ENERGY RESTORATION

GUIDE

Introduction

If your afternoons disappear in a fog and your nights are a carousel of 2am to 4am wake-ups, this book is for you. Power Up Nutrition blends steady blood sugar by day and sleep rhythm by night so your energy feels calm, clear, and repeatable.

What you'll get:

- Breakfast ideas that reduce blood sugar spikes and help you start your day right.
- Caffeine timing and 10 minute walking protocol
- A realistic wind-down that actually shows up as better energy tomorrow.

Why this works

Energy crashes aren't a character flaw; they're a loop. Spiky meals drive cravings and caffeine. Late caffeine and bright light blunt deep sleep. Shallow sleep worsens blood-sugar control the next day and round you go.

How to use this book

1. Implemented the four main changes (breakfast, caffeine timing, 10min walks, sleep routine)
2. Measure what matters: Energy (0–10), afternoon slumps (times per week), sleep quality (0–10).
3. Level up once your numbers budge consistency is key.

What this is not

- Not a crash diet or supplement shopping list.
- Not perfection. We aim for 80/20 consistency and progress you can feel.

A quick promise

Implement the breakfast framework, the caffeine cut-off, two 10-minute post-meal walks, and the wind-down and you'll notice a shift within two to three weeks. If you find this helps get in touch to level up your energy.

Chapter 1: Build a Balanced Breakfast

Breakfast isn’t about being “good.” It’s about stabilising blood sugar early so your brain stops begging for quick carbs at 11am and 3pm. The rule of thumb:

Try a Power Pairing Plate

- Protein (30–40g)[1]
- Fibre[2]
- Healthy Fats[3]
- Optional smart carbs (oats/potatoes/fruit) in a reasonable portion

The 3 Breakfast Choices

Savoury Scramble Bowl

- Base protein (choose 1): 3 whole eggs + 2 egg whites | 180g tofu scramble | 120–150g chicken/turkey leftovers | 120g salmon
- Fibre & colour (2–3): spinach, mushrooms, peppers, tomato, onion
- Healthy fat (1): 1 tbsp olive oil or ¼ avocado
- Smart carb (optional 1): ½ cup cooked potatoes or quinoa or 1 slice wholegrain toast
- Season: sea salt, black pepper, herbs; squeeze lemon
- Dairy-free tip: finish with nutritional yeast for “cheesy” vibes

Power Oats (hot or overnight)

- Base: ½–¾ cup gluten-free oats (dry)
- Protein: 1 scoop plain pea/soy/whey-isolate or 200g soy yoghurt or 200g skyr (if you tolerate dairy)
- Fibre & extras (2–3): 1 tbsp chia or ground flax, ½ cup berries, cinnamon
- Healthy fat: 1 tbsp walnuts or almond butter
- Liquid: water or unsweetened almond/soy/milk
- Method: Cook oats first, then stir in protein once off the heat (prevents gritty texture).

Protein Smoothie

- Base:12 oz water/milk/plant-based milk/coconut water
- Protein:1/2 cup plain Greek yogurt and 2 scoops vanilla protein powder
- Fibre/carbs: 2 cups frozen mixed berries and 1 cup spinach and 1 tbsp ground flaxseed
- Fats: 1 tbsp walnuts

Baked Egg & Bean Cups. Makes 6 (Meal-Prep, 20 min once/week)

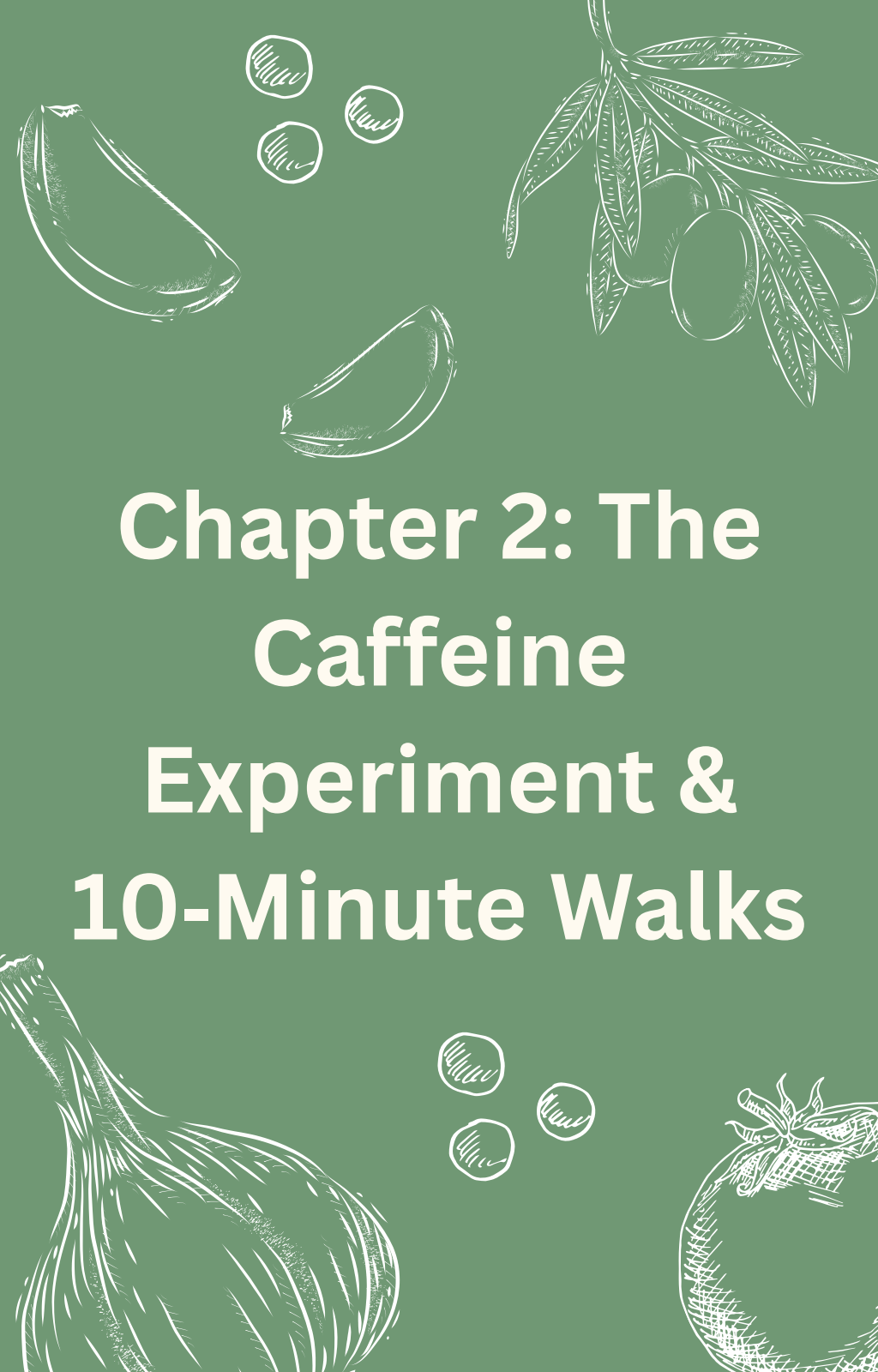
- Protein: 6 eggs
- Fibre: 1 cup cooked beans (black beans/cannellini)
- 1 cup finely chopped veg (spinach/pepper/onion)
- Extras: salt/pepper.
- Fat: serve with ¼ avocado
- Bake: Greased muffin tin, 180°C for 14–16 min.
- Serve: 2–3 cups per breakfast (+ salsa)
- Grab-and-go: keep 3 - 4 days in the fridge.

