

FREE GUIDE · FROM A DIETITIAN

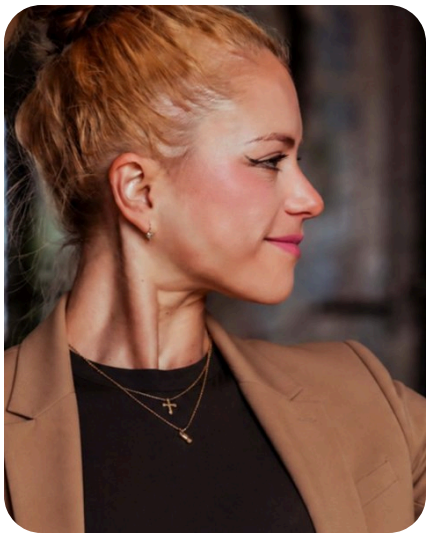
The 9pm Food Noise Fix

Grab-and-go meals for busy women who are done eating the kitchen at night. No meal prep marathon. No new diet.

Astrid Naranjo, Accredited Practising Dietitian
15 years · 600+ women coached · founder of InsideOut Fit

START HERE

Your 9pm problem starts at 7am.



I'm going to be blunt, because you're busy and you've read every nice version of this already.

The women I coach are bosses. Nurses on 10-hour shifts, directors, business owners, mums running three calendars. They know exactly what to eat. Then the day happens. Coffee for breakfast. A few bites at the desk. Nothing by 4pm. And by 9pm the food noise is so loud it feels like a personality flaw.

Your willpower ran out by lunchtime. Your body wants the food it didn't get during the day, and it wants it now.

So this guide skips the lecture and gives you food. Meals you can grab, assemble or microwave in under 10 minutes, built to keep you full enough that 9pm goes quiet. Pick a few. Repeat them. Boring is the point.

600+

women coached from all-or-nothing to all-or-something

CONFESSION

It took me about 11 years to rebuild my own relationship with food, with a nutrition degree the whole time. I still have nights where the urge to keep eating hits. The difference now is I've decided what I do about it before it happens. You'll find my exact 9pm plan on page 8.

1. Pick 2 of each

Two breakfasts, two lunches, two dinners. That's your week. No deciding at 6pm.

2. Shop once

Use the list on page 9. One trip, every meal covered, plus two backups.

3. Tick, don't track

Use the 7-day tracker on page 11. Aim for most days, not perfect days.

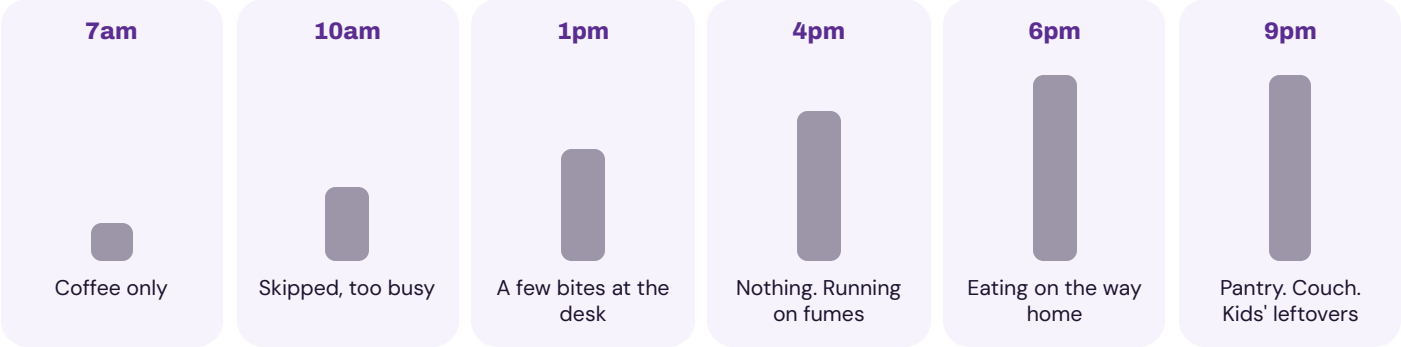
All or something. Never all or nothing. x Astrid

