

THE GLOW PROJECT

The Glow Comeback

YOUR 21-DAY PERIMENOPAUSE RESET

21 days of small, science-backed steps to help you feel like yourself again.



WELCOME

I see you.

If you've picked this up, chances are you're exhausted, frustrated, and wondering what on earth happened to the woman you used to be.

The brain fog. The broken sleep. The weight that won't shift no matter what you do. The anxiety that came from nowhere.

You're not going mad. You're not falling apart. And you're not too young for this — many women start feeling it in their thirties. Your hormones are going through their second puberty, and you were left to suffer in silence. That ends here.

I'm Samantha. I'm a mum of five, and I've been exactly where you are. The Glow Comeback is what I wish someone had handed me. It's your 21-day lifestyle reset — simple, science-backed steps to calm the chaos, understand what's really happening, and reclaim your body and your mind.

This isn't about getting through it. It's about mastering it.

You've got this. And I've got you. Let's go.

— Samantha, *The Glow Project*

FIND YOURSELF HERE

Three ways this shows up

Perimenopause wears different faces. You might recognise yourself in one of these more than the others – and wherever you start, these 21 days meet you there.

TIRED & WIRED

Shattered but can't switch off. The 3am wake-ups, the racing mind, the rage that arrives like weather.

Week 1 is your home turf.

BODY BETRAYAL

Your body suddenly behaving like a stranger's. The weight that won't shift, the bloating, the 3pm

crash. **Week 2 is built for you.**

STRANGER IN THE MIRROR

You don't quite recognise yourself. The fog, the mood, the lost confidence. **Week 3**

brings you home.

You don't have to pick one. You just have to begin.

HOW THIS WORKS

21 days. Not a diet. Not a detox.

A complete lifestyle reset built specifically for women in perimenopause. Each week has one focus — so your body and your brain can actually keep up.

1

Reset

Ease the load on your body, rebuild your sleep foundations and help your nervous system feel safe to settle.

2

Rebalance

Nourish your hormones through food, movement and daily habits that actually work.

3

Restore

Steady your cortisol, rebuild your energy and lock in the rhythm that keeps you feeling like yourself again.

All you need is 15 minutes a day and the decision to begin.

WHAT'S ACTUALLY HAPPENING

In your body

Your hormones aren't gradually declining. They're fluctuating wildly — and that changes everything.

Cortisol

Spikes haywire, driving belly fat, bloating and broken sleep.

Blood Sugar

Becomes unstable, driving energy crashes, cravings and brain fog.

Oestrogen

Dropping affects skin, joints, mood, memory and hair.

Progesterone

Falling brings anxiety, poor sleep and feeling wired but exhausted.

None of this is in your head. All of it responds to how you eat, sleep and move — and that's exactly what these 21 days work on.

THE FOUNDATION

The 4 Pillars

Every day of your 21 days touches these four things. This is why it works.

Sleep

Poor sleep isn't a willpower problem — it's a cortisol and progesterone one. We work on the root cause so your body can repair overnight.

Blood Sugar

Unstable blood sugar drives the crashes, the cravings, the fog. Protein at every meal changes everything.

Gut Health

Your gut helps regulate oestrogen. When it's inflamed, everything suffers. Anti-inflammatory eating rebuilds it from day one.

Cortisol

Your stress hormone is running the show right now. Morning rituals, movement and evening wind-downs tell it to stand down.

BEFORE YOU BEGIN

Your 21-day checklist

Read this before Day 1. It will make everything easier.

- 🌿 **Clear your kitchen.** Remove the foods that work against you. You don't need willpower if the triggers aren't there.
- 🌿 **Prep your mornings.** Every day starts with a 5-minute morning reset. Decide the night before that it's non-negotiable.
- 🌿 **Stock the basics.** Lemons, sea salt, magnesium flakes, herbal teas, quality protein, healthy fats — that's 80% of what you need.
- 🌿 **Get a journal.** You'll use it for your evening rituals. Even a cheap notepad works.
- 🌿 **Tell one person.** Accountability doubles your results. Just say it out loud.

