

Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY
HABITS TO MOVE FROM SURVIVAL
MODE TO CALM, GROUNDED LIVING



Module 6:

Lesson 3.

Nervous-System Nourishing Meals + Rewiring Cravings



Cravings = Communication

- Blood sugar
- stress
- microbiome
- hormones



Rewiring Through Nutrition

- Repetition
- reward
- new pathways
- safety
- eat dinner early - it improves your sleep



The Meal Formula Protein

- Protein, 20-30 g per meal, size of palm
- Chicken breast= 20g of protein
- 1 Egg = 6g of protein
- 0.8g of Protein per KG of Bodyweight
- 75kg/165lbs= 60g of protein



The Meal Formula

Protein for weight gain + loss

- Active people need more, 100g+ (0.8-1.6g of protein per kg of bodyweight)
- To gain weight - up protein to desired bodyweight
- To lose weight, lower daily overall caloric intake - but keep protein intake high



The Meal Formula for Weightloss

- Calorie Deficit
- Eat less calories than you burn in a day
- Keep protein high - your body needs it
- Reduce **some** carbs + healthy fats



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The Meal Formula for Nervous System Regulation

- Protein
- Fiber
- Healthy Fats
- Slow Carbs
- Colour
- Last meal early evening



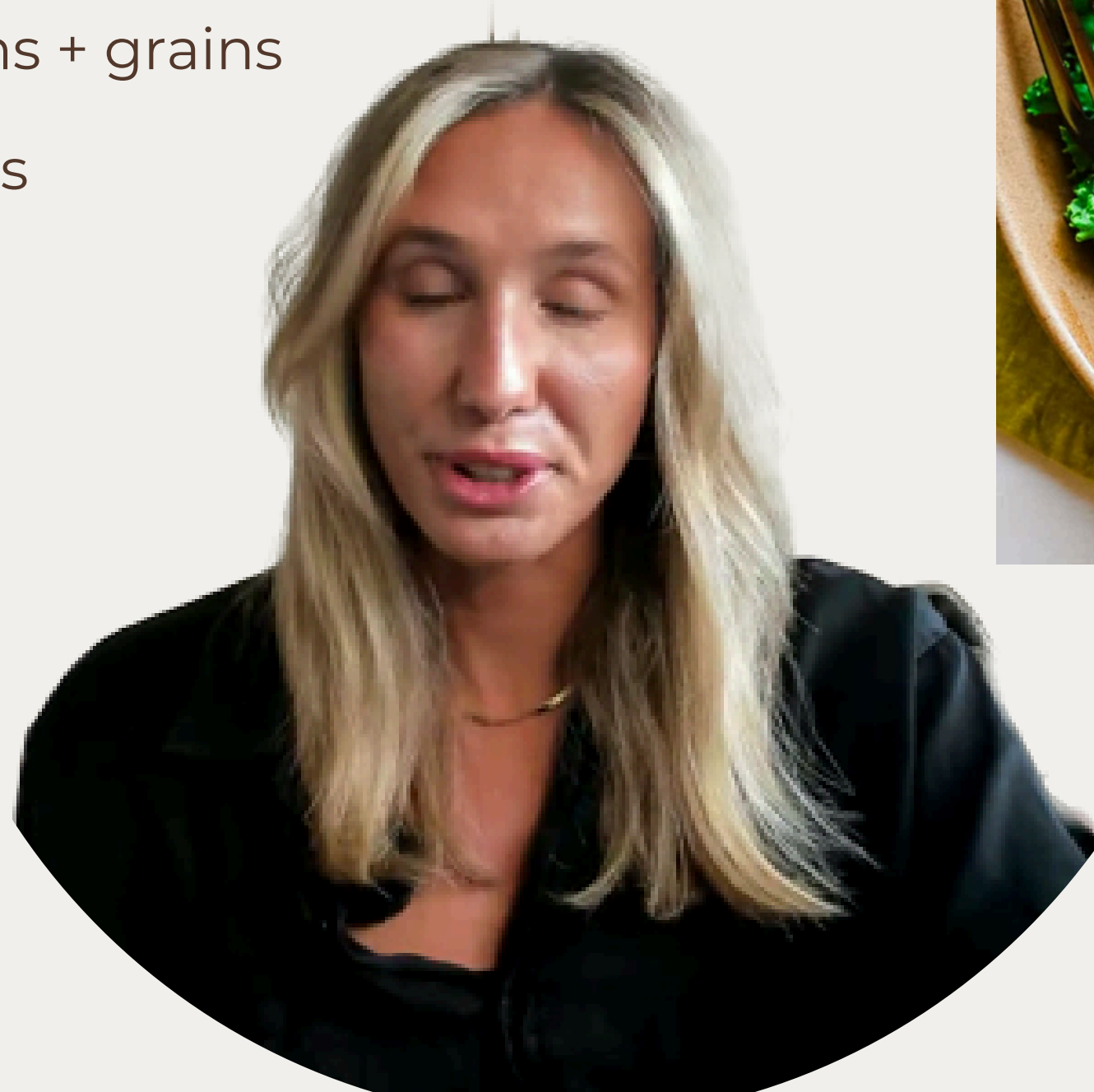
Breakfast

- within 1 hour of waking (unless intermittently fasting)
- focus on 30g of protein + fiber



Lunch

- focus on 30g of protein + fiber
- leafy greens + grains
- healthy fats



Dinner

- focus on 30g of protein + fiber
- leafy greens + grains
- healthy fats
- early dinner aids in digestion
- improves sleep
- lowers heart rate



Pantry Upgrades

- Simple swaps → big results
- Starting the day with adequate protein instead of sugary foods makes a big difference
- Fruit and berries are good for you
- It's what you do 80% off the time
- Always read the labels on packaged food



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The Goal

- Food becomes a regulation tool, not a stressor.
- If you have a destructive relationship with food - you are not alone
- Shoot me a message if you want to chat



Summary

- **How to build balanced plates for each meal**
- **Understanding cravings - and how to reduce them**
- **The importance of protein in both weight gain and weight loss**



Homework

- **Have a look at the attached Shopping List - check what you have in your fridge/cupboards, and next time you go to the grocery store, see if you can incorporate any of the foods from the list**
- **Use the suggested Meal Plan (attached) to plan your meals**
- **Reflect - how does eating this make you feel?**