WHY IT GETS SO LOUD

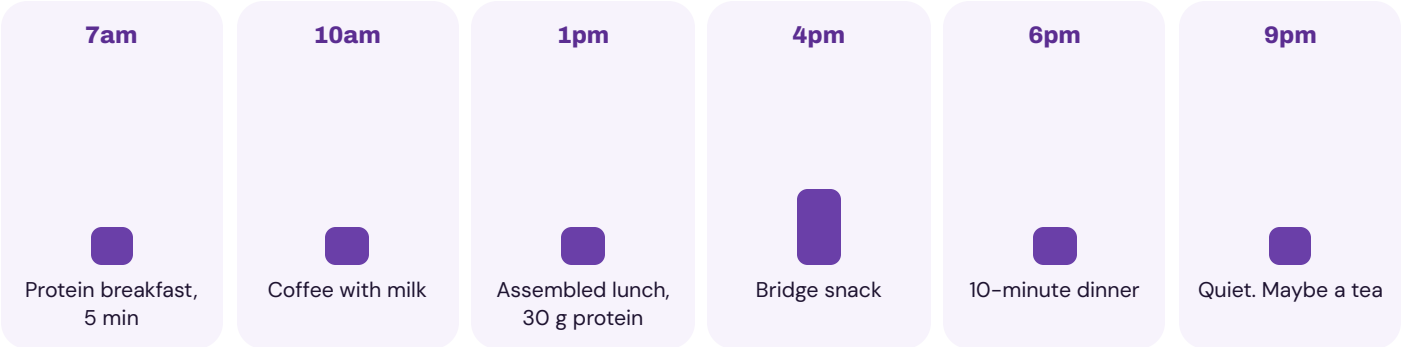
Same woman. Same job. Two different 9pms.

The bars show how loud the food noise gets through the day. Nothing changed except what she ate before 4pm.

The "I'll be good today" day



The grab-and-go day



25–40 g
protein per meal is the range I aim for with most women 35+

3 + 1
three real meals and one bridge snack at 3–4pm

10 min
the most any meal in this guide asks of you

TRY THIS TOMORROW

Eat a protein breakfast before 9am and something real by 1pm. Change nothing else. Then notice what 9pm feels like.

"She helped me build a better mindset towards nutrition and most importantly recognize my behaviors of emotional eating. Because of these skills I can have a better relationship with food. I've not only reached my goals but I've exceeded them."

INSIDEOUT FIT CLIENT · EMOTIONAL EATING

THE ONLY FORMULA YOU NEED

Every meal in this guide follows one rule.

Assemble, don't cook. Every plate gets four things, and most of them come ready-made from the supermarket.

Protein
25–40 g. Chicken, eggs, Greek yoghurt, tuna, cottage cheese, a shake

+

Volume
Veg, salad, fruit. Bagged, frozen or pre-cut counts

+

Smart carb
Rice pouch, wrap, oats, toast, potatoes, fruit

+

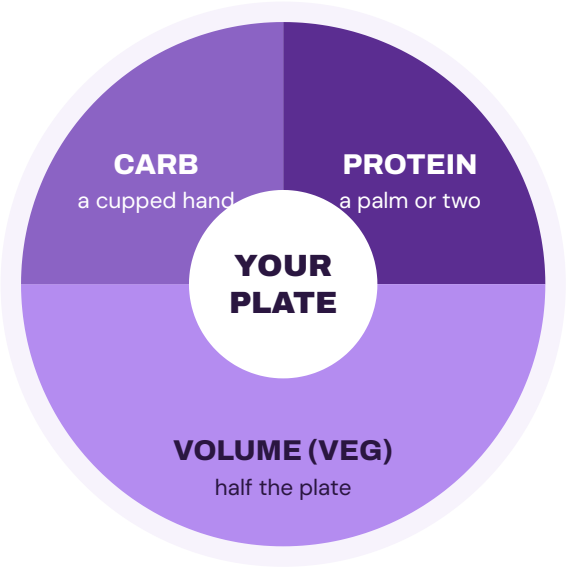
Flavour
Salsa, pesto, hummus, sauce, seasoning. Make it taste good

Why protein + volume quiets the noise

Protein is the most filling thing you can eat, and it protects your muscle (which matters more every year after 35, and even more on or coming off a GLP-1). Volume fills your stomach for very few calories. Together they keep you full for hours, so your brain stops shouting about food at night.

Why "assemble" beats "meal prep"

Sunday meal prep only survives a perfect week, and you've never had one. Assembling takes five minutes, needs no plan, and still works on the week your kid is sick and work is on fire.



+ flavour on top. Fist, palm and cupped hand sizes scale to your body.

HOW I EAT

Breakfast always. Protein at every meal. A big, high-volume plate with veg at breakfast and dinner. I never skip meals, even on my busiest days, because I know exactly what skipping costs me at night.

BREAKFAST · PICK 2

Breakfasts that take 5 minutes or less.

The meal that decides your 9pm. If you only change one thing, change this one.