You don't need to be perfect. You just need to begin.

YOUR FOOD COMPASS

What to eat. What to avoid.

Pin this to your fridge. Refer to it every day.

EAT MORE OF THIS

- Eggs, salmon, sardines, chicken, turkey
- Avocado, olive oil, coconut oil
- Leafy greens, broccoli, cauliflower, courgette
- Berries, lemon, cucumber
- Flaxseed, chia seeds, pumpkin seeds
- Fermented foods – kefir, sauerkraut, kimchi
- Herbal teas – peppermint, chamomile, spearmint

AVOID OR REDUCE

- Alcohol – disrupts sleep and spikes cortisol
- Sugar & refined carbs – crashes blood sugar
- Caffeine after midday – wrecks sleep architecture
- Seed oils – inflammatory
- Ultra-processed foods – gut destroying
- Soy protein isolates – choose whole forms (edamame, tofu, tempeh, miso)

Small consistent changes compound. Aim for 80%.

YOUR MORNING RITUAL

Every day begins here

- 🌿 **Before anything else.** Warm water with lemon and a pinch of sea salt — hydrates your cells and helps your cortisol settle before the day begins.
- 🌿 **Morning light.** Outside within 30 minutes of waking. Even 5 minutes sets your circadian rhythm and improves tonight's sleep.
- 🌿 **Protein first.** Eat within 60 minutes of waking, always with protein. Steadies blood sugar for the whole day.
- 🌿 **No phone for 20 minutes.** Let your nervous system wake before it's bombarded. This one habit alone calms morning cortisol.

It is the foundation everything else is built on.

YOUR EVENING RITUAL

How you end the day decides how you sleep

- 🌿 **Last meal by 7pm.** Your digestion needs time to finish before sleep.
- 🌿 **Dim the lights by 8pm.** Artificial light suppresses melatonin — phone, TV, lamps. Tell your brain night is coming.
- 🌿 **Magnesium.** Magnesium glycinate 30–60 minutes before bed — a gentle wind-down favourite for women in perimenopause.
- 🌿 **Journal 3 things.** Three calm moments from your day shifts your nervous system from threat to safety in under 5 minutes.
- 🌿 **In bed by 10pm.** Cortisol rises again after midnight. Beat it to sleep and you win the night.

Protect your wind-down like it's medicine. Because it is.

WEEK 1 • DAYS 1-7

Reset

This week we calm everything down.

FOR WHEN YOU FEEL: TIRED & WIRED

Your body has been in survival mode. Cortisol high, gut inflamed, sleep broken, blood sugar all over the place. Week 1 is about sending one clear signal: you are safe now.

This week you will

- 🌿 Start your morning ritual every single day
- 🌿 Remove inflammatory foods from your plate
- 🌿 Begin stabilising your blood sugar with protein at every meal
- 🌿 Introduce your evening wind-down routine
- 🌿 Get outside every morning for natural light

WHAT TO EXPECT

Many women notice less bloating within the first few days, sleep beginning to shift by mid-week, and steadier energy by Day 7. Everyone is different — your pace is the right pace.

Don't chase dramatic. Chase consistent.

DAY 1

Calm The Cortisol

MORNING RITUAL

Warm lemon water with sea salt. Outside for 10 minutes of morning light.

LUNCH

Chicken and avocado salad with olive oil and lemon

DINNER

Baked salmon with roasted broccoli and sweet potato

EVENING RITUAL

Dim lights by 8pm. Journal 3 things.
Magnesium. Bed by 10pm.

BREAKFAST

Scrambled eggs with smoked salmon and spinach

SNACK

A small handful of pumpkin seeds and a piece of fruit

MOVEMENT

20 minute gentle walk – no intensity today

FOCUS TODAY

Every choice tells your cortisol it is safe to calm down. That's the only goal.

DAY 2

Feed The Gut

MORNING RITUAL

Glow Water — lemon, cucumber, pinch of sea salt, splash of apple cider vinegar

LUNCH

Tuna and cucumber salad with olive oil, capers and lemon

DINNER

Chicken stir fry with broccoli, ginger, garlic and tamari — served with cauliflower rice

EVENING RITUAL

Herbal tea. Journal 3 calm moments.
Magnesium. Lights out by 10pm.

