

The
Peri Brekkie
Blueprint

*In perimenopause, breakfast is the
most important meal of the day.*

Hello lovely,

WELCOME!

I'm so glad you're here.

I'm Louise — mum of two teenagers, Nutritionist, and a woman who's walked (and is still walking) the wild, emotional road of perimenopause.

I created this blueprint for breakfast because it was consistently where I was falling over when it came to my perimenopause nutrition. This is for all of us who struggle to know what to eat and time to properly fuel ourselves in the morning.

Especially during perimenopause, we need proper nutrition that supports our hormones. This is a time in our lives when we should be thriving but it can feel like we are just surviving.

If you're nodding along then hello friend — you are so not alone. Taking care of breakfast is a doable starting point — a way to honour self care with one small action.

You deserve that.



Are you ready to make breakfast easy and take one thing off your overloaded plate?

LET'S BEGIN!

Louise
Kx

THE PERI BREKKIE BLUEPRINT

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*One day you will
look back and see
that all along you
were blooming.*

MORGAN HARPER NICHOLS



Getting Started

STEP ONE

1

COMMIT TO GIVING THIS A GO

I don't think this blueprint has made its way into your life by accident, you're ready for change. So the first step is to commit to it. Make the decision to do it! This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This blueprint is all about making life easier and it's important for us to have fun along the way. So roll up your sleeves, get stuck in, try new recipes (please send me ones that you love!) and remember to enjoy this journey!

Ready to get started? Good, let's do it...

I will thrive!

Why breakfast matters more than you think.

For years I practiced intermittent fasting. It was promised as being the best way to manage weight, and create opportunity for cellular renewal. It never felt like a good fit for me and it turns out, it's not a good fit for many women in perimenopause.

But that then begs the question of what to have for breakfast?

Many women in perimenopause either skip breakfast or eat something that's mostly carbohydrates with minimal protein. This creates a blood sugar spike and crash that leaves you feeling foggy, irritable, and exhausted by mid-morning.

It is normal and natural to wake with heightened stress that peaks 30 minutes after waking. This is what enables us to wake up and get out of bed in the morning. If you begin your day without consuming food in this window, this feeds the cortisol (your stress hormone) response. This is especially detrimental if you exercise in the morning without eating. Consuming some protein and carbohydrates in the morning stabilises your cortisol response which has lots of ongoing benefits!

This first meal does not need to be a full breakfast. You could eat half of your breakfast in this window and half later. We can chat more about that later. For now, what I really want you and all women our age to know, is that our breakfast needs to combine protein, fibre, omega-3 fatty acids, and complex carbohydrates. And what's important to us is that we can do this in a way that's so simple, you can make it on Sunday and grab it every morning for the rest of the week!

Sounds perfect right? Well let's dive in and find out how to do this!

The science behind your hormone-balancing breakfast.

1 • PROVIDE 25-30G OF PROTEIN

Protein protects your muscle mass (which naturally declines during perimenopause) and provides satiety—that feeling of fullness that keeps you satisfied until lunch. Without adequate protein at breakfast, you'll find yourself reaching for snacks by 10 AM.



2 • DELIVER 14G OF FIBRE

Fibre helps stabilise blood sugar, supports cholesterol and heart health, feeds your gut microbiome, and helps to detox toxins. Your gut bacteria create serotonin—your feel-good hormone. A breakfast with 14g of fibre gives you nearly half your daily fibre needs in one meal.



3 • INCLUDE OMEGA 3 FATTY ACIDS

Omega-3 fatty acids are anti-inflammatory and they support brain and heart health. These are both areas of concern during perimenopause. Reducing inflammation helps to manage hot flashes and mood swings, along with body aches and pains.



4 • CONTAIN COMPLEX CARBOHYDRATES

Complex carbohydrates feed your gut microbiome and support mental health. They're also the fuel your brain needs to function. The key is pairing them with protein and fat so they don't cause blood sugar spikes.



Overnight Oats - Base Recipe

THIS RECIPE TAKES 5 MINUTES TO PREPARE AND CAN BE MADE IN BATCHES ON SUNDAY FOR THE ENTIRE WEEK. IT HITS EVERY NUTRITIONAL TARGET AND TASTES LIKE DESSERT.

