THE ULTIMATE ROADMAP FOR FAST METABOLISM

STEAL THIS ROADMAP TO JUMP-START YOUR METABOLISM IN 10 DAYS AND SAY GOODBYE TO THE EXCESS FAT
THE ULTIMATE ROADMAP FOR FAST METABOLISM AND A LEANER, HEALTHIER BODY

ADOPT THIS ROADMAP TO JUMP-START YOUR METABOLISM:
SAY GOODBYE TO THAT STUBBORN FAT
AND HELLO TO A HEALTHIER YOU

BROUGHT TO YOU BY:

GO HEALTHY
WITH STEFAN
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This book is intended as a reference material, not as a medical manual to replace the advice of your physician or to substitute for any treatment prescribed by your physician. If you are ill or suspect that you have a medical problem, we strongly encourage you to consult your medical, health, or other competent professional before adopting any of the suggestions in this book or drawing inferences from it.

If you are taking prescription medication, you should never change your diet (for better or worse) without consulting your physician, as any dietary change may affect the metabolism of that prescription drug. This book and the author's opinions are solely for informational and educational purposes. The author specifically disclaims all responsibility for any liability, loss, or risk, personal or otherwise which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.
HealthyWithStefan.com is not just a book, a product or a service. We are a lifestyle, a community, a movement for driven parents and eager-to-be ones who will stop at nothing to achieve their goals. We will motivate and inspire you to:

- Manage weight naturally
- Knock out cravings for unhealthy and fattening foods
- Fuel your body with whole, potent, organic nutrients that will increase your energy levels, and desire for sport and activity
- Exercise using safe and effective techniques
- Improve digestion with rapid absorption of highly nutritious food
- Master the practice of mindfulness meditation

Our mission is to help you improve all three key ingredients for a healthy and fulfilled life: balanced eating, healthy exercising and a peaceful mind. We want to share with you our knowledge and experience, and provide you with the tools and mindset to build YOUR OWN HEALTHY, RICH, AND FULFILLING LIFESTYLE that is in tune with your body, mind and family.
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CASE STUDY: MY STORY

HOW MY MOVE TO THE USA KILLED MY METABOLISM AND WHAT I DID TO CUT MY DAILY SUGAR INTAKE BY 50% AND RECOVER MY FAST METABOLISM IN 10 DAYS
I made my big move to the USA in 2008 to study theater and chase my dreams. At the age of 19, this was the biggest thing I had ever done; a truly life-changing experience. Aside from the obvious language barrier and cultural differences associated with such a move, one of the hardest things for me was the change in diet. Going from my Grandmother’s healthy, tasty and nutritious cuisine in Bulgaria, to the tasteless, calorie-dense, saturated fat and sugar-stuffed, junk food that filled the dining halls of my university, was a shock to my system to say the least. As a freshman student, I was required to buy a one year UNLIMITED meal plan for around $4,000. This doesn’t sound like such a bad thing on the surface, but the healthy options just weren’t there! I was basically forced to eat unhealthy, convenient, junk food, around my hectic study schedule, and it wasn’t long before my body began to pay the price.

Up to that point I had always looked after myself, and kept my body in good shape. I had a smart fitness regime and a healthy lifestyle, thanks to the values passed down by my parents, who are knowledgeable physicians. I had been taught to understand the importance of looking after your body, especially as I have a genetic predisposition for obesity, high blood pressure, and diabetes (To learn more about how I overcame my genetic barriers, read my book “Awaken Your Healthy Genes”). However, within just a few short months being at university, I had gained 16lbs, lost my six pack, watched my muscle tone slide away, and I was in the grips of a lethargic and sluggish feeling that I had never felt before. I was still working out the same way as I always had done, I had slotted into my new life in the USA with ease, and I was enjoying my studies. The only thing that had changed was my diet, but how could that be affecting my body in such a drastic way? I began to do some research.

I soon discovered the answer to my problems. The unhealthy, sugary, junk food diet had killed my metabolism. My body was ticking over at a much slower rate; it was no longer receiving a constant supply of quality food and energy, so I was burning far fewer calories even at rest. I had to find out more, so that I could reverse this trend and get my healthy mind and body back. I soon discovered some worrying facts...
PART 1
THE REALIZATION: 3 SUGARY SECRETS THE FDA DOESN’T WANT YOU TO KNOW
In the last forty years, American fat consumption has decreased from 42 percent to 34 percent of total calories. At the same time the U.S. obesity rate has increased from 13 percent to 35 percent. We are eating less fat than we ever have (as percent of total calories), but we are growing fatter. This is the American Paradox!

