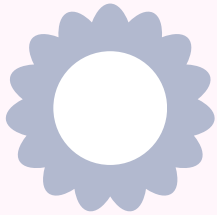


5 SIMPLE BLOOD SUGAR WINS

SMALL SHIFTS. STEADY ENERGY. REAL-LIFE RESULTS.



Start with Protein

Take a few bites of protein before carbs. Try this: Eggs before toast, Chicken before rice, Yogurt before fruit.



Don't Eat "Naked Carbs"

Always pair carbs with protein or fat. Easy swaps: Apple + peanut butter, Crackers + cheese, Toast + eggs or avocado.

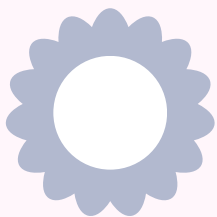
Don't Wait Until You're Starving to Eat

Eat before you hit the "I will eat anything in sight" phase

Why it matters:

Waiting too long = bigger spikes, more cravings, less control

☛ Think: Planned snacks, Protein on hand



Walk After Meals

Take a 10-minute walk after your biggest meal. Why it helps: Supports blood sugar + boosts energy.



Build a Balanced Plate

½ veggies, ¼ protein, ¼ carbs, plus healthy fats. Keep it simple. No tracking needed.

