BONUS GUIDE 5

THE BALANCE QUICK CARDS

Simple Reference Cards for Everyday Nutrition, Gut Health, Stress and Healthy Habits



QUICK GUIDANCE WHEN YOU NEED IT MOST



Your Health — At a Glance

Health information is useful. But during a busy day, you often do not need another chapter. You need one reminder — a single, clear anchor that brings you back to what works.

These Quick Cards gather the practical foundations of **The Complete Balance Method™** into 12 standalone reference cards. Each one can be read in under 60 seconds. Each one stands alone. Each one is designed for real life — not ideal conditions.

You have already received the full method across the five main guides. This bonus is not a new layer of theory. It is your compact, portable reference set — for the kitchen, the shop, the difficult day, and the quiet moment when you simply want to return to what matters.

Save Them

Store your favourites on your phone for instant access.

Print Them

Keep selected cards in the kitchen or your planner.

Use Them

Reach for the right card at the right moment.

Return to Them

When life gets busy, come back to the card.

When life gets busy, return to the card. You do not need to remember everything — you just need to know where to look.

Your 12 Quick Cards — Overview

Each card is a standalone reference tool. Use whichever card is most useful right now. You do not need to work through them in order.

1	**The G.U.T. Compass™** Your three-direction guide to everyday gut care.
2	**The Balance Meal Formula™** Build any meal from five simple categories.
3	**My Healthy Plate** A flexible visual guide for balanced, satisfying meals.
4	**The Fibre Check** A fast daily checklist for variety and digestive support.
5	**The Protein Check** Know your protein sources — especially after 40.
6	**The 5-Minute Reset** A minute-by-minute calm and clarity tool.

The Complete Balance Method™





Your 12 Quick Cards — Overview (continued)

Each card is a standalone reference tool. Use whichever card is most useful right now. You do not need to work through them in order.

1	**My Minimum Day** Five anchors for when today is genuinely difficult.
2	**My Evening Reset** Simple steps to prepare the conditions for rest.
3	**If → Then: My Plan B** Ready-made responses for when life happens.
4	**My Weekly Balance Check** A reusable review tool — one priority at a time.
5	**The 30-Second Label Check** Seven quick steps to read any food label with confidence.
6	**The 10-Minute Emergency Meal** Pick 1 + 1 + 1 + flavour. A real meal in minutes.

CARD 01

The G.U.T. Compass™

Your three-direction guide to everyday gut care — simple, practical, always relevant.

G — Give Your Gut What It Needs

- Include a variety of plant foods
- Prioritise fibre from different sources
- Stay well hydrated throughout the day
- Eat at reasonably regular intervals

U — Understand Your Signals

- Notice bloating or discomfort patterns
- Be aware of your bowel habits
- Observe how you feel after meals
- Recognise your own personal tolerances

