

Fuel Your Focus

A BUSY WOMAN'S GUIDE TO ENERGY
ON GLP-1S



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INTRODUCTION

Hello, I'm Laura Pilbeam.

My passion for nutrition has come from a lifetime of battling between my love of food and my drive for health. I've always struggled with my weight, never being able to stop the huge fluctuations over the years.

With my work I've seen what an important tool the GLP-1 medications can be, and how life-changing their impact can be on peoples' lives as well as their health. I've also seen that they are only part of the solution, and I've researched and studied how to make the most out of them in order to create a sustainable change to better health.



In this ebook, I want to share with you how to thrive while on this journey - because we haven't got the time to feel anything but your best.

- *Laura Pilbeam x*

CHAPTER I

Why You're So Tired on GLP-1s

You've made the decision to take control of your health and are using these amazing medications to help, and I'm so here for it! They are however a tool, which means they can be used in the right way to help accelerate your health and wellbeing, or they can be something that holds you back.

And that's where this book comes in, as one of the main problems I see in women on GLP-1s is the energy crash (often hitting at an inconvenient time!)

It's either that zombie-like feeling hitting after lunch, or the brain fog creeping in during that important meeting – or just the increased reliance on coffee and caffeine to help you get through the day. This is all totally normal, and it's not your fault.

What's actually going on..

GLP-1s work by slowing down and lowering appetite, which means that not only may we not be getting the nutrition we need to keep our minds and bodies energised, but also over time our metabolism adapts to the change.

This means our body literally slows down, trying to conserve energy to match the less energy coming in.

This can lead to you..

- Wanting to eat less (yay appetite control!)
- Skipping meals
- Eating meals that aren't providing optimum nutritional value

It's like your battery is getting charged to full, and you're always having to stop and recharge during the day.

Common energy traps

Most women I talk to on GLP-1s fall into one (or more!) of these traps:

- Skipping meals → "I'm not hungry, so I just won't eat"
- Surviving on coffee → great for 30 minutes, terrible for the rest of the day
- Grabbing sugar for a boost → gives a quick fix, but then an even deeper crash
- Reaching for quick, processed options rather than wholefoods

CHAPTER 1

The reframe: it's not about eating more

Here's the good news – you don't need to force yourself to eat big meals, as that's not the point. Instead, it's about fuelling smarter. Even small, compact meals can give you nutrition and energy that you need.

It's that age-old saying... quality over quantity.

For example:

- A light wrap with turkey, hummus and spinach – gives you more than a sugary latte and muffin.
- A scoop of Greek yoghurt with berries – better brain fuel and good for the gut compared to skipping breakfast entirely.



CHAPTER II

The Small but Mighty Plate Framework

So now it's time to look at ways to help boost the metabolism and keep you fuelled for the whole day.

One formula I teach all my clients is the small but mighty plate. It's simple, doable, and designed exactly for women on GLP-1s who don't have a huge appetite but still need serious fuel.



The big idea

When our appetite is suppressed, we have less wiggle room for options that don't serve a purpose on our plate. Every bite needs to count.

Here's how to build that plate:

- **½ protein**

Protein is your number 1 priority. It not only helps you stay full, it also helps to regulate blood sugar as well as fuel your muscles and metabolism.

Examples: chicken, eggs, Greek yoghurt, cottage cheese, cheese, tofu, protein shakes

- **¼ smart carbs**

Carbs aren't the enemy! The trick is to choose one that give steady energy rather than spikes.

Examples: quinoa, oats, berries, sweet potato, wholegrain bread and pasta

- **¼ healthy fats**

Healthy types of fats help to keep digestion slower and also help fuel the brain. Omega-3 fats also help to reduce inflammation in the body.

Examples: avocado, nuts, seeds, oily fish, olive oil

- **Colour and fibre**

Getting a variety of fruits and vegetables help to diversify your gut microbiome, helping to heal the gut lining as well as boosting vitamin and mineral levels.

