

● The meal plan I build for every client watching their blood sugar

# Steady blood sugar isn't a diet. It's a **food schedule.**

*Your body handles food differently now. Your plate should too.*

When your numbers keep creeping up, eating less isn't the answer — eating the right foods, paired and timed on a schedule your body can actually use is. Real food, built around steady blood sugar, meal to meal. No crash diets. No counting. No guessing what's for dinner.

See the Meal Plans →

Start My Intake

↓ Download the plan overview (PDF)

🌿 Root-Cause Approach

🍽️ Real, Whole Foods

✂️ Jamaican Roots

22

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

44+

BLOOD-SUGAR FOODS

1

CLEAR DOORWAY

# It's not you. Your **body** changed.

The foods that were fine at 25 are the ones spiking you now. Here's what shifted — and why a *schedule*, not another diet, is the fix.



## Sugar Hits Harder Now

Over time the body processes carbohydrates less smoothly, so the same meals can raise blood sugar more than they used to. The fix isn't cutting everything — it's the right foods, paired and timed to stay steady.



## Carbs With No Brakes

Refined carbs and all-day snacking keep blood sugar on a roller-coaster of spikes and crashes. Balanced plates — fiber, protein, and healthy fat — slow the rise and soften the fall.



## No Eating Window

Grazing from morning to night never lets things settle. A clear daily schedule — real meals, rest between — helps keep the whole day steadier.

THE SYSTEM

# What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



## Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



## Therapeutic Food Library

Swap-friendly lists of blood-sugar-friendly foods chosen to keep energy and numbers steady.



## Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



## Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

# One day, mapped for you

Here's a sample day from a Mayan Sweet Blood plan — real food, built to keep blood sugar steady.  
Your plan is personalized to your body, tastes, and needs.

## ON WAKING



### Morning Tonic

Warm water with cinnamon, or a bitter herbal tea

**Why:** a gentle, low-sugar start before your first meal.

## BREAKFAST



### Steady-Start Plate

Eggs with callaloo and avocado — protein and fat first, greens alongside

**Why:** protein and fat before carbs keeps the morning rise gentle.

## MIDDAY



### Balanced Plate

Grilled fish or beans over greens, with roasted non-starchy veg

**Why:** fiber and protein slow the release — your biggest, steadiest meal.

## AFTERNOON



### Steady Tonic

Hibiscus or bitter tea · a small handful of nuts if needed

**Why:** a balanced bite keeps the afternoon from crashing.

## DINNER



### Light & Early

Vegetable & bean soup, or steamed veg with a lean protein — kept light

**Why:** an earlier, lighter dinner helps overnight numbers settle.

## THE METHOD

# The 5-part rhythm

Every Mayan Sweet Blood journey follows the same rooted arc.

1

### Reset

Clear the roller-coaster foods and start simple and steady.

2

### Rebuild

Build balanced plates that keep energy and blood sugar even.

3

### Rhythm

Lock in a daily meal schedule your body can rely on.

4

### Steady

Keep the whole day even — meal to meal, morning to night.

5

### Reinforce

Make it the way you eat for good — with support that stays.

CHOOSE YOUR PATH

# Four ways to start

Every path includes a personalized Sweet Blood meal plan built around steady blood sugar.  
Choose the level of guidance that fits where you are right now.

ENTRY

## Reset Plan

A clean, focused starting point to steady your plate and your day.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

## Signature Plan

The complete blood-sugar-friendly meal system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

## Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

## VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

## Support that walks it with you

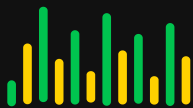
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



### Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

# Ready to eat for **steady blood sugar?**

Tell us where you are. We'll point you to the right plan and get your personalized schedule started.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one...

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

**MAYAN BOTANICALS**

[Reset Plan](#)

[Signature Plan](#)

[Concierge Plan](#)

[VIP Transformation](#)

*Live healthy, be healthy.*

These meal plans are educational nutrition guidance rooted in traditional food wisdom. They are not medical advice and are not intended to diagnose, treat, cure, reverse, or prevent diabetes or any disease. They are meant to work alongside your medical care, not replace it. Never start, stop, or change any medication — including insulin or other diabetes medication — and never make major dietary changes without talking to your physician first. Monitor your blood sugar with your care team. Individual results vary.

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