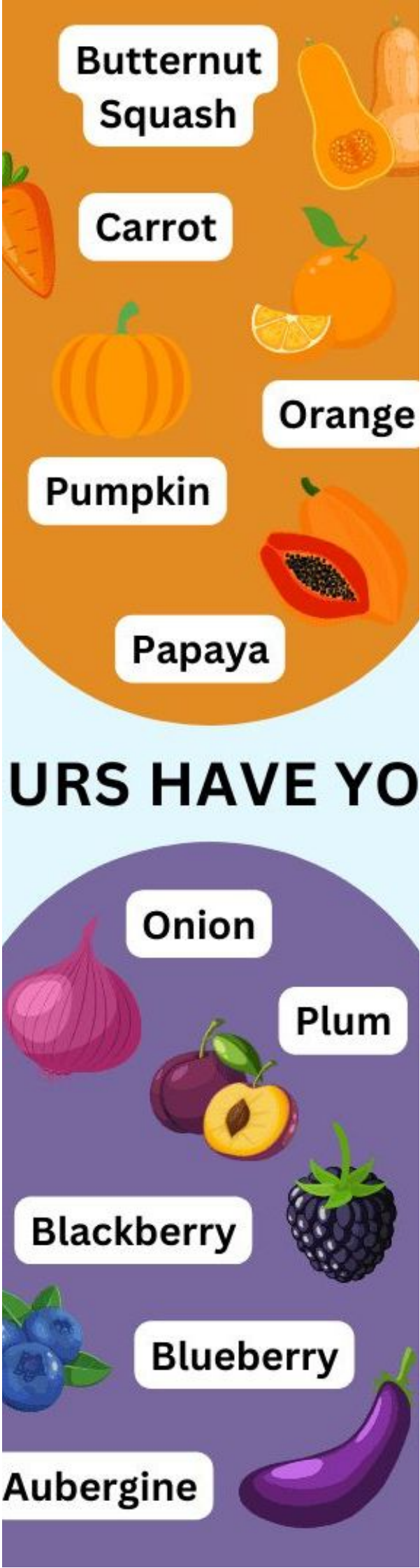
T — Take Care of the Whole System

- Manage stress where possible
- Include regular, gentle movement
- Protect sleep quality
- Allow time for rest and recovery

> **Your gut does not work in isolation.** Food, movement, stress, and sleep all play a role.

Persistent, severe, or unexplained digestive symptoms deserve professional evaluation. These reminders are for everyday support, not medical guidance.

The Complete Balance Method™





CARD 02

The Balance Meal Formula™

Build any meal from five simple categories. Change the ingredients — keep the structure.

Protein

Eggs, fish, poultry, yoghurt, tofu, legumes, cottage cheese

Vegetables / Fruit

Salad leaves, cooked vegetables, tomatoes, cucumber, fruit of choice

Fibre-Rich Carbohydrate

Oats, potatoes, whole grains, rice, wholegrain bread, legumes

Healthy Fat

Olive oil, nuts, seeds, avocado, oily fish

Flavour

Herbs, spices, lemon, garlic, mustard, yoghurt sauce, vinegar

> **Build the structure — change the ingredients.** The formula works whether you are cooking from scratch or assembling something quick.

The Complete Balance Method™

CARD 03

My Healthy Plate

A flexible visual guide — not a rigid rule. Adapt it to your appetite, body, and activity level.

Plenty of Vegetables

Fill a generous portion of your plate with varied vegetables — raw, cooked, warm, or cold. Colour and variety matter more than perfection.

A Clear Protein Source

Include a visible protein source at each main meal. This supports satiety, muscle maintenance, and sustained energy — especially important after 40.

Fibre-Rich Carbohydrate

Include a portion suited to your energy needs and appetite. Potatoes, whole grains, oats, and legumes all count. Adjust to your activity level.

Moderate Healthy Fat

A moderate source of healthy fat — olive oil for cooking, a few nuts on the side, or avocado — supports absorption and satisfaction.

Adapt portions to your body, appetite, and activity. Balanced does not mean identical for everyone.

The Complete Balance Method™





CARD 04

The Fibre Check

A fast daily checklist for variety. You do not need every category at every meal — the goal is variety across the day and week.

Did I Include Today...

- [ ] Vegetables — any variety, any preparation
- [ ] Fruit — fresh, frozen, or whole
- [ ] Whole grains — oats, brown rice, wholegrain bread
- [ ] Legumes — beans, lentils, chickpeas
- [ ] Nuts or seeds — a small handful counts

How to Use This Card

Use this checklist as a gentle daily prompt — not a performance test. Aim for variety across the week rather than ticking every box at every meal.

If you are increasing your fibre intake, do so gradually and increase fluids at the same time. This helps your digestive system adjust comfortably.

Different fibre sources feed different parts of your gut microbiome. Variety is the most useful goal — not quantity alone.

> **More variety — not more perfection.**

The Complete Balance Method™

CARD 05

The Protein Check

Where is my protein? A quick reference for women 40+ — because after 40, muscle matters as much as weight.

