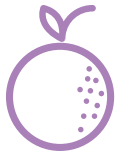


BLOOD SUGAR



Always start your day with water & eat with the sun!

MEAL TEMPLATE

Kelly Schmidt
WELLNESS

B

- Enjoy 25+ grams of protein at this meal to support blood sugar stability, appetite, and metabolism
- If weight loss or blood sugar control is a key goal, have no more than 20-30 grams of carbs at this meal.
- Wait until you are hungry to eat. You do not have to eat within 30 minutes of waking unless your data shows otherwise.
- Begin with water and until you break your overnight fast, opt for black coffee/tea
- Bfast example: 2 eggs, 2 chicken sausage, and arugula and/or fresh herbs or green onion, black coffee

L

- 1/3 of the plate protein sources, 1/2 plate non-starchy vegetables, remaining pleasure. Ensure your meal has protein, fiber, and healthy fats.
- Carbs are not restricted but learn your threshold. We all have unique needs.
- this is a great time to eat your largest meal for optimal digestion.
- eat until satisfied, not until full.
- Lunch example: slow-cooker meal (soups, stew, shredded bbq chicken, etc)

S

- No naked carbs for a snack. Want fruit, put some clothes on it (fat or protein)!
- Decide if you are truly hungry. are you craving something bc you are tired? Or do you need to eat something bc you are physically hungry?
- Water check-in. how much have you hydrated today?
- Example: apple and 1/4 cup nuts. Want a bar? check out ones with 10+ grams of protein and made of real ingredients.

D

- Protein, fat, and fiber
- This meal often does well for being the highest-carb meal of the day. Follow your trends.
- tune in and decide how good you feel when having more carbs here. do you sleep better? or does it drive up cravings?
- Dinner example: steak, potatoes, broccoli - or - a protein and 2 veg, 1 being starchy
- Want a treat? Have it w/ dinner and then close the kitchen w/the exception of hot tea at night.

BED

- Strive to finish eating 2-3 hours before bed
- Know our appetites are trained, and it may take a few days to adjust removing snacks here. eat enough at your 3 main meals where you don't need evening nibbles, this will support blood sugar control and weight loss efforts.
- Have a phone curfew - it's not just the amount of sleep we get, but also quality.
- Use supplements if they can help your sleep needs.