

■ Metabolic Health Checklist

Your 7-Day Guide to Balanced Energy, Better Digestion & Sustainable Weight Loss

1. Morning Routine (Start Strong)

- Drink 16–20 oz of water right after waking up
- Wait at least 30 minutes before eating (let cortisol drop)
- Avoid sweet breakfasts — choose savory options like eggs, tofu scramble, or chia pudding with nuts
- Take Vitamin D3 + K2 (with fat for absorption)
- Spend 10 minutes in sunlight or gentle movement
- Goal: Set stable blood sugar and steady energy for the day

2. Smart Eating Habits

- Eat slowly — take at least 15–20 minutes per meal
- Follow the “Veggies First” rule (fiber, protein, then carbs)
- Leave 3–4 hours between meals (no grazing)
- Stop eating 2 hours before bed to support digestion
- Drink a full glass of water before meals
- Goal: Reduce glucose spikes and allow your body time to burn fuel efficiently

3. Gut Health Support

- Eat 1 fermented food daily (kefir, sauerkraut, kimchi, miso)
- Aim for 25–35 grams of fiber daily (leafy greens, legumes, flaxseed)
- Take a high-quality probiotic or eat prebiotic-rich foods like garlic, onions, and leeks
- Avoid artificial sweeteners and seed oils
- Chew food thoroughly to reduce bloating
- Goal: Build a healthy microbiome that supports metabolism and immunity

4. Protein & Fat Balance

- Get 20–30g of protein per meal (chicken, lentils, tofu, fish, or eggs)
- Include healthy fats (avocado, olive oil, nuts, coconut, or ghee)
- Limit oat and almond milks — they spike glucose and lack nutrients
- Try hemp or pea protein smoothies instead of sugary shakes
- Goal: Maintain muscle, reduce cravings, and stabilize hormones

5. Movement & Recovery

- Walk 5–10 minutes after meals to lower glucose
- Do strength training 3x per week to improve insulin sensitivity
- Stretch or do yoga before bed
- Prioritize 7–8 hours of quality sleep nightly
- Practice deep breathing or meditation to manage cortisol

- Goal: Lower inflammation and activate your body's natural fat-burning mode

6. Track Your Key Biomarkers (Weekly or Monthly)

Metric	Healthy Range	Your Last Result	Notes/Goal
Fasting Glucose	< 100 mg/dL		
Triglycerides	< 150 mg/dL		
HDL (Good) Cholesterol	> 40 (men), > 50 (women)		
Blood Pressure	< 130/85		
Waist Circumference	< 40 in (men), < 35 in (women)		

7. Mindful Awareness

- Check in with your energy levels 2–3 times a day
- Rate your focus and mood from 1–10
- Keep a brief food + feeling journal — note how meals affect you
- Reflect weekly: “What felt good? What threw me off?”
- Goal: Reconnect with your body's signals instead of chasing trends or calories

- *Sustainable health grows from consistent, mindful habits — not restriction.*

You are not what you eat — you are what your body does with what you eat. Give your cells the environment they need to thrive, and your energy, mood, and metabolism will naturally follow.