Choose Your Protein Source

- [ ] Eggs — versatile, quick, affordable
- [ ] Yoghurt or cottage cheese
- [ ] Fish — fresh, frozen, or tinned
- [ ] Poultry or lean meat
- [ ] Tofu or tempeh
- [ ] Beans or lentils
- [ ] Other suitable protein source

Why It Matters After 40

- Supports muscle maintenance
- Aids tissue repair
- Promotes satiety
- Supports healthy ageing

A Practical Approach

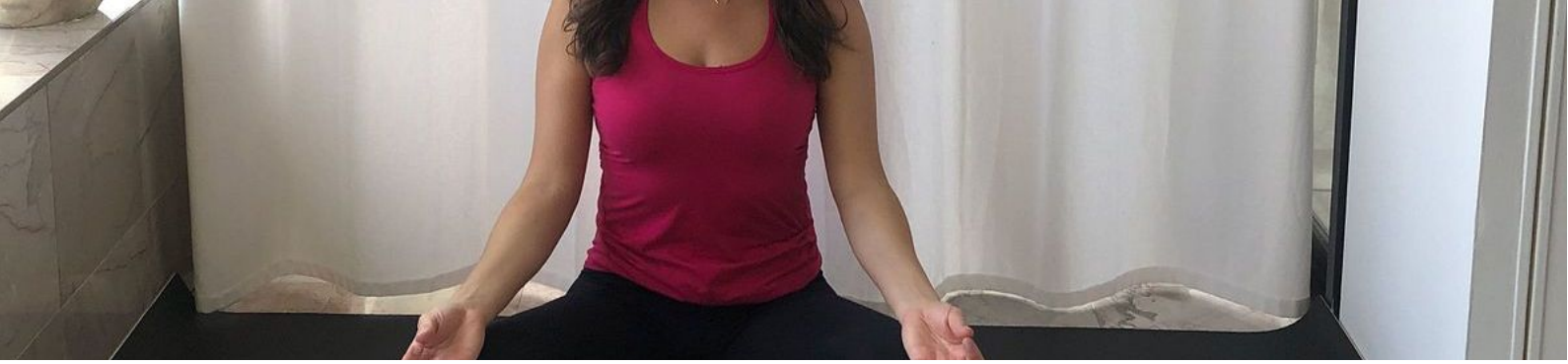
The goal is not to hit a rigid daily gram target — it is to include a meaningful protein source at each main meal and to notice when protein is consistently low.

Many women 40+ find that increasing protein intake modestly — and distributing it across meals rather than concentrating it at dinner — supports both energy and body composition more effectively.

Plant and animal proteins both count. Variety is helpful. Consistency matters more than precision.

> **After 40, do not only think about weight. Think about muscle.**





CARD 06

The 5-Minute Reset

A minute-by-minute return to clarity. Use this when you feel overwhelmed, scattered, or off track.

1 — Minute 1 — Pause

Stop. Simply stop what you are doing. Even for thirty seconds. You do not need to fix anything yet.

2 — Minute 2 — Breathe

Slow your breathing deliberately. Breathe in through the nose, out through the mouth. Repeat several times. Let your nervous system begin to settle.

3 — Minute 3 — Release

Notice where you are holding tension — shoulders, jaw, hands. Release it where you can. Soften your posture slightly.

4 — Minute 4 — Ask

What do I actually need right now? Not what you should do — what you genuinely need. Water, food, rest, movement, a task completed, help from someone?

5 — Minute 5 — Choose One Action

Take one useful step. Walk. Eat if hungry. Drink if thirsty. Rest. Prioritise one task. Ask for help. One step is enough.

> **Reset = Return.** Not detox. Not punishment. Not starting over. Simply returning to yourself.

The Complete Balance Method™



CARD 07

My Minimum Day

When today is genuinely difficult — five simple anchors to hold on to. Today does not have to be optimal to still count.

Food

Eat simple, nourishing meals. They do not need to be impressive. They just need to be there.

Movement

Move for a few minutes. A short walk, gentle stretching, or simply standing and breathing counts.

Hydration

Keep fluids accessible. Water, herbal tea, or any preferred low-caffeine drink. Small sips throughout the day matter.

Stress

Create one deliberate pause. One moment of stillness, even brief, is enough for today.

Sleep

Protect the evening where possible. Even a quieter hour before bed helps the body begin to wind down.

