

FAT-BURNING MORNING RITUALS

1. WAKE UP HYDRATED

Drink a full glass of water with lemon to kickstart your metabolism and flush toxins.

2. LIGHT MOVEMENT

Do 5-10 minutes of stretching, yoga, or light cardio to activate your lymphatic system and burn fat.

3. MORNING SUNLIGHT

Get 10 minutes of natural light to regulate your cortisol and energize your metabolism.

4. HIGH-PROTEIN BREAKFAST

Eat a breakfast rich in protein and fiber (eggs, Greek yogurt, chia pudding) within 60-90 minutes of waking.

5. NO SUGAR FIRST THING

Avoid sugary cereals or pastries in the morning - they spike insulin and shut down fat burning.

6. CAFFEINE STRATEGY

Drink black coffee or green tea **after** hydration and movement for a focused metabolism boost.

7. MINDFUL BREATHING

Spend 1 minute in silence or guided breathing to reduce stress hormones and support fat loss.

Repeat these each morning for 30 days to amplify the effects of your metabolism reset.

- MetabolismBoostLab