

# StrongHer FAB Method

## Week 2 Participant Workbook

### Fuel Your Body

A printable Week 2 workbook for women in business who are ready to fuel themselves better, support energy, and feel stronger in their body.

#### Joanne Pagett | StrongHer

Performance & Menopause Coach for Women in Business

#### How to use this workbook

Use this workbook during your Week 2 session and across the days that follow. It gives you space to reflect on your current eating patterns, choose simple nourishment shifts, and build more supportive habits without pressure.

#### Week 2: Fuel Your Body Properly

*This week helps participants see nourishment as essential support rather than an optional extra. The goal is to move away from under-fuelling and towards simple, balanced eating habits that support energy, focus, and physical strength.*

*You cannot build a stronger body on under-fuelling.*

#### Week 2 at a glance

##### FAB focus

Foundation. This week supports energy through food, consistency, and simple nourishment.

##### Main goal

Help participants recognise under-fuelling and start building meals that support strength and steadier energy.

##### This week's support

Protein, balanced meals, whole foods, hydration, and reducing food chaos.

##### Quick win

Feeling more stable, less crashes, and more supported through the day.

#### What you will learn this week

- Why are many women under-fuelling without realising it
- How food affects energy, focus, mood, and physical resilience
- Why protein matters for strength, recovery, and satiety
- How to keep food simple, balanced, and realistic

#### Teaching focus

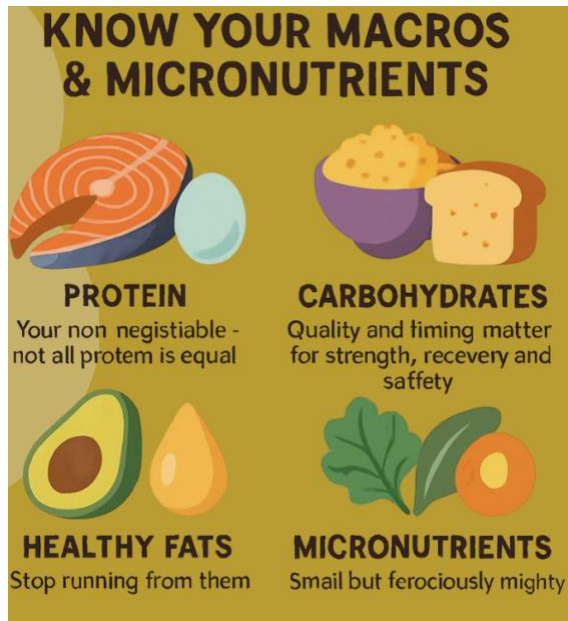
Week 2 helps you move away from skipped meals, caffeine-led coping, and all-or-nothing food habits. The aim is not perfection; it is steadier support for your body.

## StrongHer Week 2 - Fuel Your Body

The Foundation Pillar — SMART The Energy Optimisation System

<b>S</b>	<b>SLEEP</b>	The non-negotiable foundation of everything else
<b>M</b>	<b>MACROS &amp; MICRONUTRIENTS</b>	Fuelling a perimenopausal or menopausal body differently
<b>A</b>	<b>ABSORPTION</b>	Your gut is involved in more than digestion
<b>R</b>	<b>REPLENISHMENT</b>	What recovery actually looks like for a woman at this life stage
<b>T</b>	<b>THRESHOLD</b>	Understanding your personal stress capacity, not someone else's

## Macro & Micronutrients



### Protein: Your non-negotiable



Protein is how you preserve and build muscle, and let's not forget it also keeps you fuller for longer, supports neurotransmitter production (hello, serotonin and dopamine, the ones keeping your mood stable), and plays a central role in tissue repair, immune function, and hormone synthesis.

It's recommended that you aim for at least 1.6-2g of protein per kilogram of body weight daily, or approx. 20g-30g of protein per meal.

For example, if you weigh 65kg, 104kg @ 1.6kg protein. Yes, really, most women are eating half that.

