



QUICKSTART *Guide*

FOR OVERSTRESSED PROFESSIONAL WOMEN

WELCOME

Welcome! I'm Vesna Hrsto

I'm so glad you're here! If you're ready to boost your energy, and feel more in control of your life, you're in the right place.

As a Naturopath and Executive Wellbeing Coach, I've helped literally thousands of women just like you go from feeling burnt out and overwhelmed to thriving with more energy, clarity, and balance.

Let's dive in—I'm excited for what's ahead!

Vesna



TABLE OF CONTENTS

INTRO

02

MORNING HABIT

04-08

THE GIFT OF BURNOUT

09-11

MASTERCLASS

12

MORNING HABIT

- BREAKFAST WITHIN 20 MINUTES



MORNING 20

Have breakfast within 20mins of **getting out** of bed and starting your day (not if you have poor sleep and wake at 4am).

Choose either the M20 smoothie, or one of the breakfast options (next page). If you can't eat first thing in the morning because you have zero appetite or if you're exercising first, then have a snack within 20 minutes of waking, followed by your breakfast later. A small snack, like nuts - about 7-10 almonds, cashews, walnuts etc to break your fast until you can have your breakfast an hour later .

If you're on thyroid medication, then wait until the appropriate time (1hr) before having breakfast

This habit alone will shift your energy, mood and even metabolism!

Having a later breakfast might seem harmless, but it can actually trigger a spike in your stress hormone, cortisol.

In the morning, cortisol is naturally at its highest—it helps wake you up and gives you that initial burst of energy to start the day. But if you skip breakfast, your blood sugar levels drop, and your body reacts by breaking down muscle to convert into glucose, just to fuel your body and brain. This process pushes cortisol even higher than it should be, leaving you feeling stressed, anxious, and like you're running on fumes.

The key to hacking your stress and energy is to keep cortisol rising steadily in the morning—without an excessive spike. By having a balanced breakfast, you support your body's natural rhythm, so you feel energized and focused without the jittery, stressed-out feeling. This also helps keep your energy balanced throughout the day, preventing those mid-afternoon crashes and sugar cravings.



M2o SMOOTHIE

This smoothie provides carbohydrates for energy, protein to build muscle tone, reduce brain fog and regulate sugar levels. The coconut oil, tahini & linseed meal contain healthy fats and fibre which are anti-inflammatory, help to regulate hormones, increase satiety and burn fat for fuel. It's also high in calcium (Tahini), fibre and phytonutrients

SERVES 1

- 3 tablespoons of protein powder/collagen
- 200mls/0.8 cup water + almond milk
 - OR water + coconut water
 - (200mls total)
- 1 x Fruit - Banana OR ½ cup frozen berries (organic)
- 1 x tablespoon Coconut oil (organic)
- 1 x Tablespoon Tahini (unhulled + organic)
- 1 x Tablespoon Linseed Meal

What you need to do

1. Add all ingredients into blender
2. Blend well
3. Drink slowly enjoying each mouthful



Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	409	21	27	35

*Nutrition per serving

PROTEIN POWDER

Recommended Protein powder

Collagen Hydrolysate:

AU: <https://www.optimoz.com.au/products/great-lakes-collagen-hydrolysate>

EU: <https://www.livevitae.com/store/great-lakes-collagen-hydrolysate-eu-approved>

USA/CA: <https://greatlakesgelatin.com/products/hydrolysate-single-can>

Vegan/ Vegetarian: Hemp Protein powder

Guidelines for collagen powder/ plant based protein powder

Below are some of the protein powders/collagen we recommend. You are more than welcome to use other brands as well, as long as they are;

- Free of any sugars/sweeteners or flavours.
- Aim for a protein powder/collagen with around 11/12g per serving. (You need 28-30g of protein per smoothie)



BREAKFAST OPTIONS

- Chia Pudding: Chia soaked overnight, add strawberries, collagen and almonds
- Porridge with fruit, almond milk + LSA (Linseed, sunflower, almond) + protein powder (collagen)
- Muesli (fruit free, sugar free), natural yoghurt + strawberries + coconut milk
- Egg omelet or scrambled eggs with veggies such as spinach, leeks, broccoli, tomatoes, or chives
- French toast on gluten-free bread + organic eggs
- Protein Smoothie - Use good quality protein powder or collagen, plus berries + almond milk, optional: tahini + banana



THE GIFT OF BURNOUT



THE GIFT OF BURNOUT

While it may not feel like it right now, your symptoms are a gift! Burnout is a gift.

