

# THE METABOLIC JUMPSTART *Challenge*

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8 DELICIOUS  
RECIPES

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WORKOUTS

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# Welcome TO YOUR METABOLIC JUMPSTART Challenge!

Congratulations on taking this important step to help you improve your health and take control over your metabolism.

Over the next 5 days you'll be taking **MASSIVE ACTION** to help boost your calorie burn and accelerate your results!

Here's how the challenge is set up:

- 1 You'll learn the framework for how to boost your metabolism and why each component of the 5-Day challenge is important!
- 2 Each day you'll complete your daily "Action List" of metabolic-boosting activities. Use your new worksheets to track your success.
- 3 You'll also be receiving daily emails to help motivate and inspire you, plus they'll give you bonus tips to boost your results!

Keep an eye on your inbox. In the meantime, let's dive into the hows & whys of jumpstarting your metabolism!

We can't wait to see how you feel in just 5 short days!



*Christina Della Rocca,*  
*n.d., FNLP, MASS.d., CPT*





# *What* EXACTLY IS YOUR **METABOLISM?**

It's tempting to think of your metabolism as an internal speedometer ... or maybe like a hamster running on a wheel. The faster it goes, the faster you burn calories and fat.

But in reality, it's a complex biochemical process that your body uses to convert what you eat and drink into energy.

Metabolism happens at its most basic level in your cells. That's where the calories in everything you eat and drink are combined with oxygen. This process releases the energy your body needs to function.



There's a big list of factors that can affect the rate at which this process happens:

- 1 **Genetics.** *You don't have much control over this, but some people are naturally fast "burners" and others burn calories more slowly.*
- 2 **Size.** *The bigger you are, the more energy your body requires to stay alive.*
- 3 **Age.** *As you get older, your metabolism naturally slows down. This can be due to hormonal shifts, being less active, muscle loss, genetics, or even health issues.*
- 4 **Body Composition (muscle vs. fat).** *Having more muscle can help you burn more calories.*
- 5 **Sex.** *Men burn calories at a faster rate than women.*
- 6 **Health Issues.** *Some conditions such as thyroid and diabetes disease can make you burn calories at a faster or slower rate.*
- 7 **Lifestyle.** *This includes stress, sleep, the foods you eat, and more.*
- 8 **Activity Level.** *The more active you are in general (not just workouts), the more calories you will burn.*

Some of these you have more control over than others ... but here's the best news of all: **YOU are in control over most of these factors!**

And when you take control over them, not only will you fire up your metabolism, but you'll **FEEL** better and have **MORE ENERGY** in your life.

Let's dive in and take a deeper look.

**#DELISH**

# Your METABOLISM AT A GLANCE

Your body burns fuel (calories) in 3 basic ways:

**1 Staying alive.** This is the energy that's required to keep your body's systems running while you're at rest. This is called your **BASAL METABOLIC RATE**. This is the number of calories you burn to keep your organs functioning.

**🔥 For most people, this accounts for most of their calorie burn - between 60% and 75% of your daily total.**

**2 Thermic effect of food.** Digesting the food you eat requires energy.

**🔥 This accounts for about 10% of your overall metabolism.**

**3 Activity.** This actually can be broken down even further, into two specific categories, and depends on how active you are:

- **Energy burned during your workouts.** This is pretty self-explanatory: it's the fuel you burn while running, lifting weights, etc.
- **NEAT calories.** This is the fuel you burn during normal daily life - walking to the car, brushing your teeth, standing instead of sitting at work, etc. NEAT stands for non-exercise-activity thermogenesis.

**🔥 For most people, activity adds up to about 10% to 30% of their total daily metabolic burn.**





# Lifestyle FACTORS

None of these individual issues are make-or-break when it comes to resetting your metabolism. But together, they can add up to boost your overall daily burn.

## SLEEP

A **study done** at the University of Chicago found that getting only 5 hours of sleep reduced the rate of fat loss by more than half!

Researchers had people eat a calorie-restricted diet. Everyone lost weight, but when people were allowed 8 hours of sleep a night, they burned significantly more fat than when they received only 5 hours of sleep.

