

Late Dinner Protocol Card

(Premium)

What to Avoid.



Dessert
& Alcohol



Doom
Bescrolling

3AM Reset



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Late Dinner Protocol Card (Premium)

Perimenopause Night Freedom — Bonus Pack

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

Late Dinner Protocol

Late dinners happen. This protocol prevents a late meal from becoming a wired night.

Step 1: Choose the Right Late Dinner Type

- ☐ Light + balanced
- ☐ Moderate
- ☐ Heavy / unavoidable

Step 2: Compressed Anchor Sequence (30 minutes)

- 2 minutes NeuroCalm
- 10 minutes somatic wind-down
- Bedroom seal
- No phone in bed

Step 3: What to Avoid

- Dessert + alcohol combo
- Intense shows / doom scrolling
- Hot bedroom + heavy bedding

If 3AM Happens

Use The 3AM Reset. Mantra: "Late dinner night. Handled."

Templates

Late dinner time: _____ Bedtime: _____

My late dinner default: _____