> **Reduce the plan — do not abandon yourself.** A minimum day is not a failure. It is a decision to keep going.

The Complete Balance Method™



CARD 08

My Evening Reset

Approximately 30–60 minutes before bed where possible. These steps help prepare the conditions for rest — they do not guarantee a perfect night's sleep.

Evening Checklist

- [ ] Finish any unnecessary work for today
- [ ] Reduce stimulation — news, notifications, noise
- [ ] Prepare one small thing for tomorrow
- [ ] Lower bright lighting in your space
- [ ] Choose a calm, quiet activity
- [ ] Put the phone away or reduce unnecessary use
- [ ] Follow a reasonably consistent sleep-time routine

Why Evening Matters

Sleep quality is influenced by what happens in the hours before bed. A consistent, calmer evening helps your body begin to shift its state — from alert to restful.

You do not need a rigid bedtime. You do not need a perfect evening routine. The aim is simply to reduce unnecessary stimulation and give your system the opportunity to settle.

A consistent wake time — even after a poor night — tends to support sleep quality more than strict bedtimes alone.

> **Your evening prepares the conditions for tomorrow.**



CARD 09

If → Then: My Plan B

If life happens — and it will — what will you do? Decide in advance. Plan B is still part of the plan.

1

If I have no time to cook...

Then I use my 10-Minute Emergency Meal card. Simple food is still real food.

2

If I miss a planned workout...

Then I take a short walk and continue with the next planned session. I do not start over — I simply continue.

3

If I sleep badly...

Then I support the day as well as I can. I do not punish myself for something outside my control.

4

If I eat differently than planned...

Then I return to my normal routine at the very next meal. No correction needed. No guilt required.

If I feel overwhelmed...

Then I use my 5-Minute Reset. Pause. Breathe. Choose one action.

My Own Plan B — Space 1

If _____ _____ then I will _____ _____.

My Own Plan B — Space 2

If _____ _____ then I will _____ _____.

Plan B is still part of the plan. Flexibility is not failure — it is the method working as intended.

The Complete Balance Method™

CARD 10

My Weekly Balance Check

A reusable weekly reflection tool. Rate each area, notice what needs attention, and choose one priority. Review — Adjust — Continue.

Area	This Week	Notes / Observations
Sleep	1 — 2 — 3 — 4 — 5	
Energy	1 — 2 — 3 — 4 — 5	
Digestion	1 — 2 — 3 — 4 — 5	
Stress	1 — 2 — 3 — 4 — 5	
Nutrition	1 — 2 — 3 — 4 — 5	
Movement	1 — 2 — 3 — 4 — 5	
Strength / Stability	1 — 2 — 3 — 4 — 5	
Recovery	1 — 2 — 3 — 4 — 5	

What Went Well?

Acknowledge what worked this week, however small. Progress is built on what is already working.

What Needs Attention?

One area, honestly. Not a list of everything that went wrong — just the one area most worth addressing.

My One Priority Next Week

Choose one thing only. One sustainable change is worth far more than ten intentions.

> **Review — Adjust — Continue.** You are not starting over. You are moving forward with more information.

The Complete Balance Method™

CARD 11

The 30-Second Label Check

When comparing packaged foods, use these seven quick checks. Read the label — do not fear it.

1 What Is It?

Read the ingredients list. What are the first three ingredients? Shorter, simpler lists are generally a useful signal — but context always matters.

2 Protein

Is this food a meaningful protein source? Compare similar products where relevant. Context matters — you are not avoiding protein from any food group.

3 Fibre

Does this food contribute useful fibre? Whole grain products, legume-based foods, and vegetables will generally score well here.

4 Added Sugars

Consider the amount and context. Some products contain more added sugar than expected. Comparing two similar products is more useful than applying a rigid threshold.

5 Saturated Fat

Consider the overall dietary pattern, not just this one food. Some foods high in saturated fat are still nutritionally valuable in context.

6 Salt / Sodium

Compare similar products where useful. Processed foods vary considerably in salt content — a quick comparison often reveals better options.

7 Portion Size

Is the listed serving realistic for how you actually eat this food? Nutritional figures are only useful when the portion size is honest.