Also: the researchers found that getting less sleep led to a spike in the level of ghrelin (a hormone), which affects both hunger and activity level.

## DIET

**PROBIOTICS.** New research shows that some probiotics (found in fermented foods and beverages, and also supplements) might help with fat loss, and others might work to prevent weight gain. This area is still being studied but shows promise!

# #HYDRATE



## PROTEIN

Not only do studies show that protein helps you maintain more muscle if you're losing weight, your body has to go through more steps to digest it - which means it burns more fuel.

Also, as a side note, eating protein can help keep you feeling fuller, longer.

Make sure you get adequate protein every day!

Dietary recommendations currently suggest getting between 10% to 35% of your daily calories from protein.

## CAFFEINE

Research shows that 100 mg of caffeine (about the amount in a cup of coffee) can temporarily boost your resting metabolic rate as much as 3% to 11%!

**🔥 Bonus burn: An even better choice than coffee, green tea contains metabolism-boosting antioxidants called catechins.**

**Note:** make sure you don't add sugar or calorie-rich flavors to your beverages, since these can quickly undo any metabolic-boosting effects.

## HYDRATION

**WATER.** Here's another reason to make sure you get at least 8 glasses of water a day ...

After drinking 500 ml (about 2 cups) of water, your metabolism is boosted by **up to 30%** for almost an hour after.

## EXERCISE

First: the more your body moves, the more calories you burn, and exercise definitely helps with that.

But exercise also boosts your metabolism a few different ways beyond the immediate calories burned.

- 1 More muscle.** Resistance training helps you build more muscle, and muscle tissue burns more fuel, even at rest.
- 2 High-intensity interval training (HIIT)** workouts are short workouts that are done with intensity, and they can elevate your calorie burn for hours after your workout. The more intense, the higher the burn!
- 3 Resistance training workouts (lifting weights)** also give you a modest post-workout burn, elevating your metabolism for a couple hours post-exercise.

## STRESS

When you're stressed, your body releases hormones to help you deal with the stress. And that's a good thing - it's actually part of your body's survival "fight or flight" mechanism!

The problem occurs when you're under **CHRONIC** stress.

The hormonal changes that are designed to help you power through quick stress can, over time, lower your metabolism.

In fact, a **study done** in 2015 at Ohio State found that women who reported a lot of stress the day before burned 104 fewer calories after they ate a high-calorie meal the next day.



# Your METABOLIC JUMPSTART CHALLENGE



This is a quick outline of your challenge “Action Items” for each day.

You’ll see how they build on each other over the 5-day challenge to help boost your burn. Keep an eye on your email inbox each morning for more in-depth info!

## Step 1

First, we’ll focus on optimizing your DIET for ultimate metabolic recharge!

- 1 Perfect portions:** Keep a food journal (tip: use a free app such as Myfitnesspal or Cronometer) to make sure you’re eating enough ... but not too much!
- 2 Protein power:** Try to eat a protein source at every meal, or at least 2-3 times a day.
- 3 Green tea:** Treat yourself to a cup of green tea to fight the mid-afternoon slump. Not only will it taste great and give you a slight energy boost, but it also can help your body burn more fat.
- 4 Eliminate added sugars.** These can take your blood sugar levels on a roller coaster ride, setting the stage for storing fat. (Note: added sugars are usually found in processed foods and are not the same as natural sugars, which are found in fruit and veggies.)
- 5 Hydrate!** Drink half your bodyweight in ounces every day (if you weigh 150 lbs, aim for 75 oz a day, not including water you drink during your workouts.)

# High PROTEIN RECIPES

## MIX & MATCH SMOOTHIE

*(makes 1 smoothie)*

- 1 cup of liquid (almond milk, kefir, coconut milk, etc.)
- 1 handful of greens (baby spinach or kale)
- 1 cup of frozen berries or other fruit
- ½ frozen banana, chopped
- 1 scoop of protein powder
- 1 tbsp nut butter (peanut, almond, etc.)

