Daily Routine for Success

Morning Routine

Start your day intentionally — before stress takes over.

- Take Balance and Care
- Hydrate (16–24 oz water)
- Diffuse calming essential oils (lavender, frankincense, Stress Away, Valor, Citrus Fresh, Lemon or Lime) to help keep morning cortisol steady
- 5 minutes of light movement (walking, stretching, mobility work)
- Delay food until 10AM to begin an 8-hour eating window. This allows your body time to tap into stored energy and supports metabolic flexibility.

10AM Break the Fast:

Open your fueling window

- Burn + Control capsules
- Favorite protein shake to break the fast
- Add Daily Prebiotic Fiber and Hydrate again
- 5 minutes of light movement (walk, air squats, bodyweight movements).

During the fasting (non-eating) window, zero-calorie foods are permitted if needed,

- Pickles
- Cucumbers
- Celery
- Plain sparkling water
- Unsweetened tea or black coffee

12PM Lunch

- Lean protein
- Vegetables
- Light, quality carbs and hydrate.
- 5 minutes of movement.

2PM Snack

- NIXGIA packet
- Apple or orange
- Diffuse uplifting oils to support mood and manage afternoon stress.
- 5 minutes light movement.

Evening Cortisol Reset

- Around 8–9PM:
- Diffuse your favorite calming essential oils and Deep Night Essence
- Warm bath with hydration
- Reduce screens
- Positive or calming podcast

4PM Mini Fuel

- Handful of nuts, Another piece of fruit
- 5 minutes light movement

Fat loss happens when:

- insulin is controlled
- cortisol is managed
- movement follows meals
- recovery is prioritized

6 PM Dinner

- Protein
- Green veggies
- Hydration
- 5 minutes light movement.

10 PM Sleep

Target 8 hours of focused sleep