

Your Personal 3-Day Food Plan

Hi Cally

Your 3 day rotational meal plan has been created just for you, with lovely balance of nutrition blended with the science.

This becomes your guide and your starting point to then begin to growing out more meal ideas that align with personalised nutrition and using food as medicine to support you in feeling strong in your body, clear in your skin, and steady in your energy.

Every meal here has been chosen, not just because it's nutritious, but because it can help you feel full, radiant, and supported in your choices knowing that you have a balanced plan with flexibility to grow.

We know your body is changing, your days are busy, and sometimes your skin or hunger feels unpredictable. But inside this guide are gentle tools to help you feel more at home in your body, more nourished, more balanced, and more in charge.

You'll see:

- Foods that support your hormones, boost your gut health, and keep your brain focused through school.
- Meals that make you feel satisfied and never restricted.
- Ideas that bring comfort and a sense of adventure.

Cooking is a kind of self-care.

Eating well is a form of self-respect.

And you deserve both — always.

You're doing amazing.

Let's nourish that 

With heart,

Jodie

Cherish
natural health

Breakfast: Building Your Foundation (Protein-Rich & Glow-Boosting)

These meals are designed to:

- Fuel hormonal balance with quality protein and healthy fats
- Support glowing skin through zinc, vitamin A, and antioxidants
- Stabilise blood sugar to support satiety
- Nourish your gut microbiome with fiber, fermented foods, and omega-3s

Breakfast isn't just the first bite of the day: Break-Fast. Literally what the word implies is that you are breaking your overnight fast.

Breakfast becomes your hormonal primer and a skin glow ritual.

Every spoonful supports your mood, energy, and menstrual rhythm.



Overnight Oats Jar

What to prep:

- ¼ cup rolled oats
- ¾ cup of soy milk [Bonsoy] ... soak oats over night.
- ½ pear or apple, diced or grated.
- 1 tsp chia seeds
- 1 tsp flaxseeds

How to serve: Pop oats, fruit, and seeds into a jar. Add milk and soak overnight. In the morning. No heating needed.



Yoghurt & Fruit Cup

What to prep:

- Full-fat Greek Yoghurt
- ½ mango or ½ blueberries
- Sprinkle of seeds (e.g. pumpkin or sunflower)

How to serve: Scoop yoghurt into a bowl. Add chopped fruit and seeds. Done in 2 minutes, looks like a parfait. Option: pack it in a container for school mornings.



Veggie Omelette Wrap

What to prep:

- 2 eggs
- Mushroom
- Handful spinach or grated zucchini
- Season with salt/pepper or other herbs.
- Slice of sourdough bread

How to serve: Scramble or pan-fry quickly in a non-stick pan. Roll up in a piece of crispbread or serve flat.

FRUIT: sliced kiwi or apple.

Snacks: Bridge & Balance

(Blood Sugar Balancing & Filling)

Each snack intentionally includes:

- Protein and fat to maintain fullness and cognitive focus
- Slow carbs and fiber to avoid the 3pm slump
- Micronutrients that calm inflammation and support skin clarity

Snacks are not just gap-fillers. They can work to stabilise your energy curves, brain focus gut balance and nurture your skin from the inside out.



Hummus + Veggie Sticks

What to prep:

1/2 cup of hummus dip

Carrot, cucumber, celery, apple sticks

Store in a bento box ready to grab and go.

Chill if taking to school. No heating, no fuss.



Cheese + Rice Crackers

What to prep:

- 40g full-fat cheese (e.g. mozzarella, gouda, feta)

8-10 plain rice crackers

How to serve: Slice cheese into fingers or cubes. Pair with crackers.

Optional: add a few cucumber slices for crunch.



Nut Butter + Apple

What to prep:

- 1 protein portion almond or peanut butter (no sugar/oil added)
- ½ apple, sliced

How to serve: serve as a dip.

Option: sprinkle cinnamon for extra yum. Great after school or pre-sport.

Lunches: Sustaining You Through Your Day (Asian-Inspired & Aversion-Sensitive)

Lunches are built to:

- Maintain satiety during long academic hours
- Balance blood sugar for stable energy and focus
- Offer skin-supportive nutrients like zinc, omega-3s, and vitamin C
- Celebrate cultural familiarity with Asian-inspired flavors

Lunch is your anchor: a protein-rich, emotionally grounding meal that carries you through the day with vitality, clarity, and skin-loving support.



