



# BLOC 1 — YOUR SIGNAL, YOUR STRUCTURE



**You've already built your plan.**

You know your numbers. You know your macros.  
But if you want to feel in control not just calculate it  
You need a new type of feedback loop:  
One that's not just quantitative...  
But sensory. Energetic. And sustainable.

## **Why structure isn't enough:**

Most people fail their "perfect meal plan"  
not because the food is wrong  
but because it doesn't match their signals.  
Ever eaten a balanced plate... and still wanted dessert?  
That's not lack of discipline.  
It's a missing signal.

Your satiety system speaks in 3 languages:

- Biology → Did I get what I need? (protein, fiber, fat)
- Neurology → Did I enjoy it enough to feel done?
- Rhythm → Did I eat in sync with hunger, or just reactively?

Miss one of these, and your body stays in "seeking" mode.

Which means: more cravings, more thoughts about food, less stability

## **New daily compass: 3 signals to track (with icons)**

You'll use these 3 check-ins after each meal (you'll log them later),  
No apps. No numbers. Just simple internal feedback.

### **1. Physical Stability**

"Do I feel grounded, energized, and calm 1h after eating?"

- ✓ Yes → Good metabolic support
- ✗ No → Too light, too fast, or too empty

### **2. Mental Clarity**

"Did that meal clear the noise, or leave me thinking about more food?"

- ✓ Yes → Good neuro-satiety
- ✗ No → Might need more fat, flavor, texture

### **3. Digestive Flow**

"Do I feel light, comfortable, and steady, not bloated, heavy, or craving sweets?"

- ✓ Yes → Your rhythm works
- ✗ No → Likely mismatch in food timing or food type

**You've already built your plan.**

You know your numbers. You know your macros.

### **Action Task :**

A simple table to fill in after meals:

 **1. How does my body feel right now?**

Ex: "Stable." / "Heavy." / "Still hungry." / "Comfortable."

→ -----

 **2. How does my mind feel?**

Ex: "Clear." / "Distracted." / "Still craving." / "Content."

→ -----

 **3. How does my stomach/digestion feel?**

Ex: "Light." / "Bloated." / "Warm." / "Neutral."

→ -----

 **4. If something felt off, what might have been missing?**

Ex: "Needed more protein." / "Ate too fast." / "Wasn't satisfying."

→ -----

### **Final Reminder:**

Your meals aren't just fuel.

They're feedback.

Learn to read the signals, and you'll never need extreme control again.

## **Bloc 2 — My Metabolic Meal Blueprint**

### **Instructions (anglais, pour le client) :**

You've seen the 3 meal templates:

- Morning = Ground & Go
- Midday = Power Bowl
- Evening = Light & Regenerative

Now it's time to build your own stable version of each meal.


No need to reinvent the wheel every day. Just find what works, and repeat it.

 **Task: Fill in your own versions below**  
(3 zones interactives personnalisables dans le PDF)

 **Morning – Ground & Go**

- Protein Source: \_\_\_\_\_
- Fiber/Greens: \_\_\_\_\_
- Slow Carb (optional): \_\_\_\_\_
- Healthy Fat: \_\_\_\_\_
- Optional extras (tea, lemon water, spices...): \_\_\_\_\_
- How I feel after: \_\_\_\_\_

 **Tip:** Choose something that keeps you focused without crash or cravings.

 **Midday – Power Bowl**

- Main Protein: \_\_\_\_\_
- Cooked or raw veggies: \_\_\_\_\_
- Slow carbs (optional): \_\_\_\_\_
- Dressing/fat: \_\_\_\_\_
- Add-ons (fermented, herbs, crunch...): \_\_\_\_\_
- How I feel after: \_\_\_\_\_

 **Tip:** This meal anchors your afternoon — don't make it tiny.

 **Evening – Light & Regenerative**

- Easy protein: \_\_\_\_\_
- 2 cups veggies: \_\_\_\_\_
- Fat for flavor: \_\_\_\_\_
- Optional starch (only if needed): \_\_\_\_\_
- How I feel after: \_\_\_\_\_

 **Tip:** You want to feel light — but not deprived.

 **Bonus (facultatif) – Create 2 backup options**

In case you're tired, traveling, or not in the mood to think  
Build 2 backup versions of "all-day meals" you can repeat anytime.

**Go-To Meal #1:**

Ingredients: \_\_\_\_\_

Why it works for me: \_\_\_\_\_

**Go-To Meal #2:**

Ingredients: \_\_\_\_\_

Why it works for me: \_\_\_\_\_

 **Reminder:**

Don't aim for variety.

Aim for stability you love to repeat.

That's what creates a metabolic reset, not switching things up constantly.




# Bloc 3 — Your Meal Ritual: Before / During / After

## Why it matters:

You can eat the best food in the world...  
But if you eat it distracted, rushed, or stressed,  
your body won't register the signal: "We're full."  
This 3-step ritual reconnects you to your meal,  
So digestion works better. Cravings reduce.  
And you finish your meal in peace.