> **Read the label — do not fear the label.** Information is a tool, not a verdict.

The Complete Balance Method™



CARD 12

The 10-Minute Emergency Meal

Pick 1 + 1 + 1 + Flavour. Simple food is still real food — and a real meal in ten minutes is always worth making.

Protein — Pick 1

Eggs · Tinned tuna or salmon · Yoghurt · Beans or lentils · Tofu · Any quick protein you have available

Vegetable / Fruit — Pick 1

Frozen vegetables · Salad leaves · Tomatoes · Any fruit · Pre-cut vegetables · Tinned tomatoes

Carbohydrate — Pick 1

Wholegrain bread · Potatoes · Pre-cooked grains · Oats · Wrap · Rice cakes

Flavour — Add Some

Olive oil · Herbs or spices · Mustard · Lemon juice · Yoghurt sauce · Garlic

Quick Combinations

- Eggs + frozen vegetables + wholegrain toast
- Tuna + potatoes + salad
- Beans + pre-cooked grains + vegetables
- Yoghurt + oats + berries + a handful of nuts
- Tofu + frozen vegetables + rice

> **Simple food is still real food.** A ten-minute meal that nourishes you is always better than no meal at all.



How to Use Your Quick Cards

You do not need to use all 12 cards every day. These are reference tools — reach for the one that is most useful right now, in this moment, in this situation.

Save Favourites to Your Phone

Screenshot or save the cards you reach for most. Keep them in a dedicated album or folder for instant access.

Print Selected Cards

The Meal Formula, Healthy Plate, and Fibre Check are especially useful in the kitchen. The Label Check works well on a phone in the supermarket.

Use the Weekly Check Once a Week

Build it into a Sunday review or a Monday morning habit. Five minutes of reflection consistently applied is worth more than an hour done rarely.

Use Plan B Before Difficult Weeks

When you know a busy or stressful week is coming, spend two minutes with the If → Then card. Decide in advance. Adjust your expectations honestly.

Keep the Evening Reset Nearby

Place it beside your bed, in your bathroom, or in your routine planner. A visible reminder is more useful than a perfectly remembered list.

Return to Minimum Day When Life Is Hard

This card is not for emergencies only. It is for any day that feels heavier than expected. Use it without apology.

> **The best tool is the one you actually use.**

The Areas These Cards Support

- Gut Health
- Nutrition
- Healthy Weight
- Sleep & Recovery
- Stress & Wellbeing
- Energy & Movement
- Practical Routines
- Hormone Health

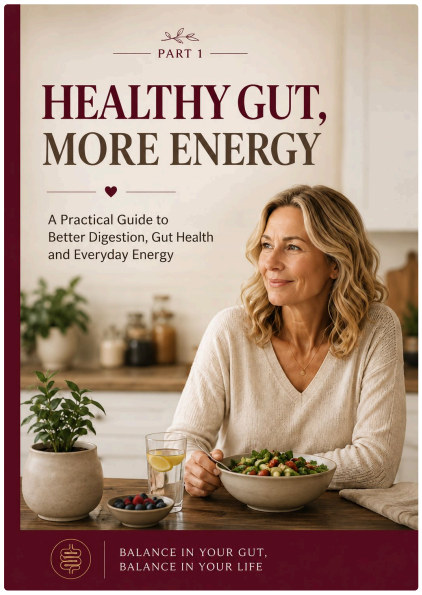
These cards are part of a broader system — not a replacement for professional healthcare. If you have specific health concerns, please seek qualified medical advice.

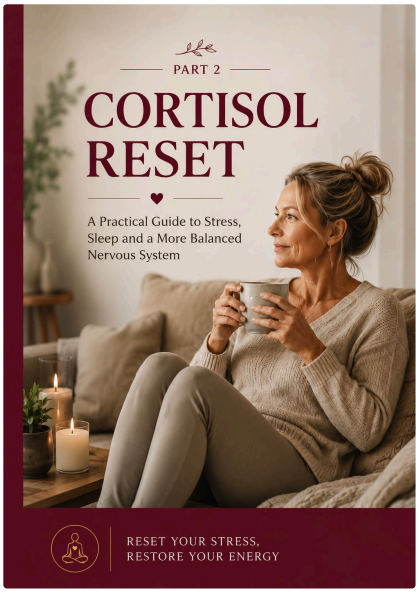
The Complete Balance Method™ Know less in the moment. Remember what matters. Return to the card.

