

# NOURISH: BIG BREAKFAST

Creating structure so your body can stabilize.

## WHAT TO DO

Eat your largest meal earlier in the day  
Don't delay your first meal too long  
Keep dinner lighter

## WHAT TO NOTICE

How do I feel after my first meal?  
When do cravings show up?  
How is my energy during the day?  
What happens to my evening hunger?

## THE CORE THOUGHT

If you under-fuel early, your body will push you to eat later.

Like sailing, how you begin your day shapes where you end up.

Eating earlier helps bring your metabolism into alignment with your internal clock.

It's not just how much you eat—  
it's when your body is ready to use it.

*Your body is designed to use energy early  
and store energy later.*

## WHY IT MATTERS

Your body processes food differently depending on the time of day. It is more prepared to use energy earlier, and more likely to store it later.

In the morning:

- higher insulin sensitivity
- better glucose control
- more efficient energy use

Later in the day:

- reduced glucose tolerance
- higher blood sugar responses
- greater tendency toward storage

Research shows that eating earlier improves blood sugar control, reduces hunger, and supports metabolism the following day.

Delaying your first meal or shifting calories later can disrupt these signals and make regulation harder.

Research shows that shifting calories earlier in the day can significantly improve weight loss and metabolic outcomes—even when total calories stay the same.

This works best when your eating pattern aligns with your body's daily rhythm.

## REFRAME

Night cravings don't start at night.

They often start in the morning.

You don't need more discipline—you need a different setup.