Food, Mood & Balance

Simple, science-backed strategies for stable energy, mood, and hormone balance

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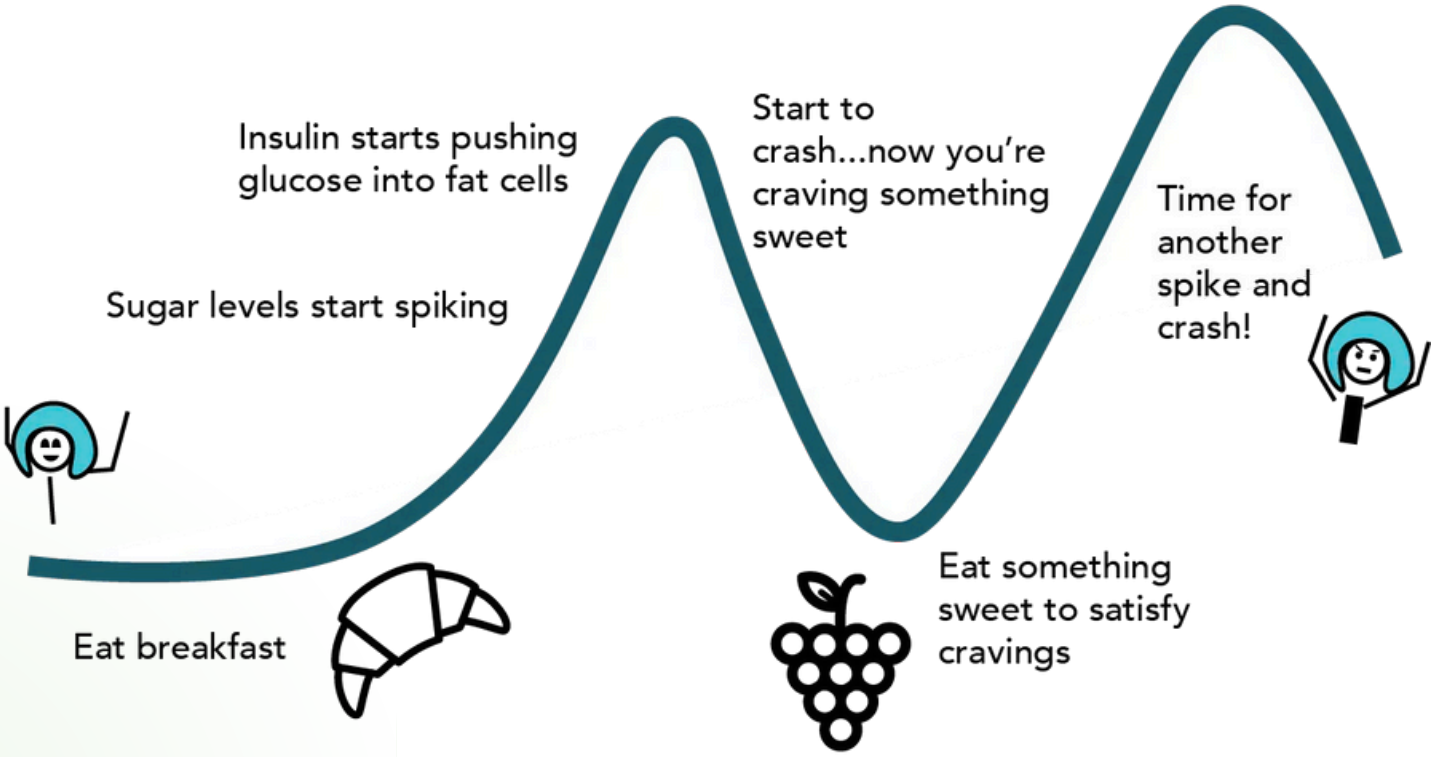
Your Mood Starts with Your Metabolism

Your energy, focus, and mood aren't random – they're deeply connected to your blood sugar balance.
When glucose levels swing too high or too low, it doesn't just affect energy. It changes brain chemistry, stress hormones, and how calm or reactive you feel.

Stable blood sugar means:

- Steady energy all day
- Fewer cravings
- Balanced moods, and
- Better hormone and nervous system function.



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WHAT THE RESEARCH SHOWS

MOOD

People with poor insulin sensitivity are more likely to experience depression or irritability.

ENERGY

Large glucose spikes lead to larger crashes in alertness and motivation.

HORMONES

High insulin levels disrupt normal hormone rhythms and ovulation, especially in women.

STRESS

Cortisol raises blood sugar – chronic stress keeps levels high and drives cravings.

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BOTTOM LINE

STABLE GLUCOSE = STABLE MOOD

Steady Energy, Stable Mood – Made Simple

MEAL	EXAMPLE	WHY IT WORKS
Breakfast	Vegetable omelette You can choose to add additional protein of choice eg bacon, chicken, beef etc	Protein + fibre + fat for a stable start
Snack	Greek yoghurt + chia + berries	Balances sweet with protein & fibre
Lunch	Mason jar Salad	Mixed macros = stable glucose
Snack	Handful of walnuts + apple	Fibre + fat slows digestion
Dinner	Slow-cooked beef & lentil stew + steamed broccoli	Iron + fibre + sustained energy

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Veggie Omelette (with optional protein add-ins)

A balanced, savoury start to your day for stable energy and calm focus.