- Many American Food Companies have replaced fat with sugar and even worse - with HFCS. All the low-fat and fat-free products are stuffed with added sugar and HFCS. Sugar is the biggest culprit of a damaged metabolism and obesity (NOT FAT)

- Sugar is highly addictive. It over stimulates the reward centers in your brain and leaves you craving more and more. Also, after you experience a sugar ‘high’ your blood sugar crashes, leaving you with a low. In this state, your body will crave sugar more and more in order to try to elevate blood glucose once more. Manufacturers are sneaking sugar into all sorts of foods that you would never suspect, to take advantage of this effect. Look out for table sauces such as ketchup, many breakfast cereals, and cooking sauces, among many other foods.

- Even when many American Food Companies tell you that a certain product is sugar-free, that product is normally stuffed with artificial sweeteners. They are even worse than sugar as they will bypass your hunger mechanism causing you to crave and eat more food. Increased calorie intake equals weight gain.
BUT WHY HAS THIS HAPPENED?

This is all due to the demonization of fat. Fat is seen as such a dirty and scary word. Most people associate any fat in their diet with gains in body fat. This is simply not true. Humans have been eating fats for... well forever. Our bodies are made to run on fat for fuel, this is why our bodies store it. It is only really in the last hundred or so years that refined sugars have surged into the Western diet, with disastrous consequences. Refined sugar is the demon food that is destroying the health of the western world. To fully understand this, it’s time for a quick science lesson...
PART 2

THE SCIENCE OF METABOLISM
WHAT DOES METABOLISM MEAN?

The most important aspect of metabolism in this case, is the basal metabolic rate (BMR). Your BMR is the amount of energy – expressed in calories – that a person needs to keep the body functioning at rest. This is essentially the minimum amount of calories you need to eat to maintain weight, without doing anything at all. For most, normally active people, this accounts for around 60-70% of their total energy expenditure, so it is easy to see why it is essential to keep your BMR high. Many factors affect BMR, including height and weight, body composition, temperature, the amount of exercise you do, and DIET. Refined, sugary, junk foods are mainly comprised of empty calories that will slow your metabolism to a crawl. Eating nutritious, complex, healthy foods help to keep you fuller for longer, and boost your metabolism through the roof. More about specific foods later.

HOW CAN YOU GET FAT WITHOUT EATING FAT?

The one rule you need to remember here is ‘ALL ROADS LEAD TO FAT!’ It doesn’t matter whether you eat carbohydrates, proteins, or fats, your body will store any excess as body fat. Your liver can turn any of these macronutrients into fat. ALL ROADS LEAD TO FAT! When you consume sugary foods, your blood sugar is spiked rapidly, leaving your body with more instant energy than it knows what to do with. You know the rule now, when there’s excess energy, it gets turned to fat. So, the main culprit for fat gain is not fat, it is SUGAR!
BUT AREN’T ALL FATS BAD FOR YOU?

Simple answer, no! Saturated and processed fats are bad for you, and can lead to elevated cholesterol, stiffened arteries, and heart disease, among many other problems. However, there are what are known as ‘GOOD FATS.’ These fats actually help to lower cholesterol, boost your metabolism, and protect your heart and arteries, as well as being great for your joints and brain, among many other benefits. Don’t worry, the sources of these fats will be revealed...

NOW FOR THE HARSH, SUGARY TRUTH...

As well as causing you to gain body fat, these sugary junk foods have many more damaging effects on the body. Type 2 diabetes is a life threatening, incurable disease that is sweeping across the western world at an alarming rate. A huge percentage of new diabetes diagnoses are due to poor lifestyle, particularly the consumption of sugary foods. You see, in order for blood sugar to enter our cells to be used as energy, we need a hormone called insulin to open the door. When you continually consume high sugar foods, your blood sugar repeatedly spikes, rather than remain constant. This means that your insulin must spike to meet the demand. After a while, your body becomes less sensitive to this insulin, and you are at risk of developing diabetes. Remember, sugar is the demon food!
PART 3

4 OF THE MOST DAMAGING FOODS (AND SOME SNEAKY ONES)!
Most people know what the most sugary foods are. These are the obvious ones to steer clear of...

- SUGARY DRINKS
- FAST FOOD
- CANDY AND CAKES

But there are many other foods that are perceived by many as healthy options, when in fact they are not.

1. **REFINED GRAINS** - Refined grains, such as white bread are broken down so rapidly by the body, that they can send your blood sugar sky high. It has been shown that a piece of toasted white bread will actually cause a larger rise in blood sugar than most candy bars! Always eat whole grains, whether that is whole grain bread or brown rice, etc.
2. **FRUIT JUICES** - While fruit juice contains many vitamins and minerals, it is also massively high in sugar. When you eat the fruit itself, the pulp helps to slow digestion and avoid such rapid blood sugar spikes. Refined juices don’t have this. Reach for an orange instead of OJ!

3. **LOW-FAT FRUIT YOGURT** - This – frequently very small – container is essentially a pot of sugar. There is commonly between 25 and 44g of sugar per 8 oz container!!! Instead of reaching for these highly processed, super sweet snacks, try buying plain, whole-milk yogurt, and adding fresh fruit, such as peach, strawberries, banana, or any delicious combination. Whole fruit contains proteins and fibre, as well as important nutrients that help you fully absorb their fruity goodness.

