

CONTENTS

THE REBALANCE

FAQ & GETTING STARTED

MEAL PLAN WEEKS 1 & 2

GROCERY LISTS

REBALANCE DAILY CHECKLIST & SAMPLE DAY

HOLIDAY SAMPLE DAY & TRAVEL TOOLKIT

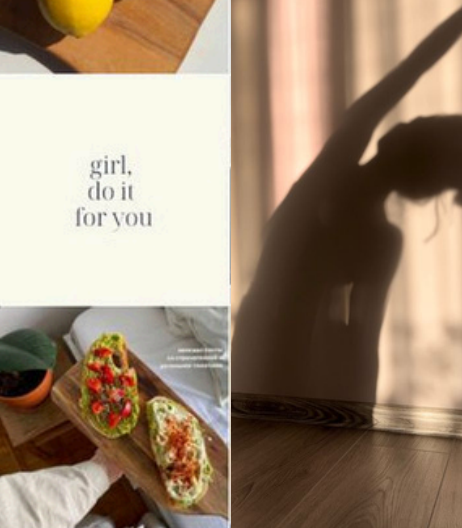
BUILDING YOUR PLATE + PROTEIN & FIBER TOOLS

CIRCADIAN RHYTHM & DINIG OUT TOOLKIT

NTG FAVS

RECIPES // DRINKS, SNACKS, BREAKFAST, LUNCH AND DINNER

TABLE OF CONTENTS



THE NTG REBALANCE

What it is:

- 14-day nutrition fall/winter rebalance with 14 breakfast, lunch, and dinner recipes, as well as snacks and mineral drinks
- All meals are designed to support female hormones with a special emphasis on vitamins, minerals, protein, and fiber

Each day on the plan hits:

- 20+g fiber
- 80+g protein
- 3000mg + potassium
 - To hit this number, please add in a daily mineral drink (see drink section) or consider adding in a packet of [pickleball](#) (800mg potassium).
 - You get [25% off on fullscript](#) when you create an account.
- One daily serving of fermented food
 - Add one serving of your favorite fermented food to one meal per day

What you get:

- 14 breakfast, lunch, and dinner options
 - Mostly all new recipes, but some NTG favorites are included
- Snack and mineral ideas
- Detailed grocery list for weeks 1 & 2
- Sample day, holiday sample day & travel toolkit
- Circadian and dining out toolkit
- Rebalance Checklist
- Access to the private IG group where I share grocery hauls, daily tools/tips, and days in the life of and answer **general** questions -- I cannot provide personal advice.
- 25% off all supplements // [Join my fullscript here for 25% off all supplements](#)

FAQ

Do I need to follow the plan to a T?

01

No! While the plan offers daily meal options, you can keep it simple and have the same two breakfasts on repeat! If you are cooking for one, you'll see many meals serve 3-4, so these will make for great leftovers the following day! If you join the Instagram group, you will see I love leftovers and mix-and-match meals. Make it work for YOU. You can mix and match meals.

What if I am hungry on the plan?

02

Eat more! Hop down to the snack section under recipes and add 1-2 snacks as needed. Note where you are in your cycle, as this will impact hunger.

The week before your period, hunger and protein needs rev up!

What if I am dining out?

03

The rebalance is not meant to be restrictive, nor do I want you canceling plans because of it! I have included a dining-out toolkit to help you feel your best while dining out! I suggest focusing on a rebalanced breakfast, lunch, and snack option to help you balance blood sugar so you can go into dinner feeling good!

FAQ

04

Will there be a supplement recommendation?

No. This is all about nutrition, though I have extended a 25% discount to my full script (a virtual dispensary) for those working with a practitioner or needing to re-order supplements! My favorite minerals are on this site, so you can get 25% off! See NTG Favs below.

05

I can't start on the start date.

No worries! You have access to the platform beyond the 14 days! You can join and screenshot tips from our private IG and bookmark emails.

I'll be sharing in the close friends' group how I make it work while traveling and away. You don't need to follow to meal plan exactly!

06

Do I get personalized advice?

No, but if you want to dive deeper into nutrition in a more supported capacity, [join the Glow UP waitlist for spring 2025](#). We have three group Zoom coaching sessions, and you have access to me during the six weeks of the program to ask questions. I will answer general questions related to the Rebalance in our Instagram group or on the Glow UP Platform!