Chicken & Rice Bento

What to prep:

grilled chicken (tamari + garlic marinade)

Steamed basmati or brown rice

Cucumber sticks, celery + carrot ribbons

Wrap or rye crackers

FRUIT: eg. apple/pear/kiwi

How to serve: Roll chicken, rice and veggies up in wrap.

No reheating needed.



Lentil Salad Lunchbox

What to prep:

- Protein portion cooked lentils (seasoned with herbs + lemon)
- Shredded cabbage + carrot

FRUIT: kiwi/apple/pear

How to serve: Mix lentils + veg in one bowl. Fruit in a side container. Can be eaten cold – great for warm days.



Salmon & Sweet Potato Bowl

What to prep:

- Cooked salmon
- Roasted sweet potato cubes
- Steamed broccoli or bok choy

FRUIT: eg. apple/pear/kiwi

How to serve: Layer salmon + veg in a thermos or lunch container.

Can be eaten warm or cold.

Meal Rotation

Day 1		Day 2		Day 3	
Breakfast		Overnight Oats Jar		Yoghurt & Fruit Cup	
		Veggie Omelette Wrap			
snack		Hummus + Veggie Sticks		Cheese + Rice Crackers	
		Nut Butter + Apple			
Lunch		Chicken & Rice Bento		Lentil Salad Lunchbox	
		Salmon & Sweet Potato Bowl			
snack		Cheese + Rice Crackers		Nut Butter + Apple	
		Hummus + Veggie Sticks			
Dinner		Ginger Chicken & Rice Bowl		Beef & Veggie Pasta Plate	
		Tofu Noodle Stir-Fry			
dessert					

Dinners: Restore, Repair & Reconnect (Family-Friendly with Teen Flair)

Dinner is designed to:

- Support overnight repair and detoxification
- Offer zinc, iron, and magnesium to fuel hormonal pathways
- Foster digestive ease for optimal skin and sleep
- Bring warmth and connection to the table

This is your nourishing close to the day — a moment to absorb minerals, wind down inflammation, and feel emotionally met through food and family.



Ginger Chicken & Rice Bowl

What to prep:

- Grilled chicken (tamari + ginger marinade)
- Steamed basmati or brown rice (cooled and reheated for resistant starch)
- Stir-fried bok choy + carrot, cauliflower, broccoli

How to serve: Layer rice, chicken, and veggies in a bowl.



Beef & Veggie Pasta Plate

What to prep:

- Lean beef strips (pan-seared with garlic + herbs)
- Low-GI pasta (e.g. chickpea, lentil, or cooled wholemeal pasta)
- Steamed broccoli + shredded cabbage

How to serve: Toss pasta with beef and veggies.

Optional: drizzle olive oil or lemon.



Tofu Noodle Stir-Fry

What to prep:

- Protein portion tofu cubes (pan-fried with tamari + sesame)
- Soba noodles or konjac noodles (low-GI, MB-friendly)
- Snow peas + carrot matchsticks

How to serve: Stir-fry tofu and veg. Toss with noodles.