## ✨ Step 1 — Before You Eat


Send a clear signal: "Food is coming."  
This helps your body switch from fight/flight to digest/absorb.

- ✓ Sit down
- ✓ Take 3 deep breaths
- ✓ Sip water or herbal tea
- ✓ Look at your food for 10 seconds
- ✓ Ask: "What do I need from this meal?"
-  Optional: Write a word or feeling before eating

→ \_\_\_\_\_

## ✨ Step 2 — While You Eat

Focus. Feel. Slow down.

- ✓ Put your phone away
- ✓ Chew each bite at least 10–15 times
- ✓ Pause halfway: "Am I still hungry, or just finishing?"
- ✓ Notice taste, texture, and temperature
- ✓ Breathe between bites
-  Optional: Write one thing you noticed

→ \_\_\_\_\_

## ✦ Step 3 — After You Eat

Close the loop. Give your brain a sense of completion.

- ✓ Put your plate away, no grazing
- ✓ Sip tea, brush your teeth, or stretch
- ✓ Write how you feel in 3 words

→ -----

✓ Say it silently:

"That was enough. I'm done."

### 💡 Final Note:

Satiety isn't just a chemical process.

It's a ritual of attention + rhythm.

Do this 1x per day for 5 days,

and watch your food relationship start to shift.



## Bloc 4 — Nutrition Clarity Journal (3 Days)



### Why this journal?

Most people track calories.

But they never track what those calories actually did.

How did that meal feel in your body?

What did it change in your energy or cravings?

This journal reveals the real cost or real benefit of your meals.

Do it for 3 days, and you'll know exactly what to keep, change, or repeat.



### Instructions:

→ After each main meal (breakfast, lunch, dinner), fill in this grid:


(no judgment, no calorie counting, just awareness)



### 3-Day Nutrition Clarity Journal

This is not about rules or tracking macros.

It's about noticing the real effects of your meals, and finally seeing what works.

 After each meal (breakfast, lunch, dinner), answer these 4 questions:

1. Why did I eat this meal?

→ Was I actually hungry, or just tired / bored / following the clock?

 -----

2. How did I feel about 1 hour later?

→ Physically and mentally.

 -----

3. Was I truly hungry before eating?

→ Yes / No / Not sure

 -----

4. Did this meal satisfy me, or leave me wanting something else?

→ Explain in a few words.

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 17 Do this for 3 days. One page per day. Example below:

 Day 1 — Clarity Check

**Breakfast**

1. Why I ate: -----

2. How I felt after: -----

3. True hunger? Yes / No / Unsure

4. Did it satisfy me? -----

**Lunch**

1. Why I ate: -----

2. How I felt after: -----

3. True hunger? Yes / No / Unsure

4. Did it satisfy me? -----

**Dinner**

1. Why I ate: -----

2. How I felt after: -----

3. True hunger? Yes / No / Unsure

4. Did it satisfy me? -----

Repeat for Day 2 & Day 3.

## 💡 What to look for:

After 3 days, highlight the patterns:

- Which meals made you feel light, full, or grounded?
- Which ones made you chase snacks or feel foggy?
- What triggers hunger that's not physical?
- Where does "enough" show up, and where does it disappear?

## 📎 Final Prompt (at the end of Day 3):

Write 1–2 sentences answering this:

"If I repeated just one meal from these 3 days... which one would bring me peace and clarity, again and again?"

→ -----

# 📄 Bloc 5 — False Signals: What's Not Hunger

## 🧠 Why this matters:

You can have the perfect plate and still want more after.

Not because your body needs it.

But because something else is off:

⚡ Fatigue

😓 Stress

📱 Distraction

🧠 Restriction

📣 Overstimulation

When your nervous system is overloaded, it sends signals that look like hunger. But they're not asking for food.

They're asking for calm, reassurance, or closure.

## 🔍 Most Common "Fake Hunger" Triggers:

### 1. Fatigue = Sugar Seeking

You didn't sleep. You've pushed all day.

Your body asks: "Where's my fast energy?"

You crave sweets. Not because you're weak, but because you're exhausted.

### 2. Boredom = Dopamine Drop

When your brain gets no stimulation, it looks for quick hits.

The easiest? Food, especially salty, crunchy, sweet.

### 3. Emotional Tension = Distraction Craving

Sad? Angry? Lonely?

Your system says: "Give me something to feel better, right now."

Food becomes the escape.

### 4. Scrolling = Mindless Snacking

Multitasking breaks satiety.

Your mouth moves, but your brain never registers the meal.

### 5. Over-restriction = Rebound Cravings

You skipped breakfast. You "ate clean" all day.

But your body remembers, and demands payback at 9pm.

### Action Step:

Complete this sentence once a day for 5 days (use your tracker):

"Today, I felt hungry, but when I paused, I realized I actually needed..."

-----"

### Final Reminder:

Hunger isn't just physical.

It's also emotional, sensory, and psychological.

The more you name the signal,

The more you can respond intelligently.