CHAPTER II

Why this works

By following this framework it ensures that every meal you get:

- Enough protein to stabilise your energy
- Just the right carbs to keep your brain sharp
- Fats for focus and satiety
- Nutrients to help your body thrive rather than just survive

**Examples of small but mighty plates**

Here are a few ideas to get you started with the framework:

- Breakfast → greek yoghurt with chia seeds, berries and a drizzle of almond butter
- Lunch → turkey, hummus and salad wrap with a side of carrot sticks
- Dinner → pesto crusted salmon with sweet potato fries and broccoli
- Snack → hard boiled egg and a handful of almonds

None of these are huge meals, but they're small but pack a punch!



CHAPTER III

Plug-and-Play Meal Formulas



Here's the thing, I know you're busy. You don't want to be scrolling through Pinterest for hours or cook recipes with 27 ingredients.

That's why I created my plug-and-play meal formulas.

Think of these like building blocks for your meals. It's almost like a capsule wardrobe for your kitchen. It's easy to mix and match ingredients when you know what you need to include.



Breakfast

Breakfast doesn't have to be big, but skipping it all together usually ends up backfiring during the day. Even a small protein-packed meal starts the day strong with steady energy.

Formulas:

- Protein + fruit + healthy fat
- Protein + smart carb + colour



Examples:

- Greek yoghurt + berries + chia seeds
- Protein shake with almond milk + banana + spoon of peanut butter
- Protein shake with coconut milk + vanilla protein + frozen mango and pineapple
- Mini veggie scramble with a slice of wholegrain toast

CHAPTER III CONTINUED

Lunch

Lunch is often where our energy can take a real dip (hello skipped meals and 3pm energy crash). Let's fix that

Formulas:

- Protein + wrap/bowl + colour
- Protein + smart carb + greens

Examples:

- Turkey + hummus + salad wrap + carrot sticks
- Lentil + quinoa bowl + roasted veggies + tahini dressing
- Grilled chicken salad + avocado + olive oil dressing

Dinner

By dinnertime it's usually a battle of wills, between having the energy to bother cooking or to just chill and recharge. This is where keeping it quick, simple and nutrient-packed is the way to go.

Formulas:

- Protein + roasted veg + optional smart carb
- Protein + salad + healthy fat

Examples:

- Pesto-crusted salmon + sweet potato + broccoli
- Prawn stirfry + peppers + brown rice
- Chicken + wholegrain pasta + roasted veg sauce with spinach



CHAPTER III CONTINUED

Snacks

Although snacks are down to personal preference (for some having a break between meals helps with insulin regulation) they are also a great secret weapon to help stop the dreaded energy dip.

Formulas:

- Protein + fat
- Protein + smart carb

Examples:

- Hard boiled egg + almonds
- Cheese stick + apple slices
- Edamame + sea salt
- Apple slices topped with peanut butter
- Greek yoghurt + drizzle of nut butter (and some dark chocolate if the mood takes you!)

How to use these formulas

- Pick your protein of choice
- Add a smart carb or healthy fat
- Throw in some colour in the form of fruits and vegetables

And that's it! No overthinking, no calorie counting, just simple building blocks to help give you maximum energy in minimum time.



CHAPTER IV

The Energy Reset Rituals

When it comes to energy, the food we eat isn't the whole story. If it was, life would be a lot easier!

Instead we also need to look at movement, hydration (a big one on GLP-1s!) and recovery.

That's why I focus on setting a few Energy Reset Rituals with my clients. These tiny tweaks that don't take too much effort, but they completely change how your day feels.

Morning: hydration hack

Every morning without fail, the first thing I do – not check my phone, not grab for the coffee, not even let the dogs out – the first thing I do is take my electrolytes.

Adding electrolytes to a glass of water first thing in the morning helps to instantly lift that morning brain fog and gets me ready for the day faster than boiling the kettle.

You can pick up electrolytes in most supermarkets these days, or if you're feeling brave just add a pinch of salt and some lemon to your water – although I'll admit this is a little harder to stomach first thing in the morning!

Your morning ritual:

☞ 1 glass of water (with electrolytes if you can). Then coffee.



CHAPTER IV CONTINUED

Midday: move it (even a little)

Have you ever had that moment after lunch where you grab your phone and end up doom scrolling, to then have to drag yourself away after 20 minutes and feel like you're going to fall asleep at your desk? No? Just me?

To prevent that feeling like your brain needs to shut down and struggles to reboot again, you're not alone.

