

# NOURISH: TIMING

Stabilizing your metabolism

## WHAT TO DO

Eat earlier in the day  
Finish eating 3–4 hours before bed  
Notice your natural rhythm

## WHAT TO NOTICE

When does hunger show up?  
How do you feel when you eat later?  
How is your energy during the day?  
What happens to cravings at night?

## THE CORE THOUGHT

If you eat out of rhythm, your body works harder.

Like sailing, timing matters—  
small shifts in direction change where you end up.

Eating earlier helps bring your internal clocks back into alignment.

*It's not just what you eat—  
it's when your body thinks the day begins.*

## WHY IT MATTERS

Your body has a central clock  
(light-driven)  
And metabolic clocks (food-  
driven)

When these are aligned:

better energy  
better blood sugar control  
better sleep

When they are misaligned:

increased hunger  
disrupted metabolism  
more fat storage

Research shows that both light  
exposure and meal timing  
regulate metabolism, hormones,  
and energy use.

## REFRAME

This isn't about eating less.  
It's about aligning your  
body's signals.

You are not off track—your  
timing may be.

## CIRCADIAN RHYTHM

Your body's light exposure helps  
set this clock.

We'll explore how to use light to  
support your rhythm in a later  
week

You're not changing your body  
—you're learning how to work  
with it.