BREAKFAST

Full fat Greek yoghurt with berries and flaxseed

SNACK

Celery with almond butter

MOVEMENT

20 minute walk plus 10 minutes gentle stretching

FOCUS TODAY

Every meal feeds your gut bacteria and eases the bloat. Your microbiome is already starting to shift.

DAY 3

Stabilise Your Blood Sugar

MORNING RITUAL

Water and electrolytes in morning sunlight – 10 minutes outside before your phone

LUNCH

High protein coronation chicken salad with leafy greens

DINNER

Baked cod with roasted asparagus and a drizzle of olive oil

EVENING RITUAL

Magnesium bath or foot soak. No screens after 9pm. Bed by 10pm.

BREAKFAST

Egg and vegetable frittata – eggs, courgette, spinach, feta

SNACK

Hard boiled egg and cucumber slices

MOVEMENT

25 minute walk – pick up the pace slightly today

FOCUS TODAY

Protein and fat at every meal keeps your blood sugar rock steady. No crashes. No cravings. No 3pm wall.

DAY 4

Reduce The Inflammation

MORNING RITUAL

Warm lemon water with turmeric and black pepper — anti-inflammatory from the first sip

LUNCH

Lentil and roasted vegetable soup with a drizzle of olive oil

DINNER

Turmeric chicken thighs with roasted cauliflower and leafy greens

EVENING RITUAL

Legs up the wall for 10 minutes. Chamomile tea. Journal. Bed by 10pm.

BREAKFAST

Smoked salmon and avocado on seed crackers

SNACK

A small handful of walnuts and a few dark chocolate squares

MOVEMENT

20 minute walk plus 5 minutes of gentle yoga stretching

FOCUS TODAY

Turmeric, healthy fats and anti-inflammatory foods are telling your body the war is over. Let it rest.

DAY 5

Reset Your Sleep

MORNING RITUAL

Warm lemon water. Outside within 15 minutes of waking — no sunglasses, let the light in

LUNCH

Turkey and avocado lettuce wraps with cucumber and hummus

DINNER

Slow cooked beef and vegetable stew — rich in zinc and magnesium

EVENING RITUAL

Epsom salt bath. Lavender oil. Phone off at 8:30pm. Magnesium. Bed by 9:30pm tonight.

BREAKFAST

Overnight oats with chia seeds, almond milk and blueberries

SNACK

Pumpkin seeds and a banana

MOVEMENT

30 minute walk — no headphones, just fresh air and quiet

FOCUS TODAY

Sleep is the medicine everything else depends on. Tonight we go all in on it.

DAY 6

Nourish Your Hormones

MORNING RITUAL

Warm lemon water. 10 minutes outside. Write one intention for the day in your journal

LUNCH

Big hormone salad – leafy greens, pumpkin seeds, avocado, cucumber, sardines, olive oil and lemon

DINNER

Prawn and vegetable Thai green curry with cauliflower rice

EVENING RITUAL

Legs up the wall 10 minutes. Chamomile tea. Gratitude journal. Bed by 10pm.

BREAKFAST

Smoked mackerel with scrambled eggs and wilted spinach

SNACK

Apple with almond butter

MOVEMENT

30 minute walk plus 10 minutes of light resistance – squats, lunges, wall push ups

FOCUS TODAY

These are the exact foods your hormones are built from. Every bite is information your body can use.

DAY 7

Rest and Reflect

MORNING RITUAL

Warm lemon water. Longer outside time today — 20 minutes minimum. No rushing.

LUNCH

Leftover soup or salad — use what's in the fridge, keep it simple

DINNER

Roast chicken with roasted root vegetables and olive oil — nourishing and grounding

EVENING RITUAL

Magnesium bath. Journal your Week 1 wins. Bed by 9:30pm — you've earned the rest.

