

METABOLISM RESET CHEAT SHEET

- Morning Hydration (lemon water)
- Light movement (walk, stretch, or yoga)
- Protein-packed breakfast (20g+)
- Avoid sugar & processed snacks
- Intermittent fasting (if applicable)
- 7-9 hours of quality sleep
- 8+ cups of water daily
- Track habits & energy
- Reduce stress (deep breathing, journaling)
- Stick to your reset for 30 days!

Your metabolism responds to consistency. Keep showing up!

- MetabolismBoostLab