



HEALTHY SNACKS FOR HAPPY HORMONES





HEY, I'M CASSIE – A REGISTERED DIETITIAN

I'M CASSIE GROESCHL, A DIETITIAN AND FOUNDER OF WELLNESS THAT FITS, WHERE I HELP BUSY MOMS **OVERCOME EXHAUSTION WITH HOLISTIC NUTRITION, MEAL PREP, AND WELLNESS ROUTINES**—SO THEY CAN BE **ENERGIZED, PRODUCTIVE, AND FULLY PRESENT** FOR WHAT MATTERS MOST.

LET'S FACE IT, THE STRUGGLE TO MAINTAIN ENERGY LEVELS WHILE MANAGING MULTIPLE RESPONSIBILITIES AND SCHEDULES IS REAL. WE CREATED THIS GUIDE TO HELP YOU FIT HEALTHY EATING INTO YOUR BUSY SCHEDULE.

HEALTH CAN FEEL OVERWHELMING WHEN APPROACHED WITH AN ALL-OR-NOTHING MINDSET, BUT THIS GUIDE WILL SHOW YOU HOW TO BUILD HEALTHY HABITS GRADUALLY—ONE MANAGEABLE STEP AT A TIME!



Cassie



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HI, I'M ALEAH – A FUNCTIONAL HEALTH PRACTITIONER

I KNOW WHAT IT'S LIKE TO FEEL DISMISSED, EXHAUSTED, AND STUCK IN A BODY THAT DOESN'T FEEL LIKE YOUR OWN.

AFTER STRUGGLING WITH HORMONE IMBALANCES, WEIGHT GAIN, AND EVEN A BREAST CANCER DIAGNOSIS, I BECAME THE PRACTITIONER I WISHED I HAD—SOMEONE WHO LISTENS, DIGS DEEPER, AND PROVIDES REAL ANSWERS.

USING FUNCTIONAL LAB TESTING, PERSONALIZED STRATEGIES, AND HIGH-TOUCH SUPPORT, I HELP BUSY MIDLIFE WOMEN ALL OVER THE COUNTRY RECLAIM THEIR ENERGY, BALANCE THEIR HORMONES, AND FEEL LIKE THEMSELVES AGAIN—BECAUSE YOU DESERVE MORE THAN BAND-AID SOLUTIONS.



Aleah



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HEALTHY SNACKS SUPPORT HORMONES

Smart snacking isn't just about curbing hunger—it's a powerful tool for balancing hormones, stabilizing blood sugar, and keeping energy levels steady throughout the day.

Blood Sugar Control

When chosen wisely, snacks can help prevent the blood sugar rollercoaster that leads to mood swings, cravings, and that dreaded mid-afternoon crash. Instead of reaching for quick-fix options that spike blood sugar (like chips, crackers, or granola bars loaded with added sugars), the right combination of protein, healthy fats, and fiber can support steady energy and keep hormones in check.



Stress & Adrenal Health

Balanced snacks also play a key role in stress and adrenal health. When we go too long without eating or rely on carb-heavy snacks, our body compensates by producing more cortisol—our main stress hormone—which can contribute to weight gain, poor sleep, and increased cravings. On the flip side, nutrient-dense snacks rich in quality protein, omega-3s, and minerals like magnesium can help support the body's natural stress response, keeping you feeling calm, focused, and energized.



Smart Snacking in Perimenopause & Beyond

For women in perimenopause and beyond, smart snacking is especially important. As estrogen and progesterone levels fluctuate, it becomes harder for the body to regulate blood sugar and metabolism. Choosing snacks with high-quality protein (like nuts, Greek yogurt, or hard-boiled eggs), healthy fats (such as avocado, nut butters, or seeds), and fiber (from veggies, berries, or whole grains) can help keep hunger hormones like ghrelin in check, reduce inflammation, and support overall hormone balance.



The key is to be intentional—grab something that fuels your body instead of working against it.

BRAIN FOG & LOW ENERGY

Balanced Protein, Healthy Fats, Complex Carbs, & Iron

Protein stabilizes blood sugar, preventing energy crashes and brain fog, while healthy fats support brain function. Complex carbs provide essential energy for the brain, helping improve mental clarity and overall energy.

Pair protein-rich snacks (like nuts or a boiled egg with avocado) with complex carbs (such as whole grains or fruit) to fuel brain and red blood cells. After exercise, try a snack with a 2:1 protein-to-carb ratio if you won't be eating within an hour.

Iron plays a critical role in reducing fatigue by supporting red blood cell function and replenishing iron stores lost during menstruation.



