



CASSIE'S

**5.5** Ways  
to

**BOOST**

Your

*Metabolism*

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meet  
**CASSIE**

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Hi, I'm Cassie! I am thrilled that you are reading this. You're going to love my no-nonsense, keep-it-simple approach to nutrition, health and life. I help you stop dieting and start living! I will help you find freedom. Freedom from counting calories. Freedom from the latest magazine-hyped food confusion. And freedom from the cycle of never-ending diets.

As a Registered Dietitian, I help people like you get to the root causes—the real reasons—holding you back from living the life you were destined to live.

From speaking at major corporate events to my #1 International Bestselling book to working with my personal clients, my goal is to help you stop feeling exhausted and frazzled and finally lose weight, keep it off, feel great and get excited about going clothes shopping again!

Boosting your metabolism is the best place to start!

**Right here, right now, I am going to give you 5.5 of my BEST metabolism boosters so that you can get on your way to a healthier, simpler life.** One of the quickest ways our clients boost theirs is through our group coaching program, *RULE BREAKERS*—this is how we get you on the fastest, most effective path to seeing results. [Click here](#) to learn more about *RULE BREAKERS*!

To get the full fourteen hidden keys to unlocking your metabolism and weight loss, grab your copy of my Bestselling book, *Why Am I Still Fat? The Hidden Keys to Unlocking That Stubborn Weight Loss.*



# What is metabolism?

Before we get into the metabolism boosters that I know you're hungry for, allow me to explain what a metabolism actually is!

Your metabolism is how efficiently your body is able to convert the things you eat and drink into energy. How much body fat you store and how much you're able to burn is a function of your metabolism.

When you provide your body with the right types of calories (which we'll get into in the first Metabolism Boosting Tip!), you fuel your metabolism and keep it revved up, which gives you the right kind of energy to lose weight... and that's worth jumping for. *Wahoo!*



# *Metabolism Booster #1*

## **Don't Count Calories.**

You read that right! When on a quest to boost metabolism, counting calories is the LAST thing you want to be doing.

By definition, a calorie is the energy it takes to raise the temperature of one gram of water by one degree Celsius. The important takeaway from this definition is the word energy. Calories are energy that fuel our bodies and help them run; just like gasoline fuels our cars. **You wouldn't expect your car to run better if you take away the gas, so why would you expect your body to work better when you deprive it of calories?** That's why restricting calories for weight loss doesn't make any sense! When you deprive your body of the energy it needs, it fights back and actually conserves energy by slowing down your metabolism.

That's why when you follow a calorie-counting diet, you feel tired, irritable, hungry, have outrageous cravings, frequent headaches, and low energy levels. Not only do you not attain the desired result, but you also feel awful in the process and horrible about yourself! It's a battle you are destined to lose.

The opposite is true as well: when you fuel your body with what it needs, it works for you; you are satisfied, your metabolism is boosted, and you lose weight.

So, eat fewer calories and your body burns fewer calories. Eat more (of the right foods—see Booster #2) and your body burns more.

**Cheers to no more calorie counting!**





# Metabolism Booster #2

## Eat in PFC Balance.

There are three “macronutrient” categories that every food falls into: **protein, fat, or carbohydrate**. While many foods overlap into two or all three categories, for simplicity’s sake, it’s easiest to designate a food as a protein, fat, or carb based on whichever macro it contains most of. For example, the jar of peanut butter in my fridge says that, per serving, it contains seven grams of protein, seven grams of carbs, and seventeen grams of fat. Therefore, it counts as a fat. Pretty easy.

So, why is this helpful? Because one of the best ways to support your metabolism (and, by extension, your waistline) is to consume all three—proteins, fats and carbohydrates—together, in balance. “PFC Every Three” (short for Protein, Fat, and Carbohydrates) is the term I coined referring to eating a combination of the three macronutrients every few hours. (I’m foreshadowing Metabolism Booster #3!)

### Let’s break it down:

#### **P: Behold the power of PROTEIN**

Protein boosts your metabolism every single time you eat it, which is why it’s important to eat it throughout the day. Animal protein turbocharges metabolism the most. It also contains all of the essential amino acids in the perfect proportions, which is important for your skin, hair, heart, and hormones.

##### **Best Protein Sources:**

- Eggs—cage free
- Fish—wild-caught
- Beef—grass-fed
- Chicken—free range

#### **F: Eat more FAT**

I understand eating fat to lose fat may go against everything you have been taught about weight loss. However, you need fat for your metabolism to work properly.

Eating healthy fat boosts metabolism because fat acts as a buffer for the sugar you consume. When you consume fat every time you eat, it slows the assimilation of any sugar in your bloodstream, promoting stable blood sugar levels and boosting metabolism for hours after you eat by allowing your body to release a turbo-fat-burning hormone called glucagon. Plus fat has a ton of other amazing properties: like keeping you full, giving you brain power, and keeping cravings away.

