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The Metabolic Reset Blueprint for Busy Lives

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Introduction

Modern life asks a lot of your metabolism. Processed convenience foods, long hours of sitting, constant digital stimulation, disrupted sleep, and unrelenting stress conspire to blunt the very systems that regulate appetite, energy, and body composition. If you've tried popular diets or punishing workout plans and ended up right where you started—or more exhausted—this book offers a different path. The “metabolic reset” you're about to begin is not a gimmick or a cleanse. It is a structured, science-based recalibration of daily inputs—nutrition, movement, sleep, stress, and recovery—designed to restore hormone balance, improve insulin sensitivity, build or preserve lean muscle, and give you steady energy you can feel.

This book is for busy people: professionals who live by their calendars, parents juggling competing demands, and adults who want to invest in their long-term health without turning their lives upside down. You don't need perfect discipline or hours in the gym. You need a clear framework that fits into real schedules and a way to personalize the plan to your goals, preferences, and constraints. You'll learn how to match carbohydrate intake to activity, how protein targets change with age and training, how short, focused strength sessions protect your metabolic rate, and how sleep and stress management turn the “hard work” you do during the day into lasting progress.

What does a metabolic reset mean in practice? Over twelve weeks you'll implement a set of small but potent routines: plate templates that prioritize protein, fiber, and micronutrients; time-efficient strength and activity sessions; sleep and circadian habits that stabilize appetite and mood; and stress tools that keep cortisol in check. You'll track a minimal useful metric set—waist circumference, body weight or body composition, strength benchmarks, daily steps or activity minutes, and a few simple subjective ratings like energy and hunger. The goal isn't perfection; it's building consistency and momentum. Most readers can expect clearer energy, improved appetite control, better sleep, and measurable changes in body composition and key biomarkers when they apply the program with reasonable consistency.

Here's how to use the book. Part I establishes the foundations: what disrupts metabolism today, a plain-language physiology primer, the role of muscle and movement, the gut-inflammation connection, and which measurements truly matter. Part II translates evidence into food choices you can make under time pressure—nutritional principles, macronutrient strategies, meal timing, and practical plate frameworks. Part III organizes movement, recovery, and daily activity into minimal effective doses you can sustain. Part IV builds the systems that make change stick—behavior design, meal planning workflows, and the full 12-week program—plus

guidance for troubleshooting and adjusting for life phases and special contexts. Part V equips you for the long game with case studies, recipes and kitchen basics, a movement library, smart use of technology, and a maintenance blueprint.

Throughout, each chapter follows a consistent format so you can move quickly from concept to action. You'll get a concise scientific overview, practical takeaways, step-by-step actions, and at least one real-world example or mini case study. Callout boxes highlight quick tips, myth busters, and practitioner insights. Charts, tables, and checklists distill complex ideas into usable tools—think a hormone cheat sheet, sample weekly schedules, and meal templates for office days, travel, and family dinners. Every chapter ends with a short action checklist, a micro-challenge to try that week, and one or two suggested measures so you can see progress accumulate.

If you're eager to start immediately, you can jump to Chapter 18 for the 12-week plan. You'll find two tracks—Beginner and Advanced—so you can choose the right starting point and progress at a sustainable pace. The program integrates nutrition templates, strength and cardio sessions, sleep and stress goals, and weekly metrics to review. If your schedule is unpredictable, use the “busy week” alternatives and travel playbook to protect your non-negotiables. Then circle back to earlier chapters as needed for deeper understanding and troubleshooting.

Safety matters. While this book is designed for generally healthy adults, consult a qualified clinician before beginning if you have chronic conditions (such as diabetes, cardiovascular disease, kidney or liver disease, thyroid disorders), are pregnant or postpartum, are undergoing fertility treatment, are over 65 with limited mobility, or take medications that affect blood sugar, blood pressure, heart rate, or appetite (including insulin, sulfonylureas, GLP-1 receptor agonists, stimulants, or beta blockers). Stop and seek medical advice if you experience dizziness, chest pain, unusual shortness of breath, fainting, or sustained heart rate abnormalities during activity. Use the lab and measurement guidance to inform conversations with your healthcare team; this program complements, but does not replace, medical care.

A note on expectations: biology adapts. Your metabolism isn't broken—it's responding to inputs. Rather than chasing extremes, you'll apply a series of modest, evidence-based inputs consistently enough to shift those adaptations in your favor. Progress is rarely linear; some weeks deliver visible changes, others consolidate behind the scenes. When plateaus happen, you'll use the decision trees and troubleshooting strategies to interpret signals, adjust variables, and keep moving forward without overcorrecting.

