

The Nourishment Anchor Map

One first meal. One last meal. One hydration plan. One caffeine plan.

A good Nourishment Anchor Map is not clever. It is repeatable. Write down one first meal, one last meal, one hydration plan, and one caffeine plan, then use the same setup for the three-day experiment unless a stop signal appears.

1 First meal

First meal within your chosen window, using familiar foods that are satisfying and appropriate for your dietary needs.

What I will eat:

When, inside my chosen window:

Why it works for me (satisfying, familiar, fits my needs):

EXAMPLE

Greek yogurt with berries and walnuts around 12:30 p.m. — familiar, filling, and easy to repeat every day without shopping for anything new.

2 Last meal

Last meal using familiar foods that suit your dietary needs and schedule.

What I will eat:

Time my last meal ends by:

Why it suits my schedule and my needs:

EXAMPLE

Salmon, rice, and roasted vegetables at 6:30 p.m. — light enough to sleep on, ready in twenty minutes, and already a family staple.

3 Hydration plan

Water or herbal tea through the fasting hours, especially if you tend to feel dry, dull, or headachy.

What I will drink (water, herbal tea):

Through which hours:

Roughly how much, in a way that fits my day:

My dry / dull / headachy cue, and what I will do first:

EXAMPLE

A 24 oz bottle of water through the morning and herbal tea after 2:00 p.m. — one refill at my desk, one on the school run, and a glass before reaching for anything sweet.

4 Caffeine plan

Caffeine timed so it does not hit your system before anything has had a chance to settle.

What I will drink:

My first cup comes after:

My caffeine cutoff is:

EXAMPLE

Coffee at 12:45 p.m. after my first meal, none after 2:00 p.m. — settled food first, then caffeine, so the first hours of the fast stay calm.

5

My map in one place

Write each anchor once. This is the setup you repeat for all three days.

First meal:

Last meal:

Hydration:

Caffeine:

6

My three-day anchor log

Run the same setup on all three days unless a stop signal appears. Tick each anchor you kept, and note what actually happened.

Anchor	Day 1	Day 2	Day 3
First meal	☐ kept	☐ kept	☐ kept
Last meal	☐ kept	☐ kept	☐ kept
Hydration	☐ kept	☐ kept	☐ kept
Caffeine	☐ kept	☐ kept	☐ kept

One rough day is data, not failure. What matters is whether the same calm setup repeated – or whether a stop signal told you to stop first.

7 One change at a time

The more rules you pile on, the harder it becomes to know what is actually causing the result. If you change the eating window, the first meal, the last meal, the water, and the caffeine all at once, then you have not tested a window. You have tested a pile of changes.

The one thing I would change first, after the three days, is:

The one signal I will watch to decide:

THAT IS ENOUGH

You do not need a new setup. You need the same one, kept.

- You do not need a new grocery list that requires a separate life.
- You do not need to remove every food you like.
- You do not need to correct your whole nutrition history before you can run a three-day fasting experiment.
- If the food is familiar and the pattern is calm, you will learn more.

BEFORE YOU BEGIN

Keep this map plain and honest. Follow your prescriber's instructions, and do not alter medication timing – take medications exactly as prescribed, with food if your prescriber directs. The Nourishment Anchor Map is a planning and tracking tool: it cannot diagnose, treat, or replace individualized medical guidance. A stop signal from your body overrides any plan on this page.