BREAKFAST

Avocado and poached eggs with sourdough and cherry tomatoes

SNACK

A small handful of mixed nuts and some dark chocolate

MOVEMENT

Gentle yoga or stretching — 20 minutes. Search "yin yoga for women"

FOCUS TODAY

Rest is not a reward. It is part of The Glow Comeback. Your body repairs when it is still.

Your weekly tracker

| | Day 1 | Day 3 | Day 5 | Day 7 |
|------------------|-----------|-----------|-----------|-----------|
| Bloating | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Energy | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Sleep | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Brain fog | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Mood | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Cravings | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |

1 = terrible · 5 = brilliant

Reflection

- What felt easiest this week?
- What felt hardest?
- What did you notice in your body?
- What are you taking into Week 2?

Even the smallest shift is your body waking up. Week 2 is where it deepens.

WEEK 2 · DAYS 8-14

Rebalance

This week we feed your hormones.

FOR WHEN YOU FEEL: BODY BETRAYAL

Your nervous system is calmer. Your gut is settling. Your sleep is starting to shift. Now we go deeper — into the food, movement and habits that directly nourish your oestrogen and progesterone.

This week you will

- 🌿 Introduce hormone-specific foods every single day
- 🌿 Add light resistance movement to protect your muscle and bone
- 🌿 Deepen your morning and evening rituals
- 🌿 Start managing your stress response intentionally
- 🌿 Notice your energy becoming more consistent

WHAT TO EXPECT

Many women notice their mood feeling steadier this week, the brain fog beginning to lift, and a real sense of feeling more like themselves by Day 14. Everyone moves at their own pace — trust yours.

You are not fixing yourself. You are remembering who you are.

DAY 8

Support Your Oestrogen

MORNING RITUAL

Warm lemon water. Outside for morning light. Add 1 tbsp ground flaxseed to your breakfast – a gentle plant source of hormone-supporting lignans

LUNCH

Salmon and quinoa bowl with cucumber, avocado and lemon tahini dressing

DINNER

Turkey meatballs with courgette noodles and tomato sauce

EVENING RITUAL

Dim lights by 8pm. Journal. Magnesium. Bed by 10pm.

BREAKFAST

Flaxseed smoothie – banana, almond milk, flaxseed, spinach, almond butter

SNACK

Edamame with sea salt

MOVEMENT

30 minute walk plus 10 minutes resistance – squats, lunges, glute bridges

FOCUS TODAY

Flaxseed is rich in lignans and omega-3s that gently support your body. Ground it fresh if you can. Add it to everything.

DAY 9

Support Your Progesterone

MORNING RITUAL

Warm lemon water. Morning light. 10 slow deep breaths before checking your phone

LUNCH

Chicken and roasted red pepper soup with a drizzle of olive oil

DINNER

Baked salmon with sweet potato mash and steamed green beans

EVENING RITUAL

Legs up the wall 10 minutes. Spearmint tea. Journal. Magnesium. Bed by 10pm.

BREAKFAST

Poached eggs with sautéed mushrooms, spinach and pumpkin seeds on sourdough

SNACK

A small handful of cashews and a pear

MOVEMENT

30 minute walk plus 15 minutes resistance — focus on upper body today

FOCUS TODAY

Progesterone loves zinc, magnesium and vitamin B6 — all in today's meals. Your anxiety and sleep will thank you.

DAY 10

Tackle The Brain Fog

MORNING RITUAL

Warm lemon water. Outside for 15 minutes. No phone for the first 30 minutes of your day — non-negotiable today

LUNCH

Big green salad with walnuts, blueberries, feta, pumpkin seeds and olive oil dressing

DINNER

Garlic butter prawns with roasted broccoli and brown rice

EVENING RITUAL

No screens after 8:30pm. Read something calming. Magnesium. Bed by 10pm.

BREAKFAST

Smoked salmon and scrambled eggs with avocado and fresh dill

SNACK

Dark chocolate and a small handful of almonds

MOVEMENT

30 minute brisk walk — arms swinging, proper pace. Gets blood to the brain.