Finally, bring a learning mindset. Personalization is the throughline of this blueprint. You'll test meal patterns, dial in protein and fiber targets that keep you satisfied, discover which training schedule you can actually sustain, and refine sleep and stress habits that fit your life. By the end of twelve weeks, you won't just have different

numbers—you'll have a system that protects your energy and health through busy seasons, travel, and the inevitable curveballs of real life. That's the metabolic reset: rebuilding a resilient foundation so better choices become easier, not harder, the longer you practice them.

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CHAPTER ONE: How Modern Lifestyles Break Metabolism

We live in a world engineered for metabolic drift. The daily rhythm of most adults has shifted from a varied, physically demanding pattern to one dominated by static postures, energy-dense convenience foods, and constant cognitive demands that arrive with a digital ping. None of these factors is catastrophic in isolation, but together they create a low-grade, persistent pressure that reshapes how your body regulates appetite, stores fuel, and allocates energy. Your metabolism is not failing; it is adapting to the signals you send it every hour. Understanding those signals—what they are, why they matter, and how they interact—makes it possible to change them deliberately and effectively.

Food has changed more in the last fifty years than in the previous ten thousand. Ultra-processed products are designed for hyper-palatability, engineered combinations of fat, sugar, and salt that override natural satiety cues. They're also low in fiber and protein, the two nutrients most strongly linked to fullness and metabolic health. When meals lack these satiating components, it becomes easier to eat past the point of energy need, and blood sugar dynamics become more volatile. Many of these foods are also calorie-dense but nutrient-poor, creating a paradox where you can be well-fed calorically yet undernourished micronutrient-wise, which subtly impairs cellular processes that govern energy production and hormone synthesis.

This modern food environment shapes hormones that control hunger and fat storage. Insulin, the hormone that shuttles glucose into cells, rises and falls more sharply with refined carbohydrates and liquid sugars. Ghrelin, the so-called hunger hormone, can be slow to settle after large, low-fiber meals, leading to a cycle of short-lived fullness followed by renewed appetite. Leptin, which signals long-term energy sufficiency to the brain, becomes less effective in the context of chronic overfeeding and inflammation, a state we call leptin resistance. Add in the fact that many processed foods are high in omega-6 fats and low in protective micronutrients, and you've got an environment that promotes both fat gain and low-level inflammation—a combination that further dampens metabolic flexibility.

Sedentary behavior is its own distinct metabolic stressor, separate from the lack of formal exercise. Sitting for prolonged periods—whether commuting, working at a desk, or winding down with a screen—reduces muscular glucose uptake and suppresses an enzyme called lipoprotein lipase, which helps clear fat from the bloodstream. This means that even if you exercise, long stretches of uninterrupted sitting can blunt some of the benefits, leaving you with higher average blood sugar and triglycerides

across the day. Physiologically, we are built to move frequently at low intensities and occasionally at higher intensities; the modern pattern of long stasis punctuated by brief bursts of activity is a mismatch that the body compensates for in ways that are not favorable to long-term metabolic health.

Movement patterns also influence non-exercise activity thermogenesis (NEAT), the energy expended in everything that isn't sleeping, eating, or formal exercise. NEAT includes walking to meetings, standing while talking on the phone, fidgeting, and even the small postural adjustments your muscles make when you're not locked into a chair. In desk-bound jobs, NEAT can plummet to near-zero, reducing total daily energy expenditure by several hundred calories without any change in food intake. Over months and years, that drop can be enough to drive steady fat gain unless it is counterbalanced by intentional movement or a reduction in calories, but the bigger issue is how low NEAT affects metabolic health markers like insulin sensitivity and blood lipid profiles.

Stress, both psychological and physiological, adds another layer. In the short term, acute stress mobilizes energy: cortisol rises, glucose is released from the liver, and your body prepares to meet a challenge. But modern stress tends to be chronic, low-grade, and cognitive rather than physical. Deadlines, traffic, social pressures, and constant notifications keep cortisol elevated at times when the body expects to be in a restorative state. Persistently elevated cortisol, especially when paired with disrupted sleep, increases appetite (particularly for comfort foods), encourages visceral fat storage around the abdomen, and can interfere with thyroid hormone conversion—any of which can stall fat loss and sap energy.