##### **Best Fat Sources:**

- |               |               |                        |
|---------------|---------------|------------------------|
| • Butter      | • Cheese      | • Seeds                |
| • Coconut oil | • Olives      | • Nut and seed butters |
| • Olive oil   | • Heavy cream | • Coconut cream        |
| • Avocados    | • Nuts        | • Canned coconut milk  |

#### **C: Colorful Carbohydrates**

*We’re talking vegetable and fruit carbohydrates—not pasta and bread!*

I encourage getting most, if not all, of your carbohydrates from veggies and fruits. Think colorful carbs! It may take some time and reprogramming of your brain to switch from thinking of carbs as exclusively bread, rice and pasta, and instead, to begin thinking of colorful, nutritious veggies and fruits.

Veggie and fruit carbs still turn into sugar once they hit your bloodstream—not a crazy amount of sugar like packaged, processed carbs, but just enough to supply you with sustained energy, especially when you eat them with your protein and fat.

##### **Best Carbohydrate Sources:**

- Veggies & Fruits (Keep it simple!)



# *Metabolism Booster #3*

## **Eat a snack between meals AND eat a bedtime snack!**

**Remember the name of the game I told you? “PFC Every Three.”**

That means snacks between your meals...and a snack before bed, too!

Snacking throughout the day boosts metabolism by keeping your blood sugar levels stable. With stable blood sugars, your fat burning hormone, glucagon, is released which boosts your metabolism and burns fat.

**When you don’t snack, your body learns to live during “starvation mode” and your metabolism slows down.** Your body then hangs on to extra energy by turning it into fat because it’s expecting it will need it in case you don’t eat for a while.

Now, about that bedtime snack. You may have been told over and over again that eating before bed will make you fat. Don’t fall for it! It’s a myth, and not only will eating the right type of bedtime snack not make you fat, it will actually boost your metabolism! (And help you sleep better, too!)

The long story short is that your blood sugars begin dropping after your last meal of the day, so to encourage stable blood sugars all night long, it’s essential to slightly bring those blood sugars back up by eating something before going to bed. The ideal bedtime snack includes just fat and carbohydrates. Bedtime is the **ONLY** time I recommend eating PFC MINUS the P, since protein gives us energy, which can interfere with sleep.







# *Metabolism Booster #4*

## **Sleep better and longer.**

**What you do in bed matters!** When it comes to keeping metabolism boosted, both sleep quantity and quality are crucial.

Sleep is connected to how we eat, what we eat and how we feel, and controls hormones that impact metabolism and whether we are burning or storing fat.

**Sleep is the time for your body to build, regenerate, repair and reset.** Aim for eight hours of sleep every night. If you're having trouble, the first thing you should do, if you haven't yet, is implement the metabolism booster we discussed before this one: the bedtime snack!



# Metabolism Booster #5

## Stress LESS!

Easier said than done, maybe, but the reality is that stress can sabotage all of your metabolism boosting efforts. Our demanding lifestyles put more stress on our bodies than they were designed to handle. It's common and widely accepted to just brush it off.

Here's how stress slashes your metabolism...

Cortisol is known as your "stress hormone," since it's triggered in response to stress. It is triggered when you are in danger, and is meant to be released in small doses and for short lengths of time. You can thank cortisol for the surge of energy you get when you are being chased by a tiger.

Cortisol causes your blood sugars to rise any time you are stressed out. It's as if you're eating large amounts of sugary foods all day long. This causes insulin—your fat storing hormone—to come out and do its job of transporting sugar from your bloodstream to your cells to be stored as fat.

**This is how your metabolism tanks and you gain weight when you're stressed...independent of your nutrition!**

Check your stress level and do your best to bring it down. Whether you journal, meditate, pray, lay on the floor, go for a walk or snuggle with your dog, be sure to kick back for a few minutes each day.







## *Here's Your Half Tip!* **Supplement— but do it *wisely!***

**Supplements boost metabolism—  
but only if they're the right ones.**

The wrong ones can cause more harm than good and actually slow down your metabolism. Seriously. A recent study by the New York State attorney general's office revealed that 4 out of 5 supplements on the shelves of popular retailers (GNC, Target, Walgreens and Walmart) contain **NONE** of the herbs and ingredients listed on the labels!

That's why it's crucial to take pharmaceutical grade, third-party tested supplements, or none at all.



**Ready for more!?**  
**Join me for my FREE**

***Eat More  
to Lose More***  
**online training!**



**Here's what you'll discover...**

- Why you may actually need to eat MORE calories and exercise LESS in order to lose weight (for real!) (+ my science-backed protocol for how to do this right!).
- The missing–yet CRUCIAL–factors in weight loss most diet plans NEVER even mention.
- The surprising (but all-too-common) ways you sabotage your own weight loss every. single. day.
- What a REAL healthy diet looks like–and how it breaks all the Old School nutrition rules. (Hint: you actually CAN eat your favorite foods!)
- How you can practice self-love and acceptance while still focusing on health and weight loss goals (the two are NOT mutually exclusive, despite what many body image and self-love experts may tell you).

**Plus, there's a Q&A session at the end!**

**CLICK HERE** to save  
your FREE spot now!