

## How we eat is as important as what we eat

Hello Healthy Box gives you perfectly portioned low carb, low sugar, protein rich foods to be eaten on a regular schedule in order to:

- Keep your blood sugar at a steady range throughout the day
- Sustain a feeling of fullness to avoid hunger that can cause poor food choices
- Nourish you with protein, instead of quick fix sugary snacks and fruits
- Establish a pattern of “mindful eating” occasions
- Tap into your natural body clock and optimal metabolism
- Help you feel energetic and peppy all day

### Eating Routine

7:00 – 8:00 a.m.	Eat any Hello Healthy Box food
10:00 – 11:00 a.m.	Eat any Hello Healthy Box food
Lunch	Eat any Hello Healthy Box food + 2 cups low carb veggies
2:00 – 3:00 p.m.	Eat any Hello Healthy Box food
6:00 – 8:00 p.m.	Eat 2 cups of low carb veggies and 4* oz. of protein
Fast for 10 – 12 hours overnight	

\*Over 160 lbs = 6 oz \*Over 200 lbs = 8 oz



*Eating small meals  
at regular intervals  
PLUS fasting  
10-12 hours are good  
healthy habits to  
maintain forever*

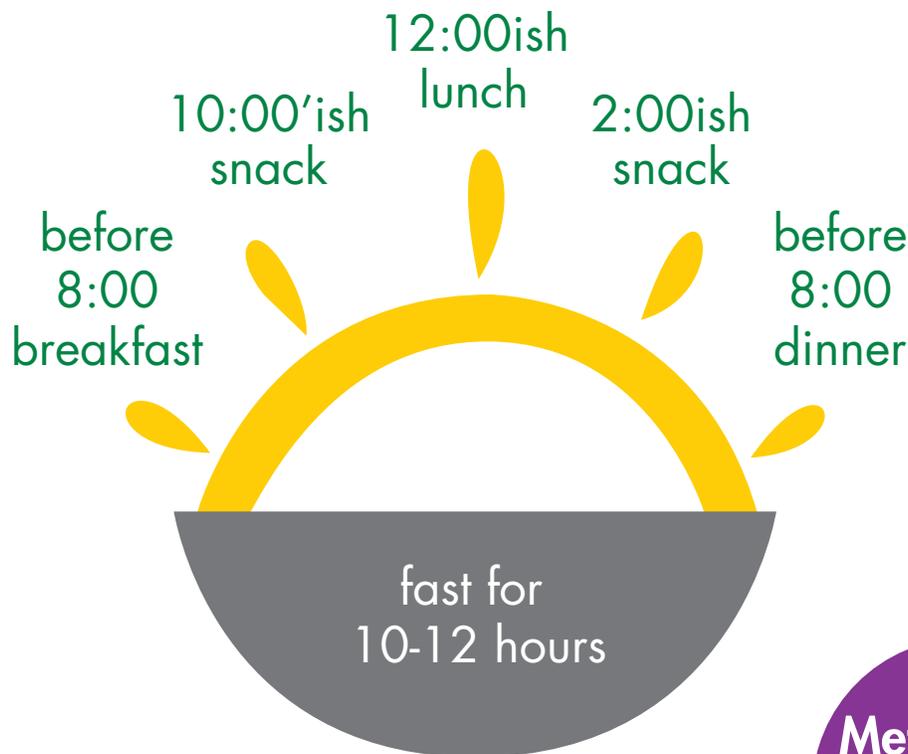
## Why your eating routine matters

Eating at regular intervals and a regular routine helps keep your blood sugar level within a normal range throughout your day. If blood glucose (blood sugar) falls below normal, you can become dizzy and weak and overly hungry; if it rises above normal, you may become fatigued (that nap you want to take after eating a big meal).

Avoid high and low blood sugar extremes by eating on a regular schedule.

It takes 4 hours to digest a meal – so try to eat within every 4 hours. After a meal, blood sugar rises, and the hormone insulin is released telling your cells to burn the glucose from food (or fat storage) for energy. After digestion completes your body is looking for energy again.

