



Balancing Nutrition
Tu cuerpo en Equilibrio

3 BASIC TOOLS

To balance blood sugar levels and start burning fat:

- 1. Apple cider vinegar**
- 2. Correct structure of a meal.**
- 3. The order of eating for hormonal balance and lowering insulin levels.**

Apple cider vinegar-

Mix a tablespoon of apple cider vinegar in a glass of water and drink it with a straw about half an hour after waking up and about 20-30 minutes before each meal.

Meal structure-

Since we now get our energy from fats and not from carbohydrates and sugar, it is important to ensure a certain amount of fat in the meal.

A meal will be made up of 40% vegetables, 30% fats and 30% protein.

The order within the meal-

Studies show that a combination of healthy fats with green leaves as the opening of a meal moderates the insulin level throughout the meal, even if it contains carbohydrates.

That's why we will start the meal with a few bites of green leaves with olive oil, avocado or tahini. We'll continue with vegetables with fats and proteins. If there are carbohydrates in the meal, we'll leave them for the end!