FOCUS TODAY

Omega-3s, antioxidants and blood flow are your brain fog antidote. Your brain is not broken — it was just starved of the right fuel.

DAY 11

Move For Your Hormones

MORNING RITUAL

Warm lemon water. Outside for morning light. Set one intention – write it in your journal before anything else

LUNCH

Tuna nicoise salad – tuna, boiled eggs, green beans, olives, cherry tomatoes

DINNER

Lemon herb chicken with roasted mediterranean vegetables and quinoa

EVENING RITUAL

Gentle stretching 10 minutes. Chamomile tea. Journal. Magnesium. Bed by 10pm.

BREAKFAST

Greek yoghurt with mixed berries, honey, flaxseed and walnuts

SNACK

Rice cakes with almond butter and sliced banana

MOVEMENT

Strength focused – 20 minutes resistance training. Squats, lunges, deadlifts, push ups. Muscle mass protects your hormones.

FOCUS TODAY

Muscle is your metabolic armour in perimenopause. Every squat is a hormonal investment.

DAY 12

Calm Your Nervous System

MORNING RITUAL

Warm lemon water. Outside for 15 minutes. Try 5 minutes of box breathing – inhale 4, hold 4, exhale 4, hold 4

LUNCH

Warming lentil and spinach dahl with a dollop of Greek yoghurt

DINNER

Slow cooked lamb with roasted root vegetables and fresh herbs

EVENING RITUAL

Epsom salt bath with lavender oil. No phone after 8pm. Magnesium. Bed by 9:30pm.

BREAKFAST

Avocado and smoked salmon on sourdough with a squeeze of lemon

SNACK

Celery and cucumber sticks with hummus

MOVEMENT

20 minute walk plus 20 minutes yin yoga – search “yin yoga for anxiety”

FOCUS TODAY

Your nervous system has been in fight or flight for months. Today we tell it the emergency is over.

DAY 13

Strengthen Your Gut

MORNING RITUAL

Warm lemon water with apple cider vinegar. Outside for morning light. Notice three things you feel grateful for before your phone

LUNCH

Miso soup with tofu, seaweed and spring onions — deeply gut healing

DINNER

Teriyaki salmon with edamame, brown rice and pickled cucumber

EVENING RITUAL

Legs up the wall 10 minutes. Peppermint tea. Journal. Magnesium. Bed by 10pm.

BREAKFAST

Kefir smoothie — kefir, frozen berries, banana, flaxseed and a handful of spinach

SNACK

Sauerkraut on seed crackers with cream cheese

MOVEMENT

30 minute walk plus 10 minutes resistance — focus on glutes and legs

FOCUS TODAY

Fermented foods feed the gut bacteria that help regulate your oestrogen. This is your microbiome reset day.

DAY 14

Celebrate Your Progress

MORNING RITUAL

Warm lemon water. Longer outside time today – 20 minutes minimum. Look back at your Day 1 tracker. Notice how far you've come.

LUNCH

Big hormone salad – everything good in the fridge, olive oil, lemon, pumpkin seeds

DINNER

Baked sea bass with roasted asparagus, cherry tomatoes and lemon butter

EVENING RITUAL

Magnesium bath. Journal your Week 2 wins. Write down three ways you feel different to Day 1. Bed by 10pm.

BREAKFAST

Your favourite breakfast from the last two weeks – you choose

SNACK

Dark chocolate, berries and a herbal tea – this is your treat day

MOVEMENT

Whatever felt best this week – walk, yoga, resistance. Move in a way that feels good today.

FOCUS TODAY

Two weeks in. You showed up every single day. That is not small. That is everything.

Your weekly tracker

| | Day 8 | Day 10 | Day 12 | Day 14 |
|------------------|-----------|-----------|-----------|-----------|
| Bloating | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Energy | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Sleep | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Brain fog | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Mood | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Anxiety | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |

1 = terrible · 5 = brilliant

Reflection

- What symptoms have improved the most?
- What habit has made the biggest difference?
- How does your energy compare to Day 1?
- What are you taking into your final week?

You've done the hardest part. Week 3 is where the habits lock in and the results compound.

