



Metabolism Boosting Guide

Here's a practical, science-backed guide on boosting metabolism with 3 key action steps, using context and ingredients

1. Eat Foods with High Thermogenic Effect



Veg Ingredients (High TEF):

- **Paneer** – Rich in protein; aids muscle repair and fat burning.
- **Tofu** – Plant-based protein that boosts metabolism.
- **Cabbage** – High fiber, low calorie; supports digestion and TEF.
- **Cauliflower** – Great for metabolism due to fiber and water content.
- **Broccoli** – Supports detox and fat burning.
- **Chickpeas & Moong Dal** – High in protein and complex carbs.



Non-Veg Ingredients (High TEF):

- **Eggs (especially whites)** – Complete protein, quick to digest.
- **Chicken breast** – Lean protein; very high thermogenic effect.
- **Fish (like Rohu, Surmai, Pomfret)** – Omega-3s and lean protein help boost BMR.

2. Build Lean Muscle Mass

More muscle = higher resting metabolic rate = more fat burn even while resting.

Muscle-Building Exercises:

- **Bodyweight Exercises:** Squats, Lunges, Push-ups, Planks

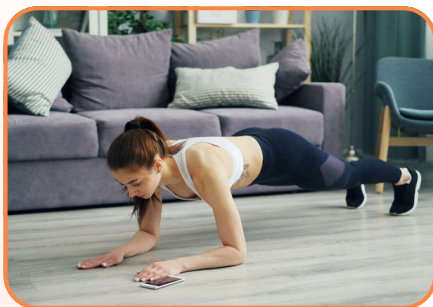


- **Resistance Training (Gym/Home):**

Dumbbell/Resistance band rows, Shoulder press, Deadlifts, Chest press



- **Strength-Focused Yoga:** Chaturanga (Low Plank), Warrior Pose, Boat Pose



Tip: Train 3-4 times per week with progressive overload for visible muscle growth.

3. Optimize Lifestyle Habits

Sleep:

- Aim for 7–9 hours of quality, uninterrupted sleep.
- Poor sleep disrupts hunger hormones and slows metabolism.



Hydration:

- Drink 35ml of water per kg of body weight daily. (e.g., If you weigh 70 kg ~2.5 liters/day)
- Liter of water 30 mins before and after meals can boost water-induced thermogenesis.



Stress Management:

- Chronic stress = high cortisol = fat storage around belly + sluggish metabolism.
- Practice deep breathing, meditation, nature walks, and digital detoxes.



NEAT (Non-Exercise Activity Thermogenesis):

- Don't rely only on 1 hour of gym.
- Stay active throughout the day: Take stairs, walk while on calls, stretch every hour, do house chores.



Natural Metabolism Stimulants:

- Black Coffee – Caffeine can increase fat oxidation.
- Green Tea – Contains catechins that aid fat burn.
- Spices – Ginger, black pepper, cinnamon, turmeric can mildly boost metabolic rate.



Additional Metabolism-Boosting Spices:

- **Black Pepper** Contains piperine which may enhance fat metabolism.
- **Turmeric (Haldi)** Contains curcumin, which has anti-inflammatory and metabolism-boosting properties.
- **Cayenne Pepper** Contains capsaicin, known to increase calorie burn.
- **Cinnamon** Helps regulate blood sugar and supports fat burning.
- **Ginger** Aids digestion and has thermogenic effects.



Tip: Use these spices in cooking or herbal teas for a natural metabolic boost.

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