When you burnout it is the old you that burns itself out, then our soul begins to show us the new path to our best life.

Over the years, I've never met anyone who was chronically tired who didn't need a rest. That's the purpose of fatigue.

But some people battle on through fatigue, they override the danger signals and just work harder.

Then one day they stop, listen and take action or they become so incapacitated that they have no choice but to stop.

Burnout is so transformative, it is a signal to create a new way of life.

In fact, burnout could be the best thing that ever happens to you, because you now get to listen to where your real self is asking you to go.

In the next exercise, I want you to find ways that Burnout has been helpful in re-directing your life.



MY SYMPTOM STORY

What could my symptoms be trying to tell me?

Can I see how my condition could be a positive nudge to move me into a new direction in life?

Where am I in conflict with this new direction?

MASTERCLASS

Listen to the masterclass “THE INVISIBLE STRESS SWITCH”.

We can reduce negative thinking, overwhelm and anxiety when we understand it’s source. Listen to find out how this is done.

Also with in this audio, I share how our thinking changes our mood, quality of life and our biochemistry.



The image shows a SoundCloud player interface. On the left is a black album art thumbnail with a white box containing the text "QUICKSTART Guide" and "FOR OVERSTRESSED PROFESSIONAL WOMEN". Below the thumbnail is a "Privacy policy" link. To the right of the thumbnail is a play button icon, the name "Vesna", and the title "THE INVISIBLE STRESS SWITCH - MASTERCLASS". Further right is the SoundCloud logo and a waveform visualization of the audio. A progress bar at the bottom right shows the current time as 20:07.



WHAT OTHER PEOPLE ARE SAYING

Laurelle [Profile Picture] **Buh-Bye Burnout** November 5 at 10:55 AM

Just wanted to share some wins with the goal of encouraging others on this journey.

I'm now in maintenance. It's taken me longer than the six weeks but that's OK. I'm still going through the life balance assessment. I've got Hashimoto's and I'm peri-menopausal.

Since starting BBB- I'm sleeping better, I'm calmer, less stressed, more positive, happier, feel more knowledgeable about nutrition and how to take care of myself, my cholesterol is lower and I don't have hot flashes and night sweats anymore.

I've also lost 3-4 kg. it didn't happen straight away and it's been gradual. I have more to lose but the trajectory feels positive.

Life is still challenging and stressful in a number of ways but I feel more able to cope.

If you're wondering if it's worth it, try to keep going if you can. It just might be for you. xx

Jo-Ann [Profile Picture]

For the first time in about 20 years I've been able to go to bed before midnight and actually sleep! I have struggled with terrible anxiety and depression and, so far, it's under control 😊 I used to binge eat and now I don't even crave anything, not even my fave, chocolate! I'm now getting 7 hours of good sleep, and not feeling tired and miserable all day. Previously I would be lucky to get an uninterrupted 4 hours. Ive been managing my mental health without medication, my clothes are fitting me better and I've lost about 5kg. I am about to start the detox in a couple of days, and I'm actually looking forward to it! The best thing about this is that I feel like I have control of my own health and wellbeing. Im so grateful to have found BBB! 🙏

10 m Like Reply

Lindy [Profile Picture]

Im on Day 5.....and holy guacamole!!! I feel bloody sensational!!!! 😎😎😎 I can't remember the last time I felt energised, focused, motivated, calm and productive all day, let alone 5 days in a row! The M20 is a game changer! I'm so keen to see the difference after 6 weeks 😊😊

2w Like 5 ❤️👍👎

Janeen [Profile Picture]

I am 7days into this programme and have got much more energy .Yoooho 🥳.Snuch an illegal cup of tea today and d I didn't enjoy it at all 😊 Changed over to Mineral water from Soda water.finallyso getting there.

6 m Like Reply

Lyn [Profile Picture]

Hi I also found a renewed strength and joy after completing the program. I am 68 + 8 weeks into maintenance. I am still working on visualisation, meditation, swimming once a day + walking as well. Your program is like the gift that keeps on giving. I too am soo happy Vesna + The Team came into my life.

2w Like Reply 2 ❤️👍👎



Vesna xx

Do you have questions?

Contact us!



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