

6 Simple Ways To Eat To Your Circadian Rhythm



Did you know that your metabolism thrives on the rhythms of the sun? As the day heats up so does your metabolism or your built-in furnace. Feeding your body well throughout the day is vital, but eating the majority of your calories during the day and less at night – when your metabolic rate is slower, is the key to maximizing how you burn calories. This is why timing of meals plays an important role in weight management and loss.

- Eat a balanced breakfast within an hour of waking.
- Don't skip meals or go too long between meals.
- Eat a balanced, substantial lunch.
- Cut back at your dinnertime meal.
- Stop eating and drinking sugary or alcoholic beverages at least 2 to 3 hours before bed.
- Get good quality sleep. Aim for at least 7 to 9 hours per night (and turn off electronics at least an hour before bed.)

Need help finding your eating rhythm?

Reach out to me victoria@victoriashantaretelny.com.