/OILS

THUMB-SIZED

Don't fear healthy fats and oils!

Every meal should include a 'thumb-sized' serve of healthy fats or oils. This will balance your blood sugar and keep you feeling fuller for longer.

Our hormones, cell walls, brain and nervous system all depend on fats to be healthy.

Did you know that including fats and oils will also promote healthy weight loss!

Note - no margarines.

Daily balanced meal planner

Plan out your plate with this daily meal planner. Plan what protein, veggies and fats you will have over your day. Remember - diversity is the key to a healthy microbiome, so mix it up!

	BREAKFAST	LUNCH	DINNER
PROTEIN			
VEGGIES			
FATS			
(FIST)(PALM)			
(THUMB)			

Proteins

Fish/seafood, shellfish, beef, pork, lamb, poultry, nuts & seeds, tofu, legumes & beans, cheese, yoghurt, quinoa

Veggies & Fruit

Enjoy all fruits & vegetables, and try to include dark green leafy veggies daily. And an apple a day... and eat fruit with your meals

Fats & Oils

Healthy fats & oils: Olive oil, Ghee, Coconut Oil, Avocado, Nuts & Seeds (and nut butters), Flaxseed oil

Starch

Wholegrains, potato (white and sweet), oats, rice



Hi, I'm Catherine

I'm a Naturopath who believes you shouldn't have to compromise your energy and health while working hard and living life to the fullest.

Having no energy is one of the biggest obstacles I see for many women.

Does this sound familiar? You're exhausted, you can't be bothered, you can't think straight, everything is such an effort, you have no motivation, you just want to sleep.....

I love working with women just like you. Women struggling with energy, motivation and staying on track. Women looking for solutions.

I listen, investigate and then work with you step-by-step to reboot your energy and your health.

Drawing on nearly two decades of experience as a Naturopath, working with over 1,000 women just like you, and my previous personal experience with debilitating fatigue, I will guide you through a step-by-step approach to creating more energy and healing from within so you can live to its fullest potential.

With your health in mind,

Catherine x

your next step...

You now have a formula to create balanced, healthy meals.

But, here's the thing..... for most busy women it can take more than this alone to get to the bottom of why you're tired, to truly regain energy and restore vitality.

This 3 Step Meal Formula for More Energy is just one part of how I can help build more energy and feel fabulous. Because, there are so many other elements to you and your body that all need to be working together for ultimate health.

If you'd like to explore what else is driving your fatigue, I invite you to book in for a FREE 20 minute chat. This is where we get to know each other and you can find out exactly how I can help.

With your energy in mind,
Catherine x

[CLICK HERE TO BOOK A FREE CALL NOW](#)



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