



Leave at Least a 2 hour Window of an empty Stomach prior to Bedtime.

Why?

Enter sleep in “burn” mode, rather than “store” mode.
Improves digestion and overall gastrointestinal health.

Drink Water, Herbal Tea, or Cranberry Water, as your only consumption 2 hours before bedtime.

Make it Happen

1. You **MUST** eat your first meal early enough to fit in your 5-6 meals each day (while still spreading them apart by 2-3 hours)
2. Stay hydrated to avoid “fake hunger” from dehydration.
3. Drink hot tea or your cranberry water mix if you have night cravings at first.
4. By following the balanced meal prescription, you don’t find yourself overly hungry in the evening.
5. It is normal to go to bed “slightly hungry.” This is a good thing, but don’t let your last meal be **SEVERAL** hours before bedtime.
6. If you are **SERIOUSLY** hungry before bed, you are either dehydrated or didn’t eat enough calories in your first 3 or 4 meals.