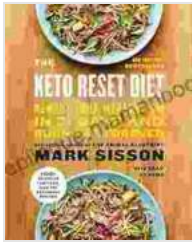


# Reboot Your Metabolism In 21 Days And Burn Fat Forever



## The Keto Reset Diet: Reboot Your Metabolism in 21 Days and Burn Fat Forever by Mark Sisson

★★★★☆ 4.4 out of 5

Language	: English
File size	: 101063 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 350 pages



Your metabolism is the process that converts food into energy. When your metabolism is slow, you burn fewer calories and store more fat. There are many things that can slow down your metabolism, including age, lack of exercise, and certain medications.

The good news is that there are also many things you can do to speed up your metabolism and burn fat faster. Here are 21 tips to help you reboot your metabolism and burn fat forever:

### **1. Eat a healthy breakfast every day.**

Skipping breakfast is one of the worst things you can do for your metabolism. When you eat breakfast, you kick-start your metabolism and

set the tone for the rest of the day. Choose a breakfast that is high in protein and fiber, such as oatmeal, eggs, or yogurt.

## **2. Eat plenty of protein.**

Protein is an essential nutrient for weight loss. It helps to boost your metabolism, curb your appetite, and preserve muscle mass. Aim to get about 1 gram of protein per pound of body weight per day.

## **3. Eat whole grains.**

Whole grains are a good source of fiber, which helps to keep you feeling full and satisfied. Fiber also helps to slow down the absorption of sugar into the bloodstream, which can help to prevent spikes in insulin levels. Insulin is a hormone that can promote fat storage.

## **4. Eat fruits and vegetables.**

Fruits and vegetables are low in calories and high in nutrients. They are also a good source of antioxidants, which can help to protect your cells from damage. Aim to eat at least 5 servings of fruits and vegetables per day.

## **5. Drink plenty of water.**

Water is essential for good health, and it can also help to boost your metabolism. Drinking water can help to flush out toxins, suppress your appetite, and increase your energy levels.

## **6. Get regular exercise.**

Exercise is one of the best ways to boost your metabolism. Aim to get at least 30 minutes of moderate-intensity exercise most days of the week.

Exercise helps to burn calories, build muscle, and improve your overall health.

## **7. Strength train.**

Strength training is a great way to build muscle and boost your metabolism. Muscle burns more calories than fat, so the more muscle you have, the faster your metabolism will be. Aim to strength train 2-3 times per week.

## **8. Get enough sleep.**

When you don't get enough sleep, your body produces more of the hormone cortisol. Cortisol can lead to weight gain, increased appetite, and a slower metabolism. Aim to get 7-8 hours of sleep per night.

## **9. Manage stress.**

Stress can lead to weight gain, increased appetite, and a slower metabolism. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

## **10. Take a metabolism-boosting supplement.**

There are a number of supplements that can help to boost your metabolism, such as green tea extract, caffeine, and capsaicin. However, it is important to talk to your doctor before taking any supplements.

## **11. Avoid processed foods.**

Processed foods are often high in calories, sugar, and unhealthy fats. These foods can slow down your metabolism and lead to weight gain. Choose whole, unprocessed foods instead.

## **12. Avoid sugary drinks.**

Sugary drinks are high in calories and can contribute to weight gain. Choose water, unsweetened tea, or black coffee instead.

## **13. Avoid excessive alcohol consumption.**

Alcohol can slow down your metabolism and lead to weight gain. Limit your alcohol intake to one drink per day for women and two drinks per day for men.

## **14. Eat your meals at regular times.**

Eating your meals at regular times can help to keep your metabolism running smoothly. Avoid skipping meals, as this can lead to overeating later on.

## **15. Don't skip meals.**

Skipping meals can lead to overeating later on. It can also slow down your metabolism.

## **16. Eat slowly and chew your food thoroughly.**

Eating slowly and chewing your food thoroughly can help you to feel full faster and prevent overeating. It can also help to improve your digestion.

## **17. Avoid eating late at night.**

Eating late at night can disrupt your sleep and lead to weight gain. Avoid eating within 2-3 hours of going to bed.

## **18. Create a calorie deficit.**

To lose weight, you need to create a calorie deficit. This means eating fewer calories than you burn. You can create a calorie deficit by eating less, exercising more, or a combination of both.

## 19. Be patient and consistent.

Losing weight and boosting your metabolism takes time and effort. Be patient and consistent with your efforts, and you will eventually reach your goals.

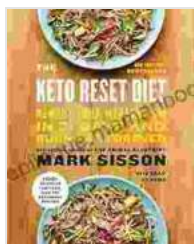
## 20. Don't give up.

There will be times when you want to give up. But don't give up! Keep going, and you will eventually reach your goals.

## 21. Seek professional help if needed.

If you are struggling to lose weight or boost your metabolism, seek professional help. A doctor or registered dietitian can help you to develop a plan that is right for you.

Rebooting your metabolism and burning fat forever is possible. By following these tips, you can speed up your metabolism, lose weight, and improve your overall health.



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