### Healthy fats: Stop running from them



Fat is required for the production of steroid hormones, including oestrogen, progesterone, and testosterone. During perimenopause, when your hormonal landscape is already shifting, adequate healthy fat intake is not optional. It's foundational.

Omega-3 fatty acids (found in oily fish, walnuts, flaxseed) are particularly powerful: they reduce systemic inflammation, support brain function and mood, improve joint health, and have been shown to help manage some perimenopausal symptoms. Fat also enables your body to absorb fat-soluble vitamins: A, D, E, and K, which are, absolutely critical for your health.

## Carbohydrates: Quality and timing are everything



Complex carbohydrates, such as sweet potato, oats, quinoa, legumes, fruit, and vegetables, are rich in fibre, which feeds your gut microbiome (directly linked to hormone regulation, mood, and immune function), supports stable blood sugar, and provides sustained energy.

Simple, refined carbohydrates, white bread, white rice, pasta, breakfast cereals, biscuits, crackers, pastries, sweets, fizzy drinks, and fruit juice (yes, even the "healthy" ones). The rule of thumb: if it's white, packaged, or came in a box with a health claim on the front, it's probably refined. The more processing it's undergone, the faster it raises your blood sugar.

## Micronutrients: Small but ferociously mighty

While macronutrients provide the structure and energy, micronutrients, vitamins and minerals, are the conductors of the orchestra. Without them, nothing works properly.

<p><b>Vitamin D: The one most of us are missing</b></p>	<p>Vitamin D deficiency is rampant in the UK, and it's about far more than just bone health.</p> <p>Vitamin D plays a role in immune function, mood regulation (low levels are strongly linked to depression), muscle function, and cardiovascular health.</p>
<p><b>Magnesium: The quiet powerhouse</b></p>	<p>Magnesium is required for 300+ processes in your body to function properly. It supports sleep quality, stress regulation, muscle function, blood sugar control, and heart health.</p> <p>It also plays a role in oestrogen metabolism, and getting enough magnesium actively supports your hormonal balance.</p>
<p><b>B vitamins: Energy, mood, and brain function</b></p>	<p>The B vitamins, particularly B6, B9 (folate), and B12, are essential for energy production, neurotransmitter synthesis, and cognitive function.</p> <p>B12, found predominantly in animal products, is especially important for women following plant-based diets and for those in their 40s and beyond, as absorption can decrease with age.</p>
<p><b>Iron: More than just fatigue</b></p>	<p>Iron is critical for oxygen transport, energy metabolism, and cognitive function. Women with heavy periods, common in perimenopause, are particularly at risk of iron deficiency leading to anaemia.</p> <p>But even mild iron deficiency can cause significant fatigue, reduced exercise capacity, impaired concentration, and low mood.</p>

## Reflection prompts

What does a typical day of eating look like for me right now?

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Where do I tend to skip or delay meals?

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How much protein am I realistically eating?

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What one food habit would help me feel stronger this week?

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## Week 2 action steps

- Add protein to at least one meal each day
- Aim for more regular, balanced meals
- Stop skipping lunch where possible
- Choose one whole-food improvement each day
- Drink water more consistently

### Simple meal reminder

Build meals around protein, fibre, colour, carbohydrates for energy, healthy fats, and don't forget to eat the Rainbow throughout the day.

### My Week 2 commitment

This week, I will support my body by:

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The one food habit I most want to improve is:

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The one meal I most want to make more supportive is:

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### Mini tracker

Day	Protein	Balanced Meals	Hydration	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## End-of-week reflection

What helped my energy feel steadier this week?

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What made nourishing me easier or harder?

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What food habits do I want to carry forward?

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### **Affirmation for the week**

Feeding myself properly is an act of strength.

**Thank you for attending week 2 – Fuel Your Body.**

It's been wonderful to see you ready to Fuel Your Body.

If you'd like to delve deeper into nutrition, meal plans, and how to fuel your body, please get in touch.

[Joanne@joannepagett.co.uk](mailto:Joanne@joannepagett.co.uk)

WhatsApp: +44 077 100 57720

[www.joannepagett.co.uk](http://www.joannepagett.co.uk)