NUTRITION GEMS



THE 3PM CRASH GUIDE

Why your energy dips in the afternoon, and one simple tea & coffee habit that can help

A free guide for busy women

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Why the 3pm crash happens

You're not lazy, and it isn't a lack of willpower. Busy days often look like this: chai or coffee for breakfast, a rushed or skipped lunch, then a slump mid-afternoon and a hunt for something sweet.

1 Caffeine standing in for food

Many women reach for coffee or tea when they're actually hungry. Caffeine can help you feel alert, but it isn't fuel. When it replaces a meal, energy tends to be shaky.

2 Meals built on fast-burning carbs

White bread, sugary snacks and baked goods digest quickly and can spike your blood sugar. The drop afterwards can mean tiredness, irritability and cravings.

What it can feel like



Illustration only, not measured data. Everyone's body responds differently.

Does this sound like you?

- [ ] Tired or foggy by mid-afternoon, most days
- [ ] Coffee or chai instead of a proper breakfast or lunch
- [ ] Sugar cravings in the afternoon or evening
- [ ] Grabbing whatever snack is closest
- [ ] Feeling irritable when hungry

Ticked two or more? The next page is for you.

THE FIX

Give your tea or coffee a Protein Pal

Enjoy your tea or coffee **between meals**, and pair it with a little protein to help keep your energy and mood steady. You don't have to give up chai.

Instead of asking *"Can I have coffee?"* ask **"What can I pair with my coffee?"**

Pair it up with

- Hummus + veggie sticks
- Handful of peanuts or walnuts
- Chickpea salad
- Roasted chickpeas
- Single fruit + seeds
- Shaami kebab + wholegrain toast
- Trail mix (nuts + seeds)
- Boiled egg

Your 3pm rescue plan

1. **Build a balanced lunch**
   Fill your plate with veggies, add a protein (eggs, chicken, fish, lentils, beans, yoghurt) and a slow-burning carb (basmati rice, oats, whole wheat, quinoa, sweet potato), plus about 1 tbsp of healthy fat like ghee or olive oil.
2. **Time your tea or coffee**
   Have it between meals, not instead of one, and always bring a protein pal along.
3. **Reach for protein first**
   If hunger hits mid-afternoon, choose a protein-rich snack before the sweet one.

Try it for 5 days

Small shifts create lasting habits. Fill this in each day and notice what changes.

Day	My tea/coffee + protein pal	Energy at 3pm (1–5)	Cravings today?
Mon		1 2 3 4 5	○ none ○ some ○ strong
Tue		1 2 3 4 5	○ none ○ some ○ strong
Wed		1 2 3 4 5	○ none ○ some ○ strong
Thu		1 2 3 4 5	○ none ○ some ○ strong
Fri		1 2 3 4 5	○ none ○ some ○ strong

You just learned Rule 4 of the GEMS Method

The full method has four simple habits, with no calorie counting, no cutting out foods and no guilt:

- **Rule 1:** Start your morning gently
- **Rule 2:** Build a balanced power plate
- **Rule 3:** Snack smart at bedtime
- **Rule 4:** Coffee or tea with a protein pal

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Hi, I'm Mushaal Ijaz. I'm a Certified Holistic Nutritional Consultant with an MSc in Health Studies. My own struggles with low energy led me to create the GEMS Method: realistic, everyday habits that help you feel better, not just look different.

Disclaimer. This guide is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease. Please consult your physician or qualified health practitioner before changing your diet, especially if you have a medical condition or take medication.