

The Blood Sugar Guide

Why steady energy starts here — and the three changes that matter most.

The energy rollercoaster, explained

That mid-afternoon crash, the 3pm sugar craving, the irritability before a meal — these are rarely random. They are usually the downstream effect of a blood sugar spike followed by a sharp drop, often triggered by a meal that was high in refined carbohydrate and low in everything that slows digestion down.

Steady blood sugar isn't a niche health goal — it's the foundation almost everything else in wellness sits on top of: mood, focus, cravings, sleep quality, and even how irritable you feel by the end of a long day.

What actually drives the spike-and-crash

- Eating refined carbohydrates **on their own** — white bread, pastries, juice — without protein, fat, or fibre to slow absorption.
- Skipping meals, then over-eating later when genuine hunger and low blood sugar collide.
- Caffeine on an empty stomach, which can amplify the same spike-and-crash pattern.

◆ The three changes that matter most

- **Always pair** — never eat a carbohydrate alone. Add protein, fat, or fibre (e.g. fruit with nuts, not fruit alone).
- **Order matters** — where possible, eat vegetables and protein before refined carbohydrates in a meal; this measurably blunts the spike.
- **Don't skip breakfast** — a protein-forward first meal sets the tone for steadier blood sugar the rest of the day.

“Stable blood sugar isn't about cutting carbohydrates. It's about how you eat them.”

A simple plate template

For most meals, aim for roughly: half the plate non-starchy vegetables, a palm-sized portion of protein, a thumb of healthy fat, and a fist-sized portion of whole-food carbohydrate. This single template does most of the heavy lifting without any calorie counting.

This guide is a companion to *Wellness Nourishment: Fuel for the Soul* by Subreen Sharif. For the full framework, daily rituals, and the complete approach this guide is drawn from, see the book — and for hands-on, week-by-week support, explore the 12-Week Wellness Nourishment Programme.