Sleep is a metabolic regulator that often gets overlooked. Even one or two nights of short, fragmented sleep can reduce insulin sensitivity, increase hunger, and shift food choices toward higher-calorie options. Over weeks and months, inadequate sleep disrupts circadian rhythms that coordinate hormone release, including cortisol, growth hormone, thyroid-stimulating hormone, and reproductive hormones. The result is a misalignment: your brain expects daytime activity and nighttime rest, but the signals you send—late-night blue light, irregular meal timing, inconsistent sleep—tell a different story. This circadian misalignment alters glucose handling and energy expenditure, making weight regulation harder and recovery slower.

Work schedules complicate the picture. Shift workers, frequent travelers, and parents of young children often have irregular sleep-wake cycles that directly conflict with the body's internal clock. Jet lag is the obvious example, but social jet lag—consistently shifting your schedule on weekends—produces similar effects. When meal times, light exposure, and activity don't align with your circadian biology, metabolic flexibility declines. You might notice energy dips at predictable times, cravings that seem unconnected to hunger, or progress that stalls despite consistent effort. These are not signs of personal failure; they're predictable responses to a misaligned system.

Digital stress deserves its own mention. Constant notifications keep the nervous system in a state of low-grade vigilance, which reinforces cortisol release and disrupts the restorative phases of sleep that are essential for metabolic recovery. For many people, evening screen time also means exposure to blue light, which suppresses melatonin and delays sleep onset. The combination of cognitive stress late in the day and delayed sleep creates a feedback loop: you sleep less and more poorly, wake feeling unrested, crave quick energy from refined carbs, rely on caffeine to function, and then struggle to sleep again. Breaking this loop often yields rapid improvements in appetite control and energy even before changes in diet or training begin.

Microbiome health is an underappreciated part of the modern metabolic puzzle. Diets low in diverse plant fibers, high in emulsifiers and artificial sweeteners, and accompanied by frequent antibiotic exposures can reduce microbial diversity and increase gut permeability. These shifts can promote low-grade systemic inflammation and alter the production of short-chain fatty acids like butyrate, which help regulate insulin sensitivity. In practical terms, you might experience bloating or irregular digestion, but the metabolic effects—subtle changes in appetite signaling, energy extraction from food, and inflammatory tone—can be significant drivers of stubborn fat gain and fatigue.

Alcohol, while socially embedded, adds its own metabolic tax. It's energy-dense and its metabolism prioritizes fat oxidation, meaning that while alcohol is being cleared, the fat you eat is more likely to be stored. Alcohol also fragments sleep, raises cortisol, and impairs recovery. For many, even moderate intake translates into poorer appetite control the next day and reduced training quality, both of which cascade into slower progress. It isn't about moralizing; it's about acknowledging that alcohol sends conflicting signals to a system you're trying to recalibrate.

The built environment nudges us toward metabolic inefficiency. Elevators, escalators, and parking close to destinations reduce incidental movement. Food delivery apps remove the small energy cost of grocery shopping and meal preparation while increasing the convenience of calorie-dense options. Workplaces often lack daylight exposure during the day and encourage eating at desks. Neighborhoods may not be safe or conducive to walking. These are not excuses; they are constraints that require practical workarounds. Identifying the specific environmental pressures you face is the first step in designing a counter-strategy that fits your life rather than fights it.

Social norms compound these pressures. Celebrations revolve around food, business meetings default to pastries, and family rituals center on dishes that are meaningful but often calorie-dense and low in fiber. Politely declining can feel socially awkward, and the accumulation of small indulgences throughout the week adds up. Meanwhile, diet culture often swings to extremes, promising transformation through restriction, which can backfire by increasing preoccupation with food and setting up a binge-

restrict cycle. The result is a backdrop of mixed messages that makes consistent, moderate habits harder to maintain.

There is also an age-related component that the modern environment amplifies. From our thirties onward, muscle mass tends to decline if we don't actively maintain it, and hormonal shifts in both men and women affect body composition and energy regulation. When you combine this natural drift with the low-NEAT, high-stress, poor-sleep, processed-food environment, the net effect is a faster slide toward insulin resistance, reduced metabolic rate, and increasing fatigue. The good news is that this drift is reversible. Identifying which inputs are most disruptive to you personally—sleep, stress, food quality, or movement patterns—helps prioritize the changes that will deliver outsized returns.

