

Snack Matrix + Portion Guide

(Premium)

Energizing



Calming



Treat
Upgrade



3AM
Reset



Snack Matrix + Portion Guide (Premium)

Perimenopause Night Freedom — Bonus Pack

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

The Snack Decision Rule

Snacks are either helpful or hijacking. Use this matrix so you don't improvise when tired.

Step 1: Identify the Signal

- ☐ True hunger (gradual, physical)
- ☐ Jittery / shaky / chemically wired
- ☐ Emotional urge
- ☐ Habit urge

Step 2: Use the Matrix

If True Hunger

- Choose protein + fiber snack (small)
- Eat slowly, dim light, no screens

If Jittery / Shaky

- Choose a steady snack

If Emotional Urge

- NeuroCalm + script first
- Replacement ritual, then decide in 10

Portion Guide

- Small + steady
- Stop at 'steady,' not 'stuffed'

Snack Library

- Greek yogurt + berries
- Hummus + veg
- Egg + crackers
- Nuts + fruit
- Oats + cinnamon
- Apple + nut butter
- Turkey slices
- Kefir (small)
- Lentil soup (small)
- Cheese + cucumber

My 3 Defaults

Default #1: _____

Default #2: _____

Default #3: _____

