



THE FREE

METABOLISM STARTER KIT

Three honest, science-based guides to wake up a sluggish metabolism — no gimmicks, no detox teas, no false promises.

① 7-Day Reset Plan

② Foods Cheat Sheet

③ Myths vs Facts

howtoboostmetabolism.com

START HERE

Welcome — let's set the record straight

You can't buy a new metabolism in a bottle. But you can support the one you have with a handful of habits that genuinely move the needle. This kit cuts through the noise and hands you the few things that actually work.

Most "metabolism boosters" online are hype. The real levers are unglamorous but powerful: **protein, muscle, sleep, and daily movement**. Everything in these three guides is built around them.

What's inside

- **Guide 1 — The 7-Day Metabolism Reset:** a simple day-by-day plan to build the four core habits.
- **Guide 2 — The Metabolism Foods Cheat Sheet:** what to eat more of, what to limit, and a ready grocery list.
- **Guide 3 — Metabolism Myths vs Facts:** 12 popular claims, sorted into real and nonsense.

One honest note up front: results come from consistency, not perfection. Aim to do most of this most days. That beats a "perfect" week you can't repeat.

GUIDE 01

The 7-Day Metabolism Reset

A week to install the four habits that support a healthy metabolism. Keep it simple — repeat what works.

The 4 levers that actually matter

Lever	Why it works	Your daily target
Protein	Your body burns 20–30% of protein's calories just digesting it (vs 5–10% for carbs, 0–3% for fat). It also protects calorie-burning muscle and keeps you full.	Protein at every meal (eggs, Greek yogurt, chicken, fish, tofu, beans)
Muscle	Muscle is more metabolically active than fat and is the engine you keep as you age. Strength work protects it.	2–3 short strength sessions this week
Sleep	Short sleep raises hunger hormones (~28% more ghrelin), lowers fullness signals (~18% less leptin), and can lower your metabolic rate while dieting.	7–9 hours, consistent bed/wake time
Movement (NEAT)	All-day, non-exercise movement (walking, standing, chores) can burn more than your workout. It's the most underrated lever.	7,000–10,000 steps, break up sitting

Your day-by-day plan

Day	Focus	Do this
1	Protein first	Add 25–30g protein to breakfast. Drink water before meals.
2	Move more	Hit a step goal. Take a 10-min walk after your largest meal.
3	Strength	20-min bodyweight session: squats, push-ups, rows, plank. 2–3 rounds.
4	Sleep tune-up	Set a fixed bedtime. Screens off 30 min before. No caffeine after 2pm.
5	Fiber + hydration	Vegetables/legumes at 2 meals. Aim for steady water through the day.
6	Strength + steps	Repeat the 20-min session. Add an extra walk.
7	Reflect & repeat	Note what felt easiest. Keep those wins going next week.

The 20-minute "anywhere" strength circuit

3 rounds, rest as needed: **10 squats** • **8 push-ups (knees ok)** • **10 hip hinges** • **10 rows (band or bag)** • **30-sec plank**. No gym required.

GUIDE 02

The Metabolism Foods Cheat Sheet

No single food "melts fat." But the overall pattern matters — and these choices make the pattern easy.

✓ Build meals around these

- **Protein:** eggs, Greek yogurt, cottage cheese, chicken, turkey, fish, tofu, tempeh, lean beef
- **Legumes:** beans, lentils, chickpeas (protein + fiber)
- **High-fiber veg:** broccoli, spinach, peppers, carrots
- **Fruit:** berries, apples, citrus
- **Whole grains:** oats, quinoa, brown rice
- **Healthy fats:** nuts, seeds (chia, flax), olive oil
- **Free helpers:** coffee, green tea, chili, water

✗ Keep these occasional

- Sugary drinks & "energy" drinks
- Refined snacks (chips, pastries, candy)
- White bread & sugary cereals
- Deep-fried foods
- Alcohol (empty calories, worse sleep)
- **"Detox" teas & fat-burner tonics** — marketing, not metabolism

Skip the gimmicks. Negative-calorie foods and detox teas don't speed metabolism. Save your money.

How much protein? (a simple target)

A common, practical range is **0.7-1 gram of protein per pound of goal body weight per day**, split across meals. Easy anchors:

Food	Approx. protein
2 large eggs	~12 g
Greek yogurt (1 cup)	~17 g
Chicken breast (4 oz)	~26 g
Canned tuna (1 can)	~20 g
Lentils (1 cup cooked)	~18 g
Tofu, firm (4 oz)	~10 g

Smart swaps

Instead of...	Try...
Sugary cereal	Oats + Greek yogurt + berries
Soda / juice	Sparkling water + lemon, or green tea
Chips	Roasted chickpeas or nuts

White rice (big portion)

Half rice, half beans or veg

Starter grocery list

Eggs · Greek yogurt · chicken/fish/tofu · canned beans & lentils · frozen mixed veg · spinach · berries · oats · olive oil · nuts & seeds · coffee/green tea.

GUIDE 03

Metabolism Myths vs Facts

Twelve claims you've seen online — sorted into what's real and what's nonsense.

The myth	The honest fact
"Eat 6 small meals to stoke your metabolism."	Meal frequency doesn't meaningfully change calories burned. Total food and protein matter more than timing.
"Detox teas speed up metabolism."	No. They rely on caffeine and sometimes laxatives — not metabolism science.
"Some foods are 'negative-calorie.'"	A myth. Celery is low-calorie and filling, but chewing it doesn't burn more than it contains.
"Cold/ice water melts fat."	Hydration helps your metabolism run; the temperature effect is tiny — not fat loss.
"Cardio is the best way to boost metabolism."	Cardio burns calories now; strength training protects the muscle that supports metabolism long-term.
"Your metabolism crashes in your 30s."	Research suggests metabolism is fairly stable from ~20 to ~60. Lost muscle and less movement drive most of the slowdown — both fixable.
"Skipping meals saves calories and helps."	It often backfires — more hunger and overeating later. Protein and fiber keep you steady.
"Supplements are the key to a fast metabolism."	Most do little. Even the best-studied ones (e.g., berberine for blood sugar) are small add-ons, not shortcuts.
"Apple cider vinegar burns belly fat."	It may modestly blunt blood-sugar spikes and curb appetite — not a fat-burner. Always dilute it.
"Eating late at night ruins your metabolism."	Total daily calories matter most. Late eating is a problem mainly when it's extra snacking.
"Sleep doesn't affect weight."	It does. Short sleep raises hunger hormones and can lower your metabolic rate while dieting.
"You either have a fast or slow metabolism — that's it."	It varies, but your habits (muscle, protein, movement, sleep) shift it more than genetics dictate.

You've got the plan. Want help sticking to it?

New honest, science-based guides drop on the blog every week — no hype, no fear-mongering.

Read more at howtoboostmetabolism.com

Medical disclaimer: This kit is for general education only and is not medical advice. Statements about foods and supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare provider before changing your diet, exercise, or supplement routine — especially if you are pregnant, nursing, have a health condition, or take medication. Individual results vary. © 2026 howtoboostmetabolism.com