

When I Eat Protein (So My Meds Work)

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My 9-year system for timing food so levodopa can work — a one-page fridge tool.

A quick word from David

Hi — it's David from Life with Parkinson's. Protein doesn't stop levodopa cold. It **competes** for the same "bus seats" getting into the brain. Some days my meds worked. Some days they didn't. Timing food was a bigger lever than I expected.

7 PM is my personal evening protein time — not a rule for you. Write *your* times below. Start with breakfast only for 7 days. Don't overhaul everything at once.

Full "why": Protein and Parkinson's: Why It Blocks Your Levodopa

Two habits (non-negotiables)

1. **Meds before food** — leave a **30–60 minute gap** when you can (your clinician may fine-tune this).
2. **Lighter protein by day · main protein later** — carbs/safer day foods earlier; bigger protein serving at *your* evening meal.

My evening protein time (example only): ~7:00 PM

Your evening protein time: __

Your morning med time: __ *Gap before food:* _ min

Fill-in day grid

Time of day	Med time	Meal / snack	Protein? (Y/N)	Notes (ON / OFF / other)
Morning				
Midday				
Afternoon				
Evening				

If you're the one cooking: protect the med–food gap · front-load easier day foods · move the main protein to their evening slot: __

Quick food lists (not a diet)

Easier earlier in the day (examples): oatmeal, toast, fruit, rice, pasta, many low-protein sides

Save for your evening protein meal (examples): meat, fish, eggs, Greek yogurt, larger protein servings

(Your dietitian/neurologist wins if this conflicts with other medical needs.)

Five mistakes to avoid

3. Don't cut total protein forever — **redistribute**, don't starve muscle.
4. Don't make **breakfast** the biggest protein meal if meds matter most in the day.
5. Don't judge a dose during an **OFF** — wait until you're ON.
6. Don't change **two** things in one week.
7. Fat can **delay** emptying; protein **competes** for transport — different problems.

OFF rule: no major food or med decisions during OFF.

What to read next

- Full protein timing guide: Protein and Parkinson's: Why It Blocks Your Levodopa
- Related diet strategies: Protein and Parkinson's diet strategies
- Before adding supplements: use the neurologist checklist free tool on the site
- CBD experiment (why I don't recommend casually adding products): My CBD Oil Experiment Went Wrong
- Home: lifewithparkinsons.ca

Education only — not medical advice. Work with your own care team on medication and diet.

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