Place the liquid and greens in a high-speed blender and blend. Add the fruit, banana, protein powder and nut butter and blend until smooth. If it's too thick, add more liquid. Drink immediately.



# High PROTEIN RECIPES

## CHICKEN BROCCOLI STIR FRY

(serves 4)

- ¼ cup (60 ml) low sodium soy sauce
- ½ cup (120 ml) chicken broth
- 1 tbsp cornstarch
- 2 tbsp mirin (or apple cider)
- 2 tsp sesame oil
- ¼ tsp pepper
- 2 tbsp olive oil, divided
- 2 cups (175 g) broccoli florets
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 lb (450 g) chicken breast, sliced very thinly

**Make the sauce:** In a small bowl, whisk together the first 6 ingredients until dissolved.

Heat a large skillet over medium-high heat and add 1 tbsp. olive oil. Add chicken and saute until cooked through, about 2-3 minutes on each side. Remove to a plate.

Add remaining olive oil and let heat before adding the broccoli. Stir-fry for 4-5 minutes until it starts to soften.

Add the garlic and ginger and cook for about 1 minute, until fragrant. Whisk the prepared sauce and pour over the broccoli, and cook for 2-3 minutes, stirring well.

Add the chicken and stir to coat. Serve and enjoy!



# High PROTEIN RECIPES



## BAKED SALMON WITH FRESH HERBS

(serves 6)

- 2 lemons
- 8 parsley sprigs
- 2 tbsp olive oil
- 2 lb (900 g) skin-on wild salmon (coho or sockeye)
- ½ tsp Himalayan salt
- fresh black pepper, to taste
- 2 tbsp chopped fresh dill
- 2 tbsp chopped fresh parsley

Preheat the oven to 450°F (235°C). Wash lemons well and slice 1 into thin slices and the other into wedges.

Arrange the lemon slices in the center of a large sheet pan - the fish will be placed on top of them. Place the parsley sprigs on top of the lemon and drizzle with about 1 tbsp of olive oil.

Rub 1 tbsp of olive oil over the flesh side of the salmon and then season the fish with salt and pepper. Place the salmon on the lemon slices, skin side down.

Roast in the oven for 15-20 minutes, depending on the thickness of the fish, until the thickest part of the fish is cooked though in the center.

Remove the oven, top with fresh herbs and serve with lemon wedges.

# High PROTEIN RECIPES

## GREEK FETA TURKEY BURGERS

*(makes 5 servings)*

- 1 medium zucchini
- 1 lb 94% lean ground turkey
- ¼ cup seasoned panko or oats
- 1 clove garlic, crushed
- 2 tbsp grated onion
- 1 tbsp fresh oregano
- ½ tsp Himalayan salt
- Fresh pepper to taste
- ¼ cup crumbled feta cheese
- Nonstick cooking oil spray

Wash, dry and then grate the zucchini. Place the grated zucchini in a clean kitchen towel or between paper towels and press out the moisture. Set aside.

In a large bowl, combine the grated zucchini, ground turkey, garlic, onion, oregano, salt, pepper, and feta cheese. Mix together and then form into 5 patties.

Cook or grill for 5–6 minutes each side, until no longer pink on the inside. Serve with a side of vegetables or fresh salad.



# High PROTEIN RECIPES

## EGG, LENTIL & QUINOA SALAD TO-GO

*(makes 2 servings)*

- 2 tbsp lemon juice
- 4 tsp olive oil
- ¼ tsp kosher salt
- black pepper
- ½ medium avocado
- ½ cup (100 g) cooked lentils (can use canned & rinsed)
- ½ cup (100 g) cooked quinoa
- 10 grape tomatoes, cut in half
- 2 cups (60 g) baby spinach
- 2 large hard boiled eggs, peeled

This recipe works best with a resealable glass jar like a mason jar, but you can use any resealable container.

**First, make the dressing:** Whisk together the lemon juice, olive oil, salt and pepper, and divide between two medium containers or jars.

Then, divide the other ingredients equally and layer them into the containers in this order: avocado, quinoa, lentils, tomatoes, baby spinach, and hard boiled eggs.

