

The Hormone Reset Plate

7 Days to Better Energy, Fewer
Cravings & Balanced Blood Sugar

Health is a lifestyle, not a performance.

COACH CHARNICIA CURTIS
EMBODY, EMPOWER, EVOLVE HORMONE HEALTH™

WELCOME

If you're over 40 and suddenly feel like your body has changed overnight...

You're not crazy.

You aren't lazy.

And your body has definitely not failed you.

This is where hormones come into play.

As estrogen and progesterone begin changing during perimenopause and menopause, your body also becomes much more sensitive to:

- Blood sugar swings
- Stress
- Poor sleep
- Inflammation
- Muscle loss

The foods you eat every day can either make those symptoms louder...

or help support your hormones naturally.

This 7-day meal plan isn't about dieting.

It's about giving your body the nutrients it needs to work WITH your hormones instead of against them.

Let's begin.

BEFORE YOU START

This week, I want you to focus on 5 simple daily habits.

Habits are what help keep you consistent when emotions fluctuate, life gets busy, motivation changes, and obstacles arise. Instead of relying on willpower, we're going to focus on creating simple actions you can come back to every day.

The 5 Daily Hormone Habits

- ✓ Eat protein at every meal to support muscle, metabolism, and more stable blood sugar.
- ✓ Eat within 60–90 minutes of waking to give your body the nourishment and energy it needs to start the day.
- ✓ Drink 80–100 oz of water daily to support hydration, digestion, energy, and overall hormone health.
- ✓ Build your meals around protein, fiber-rich carbohydrates, healthy fats, and colorful vegetables to give your body a variety of nutrients.
- ✓ Take a 10-minute walk after at least one meal each day to support digestion, blood sugar regulation, and daily movement.

Consistency Over Perfection

We are not focused on being perfect this week. Our focus is consistency. Building new habits takes time. If focusing on all five habits feels overwhelming, choose one or two to practice this week. You can build from there.

This 7-Day Anti-Inflammatory Meal Plan is designed to give you the kickstart you need while showing you how simple, nourishing food can become part of a lifestyle that supports long-term results.

One meal. One habit. One day at a time.

You've got this!

— Coach Charnicia

HOW TO SET YOURSELF UP FOR SUCCESS

The best way to make this meal plan work for you is to plan ahead.

Set aside a couple of hours to grocery shop and another block of time to prep for the week. You do not need to prepare every single meal at once! A little preparation can go a long way.

Start with the things that will save you the most time during a busy week:

- Prep your proteins: Cook chicken, ground turkey, lean beef, fish, eggs, or another protein you enjoy so it's ready to grab and add to meals.
- Prep your vegetables: Wash and chop fresh vegetables or keep frozen, steam-in-the-bag options on hand for busy days.
- Prep your carbohydrates: Cook rice, quinoa, potatoes, or other carbohydrates in advance so you can quickly build a balanced meal.
- Pack your snacks: Portion out fruit, Greek yogurt, nuts, cottage cheese, or other grab-and-go options.

When your food is already prepped, you've significantly reduced the amount of time you'll spend in the kitchen throughout the week.

PLAN NOW, DECIDE LESS LATER

Planning ahead also helps eliminate decision fatigue.

When you're hungry, tired, stressed, or rushing between responsibilities, that's usually not the best time to start asking yourself, "What am I going to eat?"

Having food prepared means the decision has already been made.

Instead of relying on motivation or making last-minute choices, you can simply grab what you've prepared, build your meal, and keep moving with your day.

A little preparation today can make consistency much easier tomorrow.

Remember, the goal isn't to spend your entire Sunday meal prepping. The goal is to make nourishing yourself throughout the week easier, faster, and more realistic for your lifestyle.

PORTION SIZES: KEEP IT SIMPLE

You don't need to count every calorie or weigh every bite of food to get started. For this 7-day plan, I want you to focus primarily on your protein and carbohydrate portions.

Start With Protein

Aim for 4–6 oz of protein at your main meals.

Protein is especially important for women over 40 because it helps you maintain and build lean muscle, stay fuller longer, and support a healthy metabolism.

Getting enough protein can also help stabilize blood sugar, which may mean fewer energy crashes and cravings throughout the day.

Be Mindful of Your Carbohydrates

Start with approximately $\frac{1}{2}$ cup of cooked carbohydrates or $\frac{1}{2}$ of a medium potato with your meal.

Carbohydrates are not the enemy! Your body needs them for energy, exercise, recovery, and overall health. The goal is to choose nutrient-dense, fiber-rich carbohydrates and pair them with protein, vegetables, and healthy fats.

This combination can help slow digestion, support steadier blood sugar, and reduce the blood sugar spikes and crashes that can leave you feeling tired, hungry, and reaching for more food.

Load Up on Your Veggies

Give yourself a healthy serving of colorful, non-starchy vegetables. Vegetables provide fiber, vitamins, minerals, and antioxidants that support digestion, gut health, and a healthy inflammatory response.