INGREDIENTS (PER SERVE)

30g rolled oats (1/3 cup)
1 Tbs chia seeds
1 Tbs protein powder
1/3 cup (80ml) of your preferred milk
1/3 cup (85g) Greek yoghurt
1 tsp hemp seed powder
1 tsp ground flaxseed

NUTRITIONAL BREAKDOWN

Protein: 28g
Fibre: 14g
Omega-3 Fatty Acids
Complex Carbohydrates

INSTRUCTIONS

In a lidded jar or container, combine the rolled oats, chia seeds, protein powder, hemp seed powder, and ground flaxseed.

Pour in your preferred milk and stir well to combine.

Add the Greek yoghurt and stir until everything is well mixed.

Top with flavourings (on the next page!).

Cover and refrigerate overnight (or for at least 4 hours). This can last in the fridge for 3-5 days.

In the morning, give it a stir. If it's too thick, add a splash more milk. If it's too thin, add a bit more yoghurt.

Eat straight from the jar or transfer to a bowl. You can also add additional toppings now if you want - seeds, nuts, cacao nibs, fresh fruit. It's really up to you and your imagination!

PRO TIP

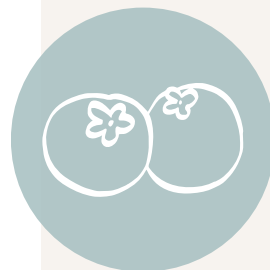
Make 5 jars on Sunday evening. They'll keep in the fridge for up to 5 days, so you have breakfast sorted for the entire work week.

Give your breakfast some personality with these additions.

1 • CHOCOLATE AND BERRY

Add to the base recipe 1 tablespoon raw cacao powder and 1/2 cup fresh or frozen raspberries or blueberries.

The cacao is an antioxidant, provides a satisfying chocolate flavour and delivers magnesium (important for sleep & mood regulation). Berries are antioxidants, and add sweetness without spiking blood sugar.



2 • APPLE CINNAMON PIE

Add to the base 1/2 cup stewed apple and 1/4 tsp ground cinnamon.

Stewed apples contain prebiotic fibre, feeding the beneficial bacteria in your gut. Cinnamon helps regulate blood sugar and is anti-inflammatory..

3 • BANANA PECAN AND MAPLE SYRUP

Add to the base 1/2 sliced banana (either overnight or in the morning), 10 pecan halves, and 1/2 teaspoon pure maple syrup.

This variation provides extra energy for women who like to exercise in the morning. The pecans add additional healthy fats and minerals like manganese and copper, which support bone health.



4 • PEANUT BUTTER AND CACAO

Add to the base recipe 1 tablespoon of natural peanut butter, 1 tablespoon of raw cacao powder, and a pinch of sea salt.

The peanut butter adds extra protein and healthy fats, keeping you satisfied even longer. The cacao provides magnesium and antioxidants.



The transformation you can expect

When you start fuelling your body within 30 minutes of waking by eating a hormone-balancing breakfast, most women notice changes within 1-2 weeks.

More Stable Energy

No more mid-morning energy crashes. You'll feel steady and focused throughout the morning.



Better Mood

Complex carbohydrates support serotonin production and stable blood sugar means fewer mood swings.

Fewer Cravings

With 28g of protein and 14g of fibre, you'll feel genuinely full. No more reaching for snacks by 10 AM.



Clearer Thinking

Stable blood sugar and adequate nutrition support brain function. Brain fog often improves noticeably.

Better Sleep

When you eat a proper breakfast, your cortisol rhythm normalises, which supports better sleep at night.



Improved Digestion

The fibre and probiotics (from the Greek yogurt) support a healthy gut, which is foundational for hormone health.



You've done it!

Now that you know what a hormone-balancing breakfast looks like, you might be wondering about some other ways that you can support your body during perimenopause.

I have created a free quiz that will help you to identify the areas in your life that are causing the biggest impact on the way you feel during perimenopause. From your answers I will send you a personalised roadmap so that you know what small changes you can make to feel more energised, calmer, and like yourself again. This time in our lives can feel overwhelming, imagine knowing where to start so that you can feel better.

Check it out in the link below. And if you think of it, send me a photo of your overnight oats. I'd love to know what you create and the changes it makes to how you are feeling.

You've got this.

FIND ME AT:

- Website: www.thelifestyleengineer.com
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