BODY WITH BREE

FREE GUIDE · FOR BUSY WOMEN

BE GOOD TO YOUR BODY

the protein-before-1pm cheat sheet



How to quiet the food noise, stop the 3pm crash and the night-time snacking, and still eat dinner with your family.

INSIDE

- Food noise: what it is and why it's not a willpower problem
- The protein-before-1pm rule, and why it works
- 12 real-food meals & snacks with 20–40g protein
- The family dinner plate (no separate diet food)
- Swaps, a grocery list and a 7-day tracker

From Bree

I'm a mom of five and a NASM-certified coach. I spent ten years stuck in the diet-binge cycle. This one change, protein early in the day, did more for my food noise than any diet I ever tried.

> *"I think you've flipped a switch in my brain and now I know what I need to do! If you can do it with 5 kids, then I can do it, too!"*
>
> ASIA

START HERE

FOOD NOISE IS LOUD. IT'S NOT A WILLPOWER PROBLEM.

Food noise is the constant background chatter about food: *what's for snack, should I have that, I already blew it, I'll start Monday.* It's exhausting, and most women think it means they lack discipline.

SOUND FAMILIAR?

- Coffee for breakfast, "being good" until noon
- Grazing on the kids' crackers while you make lunch
- The 3pm crash: tired, cranky, craving sugar
- Fine all day, then you're in the pantry at 9pm
- Thinking about food more than you want to

HERE'S WHAT'S REALLY HAPPENING

When you under-eat in the morning, your body spends the rest of the day trying to catch up. By evening you're running on empty, and the food noise turns into a shout. That's not a character flaw. That's biology asking to be fed.

→ WHY PROTEIN BEFORE 1PM CHANGES EVERYTHING

01 · FULLER

It keeps you full longest
Protein is the most filling thing on your plate. A protein breakfast means fewer snack thoughts all morning.

02 · STEADIER

It smooths out your energy
Protein with your carbs means a gentler rise and fall in energy, so the 3pm crash gets quieter.

03 · STRONGER

It protects your muscle
After 35 (and into perimenopause), muscle gets harder to keep. Protein plus lifting is how you hold on to it.

THE RULE

Get about 30g of protein at each of your first two meals, plus a protein snack, all before 1pm.

80G+

That's it. You're not counting every bite all day. Get the morning right and the afternoon and evening take care of themselves. Most women notice the food noise drop within a week.

FOOD NOISE CHECK-IN

Rate your food noise today from 1 (quiet) to 5 (constant). Do it again after 7 days of protein before 1pm, using the tracker on page 5.

1 2 3 4 5

THE CHEAT SHEET

YOUR MORNINGS, SORTED.

Pick one from each row. Repeat your favourites. Boring is fine; boring works.

1 BREAKFAST

Protein first, coffee second

Egg & Cottage Cheese Scramble

- 3 eggs
- 1/2 cup cottage cheese, stirred in
- 1 slice sourdough toast
- Spinach or salsa

~35G PROTEIN

Greek Yogurt Power Bowl

- 1 cup plain Greek yogurt
- 1/2 scoop vanilla protein
- Berries + 2 tbsp granola
- Drizzle of honey

~38G PROTEIN

Protein Oats

- 1/2 cup oats cooked in milk
- 1 scoop protein, stirred in after
- 1 tbsp peanut butter
- Sliced banana

~40G PROTEIN

Make-Ahead Egg Bites

- Bake 12 eggs + 1 cup cottage cheese in a muffin tin
- Add ham, peppers, cheese
- Eat 4 with fruit

~30G PROTEIN

Breakfast Burrito (freezer)

- 2 eggs + 1/4 cup egg whites
- 2 oz turkey sausage
- Tortilla, salsa, cheese
- Make 10, freeze, microwave

~32G PROTEIN

The "No Time" Shake

- 1 scoop protein
- 1 cup ultra-filtered milk
- Frozen banana + ice
- Drink it in the car line

~38G PROTEIN

2 MID-MORNING

The snack that stops the 3pm crash

Protein Latte

- 1.5 cups ultra-filtered milk
- Espresso or strong coffee
- Cinnamon or sugar-free syrup

~20G PROTEIN

Cottage Cheese & Fruit

- 3/4 cup cottage cheese
- Pineapple or peaches
- Pinch of cinnamon

~20G PROTEIN

Car-Line Snack Pack

- 2 hard-boiled eggs
- 1 cheese string
- Cucumber or grapes

~19G PROTEIN

NOT HUNGRY IN THE MORNING?

Start small: a protein latte or the shake. Your appetite cues come back within a week or two of eating early. That's a good sign, not a problem.

Protein amounts are approximate and vary by brand.

3 LUNCH

Leftovers count!

Chicken Tzatziki Wrap

- 4 oz cooked chicken
- 1 large wrap
- 2 tbsp tzatziki
- Lettuce, tomato, cucumber

~42G PROTEIN

Greek Yogurt Tuna Melt

- 1 can tuna, drained
- 1/4 cup Greek yogurt + dill
- 2 slices whole-grain bread
- 1 slice cheese, toasted

~40G PROTEIN

Last Night's Dinner Bowl

- 5 oz leftover chicken, beef or turkey
- Rice or potatoes from dinner
- Veggies + a sauce you love

~40G PROTEIN

WHAT IT LOOKS LIKE IN REAL LIFE

7:00 AM
Greek Yogurt Bowl
~38g

10:00 AM
Protein Latte
~20g

12:30 PM
Tzatziki Wrap
~42g

~100G
before 1pm
quiet afternoon, calmer evening

QUICK PROTEIN SWAPS

Regular yogurt	→ **Greek yogurt** (about 2x)
Regular milk	→ **Ultra-filtered milk**
Mayo	→ **Greek yogurt + seasoning**
Toast alone	→ **Toast + eggs**
Granola bar	→ **Protein bar or jerky**
Plain pasta	→ **Protein pasta**

