



HOW TO BALANCE YOUR MEALS

(so your body actually starts responding again)

Fuel & Flow
by Lisle



For women who train, eat well... but feel stuck

You're eating pretty well... so why isn't your body changing?

If you feel like you're doing all the right things, training, eating healthy, trying to be consistent...but your energy's low, your weight's not shifting, and you're constantly second guessing your food....you're not the problem

Most women I work with are already doing a lot right

But they're missing one key piece -

How to actually structure their meals in a way that supports their body

WHY YOUR BODY ISN'T RESPONDING (EVEN THOUGH YOU'RE DOING EVERYTHING RIGHT)

Most of the time, it comes down to this:

- You're under-fuelling (even if you don't realise it)
- Your meals aren't balanced properly
- You're eating "healthy" but not in a way that supports your body

So you end up:

- bloated
- low on energy
- stuck with your weight

And the default response?

Eat less. Train more.

Which just makes things worse.

Most women I work with aren't overeating... they're under-fuelling and under-balancing their meals

WHAT YOUR BODY ACTUALLY NEEDS

INSTEAD OF BEING STRICTER, YOUR BODY NEEDS:

- enough food
- the right balance of macros
- consistency

Not perfection

Not extremes

Just a better structure

HOW TO BUILD A BALANCED MEAL

Every main meal should include:

Protein + Carbs + Fats + Fibre

Here's how to think about it without tracking anything:

Protein → palm-sized

Carbs → cupped hand

Fats → thumb-sized

Fibre (veggies) → 1-2 handfuls

If you do nothing else, start here, this alone will make a noticeable difference



WHAT THIS LOOKS LIKE IN REAL LIFE

Breakfast:

Eggs & cottage cheese on sourdough with avocado + spinach

Lunch:

Chicken, rice, olive oil + veggies

Dinner:

Salmon, potatoes + greens

Snack:

Greek yoghurt, berries + nuts

Simple. Balanced. Effective.

COMMON MISTAKES I SEE ALL THE TIME

Eating too little during the day

→ leads to low energy + overeating later

Not enough protein

→ affects metabolism, recovery, satiety

Cutting carbs too low

→ impacts energy, training, hormones

Trying to be "perfect"

→ leads to inconsistency

WHAT TO EXPECT WHEN YOU GET THIS RIGHT

When your meals are balanced properly, you'll usually notice:

- more stable energy
- less bloating
- better recovery from training
- your body actually starting to respond again

It doesn't take anything extreme, just the right approach & consistency.



WHAT TO DO NEXT

If you're reading this and thinking

"ok this makes sense... but I don't know how to apply it to me"

That's completely normal and this is exactly where most people get stuck

If you want help actually applying this to your body, your training and your lifestyle...

I offer a 1:1 Nutrition Reset Session

We'll go through:

- what you're currently doing
- what's keeping you stuck
- and what to change so your body starts responding again

Simple, clear, personalised

You can book here:

[Nutrition Reset Session](#)

If you've been stuck for a while, this is where doing it on your own usually keeps you stuck.

This is exactly what we fix in the session and I only take a limited number of these each week.

With warmth and health,

Lisle

www.fuelandflowbylisle.com/nutritionresetsession