4. **GRANOLA AND OTHER CEREALS** – Some breakfast cereals are massively high in sugar. You know, the ones that make you feel hungry again about 15 minutes later. Breakfast should consist of complex carbohydrates to kick start your day with nutritious, slowly released energy. Porridge made with whole, rolled oats is the best option to keep you going until lunchtime.
PART 4

6 OF THE BEST METABOLISM BOOSTING FOODS
Before we move on to the Roadmap, we need to look at the best foods for boosting your metabolism, and where they fit into your diet.

1. **COMPLEX CARBOHYDRATES** - Complex carbohydrates are essential strings of sugars. This makes them more ‘complex’ than simple sugars, therefore they are broken down much slower, keeping your blood sugar stable, and keeping you fuller for longer. As previously mentioned, oats are one of the best forms of complex carbohydrate. Substitute all refined grains for whole grains, such as wholegrain pasta, wholegrain bread, and brown rice. Potatoes are also an excellent source of slowly released energy.

2. **‘GOOD’ FATS** - The many benefits of good fats have already been explained. But where can you find these metabolism boosting super fats? The best sources are oily fish, such as salmon or mackerel, and nuts. Almonds and pistachios are particularly healthy nuts. Other sources include avocados, seeds, and healthy oils like olive and coconut oil.

3. **LENTILS** - These super healthy little pulses are very cheap to buy, and come in a wide range of varieties. They are high in protein and complex carbs, which
gives you masses of slowly released, metabolism boosting energy. They are also packed with vitamins and minerals, especially iron. Iron is essential for proper digestive function and energy use. It is estimated that approximately 30% of women are suffering from iron defiant anemia, an energy sapping health issue that can be helped by consuming lentils.

4. **GREEN TEA** – Green tea contains substances called catechins. These catechins boost your metabolism, as well as help your body burn fat stored for energy.

5. **CHILI’S** – Chili’s contain capsaicin, which boosts your metabolic rate and temperature in a very similar way to caffeine. You don’t need to blow your mouth off, just a little pinch will do. Other warming spices, such as ginger, are also effective.

6. **EGG YOLK** – containing B-6 and iron, besides other important vitamins, egg yolks increase metabolism by assisting the production of L-carnitine (an amino acid that promotes fat burning).
PART 5

THE ROADMAP – 6 ACTIONS ON HOW TO TURN FOOD INTO ENERGY AND NOT STORE IT AS FAT
Now for my roadmap, the diet and lifestyle plan that I used to boost my metabolism sky high and get myself back into shape. This plan can be broken down into 6 rules as follows:

1. Cut out refined sugars and junk foods
2. Add in metabolism boosting foods listed above
3. Eat little and often. Aim for at least 5-6 smaller meals per day if possible
4. Drink plenty of water
5. Get plenty of good rest
6. Take regular exercise and train smart. Mix up your forms of training, making use of the correct intensities and techniques.

If you follow these simple rules, you cannot fail to boost your metabolism sky high and reap the rewards of a fitter, leaner, healthier body, as well as increased energy levels and elevated mood.
PART 6

SAMPLE DIET PLAN
Next, let’s take a look at a sample diet plan that consists of 6 small meals and snacks spread throughout the day. Always remember to drink plenty of water. Green tea should be drunk between meals. Two cups per day is enough. Too much can actually cancel out the beneficial effects.

**BREAKFAST**

- Porridge made with whole rolled oats and whole milk
- Piece of fruit
- Coffee

**MID-MORNING**

- Small wholemeal wrap with meat/fish and salad filling
LUNCH

- Brown rice
- Chicken breast
- Salad dressed lightly with olive oil and chilli to taste

AFTERNOON

- Handful of mixed nuts, seeds and raisins
- Piece of fruit
DINNER

- Jacket potato with a little feta cheese
- Salmon
- Mixed greens

SNACK

- Handful of mixed nuts, seeds and raisins
- Piece of fruit
THE BOTTOM LINE

ADOPT THIS ROADMAP TODAY AND BOOST YOUR METABOLISM. THIS IS JUST THE BEGINNING OF A JOURNEY TOWARDS A FIT, HEALTHIER AND HAPPIER YOU.
NEXT STEPS
Now that you know how to boost your metabolism, next learn how to overcome your genetics and fight the predisposition to obesity that runs in the family.

I did it and I want to help you in this process and make it simple and effective for you.

That’s why, after years of research and personal experimenting, I have developed the Ultimate 26 lifestyle habits for you to literally COPY and ADOPT in 26 days in order to reverse the genetic degeneration and awaken your ‘healthy’ genes.

CLICK HERE TO GET YOUR COPY OF

“Awaken Your Healthy Genes”

AND SEE A FIT, RADIANT AND FULFILLED YOU THAT EVERY OTHER PARENT WILL LOOK UP TO!