Close the jar and store in the refrigerator until ready to eat. This should last 2-3 days. To serve, shake the container and pour into a salad bowl.



# High PROTEIN RECIPES



## ONE POT LENTILS & RICE

*(makes 6 servings)*

- 2 tbsp extra-virgin olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 tbsp ground cumin
- 1 tsp Pink Himalayan salt
- 1 bay leaf
- ¼ tsp ground pepper
- ½ tsp crushed red pepper
- ¾ cup (150 g) brown rice
- 1 cup (240 ml) water
- 1 15 oz (425 g) can lentils
- 1 10 oz (300 g) package frozen chopped spinach, thawed and squeezed dry
- 1 tbsp apple cider vinegar
- Sliced scallions for garnish

Heat oil in a large saucepan over medium heat. When it's shimmering, add onion and cook 3-4 minutes, stirring, until it starts to soften. Stir in garlic, cumin, salt, bay leaf, pepper and crushed red pepper, and cook until fragrant, about 1 minute.

Add the rice and stir to coat. Add water and bring to a boil. Reduce heat, cover and cook for 20 minutes. Add lentils (and more water if necessary), and cover and cook until the rice and lentils are tender and most of the water is absorbed, about 10 to 15 minutes. Remove cover and stir in the spinach and let heat through. Remove the bay leaf and stir in the vinegar before serving.

Serve with a side salad.

# High PROTEIN RECIPES

## TOFU TACOS

*(makes 4 servings)*

- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp salt
- ¼ tsp ground pepper
- ⅛ tsp ground cinnamon
- 1 16 oz (450 g) block extra-firm tofu, cut into ½-inch cubes and patted dry
- 2 tbsp extra-virgin olive oil, divided
- ½ cup (80 g) chopped onion
- 2 large cloves garlic, minced
- 1 15 oz (425 g) can black beans, rinsed
- 2 tsp apple cider vinegar
- ½ cup (8 g) chopped cilantro
- 8 corn tortillas, warmed
- (optional) pico de gallo and/or guacamole for topping

Combine the spices in a medium bowl. Add the tofu and toss to make sure it's well coated. Set aside.

Heat 1 tbsp olive oil in a large skillet over medium heat. Add onion and cook for about 3 minutes, until it starts to soften. Add the garlic and cook, stirring, for 1 minute. Boost the heat to medium-high and stir in the spice-coated tofu.

Cook, stirring occasionally, for about 10 minutes, until it starts to turn brown and a little crispy. Add beans and cook till heated through, stirring often. Remove from heat; stir in vinegar and cilantro.

Warm the tortillas and to serve, fill each with about ½ cup of tofu filling. Top with optional pico de gallo or guac.



# High PROTEIN RECIPES

## MARINATED FLANK STEAK

(serves 6)

- ½ cup (120 ml) low sodium soy sauce
- ¼ cup (60 ml) honey
- 1 tbsp (15 ml) olive oil
- 1 tsp sesame oil
- 4 cloves garlic, minced
- 2 tsp minced ginger
- ½ tsp black pepper
- 1 tsp balsamic vinegar
- 2 lb (900 g) flank steak



In a medium bowl, combine all of the ingredients and pour into a large, resealable plastic bag. Add the steak, squeeze out excess air and seal the bag. Place the bag in the refrigerator, laying the steak flat.

Marinate for at least 1 hour (and up to 12), flipping at least once.

Before cooking, remove the steak from the marinade and drain any excess liquid. Place the steak on a plate and throw away the marinade bag.

**To broil:** Place the rack in the top position of the oven and preheat your broiler. When hot, cook the steaks for 5–8 minutes each side for medium-rare.

**To grill:** Add a small amount of oil to a folded piece of paper towel and carefully grease your grill with it. Set your grill heat to high.

Once your grill is preheated (about 15 minutes), add the steak. Cover and cook until 4–5 minutes, then flip and cook for another 3–4 minutes to desired doneness.

For both methods, when your steak has finished cooking, transfer to a cutting board to rest for 5–8 minutes, and then cut the steak against the grain into thin slices.

