

# 3-Day Metabolism Kickstart Plan

## Day 1: Stabilize Blood Sugar & Reduce Inflammation

- Morning: 16-20oz water with electrolytes, protein-heavy breakfast.
- Midday: Walk 15 minutes after meals, focus on whole foods.
- Evening: Strength training, avoid eating 2-3 hours before bed.

## Day 2: Improve Fat Burning & Digestion

- Morning: Hydration first, protein-rich breakfast.
- Midday: Walk 10,000+ steps, nutrient-dense lunch, ginger tea for digestion.
- Evening: Light dinner, no snacking, allow 12+ hours of fasting.

## Day 3: Boost Energy & Reset Metabolism

- Morning: Hydration, protein and healthy fat breakfast.
- Midday: Cold exposure, large salad with lean protein.
- Evening: Short high-intensity workout, magnesium for sleep.