The best way to combat this is to get up and move for 5-10 minutes – whether that's a walk, a stretch, or even a quick dance party to yourself, it gets your blood pumping to body and brain and helps to reset your focus.

Your midday ritual:

👉 set a timer for 10 minutes after lunch, and just move in any way that feels good.

Afternoon: Pre-emptive crash snack

If you're a person who gets that 3pm energy slump, think about fuelling yourself before the dip.

It doesn't have to be much, but a snack high in protein + fat (greek yoghurt, nuts, avocado on toast etc)

This keeps your blood sugar steady, giving you more of a "zen" energy rather than a sugar spike.

Your afternoon ritual:

👉 look for a small protein-packed snack around 2/2.30pm

Evening: Gentle wind-down

Your energy for tomorrow starts tonight. Getting a good night sleep helps regulate energy levels as well as builds focus for the next day. It also allows the body to recover well from the previous day, helping with muscle fatigue as well as a tired brain.

Try this:

- Cut caffeine after 2pm
- Eat your last meal 2 hours before bed
- Turn off all screens at least 30 minutes before bed
- Swap the endless scroll for a 30 minute wind-down routine (stretching, journaling, reading a chapter of a book, skincare routine, dimming the lights)

Your evening ritual:

👉 create a 30 minute "signal" to your body that it's time to rest.



CHAPTER V

Beat the 3pm Crash - Action Plan

Does this sound familiar: You're in the middle of the workday, you're in the middle of a project, or you're gearing up for your afternoon meeting, and suddenly.. Your brain feels like it's shutting down.

You're staring at the screen, your eyes are glazing over, your mind is wandering from the task at hand, and all you want is coffee. Or sugar. Or both.

Welcome to the 3pm crash! It's one of the biggest complaints I hear from women on GLP-1s, but the good news? It's totally fixable.



Why the crash happens

It's not coming from laziness or lack of motivation (something I hear women blaming themselves for regularly!) – it's biology.

Here's usually what's going on:

- Lunch was too light (or skipped): not enough protein means the energy tank drains too quick.
- Too much caffeine earlier in the day: the quick buzz has worn off and now we're in the post-coffee slump.
- Blood sugar dips: especially if you grabbed something sugary for a boost
- Hydration gap: even mild dehydration can feel like exhaustion.

CHAPTER V CONTINUED

Your crash-buster action plan**1) Protein-first lunch**

- Aim for at least 20g of protein at lunch (chicken wrap, lentil soup, tuna salad)
- Protein gives a slow release energy, that I like to call “zen” energy – a calm, focused energy, the opposite of the jittery short-lasting energy you get from sugar.

2) Pre-emptive snack

- Don't wait until you're already crashing, fuel before the dip
- Example snacks:
 - Handful almonds
 - Carrot sticks and hummus
 - Celery filled with peanut butter
 - Cheese stick and apple slices

3) Hydration check

- GLP-1s not only affect our appetite, but studies have shown that our hydration levels can decrease on them too.
- Use a water bottle with timings on the side to help keep topped up
- Set reminders on your phone to drink a glass of water every hour

4) Mini movement break

- Getting out in the daylight can really help to reset your energy
- Any movement for 5–10 minutes helps to increase circulation to mind and body



CHAPTER V CONTINUED

Case study: Sarah

By the afternoon Sarah would say yes to anyone who asked if they wanted to go grab a coffee. That latte (and the occasional muffin) would give her a 20 minute boost, but when sitting back at her desk after she would feel worse than before.

Working together we made a few simple switches:

- She packed her lunch everyday, prioritising protein (chicken and quinoa bowl, or tuna salad and rice crackers)
- She kept a stash of healthy snacks at her desk (smoked almonds, beef jerky, chia seed balls)
- She kept a water bottle at her desk with a reminder on her phone to drink every hour
- After lunch she made sure she got outside for at least 10 minutes

Now? No more crashes, she even manages to keep up with her hobbies after work, keeping her energy levels steady all the way through dinner – without relying on caffeine.

Quick crash-buster checklist

If you find yourself flagging mid-afternoon, ask yourself these questions:

- Did I eat protein at lunch?
- Did I have my 2pm snack?
- Have I had any water since lunch?
- Have I moved my body (even for 5 minutes)?



