

Grocery Blueprint

(Premium)



The Three-Bin System

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Perimenopause Night Freedom — Bonus Pack

Premium editorial layout • Print-friendly • Built for real nights

Why This Grocery Blueprint Works

At night, you don't rise to your intentions—you fall to your environment. This blueprint makes the stable choice the easy choice.

The Three-Bin System

- Bin 1 — Stable Plate Basics
- Bin 2 — Night Anchor Snack Defaults
- Bin 3 — Replacement Cues

Weekly Buy List

Proteins

- Fish / chicken / turkey / eggs / tofu / tempeh / beans / lentils

Plants

- Greens • broccoli • zucchini • peppers • carrots • cucumber • tomatoes • berries

Calm Carbs

- Sweet potato • quinoa • oats • brown rice • legumes • fruit paired with protein

Snack Defaults

- Greek yogurt + berries • hummus + veg • nuts + fruit • cottage cheese + veg

Drinks / Teas

- Herbal tea • sparkling water • electrolytes if you use them

Two-Week Rotation

Week A dinners: _____

Week B dinners: _____