BUILD YOUR PLATE: PROTEIN FIRST

When you're putting together your meal, start with your protein and work your way around the plate.

Protein: 4–6 oz

Carbohydrates: ½ cup cooked or ½ medium potato

Vegetables: A generous serving

Healthy fats: A small serving from foods like avocado, nuts, seeds, or olive oil

Starting with protein makes it easier to ensure you're getting enough of the nutrient that supports lean muscle and helps keep you satisfied.

Remember: we aren't trying to eat as little as possible. We're learning how to nourish your body with the right balance of foods.

LET'S GET STARTED!!!

Grocery List

Protein

Eggs
Greek yogurt
Chicken breast
Ground turkey
Lean beef
Salmon
Tuna
Cottage cheese
Protein powder

Vegetables

Spinach
Broccoli
Cucumber
Tomatoes
Carrots
Mixed greens
Green beans

Fruits

Blueberries
Strawberries
Apples

Healthy Fats

Olive oil
Walnuts
Almonds
Natural peanut
butter

Carbohydrates

Old-fashioned oats
Wild Rice
Sweet potatoes
Quinoa
Whole grain tortillas
Rice cakes

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY ONE

Breakfast

Greek yogurt
Blueberries
Walnuts
Chia Seeds

Snack

Protein Shake

Lunch

Grilled chicken
Mixed greens
cucumber
Tomato
Olive oil
Balsamic Vinegar

Snack

Tuna packet/ Chicken packet
Apple

Dinner

Salmon
Quinoa
Broccoli

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY TWO

Breakfast

Breakfast
Greek yogurt
Blueberries
Walnuts
Chia Seeds

Snack

Protein Shake

Lunch

Grilled chicken
Mixed greens
cucumber
Tomato
Olive oil
Balsamic Vinegar

Snack

Tuna packet/ Chicken packet
Apple

Dinner

Steak bites
Sweet potato
Green beans

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY THREE

Breakfast

Eggs + Spinach Scramble
Turkey sausage or Chicken sausage

Snack

Green Smoothie

Lunch

Ground turkey+ broccoli+ Quinoa Bowl

Snack

Blueberries + Strawberries

Dinner

Chicken Tacos
Salad

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY FOUR

Breakfast

Eggs + Spinach Scramble
Turkey sausage/ Chicken sausage

Snack

Green Smoothie

Lunch

Ground turkey+ broccoli+ Quinoa Bowl

Snack

Blueberries + Strawberries

Dinner

Chicken Tacos
Salad

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY FIVE

Breakfast

Oatmeal + Turkey sausage/ Chicken
sausage

Snack

yogurt/ cottage cheese + Fruit

Lunch

Strawberry + Blueberry Walnut chicken
Salad
Balsamic Vinegar

Snack

Cucumber + Tomato or Carrots

Dinner

Cod
Wild Rice/ Quinoa
Broccoli

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY SIX

Breakfast

Oatmeal + Turkey sausage/ Chicken
sausage

Snack

yogurt/ cottage cheese + Fruit

Lunch

Strawberry + Blueberry Walnut chicken
Salad
Balsamic Vinegar

Snack

Cucumber + Tomato or Carrots

Dinner

Cod
Wild Rice/ Quinoa
Broccoli

Daily Meal Plan

Each day follows the same hormone-supportive structure.

DAY SEVEN

Breakfast

Cottage Cheese Pancake + Fruit/ Protein
Pancake

Snack

Protein Shake

Lunch

Grilled chicken
Mixed greens
cucumber
Tomato
Olive oil
Balsamic Vinegar

Snack

Rice cake + Peanut Butter

Dinner

Turkey Burger
Thin Bun
Sweet potato Wedges

CONGRATULATIONS, YOU DID IT!

You just completed your 7-Day Hormone Reset Plate!

Take a moment and ask yourself: How do you feel?

Do you have more energy? Fewer cravings? Less bloating? Are you feeling more confident about what to put on your plate?

Most importantly, do you feel a little more in control of your body and your choices?

I truly hope these seven days showed you that supporting your body doesn't have to mean restrictive dieting, complicated recipes, or trying to be perfect.

It starts with understanding what your body needs and creating simple habits you can actually maintain.

Don't Stop Here!

Seven days is just the beginning. Keep practicing the habits you've learned, continue building balanced plates, and pay attention to how your body responds.

And if you found the 7-Day Hormone Reset Plate helpful, I'd love for you to stay connected with me! I have more hormone health education, resources, and programs coming to help women navigate perimenopause and menopause with greater confidence.

Visit E3: embody-empower-evolve.com

Instagram: [@Coach_Charnicia](https://www.instagram.com/Coach_Charnicia)

YouTube: https://www.youtube.com/@Coach_Charnicia

Keep nourishing. Keep learning. Keep evolving.

— Coach Charnicia

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