WEEK 3 • DAYS 15–21

Restore

This week we lock it all in.

FOR WHEN YOU FEEL: STRANGER IN THE MIRROR

You have calmed the inflammation. You have nourished your hormones. Now we go to the deepest level — your cortisol rhythm, your stress response and the lifestyle foundations that keep you feeling like this not just after Day 21, but for the rest of your life.

This week you will

- 🌿 Master your cortisol rhythm morning and night
- 🌿 Deepen your relationship with restorative movement
- 🌿 Build the stress resilience your nervous system needs
- 🌿 Consolidate every habit from the last two weeks
- 🌿 Create the blueprint for your life beyond The Glow Comeback

WHAT TO EXPECT

Many women find they respond to stress differently this week, sleep settling into something more reliable, and by Day 21 a real shift in how they relate to their body — along with the tools to maintain it. Wherever you land, you've given your body what it needed.

This is not the end. This is who you are now.

DAY 15

Master Your Cortisol

MORNING RITUAL

Warm lemon water. Outside for 15 minutes minimum. Do not touch your phone for the first 30 minutes. This is your cortisol golden window.

LUNCH

Roasted butternut squash and ginger soup with pumpkin seeds

DINNER

Slow roasted lamb with roasted root vegetables and fresh rosemary

EVENING RITUAL

Box breathing 5 minutes. Dim lights by 7:30pm. Magnesium. Bed by 9:30pm.

BREAKFAST

Smoked salmon omelette with spinach, dill and a side of sauerkraut

SNACK

Apple with almond butter and a sprinkle of cinnamon

MOVEMENT

30 minute walk in nature — no headphones, no podcast, just you and the outside world

FOCUS TODAY

Cortisol follows a rhythm. Your morning and evening rituals are the metronome. Keep them consistent and everything else falls into place.

DAY 16

Rebuild Your Energy

MORNING RITUAL

Warm lemon water. Outside for morning light. Write three things you are looking forward to today – train your brain toward the positive

LUNCH

Chicken caesar salad with a boiled egg, romaine, parmesan and olive oil dressing

DINNER

Garlic and herb baked chicken thighs with sweet potato wedges and steamed broccoli

EVENING RITUAL

Legs up the wall 10 minutes. Chamomile tea. Journal. Magnesium. Bed by 10pm.

BREAKFAST

Protein overnight oats – oats, chia seeds, almond milk, protein powder, blueberries

SNACK

A handful of mixed nuts and two squares of dark chocolate

MOVEMENT

20 minute walk plus 20 minutes resistance – full body circuit: squats, lunges, push ups, rows

FOCUS TODAY

Sustainable energy comes from stable blood sugar, quality sleep and consistent movement. You've been building all three. Today you feel the compound effect.

DAY 17

Restore Your Mood

MORNING RITUAL

Warm lemon water. Outside for 20 minutes. Call or message someone who makes you feel good — connection is medicine

LUNCH

Prawn and avocado salad with mango, chilli and lime dressing

DINNER

Miso glazed cod with bok choy and brown rice

EVENING RITUAL

Epsom salt bath. Read something inspiring. Magnesium. Bed by 10pm.

BREAKFAST

Shakshuka — eggs poached in spiced tomato sauce with feta and fresh herbs

SNACK

Kefir with a drizzle of honey and a handful of walnuts

MOVEMENT

Something joyful today — dance in your kitchen, swim, cycle, whatever makes you smile. Movement as medicine, not punishment.

FOCUS TODAY

Serotonin is made in your gut and activated by light, movement and connection. You've been building all three for 17 days. Today, let yourself feel it.

DAY 18

Protect Your Sleep

MORNING RITUAL

Warm lemon water. Outside immediately — light in your eyes within 10 minutes of waking sets your melatonin for tonight

LUNCH

Turkey and avocado wrap with leafy greens and hummus

DINNER

Baked trout with roasted fennel, asparagus and lemon butter

EVENING RITUAL

Phone off at 8pm completely. Magnesium glycinate. Lavender oil on your pillow. Bed by 9:30pm tonight.

