



# **8 Simple Nutrition Rules for a Healthy- Forever Body**

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# Why structure — not restriction — is the secret to lasting health

Most people think nutrition success comes down to discipline.

In reality, it comes down to supporting your metabolism so your body works with you, not against you. If you want long-term results that allow you full enjoyment of your life, this is the key.

Nutrition Coaching at Striation 6, powered by Metabolic Balance, is built on eight clear principles. These rules aren't about willpower — they're about restoring rhythm, balance, and metabolic health.

Below, you'll find each rule explained in plain language, along with why it matters.

*To learn more about Nutrition Coaching at Striation 6, [Click here.](#)*



# Rule #1: Eat Exactly Three Meals Per Day

This rule creates metabolic rhythm.

Eating three structured meals per day helps:

- Regulate insulin
- Normalize hunger hormones
- Reduce food thoughts and cravings

For many people, years of grazing and snacking have disrupted natural hunger cues.

***Forever Body Principle:*** Structure calms the metabolism.





## Rule #2: Leave at Least 5 Hours Between Meals

After you eat, your body needs time to:

- Digest food fully
- Lower insulin
- Access stored energy

Frequent eating keeps insulin elevated, which blocks fat metabolism.

Spacing meals by at least five hours allows your metabolism to do its job — without extreme fasting.

***Forever Body Principle:*** Fewer eating events often lead to better results.





## Rule #3: Keep Each Meal Under 60 Minutes

Meals are meant to be intentional — not endless.

Extending meals over long periods blurs hunger and fullness signals and keeps digestion constantly “on.”

This rule helps:

- Improve digestion
- Reinforce clear meal boundaries
- Restore natural appetite regulation

***Forever Body Principle:*** Clear starts and stops improve metabolic clarity.

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# Rule #4: Begin Every Meal With a Few Bites of Protein

Starting your meals with protein and eating sufficient protein through the day:

- Slows digestion
- Blunts blood sugar spikes
- Improves satiety

This small habit has a powerful metabolic effect, especially for people who struggle with cravings or energy crashes.

***Forever body principle:*** Prioritizing protein changes create big physiological wins.





# Rule #5: Eat Only One Type of Protein Per Meal

We like to call this the “pro rule” — and for good reason.

Eating one protein source per meal simplifies digestion and reduces digestive stress.

While it may seem minor, this rule can significantly improve:

- Gut comfort
- Nutrient absorption
- Overall protein and metabolic efficiency

***Forever Body Principle:*** Simplicity supports digestion.





## Rule #6: Avoid Eating Late at Night (Ideally After 9:00 PM)

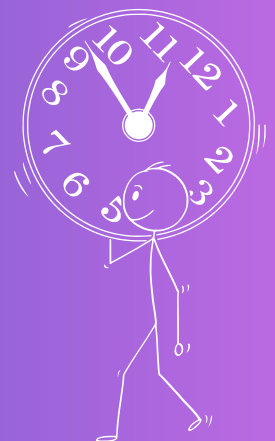
Late-night eating interferes with:

- Blood sugar regulation
- Sleep quality
- Hormonal recovery

If 9:00 PM isn't realistic, the goal is to stop eating 2–3 hours before bedtime whenever possible.

This gives your body time to shift from digestion into repair and recovery.

***Forever Body Principle:*** Better nights create better days.





# Rule #7: Drink Sufficient Water Every Day

Hydration is essential for:

- Fat metabolism
- Digestion
- Energy production
- Flushing your system



A general guideline is:

- ~35 ml per kilogram of body weight, or
- ~0.5 fluid ounces per pound of body weight

Hydration needs are individual and often underestimated.

***Forever Body Principle:*** A dehydrated body cannot function optimally.



# Rule #8: Eat An Apple Every Day

This simple rule supports:

- Gut health
- Blood sugar balance
- Daily fibre intake

The apple acts as a consistent, whole-food metabolic anchor — not a magic food, but a reliable one.

***Forever Body Principle:*** Small daily habits compound over time.

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# Why Knowing the Rules Isn't Enough

At first glance, these rules look simple.

Living them — consistently, confidently, and in a way that fits your real life — is where most people struggle.

Questions come up:

- How much protein is right for me?
- What if my schedule makes 5-hour breaks difficult?
- How do I adapt this to training, stress, or social life?
- Which foods work best with my body?
- How does this work for athletes or people looking to build muscle and strength?

***This is where personalized coaching makes the difference.***



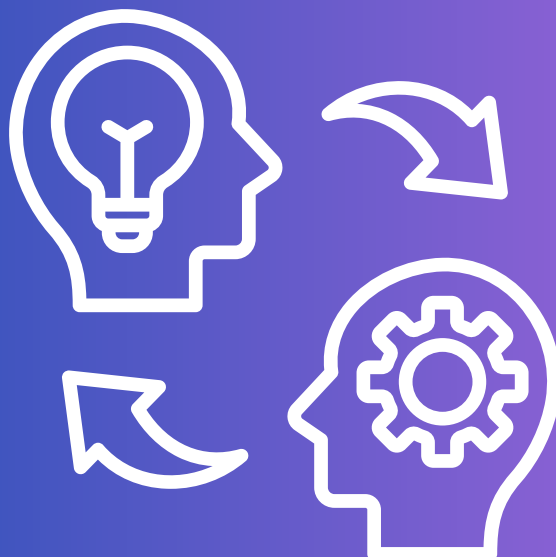
# Nutrition Coaching at Striation 6

Our 6-month Nutrition Coaching program is grounded in these principles and designed to help you:

- Apply these rules to your body
- Build structure without rigidity
- Adjust your approach as your metabolism and lifestyle change

***No pills. No shakes. No extreme dieting.***

**Just science-based nutrition, great coaching, community, and sustainable results.**





# Your Next Step

If this guide resonated with you, and you're ready to turn these principles into real, practical daily habits, your next step is simple:

➔ ***Book a Nutrition Consultation at Striation 6***

In this conversation, we'll:

- Understand what your body needs now
- Identify what's been holding you back
- Determine whether our Nutrition Coaching is the right fit

Because being healthy should feel sustainable — not stressful.

We look forward to meeting you!