



BUFFALO NUTRITION
& DIETETICS, PLLC

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The Circadian Kitchen

How Meal Timing Shapes Your Health



The rhythm of modern life often disconnects us from our body's natural clock, but emerging research reveals that when we eat might be just as important as what we eat. Your circadian rhythm, the internal timekeeper that regulates sleep, hormone production, and metabolism, responds powerfully to food timing.

The Science Behind Meal Timing

Your digestive system operates on a 24-hour cycle, with enzyme production, insulin sensitivity, and metabolic rate fluctuating throughout the day. Insulin sensitivity peaks in the morning and gradually decreases toward evening, making your body more efficient at processing carbohydrates earlier in the day. Meanwhile, your liver's ability to metabolize fats remains relatively stable, suggesting that evening meals might benefit from being lighter and less carbohydrate-heavy.

This biological reality challenges the traditional three-square-meals approach. Research indicates that eating larger meals earlier in the day and tapering portion sizes toward evening can improve metabolic health, enhance sleep quality, and support weight management.

#MealTimingMatters
#MetabolicHealth
#EatSmartLiveWell





Practical Strategies for Circadian Eating

Start by shifting your largest meal to midday rather than evening. This doesn't mean skipping dinner, but rather re-balancing your daily caloric distribution. A substantial breakfast rich in protein and healthy fats can stabilize blood sugar throughout the morning, while a moderate lunch provides sustained afternoon energy.

Consider implementing a gentle eating window, consuming most of your daily calories within a 10 to 12-hour period. This approach gives your digestive system time to rest and repair, supporting better sleep and metabolic function.

Pay attention to your body's hunger cues, which often align with circadian patterns when you're well-rested and unstressed. Many people discover they're naturally hungrier in the morning after adjusting their eating schedule for a few weeks.





Creating Your Personal Rhythm

The key lies in consistency rather than perfection. Choose meal times that work with your schedule and stick to them, even on weekends. Your circadian clock thrives on predictability, and irregular eating patterns can disrupt sleep and energy levels.

Start gradually by shifting your dinner time 30 minutes earlier each week until you find a sustainable rhythm. Notice how different timing affects your energy, sleep, and overall well-being.

Sunrise Power Bowl Recipe

This nutrient-dense breakfast jump-starts your morning metabolism, fuels your body with essential vitamins and minerals, and delivers a steady stream of energy that helps keep you focused, alert, and satisfied throughout the day.

Ingredients:

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1/2 cup unsweetened almond milk
- 1/4 cup Greek yogurt
- 1/2 banana, sliced
- 1 tbsp almond butter
- 1 tsp honey
- 1/4 cup mixed berries
- Pinch of cinnamon

Instructions:

Combine oats, chia seeds, and almond milk in a bowl. Let sit for 5 minutes to thicken. Top with yogurt, banana, berries, and a drizzle of almond butter and honey. Sprinkle with cinnamon. This protein and fiber-rich meal provides steady energy through your morning hours.