Name: _____

Date: _____

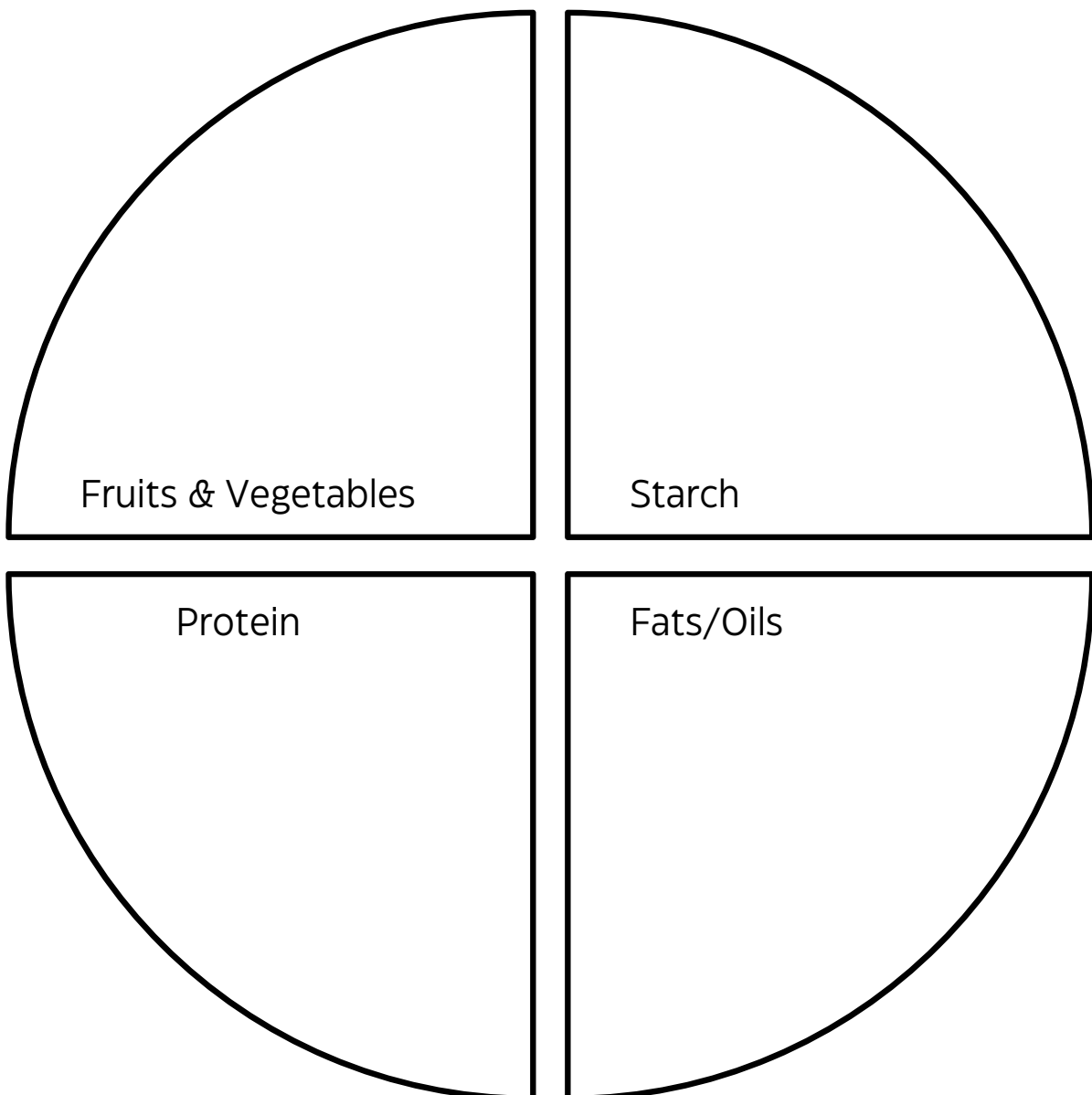
Balanced Plate

Protein: Animal meats/dairy/nuts&seeds/eggs/tofu/legumes

Carbohydrates: Vegetables/Fruit

Starch: Rice/Quinnoa/pasta/noodles

Healthy Fats: Olive oil/Ghee/Coconut/Butter



Meal Rotation

	Day 1	Day 2	Day 3
Breakfast			
snack			
Lunch			
snack			
Dinner			
dessert			

Teen Cooking Prompts (Hands-On & Empowering)

Activity	Role	Benefits
Rice Paper Rolls	Chop, roll, dip	Visual, fun, rich in zinc & fiber
Mini Sushi Bowls	Assemble	Omega-3s, antioxidants
Egg Fried Rice (no onion)	Scramble, sauté	Iron, protein, satiety
Tofu Stir-Fry	Cube, pan-fry	Magnesium, plant-based balance
Miso Soup	Stir, simmer	Probiotics, easy prep

Nutrient Highlights

Nutrient	Key Foods	Benefits
Protein	Eggs, tofu, chicken, salmon, legumes	Growth, satiety, hormonal support
Fats	Avocado, nuts, seeds, olive oil	Skin barrier, fullness, mood stability
Zinc	Sesame, pumpkin seeds, eggs	Skin clarity, immune support
Iron	Beef, tofu, lentils, spinach	Menstrual health, energy
Omega-3s	Flax, chia, walnuts, salmon	Anti-inflammatory, glowing skin
Probiotics	Miso, coconut yogurt, pickles	Gut health, mood balance
Beta-carotene/Vit A	Sweet potato, spinach, carrot	Skin repair, hormone regulation