# Your METABOLIC JUMPSTART CHALLENGE



## Step 2

Next, we'll focus on EXERCISE.

All exercise and movement requires your body to burn energy, but there are two types of workouts that help rev your metabolism beyond the time you spend exercising.

- 1 RESISTANCE TRAINING
- 2 HIGH INTENSITY INTERVAL TRAINING

Resistance training helps build muscle, which burns more calories at rest than other body tissues. As we get older, we naturally lose muscle so it's important to make sure you keep as much as possible! You can do this through weight training.

**High-intensity interval workouts burn more calories** overall during your workouts than regular "steady-state" workouts. They also require your body to do a little extra work AFTER your workout to help repair and recover - which requires more energy (calories).

Depending on your current regimen, we suggest:

- 2 to 3 total-body weight training workouts a week on non-consecutive days
- 1-2 high-intensity interval training sessions a week.
- For added benefit, incorporate bonus "steady-state" cardio workouts - work at a moderate pace for 20-45 minutes - 1-2 days a week.

# WORKOUTS

Don't skip the warm up or cool down! Always warm up with about 5- 10 minutes of light cardio, then dynamic stretches (leg swings, arm circles, etc.). After the workout, cool down with light cardio (walking, etc.) to bring down your heart rate, and then stretch.

## TOTAL BODY WORKOUT (BEGINNER)

*You'll need 2 light to medium dumbbells (or soup cans!) for this workout.*

### 2-3X THROUGH

Dumbbell front squats

Dumbbell overhead press

Dumbbell reverse lunges

Dumbbell bent-over row

Dumbbell biceps curls

Dumbbell triceps kickbacks

## STEP CHALLENGE (BEGINNER)

*This workout requires a step bench or sturdy platform.*

### 2-3X THROUGH

15 Step-ups (on a bench or stair) right leg

15 Step-ups (on a bench or stair) left leg

15 Quick toe taps on the bench each side

15 Push-ups, with hands on bench  
*(or feet on bench for advanced)*

15 Squats

*(touch butt to the bench, and then back up)*

15 Dips on the bench

### PLANK CIRCUIT 1X

Forearm plank, 30 seconds

*Rest, 20 seconds*

Spiderman plank, 30 seconds

*Rest, 20 seconds*

Side Plank (left), 30 seconds

Side Plank (right), 30 seconds

*Rest, 20 seconds*

Straight Arm Plank, 30 seconds

# WORKOUTS

## TRACK & CORE (INTERMEDIATE)

*Go at your own pace with this short workout.*

### 1 ROUND

400 meter jog

400 meter RUN

400 meter jog

400 meter RUN

### 3-5 ROUNDS

30 sec plank

30 sec side plank left

30 sec side plank right

30 sec hip bridge hold

30 sec rest

## THE 300 WORKOUT (INTERMEDIATE)

*Go at your own pace with this short workout.*

### REPEAT THE CIRCUIT FOR 3 ROUNDS

10 Total body squats (touch floor at bottom, reach to sky at top)

10 Push-ups

10 Lateral Lunges (left)

10 Lateral Lunges (right)

10 Bicycle Crunches (1-1 count)

10 Burpees

10 Russian twists (1-1 count)

10 Mountain climbers

10 Triceps dips

10 Plank shoulder taps



# WORKOUTS



## TABATA-STYLE WORKOUT (ADVANCED)

Do the following circuit nonstop, performing each exercise for 20 seconds and then taking a 10-second rest before moving to the next exercise. Take an optional 30- to 60-second break when you finish each circuit before repeating.

### REPEAT THE CIRCUIT FOR 4-6 ROUNDS

Burpees	Jumping Jacks
Speed skaters	Reverse lunges
Mountain climbers	Flutter kicks
Russian twist	Hip Bridges

## BURPEE CHALLENGE (ADVANCED)

Go through the following circuit, taking breaks as needed.

