



3PM Crash Survival Guide

@Unprocessed Life Method

Table of Contents

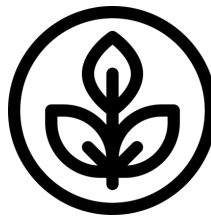
Simple steps to end the afternoon slump —
and fuel energy that lasts.



Discover

Finally understand how processed foods impact your body — so you can lower inflammation, protect long-term health, and break free from the cycle of starting over.

Page 3



Simplify

Use this easy, step-by-step plan to fuel your body with confidence. No more second-guessing every food decision or stressing at the grocery store.

Page 4



Transform

Turn everyday meals into energy, balance, and confidence — so you feel lighter, clearer, and more in control of your health.

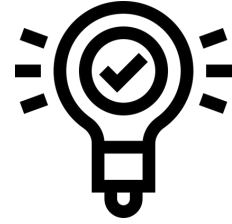
Page 5



A BODY IN BALANCE

Discover

Discover What's Really Causing Your Crash



That afternoon foggy feeling isn't "just being tired" — it's your body responding to what you eat and drink.

The hidden culprits:



The: Sugar rollercoaster → snack bars, yogurts, sauces, and coffee creamers sneak in sugar that spikes and crashes your energy.



Refined carbs/flour → white bread, crackers, muffins act like sugar in disguise.



Bad oils → fried foods and packaged snacks (soybean, corn, canola oils) stress your body and worsen fatigue.



Dehydration → even 2% less hydration makes you sluggish.

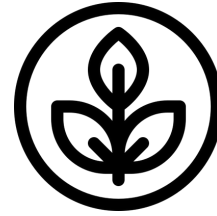


Stress & sitting too long → spike cortisol and slow circulation.

When you discover the root cause, you see the crash isn't random — it's preventable.

Simplify

Simplify Your Choices



Feeling better doesn't have to be complicated — small, simple swaps can steady your energy fast.



Snack Smart → swap sugar/refined carb snacks for protein + fiber (apple + almond butter, Greek yogurt + berries, hummus + veggies).



Hydrate Better → water + lemon/electrolytes instead of soda or sweetened coffee drinks.



Move for 5 Minutes → stand, stretch, or take a quick walk.



Mindful Caffeine → mornings only; skip the afternoon jolt that steals tomorrow's energy.

Simplify = small, doable swaps that keep energy steady without overthinking.

Transform

Transform your energy long-term



When simple swaps become daily habits, your energy, focus, and confidence begin to transform.



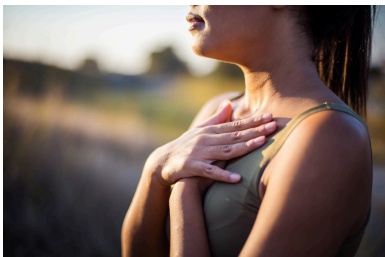
Protein Breakfast → eggs, smoothie, or Greek yogurt instead of sugary cereals/pastries.



Balanced Lunch → protein + veggies + healthy fats = steady energy into the afternoon.



Avoid Hidden Crash-Makers → swap refined flour, bad oils, and added sugars for clean, real foods.



Stress Reset → 2-minute breathing pause lowers stress-driven cravings.

Transform = when daily choices stack up, your afternoons feel light, clear, and energized — not foggy and drained.

The Unprocessed Life Method



When you Discover hidden causes, Simplify your daily choices, and Transform your habits, you unlock steady energy, fewer cravings, and confidence in your health.



I'm Cathy, a National Board-Certified Health & Wellness Coach. I help men & women 40+ reclaim their energy through unprocessed, real food. I created this guide because I know how exhausting the 3PM crash can be — I've lived it myself. Now I help others find steady energy with simple food swaps that really work.

This content is for informational purposes only and not a substitute for medical advice.

