

The Circadian Meal-Timing Protocol

One page. Stick it on the fridge. From CircadianMeals.com

The Five Rules

- 1 Eat during daylight. Push most food into a window that starts after you wake and ends in the early evening.
- 2 Front-load the day. Bigger breakfast and lunch, smaller and earlier dinner. Your glucose control is best in the morning.
- 3 Close the kitchen early. Stop eating about 3 hours before bed. This is the single highest-return change.
- 4 Keep the window consistent. Same eating window every day, weekends included, within an hour.
- 5 Coffee: black is fine while fasting; last cup by early afternoon to protect sleep.

A Sample Day (adjust to your schedule)

- 7:00am Wake. Water. Get outside for morning light.
- 8:00am Window opens. Protein-forward breakfast.
- 8:30am Coffee now, not at wake-up.
- 12:30pm Lunch, the biggest meal.
- 5:30pm Dinner, smaller and earlier.
- 6:00pm Window closes. Kitchen shut.
- 9:30pm Wind down. No food. Dim lights.

The Four-Week Ramp

- Week 1: Fix the finish line. Pick a hard stop 3 hours before bed. Water only after.
- Week 2: Pull the start line in so your window is about 10 to 12 hours.
- Week 3: Front-load. Make lunch the biggest meal; shrink and move dinner earlier.
- Week 4: Lock in consistency. Same window seven days a week.

The Honest Truth

A shorter eating window is not a fat-loss trick by itself. The best trials show it helps mainly by making late overeating harder. The clock's clearest wins are for blood sugar and sleep. Timing multiplies a decent diet; it does not replace one.

Who should NOT try this without a doctor

Anyone pregnant or breastfeeding; anyone with a history of disordered eating; people on insulin or other blood-sugar medication; children and teens; underweight people; anyone with diabetes, prediabetes, or a chronic metabolic condition.

This sheet is general education, not medical advice. Talk to your doctor before changing your eating pattern. Full guides and sources at CircadianMeals.com. For the light side of your body clock, see CircadianBulbs.com. (c) 2026 CircadianMeals.com.