1 Burpee

1 Burpee - in the down phase, do 3 Push-ups, stand up, and shake it out

1 Burpee - in the down phase, do 3 Push-ups, 10 mountain climbers each side, then stand up, and shake it out

1 Burpee - in the down phase, do 3 Push-ups, 10 mountain climbers each side, 10 Spiderman planks each side, then stand up and do 3 jump squats. Shake it out.

1 Burpee - in the down phase, do 3 Push-ups, 10 mountain climbers each side, 10 Spiderman planks each side, then stand up and do 3 jump squats, 5 jump lunges each side

1-Mile Cool Down Jog

# Your METABOLIC JUMPSTART CHALLENGE



## Step 3

The third step of your Metabolic Jumpstart is all about managing stress.

This is important because stress can wreak havoc on your hormones, making you feel hungry, cutting the number of calories you burn each day, and increasing fat storage.

**Managing stress includes identifying the things that are stressing you and taking action to reduce their impact.**

It also includes smaller, everyday actions like journaling, going for a walk in nature, meditating, and even practicing simple breathing exercises.

### THE 4-7-8 RELAXATION BREATH TECHNIQUE

*This technique comes from integrative physician Dr. Andrew Weil, who recommends it because it can help stimulate your body's natural relaxation response. You can do this technique any time, anywhere!*

- 🌸 Exhale completely through your mouth.
- 🌸 Inhale gently through your nose for a count of 4.
- 🌸 Hold your breath for a count of 7.
- 🌸 Exhale through your mouth for a count of 8.
- 🌸 Repeat for a total of 4 times through the cycle

# Your METABOLIC JUMPSTART CHALLENGE



## Step 4

Next up we will focus on your **SLEEP**.

Getting at least 7-8 hours of restful sleep each night helps your body in so many ways - including optimizing your metabolism!

Even though it looks like we're doing nothing when we're sleeping, our body is actually busy recovering, repairing, and resetting for tomorrow.

When it doesn't get the sleep it needs, your hormones can get thrown into disarray, leading to excess hunger, fat storage, and more!

### **Some sleep tips to set yourself up for sleep success:**

- ✓ *Schedule at least 7-8 hours for sleep a day.*
- ✓ *Include time for a relaxing evening wind-down regimen.*
- ✓ *Don't eat too close to bedtime as it can affect your sleep.*
- ✓ *Alcohol and caffeine can interfere with falling asleep, staying asleep, and sleep quality.*
- ✓ *Make sure your environment supports sleep: comfy bed, the right temperature, quiet, dark, etc.*

If you truly are struggling with sleep, be sure to discuss it with your doctor.

# Your METABOLIC JUMPSTART CHALLENGE



## Step 5

The final step in your Metabolic Jumpstart is NEAT - non-exercise activity thermogenesis.

That's just a fancy term for being active and moving outside of your workouts!

The more you move your muscles during the day, the more calories you burn every day!

As an example, a person who has an active job - like a mail carrier - burns more calories a day than someone who sits at a desk.

It's all about upgrading your movements and sneaking in extra steps! Here are some simple ways to boost your activity:

- ✓ *Sit instead of lying down.*
- ✓ *Stand instead of sit.*
- ✓ *Park farther away from a building entrance.*
- ✓ *Take the stairs instead of the elevator/escalator.*
- ✓ *Go for a walk after lunch and dinner.*
- ✓ *Set a timer for 15 minutes while doing chores and HUSTLE to see how much you can accomplish.*



# Maximize YOUR METABOLISM!

As you can see, your metabolism is an incredibly complex process that involves a lot of different factors!

Remember the really great news is that **YOU HAVE CONTROL** over most of them ... and when you shift your lifestyle to boost your metabolism... you'll feel more energized, focused, and ALIVE!

We're thrilled to be a part of this journey with you.

Keep an eye on your email inbox for even more tips, info, and how-to's during the next five days of your challenge!

## YOUR NEXT STEP:

Would you like more daily tips, tools, resources, and support to help you reach your goals?

JOIN the  
Natural Solutions for Peak Wellness  
FREE Facebook Group

hosted by

Christina Della Rocca,

Naturopath,

Functional Nutrition Practitioner,

Massage Therapist, and FIT Pro



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