

Metabolic Foundations Guide

Daily Habits to Support Blood Sugar, Hormones & Sustainable Energy

Daily Blood Sugar Support

Blood sugar stability influences fat storage, inflammation, and energy.

- * Hydrate (16 oz water before caffeine), optional - add minerals or electrolytes
- * Eat protein at breakfast (aim for 25–30g)
- * Include fiber + healthy fats with meals
- * Eat in a blood sugar-supportive order (vegetables → protein/fat → starch)
- * Allow 3–4 hours between meals (when possible) to support natural hunger rhythms

Circadian & Hormone Alignment

Light, movement, and muscle mass are powerful metabolic signals.

- * Watch the sunrise or get daylight in your eyes within 30 minutes of waking
- * Move your body daily (walking outside is ideal)
- * Lift something heavy 2–3 times per week (even for just 10 minutes)
- * Finish eating ~ 3 hours before bed to support overnight repair
- * Avoid bright light / blue light after sunset

Nervous System Regulation

A chronically stressed body will prioritize survival over fat loss.

- * Try a somatic reset (deep breathing, grounding, tapping, heel drop)
- * Prioritize sleep consistency
- * Notice when cravings may be stress-driven
- * Create breathing room in your schedule so stress doesn't drive your choices

These foundational habits help create the conditions your metabolism needs to thrive. Take it slowly and give yourself plenty of grace. Find more information about these three pillars here.

Consult your healthcare provider before making changes to your diet, exercise, or supplement routine.