



7-day protocol to test two strategies after meals

Goal: check whether food order and a short walk improve your energy and hunger after a meal. This test does not diagnose a blood sugar disorder.

1. Choose your reference meal

Choose a meal you eat often and can repeat. For 7 days, keep the portion, drink and time as consistent as possible.

Chosen meal: _____ Time: _____ Main starchy food or dessert: _____

DAYS 1 TO 3

2. Observe without changing anything

Eat this meal as usual. Do not make yourself follow a particular food order or take a walk.

Measure: energy at 1 h and 2 h, then hunger at 3 h.

DAYS 4 TO 7

3. Apply just two strategies

Order: vegetables and protein before starchy foods or dessert.

Walk: 10 minutes at a comfortable pace, shortly after the meal.

4. Record the result each day

Day	Phase	Order	Walk 10 min	Energy at 1 h	Energy at 2 h	Hunger at 3 h	Notes: sleep, stress, symptoms
1	Baseline	As usual	As usual				
2	Baseline	As usual	As usual				
3	Baseline	As usual	As usual				
4	Test	☐	☐				
5	Test	☐	☐				
6	Test	☐	☐				
7	Test	☐	☐				

Energy: 0 = exhausted, 10 = steady. Hunger: 0 = none, 10 = very strong. If you already measure your blood sugar, add the readings before, at 1 h and at 2 h under "Notes". This test evaluates the two strategies together.

5. Decide on day 7

- ☐ **Better on most days:** continue for 7 days.
- ☐ **No clear difference:** test just one other strategy from the article.
- ☐ **Symptoms worsen:** stop the test.

Stop this protocol if...

You notice unusual thirst or urination, blurred vision, repeated high readings, confusion or feeling faint or unwell. Also seek professional advice if you are pregnant or taking medication that lowers blood sugar.