

Nutrition

What you eat matters as much as when you eat it.

You've got your daily rhythm dialed in. Now let's talk about what's actually on your plate.

The Diet That Actually Works

Forget the fads. The Mediterranean diet — whole foods, olive oil, fish, vegetables, nuts, and whole grains — is the most researched, most sustainable eating pattern for long-term health. It's not about restriction. It's about balance, and decades of research link it to better heart health, sharper thinking, and longer healthspan.

(Keto has benefits too — but Mediterranean wins on consistency, which is what actually matters.)

Win Breakfast

You don't need to overhaul every meal. Win breakfast and the rest of your day gets easier.

- 30g protein within an hour of waking — eggs, Greek yogurt, or cottage cheese
- Add a handful of berries or vegetables if you can
- Skip the sugary coffee drink — it spikes and crashes you before 10am

The Overnight Fast

You're probably already doing the hard part. If you're closing the kitchen 3 hours before bed, you're most of the way to a 12-hour overnight fast — eating between 7am and 7pm, nothing after.

This isn't extreme fasting. It's just giving your body a consistent break from digestion overnight. Start here — nothing more aggressive is necessary.

ONE RULE THAT CHANGES EVERYTHING

Eat protein first at every meal.

Before the carbs, before the bread, before the wine. Protein first slows absorption — blunting the blood sugar spike that drives cravings, energy crashes, and fat storage.

Food fuels you. Movement is what your body does with that fuel — that's next.