



A FREE 10-MINUTE ENERGY RESET

The Busy Professional's Fix for the *3 p.m. Crash*

3 simple nutrition moves to stop running on coffee and feel steady, focused, and fed, even on the days your calendar wins.

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- 01 **STABILIZE**
Build a meal you can repeat.
 - 02 **RESCUE**
Outsmart the 3 p.m. crash.
 - 03 **RESET**
A 2-minute water + caffeine check.



Kat Naberezny, RDN

REGISTERED DIETITIAN

Eat well, feel well.

Simple nutrition for steady energy in real life.

NO MEAL PREP · NO FOOD RULES · NO PERFECT DIET

FROM BURNOUT TO BALANCE · STEP 1



A NOTE BEFORE WE START

Hi, I'm Kat.

Before I was a dietitian, I worked as a model manager, in an industry focused on how people look on the outside. I wanted to make a difference that went deeper, from the inside out.

So I became a dietitian. I started working in a hospital as a new mom, a wife and a friend, trying to juggle it all. That's where I saw it: doctors, nurses, even dietitians, the people who knew the most about health, were **skipping meals and running on coffee** just to get through the shift.

Then I looked at my friends, busy professionals doing the same thing. I understood them, because I was living that pace too.

That's when I realized what burnout really looks like, and how much what we eat shapes our energy.

Most people aren't short on information. They're short on **time, energy and decisions by 3 p.m.** So I built KN Dietitian around something simpler: **fewer decisions, better defaults** and meals you can actually repeat on a Tuesday.

Because real energy starts on the inside. **Start with the easiest step.**

Kat

THE GOAL

Give your body **enough structure to support steadier energy** without turning eating well into another full-time job.

01

Anchor your meal

Protein + fiber + an energizing carb + a little fat. Practical, satisfying, easy to repeat.

02

Build a backup snack

One reliable protein + fiber pairing within reach, so hunger never becomes an emergency.

03

Check fluids + caffeine

Use water and coffee on purpose instead of pushing through low energy all afternoon.

Build a "no-brainer" energy meal

You don't need a new recipe every day. Use this **four-part formula** and mix in whatever is realistic for you this week.

<i>1</i> PROTEIN CHOOSE 1 Chicken Eggs Greek yogurt Cottage cheese Tuna or salmon Tofu or beans	<i>2</i> FIBER CHOOSE 1+ Bagged salad or greens Frozen vegetables Fruit Baby carrots Tomatoes or peppers Beans or edamame	<i>3</i> ENERGY CARB CHOOSE 1 Whole-grain toast Rice or quinoa Potatoes Oats Wrap or tortilla Whole-grain crackers	<i>4</i> FLAVOR / FAT CHOOSE 1 Avocado Olive oil Nuts or seeds Cheese Hummus Favorite sauce
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FIVE 5-MINUTE COMBINATIONS

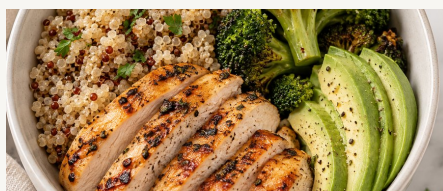
Greek yogurt bowl Greek yogurt + berries + oats or granola + walnuts

Desk lunch Tuna packet + whole-grain crackers + baby carrots + hummus

Fast breakfast Eggs + whole-grain toast + fruit + avocado

Microwave bowl Rotisserie chicken + frozen vegetables + microwave rice + olive-oil dressing

Plant-forward Lentils or beans + pre-cooked grain + greens + feta or tahini



Make it easier: pick two breakfasts and two lunches to repeat for one week.

Want 21 of these already built for you? [See page 6.](#)

Create your 3 p.m. rescue snack

A useful snack is not a random handful of something. Think **protein + fiber**, so it actually bridges you to your next meal.

- 1 **Apple + peanut or almond butter**
Portable, satisfying, almost no prep.

- 2 **Greek yogurt + berries**
Cold, high-protein, easy for office or home.

- 3 **Cheese stick + fruit**
Simple, portioned, easy to keep on repeat.

- 4 **Roasted edamame or chickpeas + fruit**
Shelf-stable for your bag or desk.

- 5 **Hummus + vegetables + crackers**
For when you want something savory.

YOUR "NEVER GET STRANDED" KIT

- ☐ One shelf-stable snack in your work bag

- ☐ One backup protein at work or at home

- ☐ One easy fruit or vegetable on your next grocery order

- ☐ One go-to convenience meal for days when cooking isn't happening



DECISION-SAVING RULE

If you're genuinely hungry and your next meal is more than 1 to 2 hours away, a **planned snack is more helpful** than trying to "be good" and white-knuckle it.

The 2-minute hydration + caffeine check

Coffee can absolutely be part of a healthy routine. The problem is when **caffeine becomes the only strategy** holding your day together.

BEFORE YOUR NEXT COFFEE, ASK

- 01 Have I had water in the last couple of hours?

- 02 Have I eaten enough today, or am I trying to caffeinate through hunger?

- 03 Is it late enough that this could interfere with sleep tonight?

- 04 Would food, water, daylight, or a short walk help more right now?

THE EASY DEFAULT

Keep a water bottle where you can see it.
Refill it when you move between the major parts of your day.

THE BUSY-DAY TRIGGER

Pair a glass of water with something already on your calendar: first email check, lunch, school pickup, your afternoon meeting block.

YOUR 10-MINUTE RESET · DO THIS TODAY

- | | |
|-----------------------|---|
| MINUTE 0 TO 2 | Fill a water bottle and take several sips. |
| MINUTE 2 TO 5 | Choose your next balanced meal using the four-part formula. |
| MINUTE 5 TO 7 | Put tomorrow's rescue snack where you'll actually see it. |
| MINUTE 7 TO 10 | Decide on your "good enough" breakfast or lunch for tomorrow. |

Practice one tiny system until it feels automatic.

Do not overhaul your life. **Three days, one small thing each.**

DAY 1

One balanced meal

Build it using the four-part formula.

☐ DONE

DAY 2

One rescue snack

Pack or place one protein + fiber pairing.

☐ DONE

DAY 3

Repeat + check

Repeat your easiest meal and run the caffeine check once.

☐ DONE

♥ Finished Day 3? DM me "DONE" on Instagram @kn_dietitian. I'd love to celebrate with you.

WANT THE NEXT STEP?

The Burnout to Balance Kit

The 10-minute Energy Reset gave you the first step. Now let's get the plan.

21 high-protein breakfast, lunch and dinner ideas, grab-and-go recipes, and simple trackers so you can stop deciding and start feeling the difference. Built for people who are done with all-or-nothing.

GET THE KIT



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Registered Dietitian Nutritionist helping busy professionals get off the caffeine rollercoaster with simple nutrition that fits real life. Working with clients across Florida since 2021.

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