

# TOP 10 TIPS TO SUPERCHARGE YOUR METABOLISM

Whether you're shedding pounds or maintaining your weight, the easy tips below will help you boost your metabolism and stay lean and fit.



## 1. CLOSE THE KITCHEN AFTER DINNER.

A 12-14 hour overnight fast prepares your body to burn fat the next morning. Choose a smart breakfast like a protein shake with plenty of healthy fats and filling fiber, and you've set your metabolic tone for the day.



## 2. STAY HYDRATED.

Drinking plenty of water is the easiest way to rev up your system and feel your best. In fact, you boost your metabolism by as much as 30% each time you drink. Aim for half your weight in ounces of water each day.



## 3. HAVE A CUP OF GREEN TEA.

Green tea has numerous health benefits, including calming your mood and appetite while also speeding up your metabolism. (Just remember to opt for decaf after lunch...)



## 4. SPICE THINGS UP.

Your spice cabinet probably already holds the key to kicking your metabolism into high gear. Cinnamon and cayenne pepper are known for their cleansing, metabolic-boosting benefits.



## 5. ENJOY SOME COCONUT OIL.

The medium chain triglycerides (MCTs) in coconut oil are fantastic at helping your body burn more fat and build muscle. Added plus: it's also great for your skin and helps fight infection.



## 6. BURST TO BLAST FAT.

No more hours on the treadmill. Burst training (i.e. high-intensity interval training) is the quickest way to burn fat all day. If you've got 8 minutes free, you've got time for a burst training workout.



## 7. SWAP YOUR CARBS.

Carbs aren't the enemy! To optimize your metabolism, just trade starchy carbs like white rice and bread for high-fiber veggies and seeds like leafy greens, sweet potatoes, and quinoa.



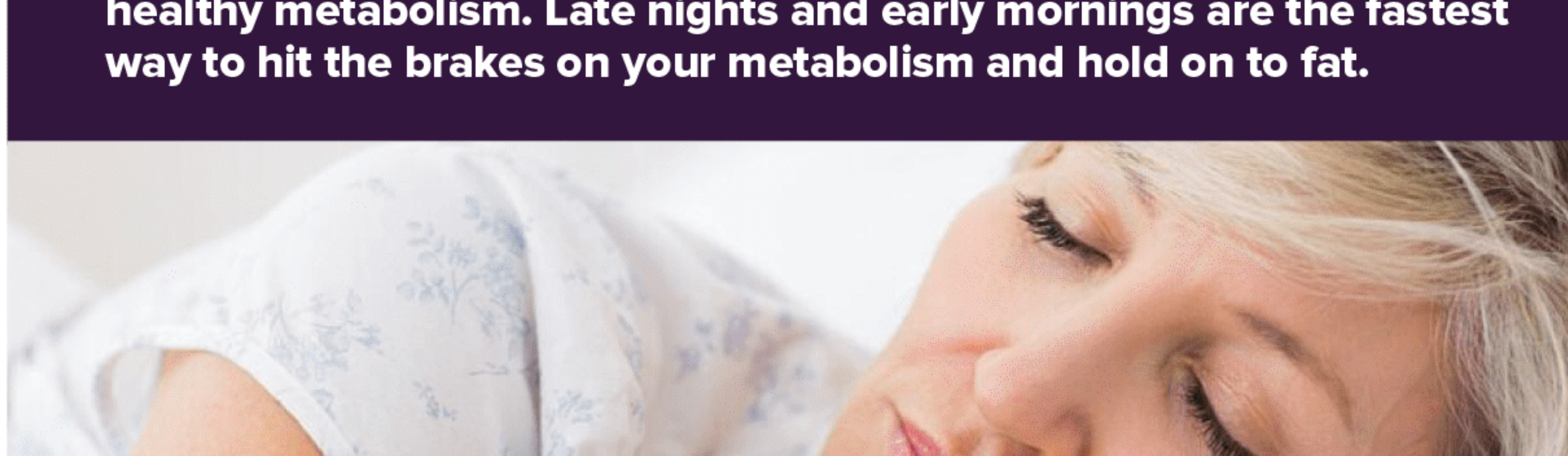
## 8. EAT OPTIMAL PROTEIN.

Plenty of clean, lean protein is vital to burning fat and building muscle. Look for quality-sourced protein like grass-fed beef, free range chicken, and organic chia seeds or almonds.



## 9. GET A GOOD NIGHT'S SLEEP.

A solid 8-9 hours of sleep each night is crucial to maintaining a healthy metabolism. Late nights and early mornings are the fastest way to hit the brakes on your metabolism and hold on to fat.



## 10. DUMP THE FRUCTOSE.

Drinking fruit juice or eating high-sugar impact foods like dried fruit will grind your metabolism to a halt and ensure you hang on to belly fat. Opt for a low-sugar impact diet to be sure you stay a fat burner.



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