5 MIN

The yoghurt bowl

~30 g protein

- 1 cup (250 g) high-protein Greek yoghurt
- Handful of frozen berries
- 2 tbsp granola or chopped nuts
- Optional: ½ scoop protein powder stirred in (+10 g)

Swap: skyr, or a ready-made protein yoghurt pot

2 MIN TONIGHT

Overnight protein oats

~35 g protein

- ½ cup (40 g) rolled oats
- 1 scoop protein powder
- ¾ cup (180 ml) milk + 1 tbsp chia
- Banana or berries on top in the morning

Batch it: make 3 jars at once

3 MIN

Eggs on the run

~22 g protein

- 3 hard-boiled eggs (buy them peeled)
- 1 slice wholegrain toast or a wrap
- Cherry tomatoes or a piece of fruit

Car-friendly: eat it at the lights

4 MIN

Cottage cheese toast

~25 g protein

- 2 slices wholegrain or sourdough toast
- ¾ cup (170 g) cottage cheese
- Sliced tomato, salt, pepper, chilli flakes

Sweet version: cinnamon + berries

1 MIN

The "no time at all" breakfast

~30 g protein

- Ready-to-drink protein shake (25–30 g)
- A banana or an apple
- Small handful of nuts

Keep a stash in your car or desk drawer

5 MIN

Smoked salmon wrap

~26 g protein

- 1 wholegrain wrap
- 70 g smoked salmon + 2 tbsp cream cheese
- Baby spinach, cucumber, squeeze of lemon

Swap: sliced chicken or turkey

"mindset has been much better this time focusing on consistency, not all or nothing and meal prepping for success. Also non negotiable for me has been getting in carbs and protein right away after a workout/run and before going out to eat/ to a friends house because I'm not ravenous when i get there."

INSIDEOUT FIT CLIENT · 8 LB DOWN IN 12 WEEKS

LUNCH · PICK 2

Desk lunches with zero cooking.

Lunch is where most busy women lose the day. "A few bites at the desk" turns into a 4pm crash and a 9pm pantry.

5 MIN · NO COOK

Rotisserie chicken bowl ~35 g protein

- 130 g rotisserie chicken (skin off)
- Half a bagged salad kit
- ½ microwave rice or quinoa pouch
- Dressing from the kit

One chicken = 3 lunches

3 MIN · NO COOK

Tuna and bean pot ~32 g protein

- 1 tuna pouch or tin (95–120 g)
- ½ tin four-bean mix, rinsed
- Cherry tomatoes, cucumber, red onion
- Lemon + olive oil, crackers on the side

Swap: salmon pouch

4 MIN · NO COOK

The grown-up snack plate ~30 g protein

- 100 g sliced chicken or turkey
- 30 g cheese + wholegrain crackers
- Baby carrots, cucumber, snap peas
- Hummus to dip

Desk-friendly: pack it in a container

4 MIN · NO COOK

Chicken hummus wrap ~30 g protein

- 1 high-protein wholegrain wrap
- 100 g cooked chicken strips
- 2 tbsp hummus + spinach + grated carrot

Make 2 and you have tomorrow sorted

BUYING LUNCH

The takeaway order ~40 g protein

- Burrito bowl or poke bowl
- Ask for double protein
- Load the salad, go easy on creamy sauces

No guilt: a bought lunch beats a skipped one

2 MIN

Upgraded ready meal ~30 g protein

- A supermarket high-protein ready meal (aim for 25 g+)
- Add a microwave bag of veg on the side
- Add a yoghurt pot if you're still hungry

Read the label: protein first, then the rest

"As a working mom of 3 young kids and a husband that constantly travels, my schedule can be erratic. The time working with Astrid has become more about sustainable incremental shifts over aesthetic changes."

INSIDEOUT FIT CLIENT · WORKING MUM OF 3

DINNER · PICK 2

Ten-minute dinners for wrecked weeknights.

You cook for everyone else all day. These work for the whole family, so you're not making two dinners.