Dried apricots + hard boiled egg



Venison jerky or stick + dried figs



Edamame, steamed



Pumpkin seed + almond + dark chocolate (70% or higher cocoa content) trail mix



¼ cup hummus + ½ cup fresh veggies

Proper snacks are helpful, but make sure your meal plan sufficiently provides enough protein, healthy fats, carbs, and iron for your unique needs.

SUPPORT HEALTHY WEIGHT & PREVENT CRAVINGS

Fiber-Rich Snacks to Curb Hunger

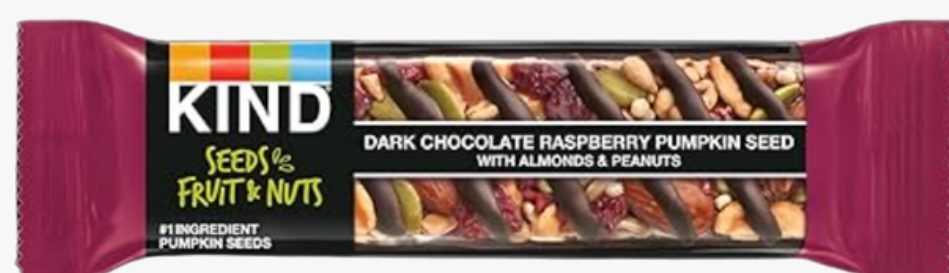
Fiber is key in supporting hormonal balance by promoting healthy digestion and stabilizing blood sugar, both of which are crucial for weight management. Fiber-rich foods help you feel fuller for longer, reducing cravings and overeating.



Apple + almond butter



¼ cup black bean hummus + whole wheat pita chips



Kind Seeds Fruit and Nuts bar



Kind Breakfast bar



Roasted chickpeas

Discover a sustainable snack strategy that aligns with your personal weight goals and keep in mind portion control and mindful eating techniques.

MANAGE STRESS & MOOD SWINGS

Vitamin D, Omega-3s, & Magnesium-Rich Snacks

Magnesium supports relaxation and stress reduction, helping to prevent mood swings, especially in busy, stressful lifestyles.

Omega-3s are essential fatty acids that reduce inflammation, improve mood, and support brain health, which can positively impact mental clarity and emotional balance.

Vitamin D supports the production of key hormones, including estrogen and testosterone, which influence mood, energy, and sexual function.



Handful of cashews (1 oz)



Flaxseed crackers with tuna salad



Avocado toast



Greek yogurt + 1 Tbsp cacao nibs (contains caffeine) + 1 Tbsp pumpkin seeds



Salmon pouch + 1 Tbsp avocado mayo + multi-grain crackers

Micronutrients are essential to include in snacks, but ensure they're included throughout the day in meals as well for optimal hormone balance and overall health.

IMPROVE GUT HEALTH

Probiotic & Prebiotic Snacks

Gut health plays a significant role in hormone regulation. Enjoy snacks with natural probiotics and prebiotics to support a healthy gut microbiome, which is linked to better hormone balance, mood, and digestion. A healthy gut can also reduce inflammation, which is often a culprit behind many hormonal issues like weight gain and fatigue.



Kefir chia pudding



1 oz Almonds + banana + Kombucha (low added sugar)



Cottage cheese (live active cultures) + 1 Tbsp chia seeds + fruit



Oatmeal + dried fruit (prebiotic) + 1 Tbsp ground flaxseed



Drinkable yogurt (lower added sugar options such as Chobani Yogurt Drink, Greek, low fat)

Gut health is a game changer for overall wellness and your immune system. Make sure to include a gut-healing protocol daily.

WHAT'S NEXT?

Feeling bloated, not like yourself, or struggling with mood swings?

The right snacks are just one piece of the puzzle. Functional lab testing can uncover what's really going on with your hormones, so you can finally get the answers—and solutions—you've been looking for.

Let's create a plan that works for your body!

Book a free discovery call today or visit **aleahdechant.com** to learn how personalized testing and support can help you feel your best.



Imagine your week running smoothly with healthy meals and snacks ready to go, leaving you with more time and energy for yourself, your family, and the things you love.

No more last-minute decision fatigue or scrambling for snacks or dinners. ***You have enough to juggle in your life. Let me take the guesswork out of your nutrition.***

Email me at cassie@wellnessthatfits.com or visit wellnessthatfits.com to book a free discovery call and learn how you can overcome exhaustion with holistic nutrition and meal prep that fit into your hectic schedule.