DR. MARLÉ'S SIMPLE FOOD HACKS

1. Eat foods in the right order. Start with fiber-rich vegetables, then protein and fat, and finish with starches and sugars so your body handles the meal more smoothly.
2. Use veggie starters. Begin meals with a vegetable starter, aiming for about 30% of the meal, to help improve fullness and reduce the impact of the rest of the meal.
3. Stop counting calories. Focus on the quality of calories, not just the number, because different foods affect hunger, energy, and blood sugar in different ways.
4. Have a savory breakfast. Choose protein, fat, and fiber at breakfast to stay fuller longer and avoid a mid-morning crash.
5. All types of sugar are the same. Sugar comes in different forms, but glucose and fructose still affect the body in similar ways when eaten in excess.
6. Choose dessert over a sweet snack. If you want something sweet, having it after a proper meal is often better than eating it alone as a snack.
7. Use vinegar. A tablespoon of vinegar in water before meals may help blunt the blood sugar rise from food.
8. Move after you eat. Even 10 to 20 minutes of using your muscles after a meal can help your body manage glucose better.
9. If you have to snack, go savory. Savory snacks are often more satisfying and less likely to trigger a strong sweet craving cycle.
1**0. Put "clothes" on your carbs.** Combine carbs with protein, fat, or fiber so they are absorbed more slowly and have less impact on your blood sugar.
11. Take TruGLP. Use an anti-spike support approach that may help reduce post-meal glucose spikes by up to 40% when used correctly.
12. Remember fat doesn't make you fat. A low-fat diet is not automatically healthier; quality fats can support satiety, hormones, and overall health.
13. You are the captain of your own ship. Your habits shape your results, so make intentional choices that support your long-term health.
14. Sugar-free is King. Choosing sugar-free options can help reduce unnecessary blood sugar spikes and cravings.
15. Water intake rules. Drink water at room temperature, time it sensibly around meals, and aim for about 35 ml per kilogram of body weight each day.
16. Take digestive enzymes. Pineapple and papaya contain natural enzymes that may support digestion after meals.
1**7. Eat according to the crown.** Eat breakfast like a king, lunch like a queen, and dinner like a pauper so your biggest meal comes earlier in the day.
18. Try to fast once per week for 24 hours. A weekly 24-hour fast may help reset habits and improve appetite awareness.
19. Sleep enough. Get at least 8 hours of sleep per night to support appetite, recovery, and energy.
20. Weight training. Train 3 times per week and include both high- and low-intensity work to support strength and metabolism.
21. Don't eat late. Stop eating about 4 hours before bedtime to give your body time to settle before sleep.
22. Routine eating. Keep a consistent daily routine and work your meals into it so your body knows what to expect.
23. Choose your hard. Effort is unavoidable, so choose the kind of hard that gives you a reward later.
24. Avoid cheap fats. Prefer plant and animal fats from quality sources and cook with good olive oil instead of heavily processed oils.
25. Low GI but not whole wheat. Whole wheat is not automatically low GI, so check the actual food rather than assuming it is better.
26. GLP-1 use. Used properly, GLP-1 support can provide excellent appetite control and help with portion awareness.
27. Chewing your food. Chewing more thoroughly can stimulate natural GLP-1 release, and solid foods often help with better satiety.
28. High-protein foods. Prioritize protein-rich foods at meals to support fullness, recovery, and muscle maintenance.
29. Stop Smoking, vaping & excessive alcohol usage and start exercising. Large-scale public health studies show that individuals who make these exact shifts in early to mid-adulthood gain an average of 10 to 14 additional years of life compared to those who continue smoking, drinking heavily, and remaining sedentary.