

NOURISH: SUPPORT BLOOD SUGAR

Stabilizing blood sugar and energy is about alignment.

WHAT TO DO:

Eat meals earlier.
Eat vegetables & protein first,
carbs last.
Stay hydrated.

Principle:

*Support how and when your
body processes food for energy.*

WHAT TO NOTICE

- Tired after a meal
- Still feel hungry after eating
- Cravings late in the day
- Sudden energy drops

Your energy patterns reflect
how your body is regulating
blood sugar.

THE CORE THOUGHT

Blood sugar is how your body manages energy.

Your body must manage blood sugar after every meal.

When this process is stable, energy is steady.

When it's not, the body compensates—often by increasing stress
hormones.

This is why you may feel tired, hungry, or crave sugar even after eating.

Blood sugar and cortisol travel together.

When your body perceives stress, it raises blood sugar to provide energy.

MEAL TIMING

Eating earlier in the day aligns with your body's circadian rhythm.

Your body is more prepared to regulate blood sugar earlier in the day.

This improves energy stability and reduces stress on the system.

FOOD ORDER

The order you eat your food affects how quickly glucose enters the bloodstream.

Fiber slows absorption.
Protein supports hormonal response.

Eating carbohydrates last reduces spikes and improves stability.

HYDRATION

Reduces stress on the system.

STABILITY:

When blood sugar is stable:

Energy is steady
Cravings decrease
Stress signals decrease

The body no longer needs to rely on cortisol to raise blood sugar.