Eating by the Clock

First Steps to Balanced Blood Sugar

When you begin eating on a consistent rhythm, your body relaxes because it knows when to expect fuel. That predictability is one of the strongest safety signals you can send to your metabolism, nervous system, and hormones.

This alone starts lowering cortisol spikes, improving energy, and smoothing out blood sugar.

Balanced blood sugar isn't about perfection—it's about predictable patterns.

Your Morning Template for Steady Hormones and Stable Energy

1. Eat your first balanced meal within 60–90 minutes of waking.
 This helps turn cortisol into energy instead of anxiety and sets up better insulin sensitivity for the day.
2. Build every meal with the metabolic trifecta:
   - ~30g protein
   - Healthy fats
   - Fiber-rich carbs and veggies

These are the building blocks of metabolic flexibility—your body learns how to switch between glucose and fat for fuel.

Creating Metabolic Flexibility

We're retraining your metabolism to burn more fat and less sugar. As your cells become better at using fat for fuel, it becomes much easier to go 4–5 hours between meals without hunger crashes, brain fog, or irritability.

It's totally okay if you're not there yet.

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If You Struggle to Stretch the Window Between Meals…

Start with a fat-forward snack halfway between meals, especially if you:

- Get shaky, hangry, foggy, or fatigued when hunger hits
- Wake in the night
- Experience PMS or perimenopause blood sugar swings

Examples:
nuts of your choice - almonds, walnuts, macadamias • avocado with sea salt • cheese • olives
These help bridge the gap while your metabolism adapts.

Meal Timing Example (Take what works, leave the rest)

This doesn't have to be perfect—just consistent.

- Breakfast: 7:00–8:00 AM
- Lunch: 12:30–1:30 PM
- Dinner: 6:00–7:00 PM
- Optional support snack: midway if needed

The goal over time: feel calm between meals, not panicked or depleted. Aim to remove fat-based snacks as you become metabolically flexible and can go longer between meals and stay balanced.

Now fill this out for your daily rhythm:

- **Breakfast: _____** A full complete breakfast with animal protein, smart carbs, fat, and fiber
  - Smoothies - use template
  - roasted veggies, eggs, sausage…
- **Snack - _____-** keep these fat-based with no added carbs - A handful of olives, nuts, 1/2 an avocado or nut butter
- **Lunch _____** - A complete meal with animal protein, smart carbs, fat, and fiber
- **Snack _____** - fat based - same as am options
- **Dinner _____**- A "complete meal" - and aim for no food at least 3 hours before sleep. (Include smart carbs to support sleep: root veggies, legumes)
  - You can have a fat based snack after dinner if you are truly still hungry. Otherwise, aim for no food for about 14 hours between dinner and breakfast
  - If you are going to have dessert, eat it right away after lunch or dinner

WELL NOURISHED
Eat Well. Be Well.