

# The Blood Sugar Mastery Checklist

- 1. The Master Sequence: Always eat Fiber first, then Protein/Fats, then Starches/Sugars.
- 2. The Savory Breakfast: Start your day with protein and healthy fats; avoid "Sugar Bomb" pastries.
- 3. The 20-Minute Shield: Take your ACV Mastery Gummies 20 minutes before your largest starch-heavy meal.
- 4. The Post-Meal Movement: Perform a 10-minute walk or a set of Soleus Pushups (calf raises) immediately after eating.
- 5. The Tea Ritual: Drink one cup of the Type 2 Mastery Tea daily to enhance insulin sensitivity.
- 6. The "Green Team" Foundation: Ensure at least one serving of broccoli, okra, or spinach accompanies every lunch and dinner.
- 7. The Vinegar Hack: Use organic vinegar in salad dressings to further flatten the glucose curve.
- 8. The Daily Burn: Perform 5 minutes of HIIT to deplete excess sugar reservoirs.
- 9. The Nighttime Guard: Take your Magnesium and Berberine before bed to support the repair cycle.
- 10. The "Real Impact" Mindset: Spend 5 minutes reading daily to stay disciplined and focused on your health goals.