10 MIN

Rotisserie stir-fry

~38 g protein

- 130 g rotisserie chicken, shredded
- 1 bag frozen stir-fry veg
- ½ microwave rice pouch
- Soy, sweet chilli or teriyaki sauce

One pan. Done before the oven heats up

10 MIN

Taco bowl

~38 g protein

- 150 g lean beef or turkey mince + taco seasoning
- Shredded lettuce, tomato, corn
- ¼ cup black beans + salsa
- A little cheese or avocado

Family meal: kids get it in a tortilla

8 MIN

Prawn pesto pasta

~32 g protein

- 150 g frozen cooked prawns (shrimp)
- Microwave pasta or a cup of cooked pasta
- Frozen spinach or zucchini
- 2 tbsp pesto

Swap: chicken or tinned salmon

7 MIN

Veggie omelette + toast

~28 g protein

- 3 eggs + ½ cup egg whites
- A handful of frozen spinach or peppers
- 30 g feta
- Toast or a microwave potato

Eggs for dinner is a real dinner

10 MIN

Salmon traybake (lazy version)

~34 g protein

- 1 salmon fillet (140 g)
- Microwave veg bag + microwave potato
- Lemon, salt, garlic. Air fryer 9 min

No air fryer? Oven, 15 min

5 MIN

The backup dinner

~30 g protein

- Something from the freezer or pantry for when the day goes to shit
- Example: frozen high-protein meal + microwave veg
- Or: tuna pouch + rice pouch + frozen edamame

Decide yours today and always keep it stocked

"Instead of chasing quick fixes, I built real lifestyle habits that actually last. … I feel grounded in my routines, confident in my choices, and free from the cycle of starting over."

INSIDEOUT FIT CLIENT · STOPPED STARTING OVER

THE TWO DANGER ZONES

The 4pm bridge and my 9pm plan.

The 4pm bridge snack

The gap between lunch and dinner is where the drive-home eating starts. A bridge snack with 15–20 g protein gets you home calm.

- Protein yoghurt pot + a piece of fruit
- 2 boiled eggs + an apple
- Beef or turkey jerky + a mandarin
- Cottage cheese + pineapple
- Edamame cup (frozen, microwave 2 min)
- Protein bar with 15 g+ protein
- A big milk latte + a banana



MY 9PM PLAN (THE EXACT ONE I USE)

1

Eat a real meal. If the urge to keep eating hits, I have a very high-volume, high-protein, veg-heavy meal. A proper plate, never picking.

2

Leave the kitchen. I physically remove myself. Out of the kitchen, out of sight of the pantry.

3

Book something. Some nights I schedule a call, a meeting or time with my husband, so I'm accountable to someone.

Big bowl
Greek yoghurt, a big handful of berries, cinnamon

Hot plate
Egg-white omelette with a bag of frozen veg

Cosy cup
A protein hot chocolate made with milk

If you're eating at 9pm, eat on purpose. Plate, table, done.

"I was stuck in a never ending cycle of yo-yo dieting for years with little or no success, then I connected with Astrid. … Slow consistent weight loss combined with changes to my psychological health and how I approach food and eating have me on a path towards success."

INSIDEOUT FIT CLIENT · BROKE THE YO-YO CYCLE

ONE SHOP · EVERY MEAL COVERED

The grab-and-go shopping list.

Tick what you need for the meals you picked. Names vary by country (shrimp = prawns, zucchini = courgette), so grab the closest thing.

Protein

- ☐ Rotisserie chicken
- ☐ Eggs (or peeled boiled eggs)
- ☐ High-protein Greek yoghurt
- ☐ Cottage cheese
- ☐ Tuna or salmon pouches
- ☐ Sliced chicken or turkey
- ☐ Frozen cooked prawns
- ☐ Lean mince (beef or turkey)
- ☐ Salmon fillets
- ☐ Protein powder
- ☐ Ready-to-drink protein shakes
- ☐ Jerky
- ☐ Smoked salmon



Volume

- ☐ Bagged salad kits
- ☐ Baby spinach
- ☐ Frozen stir-fry veg
- ☐ Frozen spinach
- ☐ Microwave veg bags
- ☐ Cherry tomatoes
- ☐ Cucumber, baby carrots
- ☐ Snap peas
- ☐ Frozen berries
- ☐ Bananas, apples, mandarins
- ☐ Frozen edamame

Smart carbs

- ☐ Microwave rice or quinoa pouches
- ☐ Wholegrain wraps
- ☐ Wholegrain or sourdough bread
- ☐ Rolled oats
- ☐ Wholegrain crackers
- ☐ Four-bean mix, black beans
- ☐ Potatoes

Flavour

- ☐ Salsa
- ☐ Hummus
- ☐ Pesto
- ☐ Soy or teriyaki sauce
- ☐ Sweet chilli sauce
- ☐ Taco seasoning
- ☐ Feta, cream cheese
- ☐ Lemons
- ☐ Cinnamon, chilli flakes
- ☐ Granola, nuts, chia

ALWAYS IN STOCK

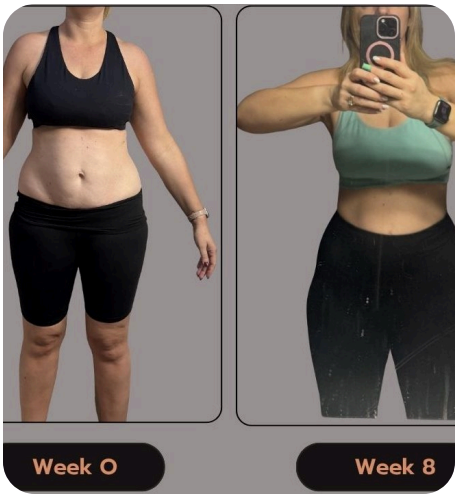
2 backup dinners in the freezer or pantry, and **1 emergency protein** in your bag or car.

