



## 5 Nutrition Tips to Rev Your Metabolism

**Plan out your menu each week.** Pick a few staple meals and snacks , write it down, and shop with a list. Need ideas?... Scan the QR code for a sample 3-day menu with shopping list.

**NO skipping meals.** If you struggle with fatigue and cravings, it's essential to eat small frequent meals through the day, starting with breakfast. You should never feel really hungry or really full.

**Balance your meals.** Instead of eliminating carbs in hopes to lose weight (which causes extreme cravings), balance your meals and snacks with a small portion of complex carbs.

**Clean up your diet.** Cut down on foods that are known to be inflammatory, like sugar/sweets, fried foods, baked goods, and highly processed foods. They cause bloat, fatigue, and weight gain.

**Clean up your drinks.** Cut down on sweet drinks (soda, diet drinks, sweet tea, juice). Monitor caffeinated drinks and alcohol. Instead, drink more water.

**3-DAY  
MENU PLAN**