Ingredients (per serve):

- 2 eggs (or 3 for higher protein)
- 1 small carrot, grated
- 1 tomato, diced
- Handful of spinach or kale
- 1 tsp olive oil or butter
- Sea salt, pepper, herbs to taste

Optional extra protein:

- ½ cup cooked chicken breast or turkey mince
- 40 g smoked salmon
- ¼ cup cottage cheese or feta (if tolerated)
- ½ cup lentils or black beans for a plant-based option

Directions:

1. Whisk eggs, season into a bowl and set aside.
2. Add grated carrot, tomato, and greens to a medium-high heat pan. Cook for 5 minutes (until wilted and cooked)
3. Pour in whisked eggs over top of the veggies and put a lid on to steam for 6-7 minutes.
4. Once done, let cool for 4 minutes and then fold in half, to transfer to a plate or container (for meal prep).
5. You can choose to serve with additional avocado slices or seeds for healthy fats.

Veggie Omelette (with optional protein add-ins)

Why it helps regulate blood sugar:

- High protein and healthy fats delay gastric emptying and slow glucose absorption, keeping blood sugar stable for hours. (Nutrients, 2021)
- Non-starchy vegetables add fibre, further flattening the post-meal glucose curve.

Starting your day with a savoury, protein-forward meal sets a stable tone for the rest of the day – shown in research to reduce cravings and mood fluctuations linked to blood sugar dips.

Mason Jar Salads

Fresh, convenient, and blood sugar–friendly – perfect for prepping in advance without losing quality.

Why I love them:
Mason jar salads can be prepped 3–4 days ahead and stay fresh because of strategic layering – dressings at the bottom, dry ingredients on top. It's the easiest way to make healthy lunches you'll actually eat!

LAYER	INGREDIENTS	WHY IT WORKS
Dressing (bottom)	Olive oil, tahini, lemon, or balsamic	Healthy fats support insulin sensitivity
Hearty veg/grains	Tomatoes, Cucumber, beetroot, quinoa, lentils	Adds fibre + slow carbs = smoother glucose rise
Protein	Chicken, tuna, tofu, boiled eggs, chickpeas	Protein stabilises blood sugar response
Crunch & colour	Carrot, capsicum, corn, herbs	Antioxidants reduce inflammation tied to insulin resistance
Greens (top)	Spinach, rocket, kale	Keeps texture crisp and nutrient-dense
Toppings (optional)	Seeds, nuts, feta, avocado	Adds fats that further flatten glucose spikes

To serve:

Shake and tip into a bowl – the dressing coats everything evenly.

Flavour ideas:

- Mediterranean: Lemon-olive oil dressing, chicken, cucumber, tomato, olives, feta.
- Mexican: Lime dressing, black beans, corn, capsicum, coriander.
- Asian-inspired: Sesame dressing, tofu, cabbage, carrot, edamame, mint.

Why it helps regulate blood sugar:

- **Balanced macronutrients (protein + fat + fibre)** slow glucose absorption and prevent energy dips.
- **Meal prep consistency** supports steadier blood sugar through the week – structure reduces skipped meals and reactive eating.
- **Fibre-rich veg and healthy fats** improve gut health and glucose control

Slow-Cooked "Dump & Go" Protein Base (3 Ways to Serve)

Base Ingredients:

- 800 g lean beef or chicken thighs
- 1 onion, chopped
- 2 cloves garlic
- 1 tin crushed tomatoes (400 g)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- Salt & pepper

Method:

1. Add all ingredients to the slow cooker.
2. Cook on low 6–8 hrs (or high 3–4 hrs) until tender.
3. Shred meat and use in different meals.

Serve it three ways:

1. **Burrito Bowl:** Serve over brown rice or quinoa with beans, avocado, and salsa.
2. **Wholegrain Burger or Wrap:** Add salad, yoghurt dressing, and leafy greens.
3. **Protein Power Salad:** Combine with roast veggies and olive oil.

Why it helps regulate blood sugar:

- Lean protein + tomato base give slow, steady energy without refined carbs.
- Cook-once meal prep reduces stress spikes (and therefore cortisol-driven glucose spikes).

Eating protein and veggies before carbs aligns with *meal sequencing* research from *Diabetes Care (2019)* – flattening post-meal glucose curves by up to 70%.

Blood Sugar Balance Checklist

01	Start your day with a protein-rich, savoury breakfast	☐
02	Include protein + fibre + healthy fats at every meal	☐
03	Eat veggies and protein before carbs	☐
04	Walk 10 minutes after meals	☐
05	Limit caffeine on an empty stomach	☐
06	Prioritise 7–9 hours of sleep	☐
07	Calm your cortisol with sunlight, breathing, journaling	☐

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Ready to Feel Balanced?

These small daily habits create lasting change.

If you'd like a personalised nutrition plan to balance your hormones, energy, and mood, let's connect.

BOOK A CALL

This guide is for general information only and is not a substitute for personalised medical or nutrition advice.

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