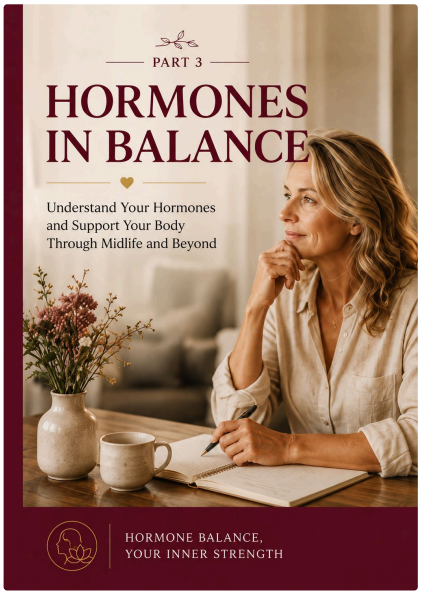
The Complete Balance Method™

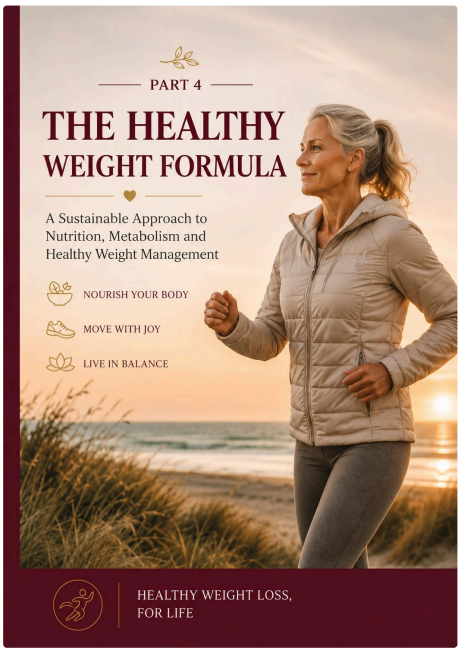
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