GROCERY LIST: THE PROTEIN STAPLES

- ☐ Eggs (2 dozen)
- ☐ Cottage cheese
- ☐ Protein powder
- ☐ Canned tuna
- ☐ Turkey sausage
- ☐ Deli turkey/ham
- ☐ Greek yogurt
- ☐ Ultra-filtered milk
- ☐ Rotisserie chicken
- ☐ Lean ground beef/turkey
- ☐ Cheese strings
- ☐ Jerky

Sunday tip: prep 2 proteins (shredded chicken + boiled eggs) and your week is 80% done.

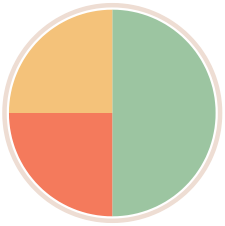
PROTEIN AT A GLANCE

1 egg	**6g**	1 cup Greek yogurt	**23g**	1 scoop protein	**20–25g**	4 oz chicken	**35g**
½ cup cottage ch.	**12g**	1 cup UF milk	**13g**	1 can tuna	**25g**	4 oz lean beef	**28g**

AFTER 1PM

DINNER IS FAMILY DINNER.

No separate diet meals. Eat what your family eats, and build your plate on purpose.



- **Half** veggies
- **1–1.5 palms** protein
- **1 cupped hand** carbs
- **1 thumb** fat (sauce, cheese, oil)

GENTLE RULES THAT STICK

- **Track your first two meals only.** Get the morning right.
- **Protein first**, before the carbs and coffee.
- **One treat a day**, planned in and guilt out.
- **Messy day?** Don't restart Monday. Make the next meal a good one.

7 DAY FOOD NOISE TRACKER

Print it or screenshot it

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Protein breakfast (~30g)	☐	☐	☐	☐	☐	☐	☐
Protein snack	☐	☐	☐	☐	☐	☐	☐
Protein lunch (~30g)	☐	☐	☐	☐	☐	☐	☐
Food noise (1–5)	__	__	__	__	__	__	__
Night snacking? (Y/N)	__	__	__	__	__	__	__

Your body is a gift.

Feeding it well isn't punishment or vanity. It's a way of saying thank you, and it's the example your kids are watching.

WANT ME TO DO THE MATH FOR YOU?

YOUR CUSTOM MACRO GAME PLAN



This guide gives you the method. The Game Plan makes it **yours**: built around your stage of life, your family, the foods you actually eat and your goal.

01

Check out & fill out your form

After checkout you get instant access to your Macro Consultation Form: stage of life, goals, family size, food preferences and a typical day. About 10 minutes.

02

I review it personally

I look at your answers myself (no bots, no templates) and work out where you should start.

03

You get your plan by email

Within 3–5 business days: your printable Game Plan plus a personal video from me. **Check your spam folder** so you don't miss it.

WHAT'S IN YOUR GAME PLAN

- **Your starting macros:** calories, protein, carbs and fat for your goal
- **Your protein-before-1pm plan:** breakfasts and snacks you'll actually eat
- **Your family plate:** portions that work with what your family eats
- **Built for your stage:** postpartum, cycling, perimenopause or menopause
- **Your first 3 steps**, so you know exactly where to start Monday
- **A 5–10 minute video** from me walking you through it

ONE-TIME

$50

USD · printable plan + personal video

Join 1:1 coaching within 14 days and your $50 comes off your first month.

Get my Game Plan →

"For the first time in so long I feel in control of my health again. It's usually such a struggle because I have PCOS and have crash dieted in the past, but your plan is working for me."

CHERYL

fitmomcollective.co/game-plan · Limited spots each week so every plan gets my full attention.

HI, I'M BREE

I KNEW WHAT TO DO FOR 15 YEARS. I JUST COULDN'T STICK TO IT.

For ten years I was stuck in the diet-binge cycle. I'd lose a little, then gain it back plus more. The food noise never shut off.

What finally changed it wasn't another diet. It was eating **more** in the morning, lifting at home, and building habits that matched the mom I wanted to be for my five kids.

Today I'm a NASM-certified coach in BC's Fraser Valley, and I've coached 200+ women to do the same, without starving and without missing family dinner.

131 → 120.8 LBS

Dec 2022 → Apr 2026. Five kids, no starving, lifting at home. Slow, steady, and it stayed off.

"The win for me has been increasing my protein. I'm not snacking as much, my mood is better for longer, and I don't feel so dead at 3pm."

HOLY HABITS MEMBER

YOUR NEXT STEP

RESTORED

the 6-week fit mom reset

$37
lifetime access

This cheat sheet fixes your mornings. Restored gives you the whole plan, so you're stronger, leaner and calmer around food in six weeks.

- 4 home strength workouts a week (~45 min, dumbbells)
- 10-minute core & belly block, postpartum-safe
- Simple macros: track 2 meals, eat dinner with family
- Weekly mindset lessons + journal prompts
- **Bonus:** a free 20-minute Reset Call with me

Start Restored for $37 → fitmomcollective.co/restored

1:1 COACHING

Want it built for your family?
Limited spots, by application. Apply at fitmomcollective.co

FREE TOOL

Macro calculator
Get your numbers in 2 minutes at fitmomcollective.co

DAILY TIPS

Follow @bodywithbree
Real-life workouts, meals and mom life on Instagram