REAL CLIENTS · REAL RESULTS

Busy women who quieted the noise.



Busy mum · week 0 to 12
9 lb down, stronger, and confident in her own skin



Mum of two, high achiever · week 0 to 8
7 lb down while fixing her relationship with food



Busy professional · week 0 to 24
2 kg down eating more and smarter, plus new lifting PBs

"I used to be obsessed with food— it took a lot of mental space for me and it was exhausting. … My hunger cues have normalized and I feel like I can finally break free from this obsession."

INSIDEOUT FIT CLIENT · FOOD FREEDOM

"I never brought it to the house because one spoon … would always end up in me eating the whole pint or packet. … My freezer is packed with all sorts of ice cream and I am not afraid. I have some without going overboard and do not wake up in the middle of the night to finish tubs of ice cream."

INSIDEOUT FIT CLIENT · NIGHT BINGEING

"I am a high achiever in my career but, I couldn't keep consistency with my fitness and diet. I could stay on track for a few weeks and then I would return in to my old ways of eating. … Consistency over perfection."

INSIDEOUT FIT CLIENT · 8 MONTHS

"i'm so proud of myself … i finally feel like myself again and i have so much energy … i'm learning to be gentle with myself … and BIG WIN ONE MONTH NO BINGE"

INSIDEOUT FIT CLIENT · WHATSAPP CHECK-IN

In clients' own words, names removed. Individual results vary.

600+
women coached

15 years
as an Accredited Practising Dietitian

16 weeks
Stabilise · Recomp · Lock In

WHEN IT GOES WRONG (IT WILL)

After a bad night: next meal, back on.

You will have a night where you eat the kitchen. Most women I coach have. I have.

The real damage happens the morning after, when you skip breakfast to "make up for it", eat nothing until 3pm, and set yourself up for round two. That's how one bad night becomes a "f*ck it" week, and then "I'll start again Monday".

THE MORNING-AFTER RULE

1. Eat breakfast. A normal one, with protein.
2. Drink water and get a walk in.
3. Eat lunch on time.
4. Treat it as information. What did the day before look like? Skipped meals? No 4pm snack? Fix that, and leave the guilt out.

Your 7-day tracker

Tick what you did. Aim for most boxes on most days. A half-ticked week still beats a perfect Monday followed by nothing.

Did I...	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein breakfast before 9am							
Real lunch by 1pm							
4pm bridge snack							
10-minute dinner							
No skipped meals today							
Used my 9pm plan (if needed)							
Food noise at 9pm (1 quiet – 5 loud)							

My breakfasts this week

My backup dinner is

"I have had nearly 6 weeks of clean sweeps without the urge to binge or if binging, they're only small and I am able to focus and get back on-track the next day. This is something I haven't been able to do, as one binge, has previously led to many binges and vicious cycle of self-sabotage."

INSIDEOUT FIT CLIENT · 6 WEEKS BINGE-FREE

YOUR NEXT STEP

Want this built around your actual life?



This guide quiets the noise. Coaching is where we find out why it got loud in the first place, and build a plan that holds on your worst week, on or off a GLP-1.

16 weeks. Nutrition, strength training and the mindset work, with me in your corner.

Apply for coaching

A few questions so I can see where you're stuck and if we're a fit.

bit.ly/CoachinginterestApplication

Book a Clarity Call

15–20 minutes with me. We find what's keeping you stuck and the right next step.

go.astrid-dietitian.com/clarity-call

Or DM me **READY** on Instagram **@astrid.thefitdietitian** and we'll talk.

General information from an Accredited Practising Dietitian, not personal medical advice. Protein amounts are approximate. If you're on a GLP-1, plan any changes with your prescriber. If food feels out of control or you're struggling with disordered eating, please reach out: Butterfly 1800 33 4673 (AU) · National Alliance for Eating Disorders (866) 662-1235 (US) · Beat 0808 801 0677 (UK) · NEDIC 1-866-633-4220 (CA).