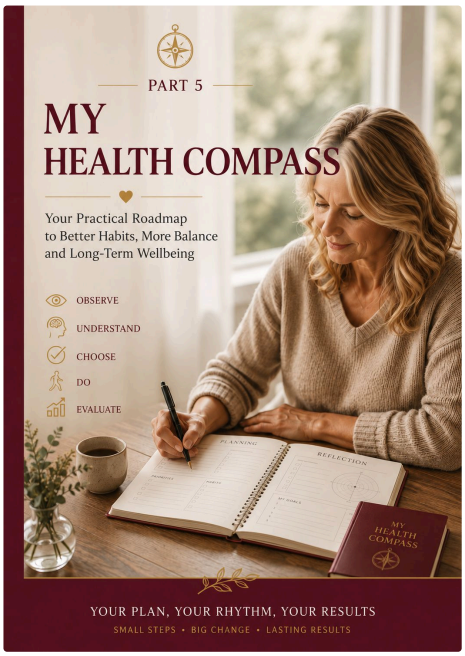
E-Books





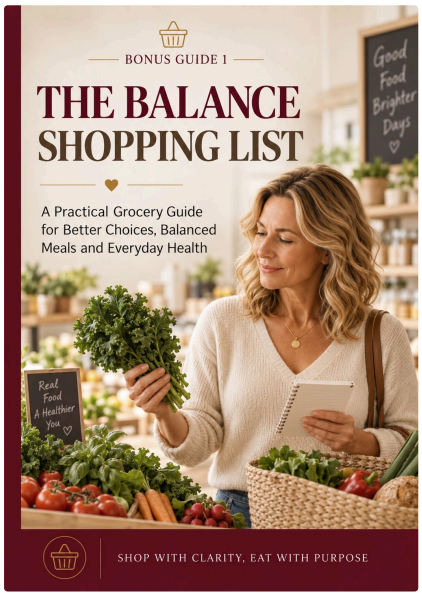


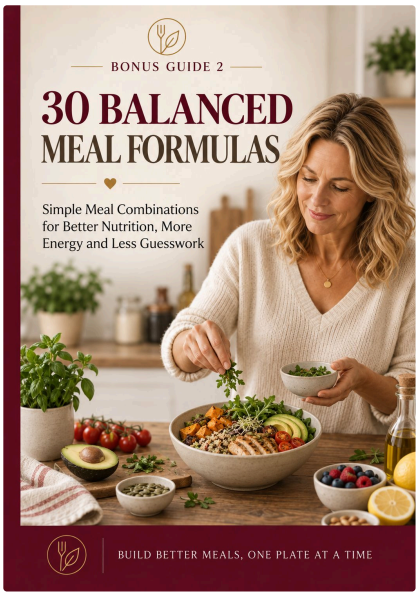




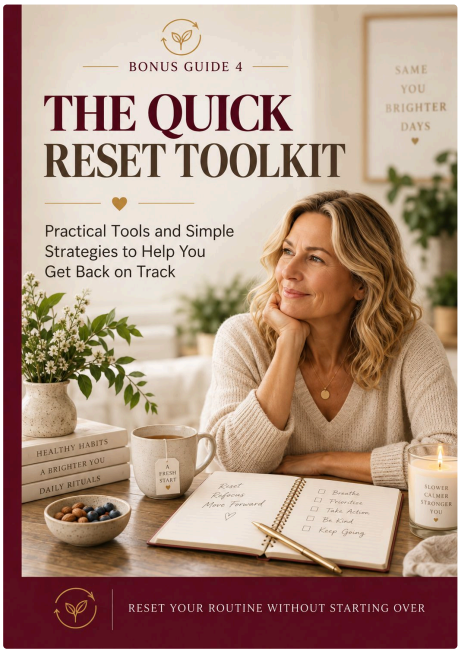
5 Bonus Guides

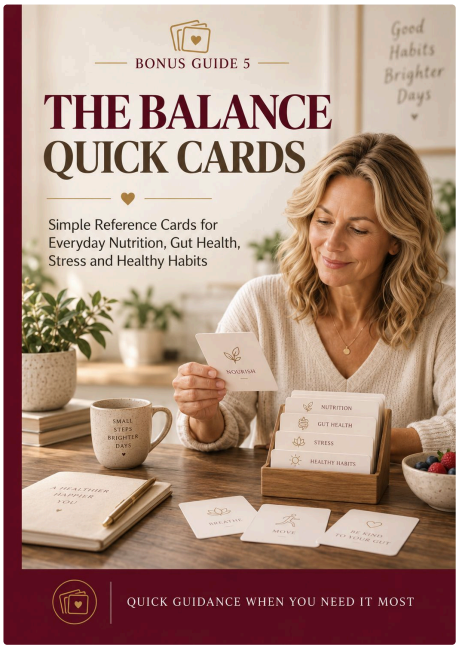
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.











The Smart Supplement Guide

The Smart Supplement Guide helps you navigate supplementation with greater clarity and confidence. It provides a practical overview of carefully selected supplements, their key ingredients and their role within a broader healthy lifestyle — helping you make more informed choices based on your personal goals and needs. Supplements are not a replacement for healthy habits, but when chosen thoughtfully, they can be a valuable addition to **The Complete Balance Method™**.



ONE COMPLETE METHOD.
ONE PRACTICAL SYSTEM.
BUILT AROUND YOUR REAL LIFE.

You do not need another quick fix, another extreme diet or another list of health rules you cannot maintain. You need a clear framework that helps you understand how the different parts of your health work together — and shows you what to focus on next.

With the complete bundle, you receive the full **The Complete Balance Method™** collection: all five in-depth e-books plus all five practical bonus guides, designed to take you from understanding your body to creating healthier routines that fit into everyday life.

Your next step does not have to be bigger. It simply has to move you in the right direction.