Quick Portions Guide (no scales needed)

- Protein powder: 1 scoop – 20 - 25g protein
- Eggs: 1 egg – 6 - 7g protein
- Tofu: a deck of cards – 100 - 120g (12 - 15g protein)
- Salmon/chicken: your palm – 25 - 30g protein
- Nuts/seeds: 1 tbsp - 5g fat, 2 - 3g protein
- Oats (dry): ½ cup - steady portion for most

5-Minute Batch Prep (Sunday or the night before)

- Roast tray: potatoes, peppers, onions in olive oil (20–25 min) - breakfasts for 3 - 4 days.
- Hard-boil 8 eggs - grab-and-go protein.
- Overnight oats jars (x3): oats, chia and milk; stir in protein and toppings in the morning.
- Wash and box greens for quick toss-ins to add to salads or along side dinners.



Chapter 2: The Caffeine Experiment & 10-Minute Walks

Caffeine is a tool, not a crutch. Use it to enhance focus after you've stabilised breakfast, not to mask a spike and crash.

The experiment (7 days)

1. Delay caffeine until after breakfast.
2. Dose: cap at 1 to 2 cups. If sensitive, try half-caf or tea.
3. Curfew: last caffeine by 12pm (earlier if you wake between 2am and 4am)[4].
4. Hydrate: 2ltrs throughout the day.

Why it works:

- Delaying caffeine reduces the mid-morning dip caused by cortisol and fasted caffeine.
- An early curfew protects deep sleep[4], which improves next-day glucose control.

The 10-minute walk

Do a brisk 10-minute walk after two meals/day (breakfast/lunch or lunch/dinner).

Why it works:

- Aids glucose uptake and eases the post-meal slump.[5]
- Doubles as a stress reset and light exposure.

Not able to get outside or don't have a treadmill? Climb stairs, pace hallways, or march in place. Just try move.

Chapter 3: Sleep That Shows Up Tomorrow

Your sleep drives tomorrow's energy.

The Wind-Down (20–60 minutes)

- Lights down: lamps instead of overheads; use warm tone.[6]
- Heat & relax: warm shower/bath, loose shoulders/jaw.[7]
- Breath set: 3 - 5 minutes. Start with three deep belly breaths then go into either box breathing 4-4-4-4 or 4-7-8.[8]
- Brain dump: jot tomorrow's to-dos (2 minutes).
- Screens: off or use audio-only content.

Bedroom set up

- Cool, dark, quiet: aim 17–19°C; eye mask; reduce noise.
- Light timing: bright light in the morning, preferably outside and dim light in the evening.[9,10]
- Caffeine/alcohol: curfew coffee by noon. Alcohol can fragment sleep so try cap it to two drinks per week while resetting.

Tracking

Checklist: (Y/N)

- Have you had a balanced breakfast?
- When was your last caffeine drink/ how many?
- Have you done 2 post meal walks?
- Have you implemented your sleep routine?

Measurements (start off assessing daily. If improved push out to weekly)

- Sleep quality (0–10)
- Energy (0-10)
- Number of wakes

See the next pages for a printable tracking sheets

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Balanced breakfast							
Caffeine timing							
Walks x2							
Sleep routine							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Energy	/10	/10	/10	/10	/10	/10	/10
Sleep	/10	/10	/10	/10	/10	/10	/10
No. of slumps							
No. of wakes							

A Note from Power Up Nutrition

This book is a starting point, not the finish line. Ten minutes twice a day will build momentum but we have additional tools to get to the root cause. If you're unsure how to adapt any step to your health history or medications, reach out, we'll tailor it together.

-Rosie Power

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