

Protein Cheat Sheet

The simplest way to stabilize energy and meals



MENOPAUSE
CLARITY PLAN



Build every meal around protein

Everything else is optional

<p>THE ONLY RULE</p> <ul style="list-style-type: none"><input type="checkbox"/> 20–30g protein per meal<input type="checkbox"/> 3 meals per day <ul style="list-style-type: none">• No tracking• No apps• No calculations	<p>NO-WEIGHING GUIDE</p> <ul style="list-style-type: none">• Protein = 1 palm• Vegetables = 1–2 fists• Carbs = optional <p><i>If you can see your hand, you're set</i></p>
<p>FAST OPTIONS</p> <ul style="list-style-type: none">• Greek yogurt• Eggs• Cottage cheese• Protein shake• Smoked salmon	<p>EASY MEALS</p> <ul style="list-style-type: none">• Chicken + salad• Eggs + toast• Tuna + rice• Tofu + vegetables• Lentils + olive oil
<p>BACKUP OPTIONS</p> <ul style="list-style-type: none">• Boiled eggs• Yogurt• Cheese• Nuts (small handful)	



Don't aim for perfect

→ Just don't skip protein

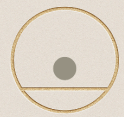
Inside the plan, you'll get:

- done-for-you meal combos
- low-energy templates
- simple weekly structure

→ **Follow the plan. Remove the guesswork**

Meal Combos

Simple meal combos



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Remove decisions.

Repeat what works

BREAKFAST

- Eggs + toast + yogurt
- Greek yogurt + nuts + fruit
- Protein shake + banana

LUNCH

- Chicken + salad + olive oil
- Tuna + rice + vegetables
- Eggs + avocado + toast

DINNER

- Salmon + vegetables + potatoes
- Chicken + greens + olive oil
- Tofu + vegetables + rice

NO-COOK OPTIONS

- Yogurt + nuts
- Protein shake + fruit
- Cottage cheese + olive oil

Pick 1 option per meal

Repeat daily



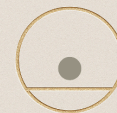
The goal isn't variety

→ It's consistency without thinking

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LOW-ENERGY DAY

Lower the bar. Keep the structure

- 1 yogurt
- 2 eggs
- 1 protein shake

That's enough

That counts

You stayed consistent

SIMPLE WEEKLY STRUCTURE

No planning. Just rhythm

- Breakfast → protein
- Lunch → protein + simple side
- Dinner → protein + vegetables

KEEP IT SIMPLE

- Eggs
- Yogurt
- Chicken or fish
- Vegetables
- Rice or potatoes



No perfect meals. No catching up. No restart required

Repetition is what makes this work

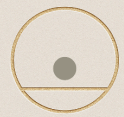
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Stress Reset Guide

Reduce load. Restore capacity



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You don't need to eliminate stress.

You need to reduce the load on your system

The Only Rule

Lower total daily load. Not just “manage stress better”. *Small reductions matter.*

WHAT ADDS LOAD

- Too many decisions
- Constant input (phone, noise, pressure)
- No real breaks
- Trying to do everything at once

WHAT REDUCES LOAD

- Fewer decisions
- Short quiet moments
- Slower transitions between tasks
- Doing one thing at a time

MINIMUM RESET (LOW-ENERGY VERSION)

If everything feels like too much:

- Step away for 5–10 minutes
- Sit or walk without input
- No phone
- No multitasking

That counts

DAILY BASELINE

1–2 short pauses during the day
Even 5 minutes is enough

Consistency > duration

AVOID THIS TRAP

- Overloading your “recovery time”
- Trying to optimize everything
- Waiting for a perfect routine

REFRAME

- You don't need more discipline
- You need less load



This is how you create space

→ *Without adding more pressure*

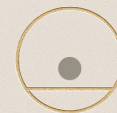
Inside the plan, you'll get:

- personalized stress patterns
- your highest-impact reset points
- what to reduce first

→ **Follow the plan. Remove the guesswork**

Sleep Starter Guide

Make sleep easier to access



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Better sleep starts before bedtime. Not at bedtime

The Only Rule

Reduce stimulation before sleep. Not “perfect sleep hygiene”. *Just less input*

WHAT DISRUPTS SLEEP

- Late mental stimulation
- Screens close to bedtime
- Irregular timing
- Trying to “force sleep”

WHAT SUPPORTS SLEEP

- Consistent wind-down
- Lower light and input
- Simple, repeatable routine
- Going to bed before overtired

MINIMUM VERSION (LOW-ENERGY NIGHT)

If you're exhausted:

- Dim lights
- Reduce input
- Go to bed earlier

That's enough

SIMPLE STRUCTURE

Same wind-down pattern each night. Even if short

Consistency > perfection

AVOID THIS TRAP

- Overcomplicating routines
- Tracking everything
- Trying to “fix sleep in one night”

REFRAME

- Sleep improves when the system is ready
- Not when you force it



Make it easier for sleep to happen → *Instead of trying to control it*

Inside the plan, you'll get:

- your sleep pattern insights
- what's likely interfering
- simple adjustments that fit your routine

→ ***Follow the plan. Remove the guesswork***