

# Eating at regular times

## Why it's good for you...

### 1. Keeps Blood Sugar Balanced

- Regular meals prevent big dips and spikes in blood glucose. This means more stable energy, fewer cravings, better mood, and less anxiety or brain fog.

### 2. Supports Digestion

- Your digestive system works best with routine—it anticipates when food is coming.
- This can reduce bloating, constipation, and acid reflux.

### 3. Boosts Energy and Focus

- Irregular eating can lead to energy crashes, headaches, and poor concentration.
- Steady fueling gives your brain and body what they need to function smoothly.

### 4. Regulates Hunger Hormones

- Ghrelin (the hunger hormone) and leptin (the fullness hormone) work better when you eat predictably.
- This makes it easier to notice natural hunger and fullness cues.

### 5. Reduces Stress on the Body

- Skipping meals can increase cortisol (your stress hormone), putting more strain on your body—especially if you're already dealing with chronic illness.

### 6. Improves Sleep

- Eating too late or going to bed hungry can mess with your sleep cycle.
- A regular eating pattern helps regulate your circadian rhythm.

### 7. Gives You a Sense of Structure

- When life is unpredictable (due to illness, work, or mental health), mealtimes can be small anchors in the day—creating a feeling of rhythm and care.

### 1. Anchor Meals to Your Routine

Link eating to daily activities that already happen, like:

- After waking up
- After a walk
- After medication

This helps create cues that prompt eating even on “off” days.

### 2. Use Alarms or Reminders

Gentle phone reminders or visual cues (like a sticky note on the fridge) can give you a nudge to check in with your hunger and energy levels.

### 3. Start with 3 Meals—No Pressure

Aim for 3 meals a day, but make it flexible. Even if it’s just a smoothie, soup, or toast—it still counts.

### 4. Batch Cook or Prep Basics

When energy allows, prepare simple items that can be quickly assembled later (e.g. cooked grains, roasted veggies, boiled eggs, hummus). This reduces the effort barrier.

## Tips for eating at regular times

### 5. Create a Weekly Meal Sketch

Rather than a rigid plan, a loose weekly “meal map” with ideas can reduce decision fatigue and give structure without being overwhelming.

### 6. Keep Easy Go-Tos Handy

Stock a few reliable options for days when you feel unwell:  
Nut butter on toast, pre-made soups, overnight oats, rice cakes with avocado or cheese

### 7. Eat Before You’re Starving

Waiting too long can lead to energy crashes, cravings, or overeating. Eating regularly can keep blood sugar stable and reduce symptoms like anxiety, fatigue, and brain fog.

### 8. Be Kind to Yourself

Stay flexible. Skipping a meal isn’t “failing”, just a sign to gently reset at the next opportunity.



**Book a free  
discovery call**