BREAKFAST

Egg and vegetable frittata with goats cheese and fresh herbs

SNACK

Pumpkin seeds, a banana and peppermint tea

MOVEMENT

30 minute walk this morning — not evening. Evening movement raises cortisol and delays sleep.

FOCUS TODAY

Sleep architecture repairs itself when you are consistent. Three weeks of early bedtimes rewires your circadian rhythm completely.

DAY 19

Build Your Resilience

MORNING RITUAL

Warm lemon water. Outside for 20 minutes. Write in your journal — how does your body feel compared to Day 1? Read it back. Let it land.

LUNCH

Roasted red pepper and tomato soup with a drizzle of olive oil and seed crackers

DINNER

Slow cooked chicken casserole with root vegetables, fresh thyme and a side of greens

EVENING RITUAL

Box breathing 5 minutes. Gratitude journal — write 5 things. Magnesium. Bed by 10pm.

BREAKFAST

Smoked salmon and avocado on sourdough with poached eggs and fresh dill

SNACK

Greek yoghurt with honey, walnuts and cinnamon

MOVEMENT

30 minute walk plus 15 minutes resistance — your strongest session yet. You are stronger than you were on Day 1.

FOCUS TODAY

Resilience is not about never struggling. It is about recovering faster. That is exactly what you've been building.

DAY 20

Honour Your Body

MORNING RITUAL

Warm lemon water. Outside for 20 minutes.
No agenda today — just notice how your body feels walking in the morning light

LUNCH

Big hormone salad — everything nourishing in the fridge, olive oil, lemon, seeds

DINNER

Baked salmon with roasted broccoli, sweet potato and a drizzle of tahini

EVENING RITUAL

Magnesium bath. Write a letter to yourself — who you were on Day 1 and who you are now.
Bed by 9:30pm.

BREAKFAST

Your favourite breakfast from the entire protocol — you've earned the choice

SNACK

Dark chocolate, berries and spearmint tea

MOVEMENT

Gentle yoga or a long slow walk — restorative movement only today. Your body is preparing for Day 21.

FOCUS TODAY

You've shown up for yourself every single day. That is the most powerful thing a woman in perimenopause can do. Tomorrow is your final day.

DAY 21

You Did It.

MORNING RITUAL

Warm lemon water. Outside for as long as you want today. No rush. No agenda. Just you and the morning — you've earned this.

LUNCH

Your favourite lunch from the protocol — your choice

DINNER

Celebration dinner — baked sea bass with roasted mediterranean vegetables, olive oil and fresh lemon

EVENING RITUAL

Magnesium bath. Read your Day 20 letter back to yourself. Journal your Day 21 reflections. Bed by 10pm — and sleep like the woman you've become.

BREAKFAST

Celebration breakfast — smoked salmon, poached eggs, avocado, sourdough, berries on the side

SNACK

Dark chocolate, fresh berries and a beautiful herbal tea

MOVEMENT

Whatever brought you the most joy over 21 days. Do that.

FOCUS TODAY

Today you complete what you started. Look at you now. You didn't just follow a protocol — you remembered who you are.

Your weekly tracker

| | Day 15 | Day 17 | Day 19 | Day 21 |
|------------------|-----------|-----------|-----------|-----------|
| Bloating | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Energy | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Sleep | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Brain fog | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Mood | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Anxiety | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |

1 = terrible · 5 = brilliant

Reflection

- What is the biggest physical change you've noticed?
- What is the biggest emotional change you've noticed?
- Which habit are you keeping forever?
- What would you tell a friend who is where you were on Day 1?

Compare your Week 1 scores to today. That difference is you. That is what 21 days of showing up looks like.

KEEP THESE FOREVER

Your daily non-negotiables

These five things, every single day. The Glow Comeback or not. Forever.

