

Your First 3 Weeks: Blood Sugar Balance

The exact starting sequence for the post-lunch crash, the 3pm cravings, and the "hungry again" feeling an hour after eating

The mid-afternoon crash isn't a willpower problem. It's your body reading a rapid blood sugar drop as a genuine emergency and sending you looking for the fastest fix it can find. Once you understand the mechanism, the cravings stop feeling like a character flaw.

— The Hormone Reset Code

Insulin Resistance is one of five hormonal Roadblocks behind the classic 40+ symptoms — and it's largely a hormonal consequence, not a discipline failure. As oestrogen declines, cells become less responsive to insulin, so the same meals that used to sit fine now produce sharper spikes and harder crashes. This guide walks you through the first three weeks of steadying that rollercoaster. No cutting carbs out entirely, no tracking every gram — just the changes that make the biggest difference to how your afternoons feel.

Start Here: Your Blood Sugar Load Audit

Tick whatever currently applies to your typical day. You don't need to fix all of it at once — just pick your top three.

- ☐ **Eating carbohydrates before protein at meals**
Protein-first eating can reduce the post-meal blood sugar spike substantially
- ☐ **An energy crash 1-2 hours after eating, especially carb-heavy meals**
A sign insulin has overshot in response to the meal, dropping blood sugar too fast
- ☐ **Strong sugar or carb cravings, particularly mid-afternoon**
Your nervous system reading a blood sugar dip as an emergency, not a lack of willpower
- ☐ **Sitting still for a long stretch straight after meals**
A short walk after eating meaningfully blunts the blood sugar spike
- ☐ **Going more than 4-5 hours between meals**
Long gaps set up a bigger swing when you do eat, worsening the rollercoaster
- ☐ **Feeling hungry again shortly after a full meal**
Often a sign the meal was carb-heavy without enough protein or fat to anchor it

Week 1 — Foundation

WEEK ONE



Foundation

Steady the rollercoaster before changing anything else

GOAL

Introduce the two or three changes with the biggest impact on post-meal blood sugar, without overhauling your entire diet at once.

- **Eat the protein on your plate first**, every meal — this alone meaningfully blunts the blood sugar spike
- **A 10-20 minute walk after your largest meal** — no intensity required, just movement
- **Don't go more than 4 hours without eating** during the day
- **Protein-rich breakfast within 90 minutes of waking** — sets the tone for the rest of the day's blood sugar
- **A splash of apple cider vinegar before higher-carb meals**, if it agrees with you — diluted in water
- **Notice which meals lead to a crash** — just observe this week, don't change the food yet

At Every Meal

1. Protein first, always
2. Vegetables before starchy carbs
3. Water before eating

After Eating

1. 10-20 minute walk if possible
2. Avoid sitting still immediately
3. Notice energy 1-2 hours later

Week 2 — Activation

WEEK TWO

2

Activation

Adjust the plate itself, not just the order you eat it in

GOAL

With the basics in place, start shaping meals themselves — pairing carbohydrates with protein and fat rather than eating them alone.

- **Keep every Week 1 habit going** — these become the floor, not a phase you move on from
- **Pair any sweet or starchy food with protein or fat** — never eaten alone
- **Add a protein-and-fat afternoon snack** if the 3pm crash is a pattern — this bridges you to dinner
- **2-3 gentle strength sessions this week** — muscle is one of the most effective long-term tools for blood sugar stability
- **Notice cravings without judging them** — they're physiological, not a character flaw

Week 3 — Optimisation

WEEK THREE

3

Optimisation

Read the early signals and adjust

GOAL

Most women notice early shifts by now — fewer crashes, steadier cravings, more predictable hunger. This week is about paying attention to that, not chasing a number.

- **Keep Weeks 1-2 running** — by now they should feel less effortful
- **Do one honest weekly check-in** — energy after meals, cravings, hunger predictability
- **Notice which single change made the biggest difference** — protect that one first if life gets busy
- **Don't add a fourth or fifth new habit yet** — refine what's running before expanding it

A NOTE ON CRAVINGS

Sugar and carb cravings driven by a blood sugar crash are a genuine physiological signal, not a willpower failure. Steadying the rollercoaster — protein first, movement after meals, not going too long between meals — reduces the intensity of these cravings far more reliably than trying to white-knuckle through them.

You've just done Weeks 1-3.

Week 4 — where everything gets consolidated into a lasting rhythm — plus the specific adjustments for your exact hormonal profile (not just insulin, but cortisol, thyroid, progesterone, and oestrogen too), live inside *The Hormone Reset Code*.

The Hormone Reset Code — Your First 3 Weeks: Blood Sugar Balance · This guide is general information, not medical advice — speak with your GP about your individual circumstances