

BLOOD SUGAR

CHEAT SHEET

Welcome to Deep Nourishment for Blood Sugar—your guide to creating steady, grounded energy through balanced meals, intentional movement, and everyday lifestyle rhythms. Most of us were never taught how to keep our blood sugar balanced, and that lack of understanding is what leads to feeling wired, tired, irritable, or nonstop cravings. The practices below help you stay regulated so your body feels supported rather than on edge. Some of these involve gentle habit stacking, so take them slowly and consistently. Small shifts, done regularly, create the deepest change.

Remember to pair the tips below with where you are in your cycle.

For instance, you need more carbs after ovulation to support healthy progesterone levels! Luteal phase carb cravings are real & important.

No fasting or keto after ovulation. Your progesterone will thank you.

***See your *Eat With Pleasure Guide* for nourishing food examples & a deeper dive into the nutrients, minerals, & macros mentioned below.**

Movement

- Take a 10-15 minute walk or be active after meals
- Practice nervous system regulation & vagus nerve support
- Strength training 2-4 times/week
 - With progressive increase in weights
- Engage with one daily breathwork practice

Nutrition

- Get enough inositol, vitamin D, magnesium, zinc, and chromium*
- NO NAKED CARBS*:
 - Always pair snack with protein/fat
- Aim for 25-30 grams of fiber per day*
- Aim for 1 healthy fat source per meal*
- See “Build a Balanced Plate” for optimal nutrient proportions in your **Eat With Pleasure Guide!***

Eating Hygiene

- Eat within ONE hour of waking up
- Eat at least 30 grams of protein with your breakfast *and every subsequent meal**
- Eat carbohydrates LAST on your plate during a meal
 - vegetables --> protein --> fats --> starches --> sugars
- Avoid eating in the 2 hours prior to sleep
- Add 1 tsp of apple cider vinegar in your morning lemon water &/or before meals in 4 ounces of warm water
- No coffee until after breakfast or replace it with coffee alternatives*