- 🌿 **Warm lemon water first.** Before coffee, before your phone. Hydrate and help your cortisol settle from the first moment.
- 🌿 **Protein at every meal.** Stabilises blood sugar, protects muscle, keeps cravings away. The single most important nutritional habit in perimenopause.
- 🌿 **Morning light within 30 minutes.** Outside, every day, even in winter. This one habit helps regulate your whole hormonal rhythm.
- 🌿 **Magnesium every night.** Magnesium glycinate before bed. Your sleep, your calm and your hormones love it.
- 🌿 **In bed by 10pm.** Cortisol rises again after midnight. Protect your sleep like it's the most important thing you do. Because it is.

You don't need to be perfect. You need these five things. The rest is detail.

A GENTLE NOTE

The Glow Comeback shares education and lifestyle guidance — it is not medical advice and does not replace your doctor. Perimenopause symptoms can overlap with other conditions like thyroid issues, anaemia or depression, so please check in with a GP before starting, if you're pregnant or breastfeeding, on medication, or if symptoms are severe or new. You know your body best — this supports it, it doesn't diagnose it. 🌿

BOOST YOUR RESULTS

The Glow supplement stacks

The Glow Comeback works beautifully on its own. If you'd like to give your body extra support, these are the stacks I use and recommend — a boost, never the point.

The Essentials

Your foundation — the daily essentials that calm the chaos: gentle support for sleep, steadier digestion and the minerals your body has been crying out for. Perfect if you're just getting started.

The Full Glow

Everything in The Essentials plus a collagen blend for skin, hair and joints. This is the one women notice first — the sweet spot for most in perimenopause.

The Ultimate Glow

The full support system — everything above plus targeted extra support for stress, cellular vitality, and the hair, skin and nails this season takes its toll on.

Scan your region's QR code to shop at member prices — every product I recommend is one I use myself. **Available for Australia, New Zealand, the USA and Canada.**

QR · AU

QR · NZ

QR · USA

QR · Canada

[Brett: drop the four country QR codes / GHL-routed links here.]

Everything you'll need

PROTEIN

- Eggs
- Salmon
- Trout
- Sea bass
- Chicken thighs
- Turkey mince
- Greek yoghurt
- Goats cheese
- Smoked salmon

PANTRY STAPLES

- Sourdough bread
- Oats
- Quinoa
- Brown rice
- Seed crackers
- Hummus
- Dark chocolate (70%+)
- Honey
- Cinnamon
- Fresh herbs

HEALTHY FATS

- Avocados
- Extra virgin olive oil
- Coconut oil
- Walnuts
- Almonds
- Pumpkin seeds
- Flaxseeds
- Tahini

FERMENTED FOODS

- Sauerkraut
- Kimchi
- Kefir
- Miso paste

HERBAL TEAS

- Peppermint
- Spearmint
- Chamomile
- Lemon & ginger

VEGETABLES

- Leafy greens
- Broccoli
- Sweet potatoes
- Asparagus
- Fennel
- Courgettes
- Red peppers
- Tomatoes
- Root vegetables

FRUIT

- Berries
- Bananas
- Lemons
- Apples

Want 30 hormone-friendly recipes built around this list? The Glow Kitchen is your companion. [Brett: GHL Glow Kitchen link.]

WHAT'S NEXT

Make it stick

You've just done something most women never do — you showed up for yourself, every single day, for 21 days. Here's how to keep it going.

- 🌿 **Join She Glows.** Our private community for women navigating perimenopause — wins, questions, and each other. The warmest corner of the internet, \$37/month. [Brett: She Glows link.]
- 🌿 **Go deeper with Comeback PLUS.** Your full programme plus a private 1:1 Glow Session with me, where we build a plan that's entirely yours. [Brett: Comeback PLUS link.]
- 🌿 **The Inner Circle.** For women who want the highest level of support — a small, capped group who work with me directly, by application. [Brett: book-a-call link.]
- 🌿 **Explore the stacks & The Glow Kitchen.** The right supplements and 30 hormone-friendly recipes to keep your results going. [Brett: links.]

This is not the end. It's the beginning of everything.



You remembered who you are.

You didn't just follow a protocol. Look at you now.

STILL A WORK IN PROGRESS. GLOWING ANYWAY.

The Glow Project · @theglowproject