### Eating Routine



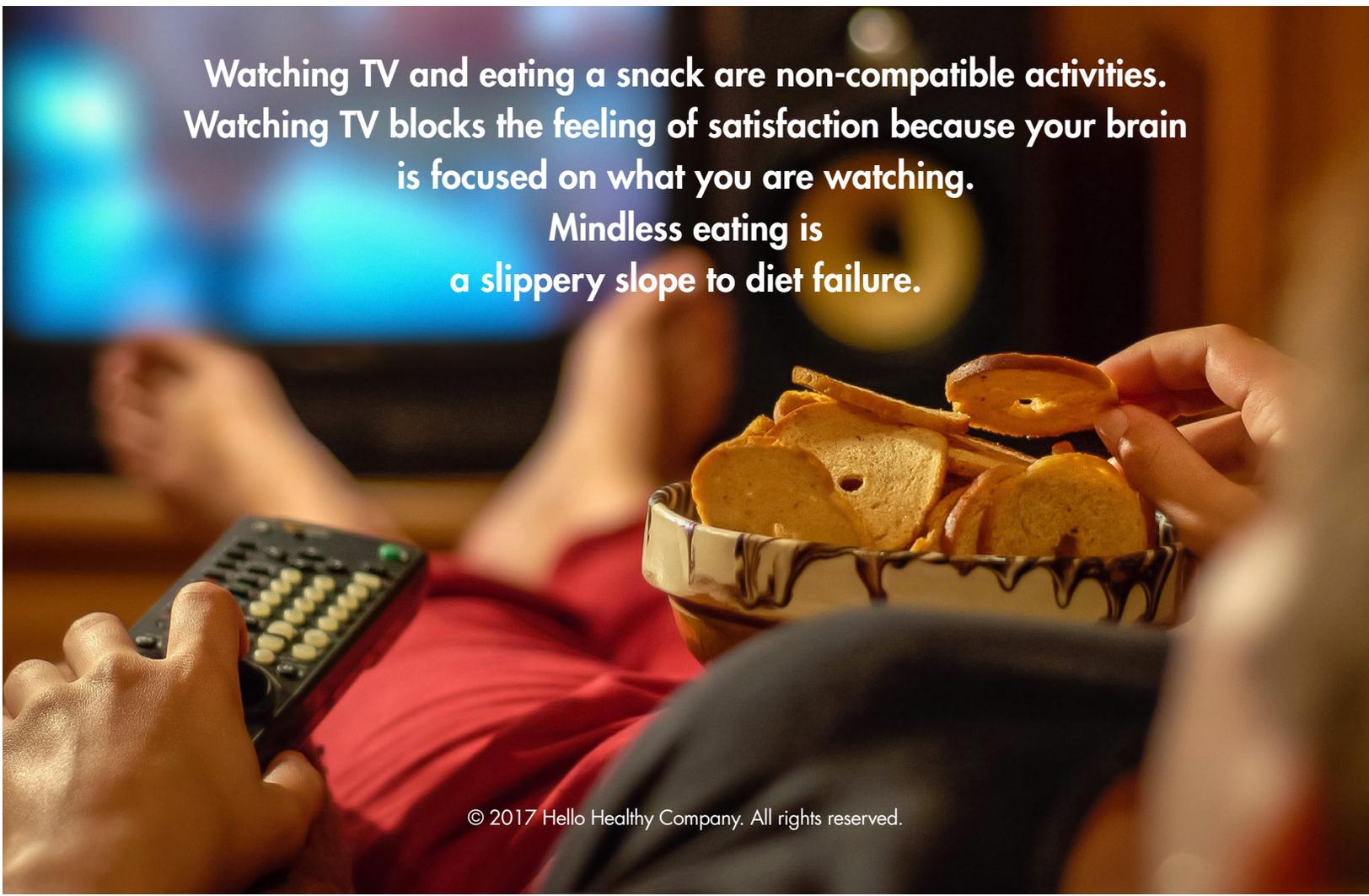
Metabolism  
slows down  
after 8 pm

## *Your body needs to take a rest at night*

Fasting for 10 -12 hours overnight is an equally important part of your regular routine. Your body needs to take a rest from digesting in the evening. Try not to eat after 8pm because your metabolism slows. Some strategies to help avoid late night snacking:

- Go to bed earlier
- Drink water at night to complete your 64 oz. of daily water consumption
- Avoid mindless TV watching which leads to snacking
- Avoid excessive sit-time at night, especially if you sit at work all day
- Change your late night routine. Boredom can lead to mindless munching
- Try a decaffeinated flavored tea or coffee after dinner instead of a “treat”
- Move around and change your environment, such as go for a walk or take a bath

**Watching TV and eating a snack are non-compatible activities. Watching TV blocks the feeling of satisfaction because your brain is focused on what you are watching. Mindless eating is a slippery slope to diet failure.**



## Tune in to your body

Your body is directed by circadian rhythms that dictate when you are active, when you sleep and when you eat. More research is suggesting that when you eat is as significant as what you eat. It is very closely tied to the complex science of circadian rhythms, our “body clock” that is influenced mainly by light.

Because of these clocks, our metabolism ebbs and flows at different times of the day and is lower after 8pm. *If you toss in a late night snack, your body’s maintenance process is thrown off, which hurts overall health and can hinder weight loss.*

- Studies show people who snack at night eat 12% more calories
- Eating right before bed can disrupt your sleep to make next day cravings biologically inevitable
- After eating “perfectly” all day long, late night snacking can sabotage your success and sink your spirit

If you are a late night snacker, you must find new habits

Make a list of things you can do to stay on the proper eating routine



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Source: <https://endpoints.elysiumhealth.com/the-science-of-fasting->