

When I Eat Protein (So My Meds Work)

Printer-friendly version (black text, low ink) · Life with Parkinson's

One-page fridge tool — timing food so levodopa can work.

From David

Protein doesn't stop levodopa cold. It **competes** for the same transport into the brain. **7 PM is my example only.** Write your times. Start with breakfast for 7 days.

Full guide: <https://lifewithparkinsons.ca/protein-parkinsons-levodopa-timing/>

Two habits

1. **Meds before food** — 30–60 min gap when you can.
2. **Lighter protein by day · main protein later** at *your* evening meal.

Your evening protein time: __

Your morning med time: __ **Gap:** __ min

Day grid

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

Cook / caregiver: protect the gap · easier foods earlier · main protein at: __

Food lists (examples only)

Earlier day: oatmeal, toast, fruit, rice, pasta, lower-protein sides

Evening protein meal: meat, fish, eggs, Greek yogurt, larger protein servings

Five mistakes

3. Don't cut all protein — redistribute.
4. Don't make breakfast the biggest protein meal if daytime meds matter.
5. Don't judge doses during OFF.
6. Don't change two things in one week.
7. Fat delays; protein competes — different issues.

OFF rule: no big food/med decisions during OFF.

Next reads (type these or open from email)

- <https://lifewithparkinsons.ca/protein-parkinsons-levodopa-timing/>
- <https://lifewithparkinsons.ca/protein-and-parkinsons-diet-strategies/>

- <https://lifewithparkinsons.ca/cbd-oil-parkinsons-experiment-went-wrong/>
- <https://lifewithparkinsons.ca/>

Education only — not medical advice.

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