CHAPTER VI

Your 5-Day Energy Reset Challenge

So now we've been through the nitty gritty, it's time to put it all together – because let's face it, reading about it and actually doing it are two very different things, and we don't have time to not take action!

It's time to feel the difference in real time – welcome to the **5-day Energy Reset Challenge**.

It's simple. Doable, and if you stick with it you'll notice shifts in your energy within a week.

How it works

- Each day you'll have one simple action
- You'll use the **Energy Tracker** (at the end of the book) to rate your energy from 1–5
- By day 5, you'll start to see patterns and progress

Day 1: Hydration reset

Start your morning with a glass of water with electrolytes (or lemon with a pinch of salt).

Take a water bottle to work, and set a reminder on your phone to drink every hour.

👉 **energy rating tonight:** how did you feel compared to your usual mornings?

Day 2: Protein-first breakfast

Even if you're not super hungry, start your day with something protein-rich.

Examples: greek yoghurt bowl with berries, protein smoothie, veggie scramble with slice of wholemeal toast

👉 **energy rating tonight:** did you crash before lunch, or feel steadier?



CHAPTER VI CONTINUED

Day 3: Small but mighty lunch

Build your midday meal using the Small but Mighty Framework (protein + smart carb + fat + colour)

👉 **energy rating tonight:** how did your afternoon focus feel?

Day 4: Pre-emptive crash snack

Have a snack around 2–2.30pm, not waiting until you're already exhausted.

Examples: hard-boiled egg + nuts, cheese stick + apple slices, celery + peanut butter

👉 **energy rating tonight:** did you avoid the 3pm crash?

Day 5: Evening winding-down

Create a 30 minute bedtime routine (stretching, skincare, journal/reading). No phone scrolling!

👉 **energy rating tomorrow morning:** how rested and refreshed do you feel?

Bonus prompt:

At the end of Day 5, ask yourself:

- What's the number 1 habit that gave me the biggest boost?
- How can I keep that going next week?



CONCLUSION

This is the beginning of something good.

🎉 First off – congratulations! You made it through this guide!

Most women think about fixing their energy, but don't take action. You did. That alone puts you ahead of the rest.

Over the past few chapters, you've learned to:

- ✓ Fuel smarter with the Small but Mighty Plate
- ✓ Build meals in minutes with simple formulas
- ✓ Reset your energy with daily rituals
- ✓ Beat the dreaded 3pm crash
- ✓ Test-drive your new habits with the 5-Day Energy Reset Challenge

That's huge. You've already got tools most women on GLP-1s wish they had.



CONCLUSION CONTINUED

But here's the thing..

Quick wins from simple changes are amazing. But if you want energy that's consistent, reliable and sustainable – it's going to take more than just a few general tweaks.

It's not a one size fits all when it comes to our health – and what works for us at the start, might not be what works for us further into our journey.

That's why I created my signature 12 week programme: **Energy Evolution Method**

What you'll get in the **Energy Evolution Method**

Inside, we'll go deeper into:

- ★ How to personalize your fueling strategy to your body and schedule.
- ★ Building meals + snacks that actually fit your lifestyle (no overwhelm).
- ★ Optimizing energy for focus, workouts, and busy days.
- ★ Supporting digestion, hormones, and long-term vitality.
- ★ Creating a step-by-step system so you never feel lost, stuck, or exhausted again.

This isn't about "more dieting." It's about building a way of eating and living that supports the ambitious, vibrant, unstoppable version of you.

Ready for the next step?

👉 Click [here](#) to learn more about the **Energy Evolution Method**
(And yes, there's a little bonus waiting if you join within 48 hours 😊)

Final words

You've already proven you're ready for change. Imagine what the next 12 weeks could look like with the right support, structure and strategy.

More energy, more focus, more confidence.

Not just weight loss – but true vitality.

I can't wait to cheer you on inside the **Energy Evolution Method**

– *Laura Pilbeam x*



5-DAY CHALLENGE ENERGY TRACKER

Day 1: Hydration reset

Energy rating:

How did you feel compared to your usual mornings?

Day 1: Hydration reset

Energy rating:

How did you feel compared to your usual mornings?

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