Hormonal disruption in the modern context is rarely a single-cause problem. Women may notice changes in cycle regularity, energy, or cravings in response to high stress and poor sleep; men may experience declines in libido or motivation that correlate with long hours of sitting and alcohol use. Thyroid function, mediated by adequate sleep, micronutrients like selenium and iodine, and stress management, can be suppressed under chronic strain. None of this is mysterious: the body's control systems are responding to the inputs we've discussed. The key is recognizing that metabolic health is a network, not a lever, and that small, targeted adjustments can shift the network in a favorable direction.

For busy readers, the modern metabolic mismatch can be most acute at the boundaries of the day: the morning rush, the midday slump, and the late-night unwind. These are the windows where habits either compound or counteract the pressures described above. A morning that begins with a high-carb convenience breakfast and no movement sets a different metabolic tone than one that starts with protein and a ten-minute walk. A midday period of uninterrupted sitting versus brief activity breaks alters glucose handling across the afternoon. An evening routine of screens and alcohol versus reading and a consistent bedtime changes the quality of sleep and the appetite signals you'll experience the next day. These windows are where practical change happens.

It's important to appreciate that none of these factors operate in isolation. Processed food increases the likelihood of overeating, which strains insulin regulation. Sitting suppresses the enzymes that help clear fat from the blood. Stress drives cravings and elevates cortisol, which worsens sleep quality. Poor sleep reduces insulin sensitivity and increases appetite, making it harder to stick to better food choices. The network effect means that improving one area often makes it easier to improve others. Sleep better and cravings diminish; move more during the day and stress becomes more manageable; upgrade food quality and energy levels rise, making workouts more consistent.

A metabolic reset, then, is not a magic intervention but a realignment of the signals you send your body across the day. It means eating in a way that moderates insulin and supports satiety, moving frequently and challenging your muscles regularly, managing stress with practical tools, protecting sleep, and aligning these behaviors with your circadian rhythm. The goal is to shift the adaptive patterns your body has learned under modern pressures toward patterns that support metabolic flexibility, stable energy, and sustainable body composition changes. This starts by acknowledging the mismatch and then systematically replacing the inputs that drive metabolic drift with inputs that promote resilience.

In the chapters that follow, you'll learn how to assess your current patterns, identify high-impact levers, and apply targeted strategies that fit your schedule. We'll avoid extremes and focus on durable habits. You'll see that the same principles that improve metabolic markers—better sleep, stress management, protein and fiber targets, NEAT, and strength work—are also the levers that make progress feel less like a grind and more like a natural outcome of a well-organized day. The modern environment is unlikely to change. Your response to it can.

Scientific Overview

Metabolism is the sum of all chemical reactions that convert food into energy and build or repair tissues. Your basal metabolic rate (BMR) is the energy required to keep your organs functioning at rest, and total daily energy expenditure (TDEE) includes BMR, the thermic effect of food (energy used to digest and process nutrients), structured exercise, and NEAT. When daily inputs shift—less movement, more refined carbs, fragmented sleep—BMR can adapt downward via mechanisms like adaptive thermogenesis, and NEAT can drop substantially, reducing TDEE even if formal exercise stays the same.

Hormones coordinate energy allocation. Insulin rises after carbohydrate intake and promotes glucose uptake; chronically high levels favor fat storage and discourage fat burning. Ghrelin stimulates appetite and is suppressed by protein and fiber; leptin signals long-term energy status but becomes less effective in leptin resistance. Cortisol, elevated by stress and poor sleep, increases appetite and drives visceral fat storage. Thyroid hormones regulate overall metabolic rate; adequate sleep, micronutrients, and lower stress support optimal conversion from T4 to active T3. In women, reproductive hormones influence cravings, energy, and water balance across the menstrual cycle; in men, testosterone supports muscle mass and metabolic rate.

Inflammation and gut health also play key roles. Low fiber intake reduces short-chain fatty acids like butyrate, which help maintain insulin sensitivity. Ultra-processed foods often contain emulsifiers and artificial sweeteners that can alter microbiome composition and increase gut permeability, leading to low-grade systemic inflammation that impairs insulin signaling. Sleep and circadian biology regulate the

timing of glucose handling and energy expenditure; misalignment—common in shift work and late-night screen use—reduces insulin sensitivity and increases metabolic variability. These mechanisms, combined with reduced muscle mass from age and inactivity, create a profile of metabolic inflexibility: the body becomes less efficient at switching between fuel sources and more prone to storing energy as fat.

Practical Takeaways

- Modern life sends a consistent set of signals that promote fat storage and reduce energy availability: processed foods, prolonged sitting, chronic stress, poor sleep, and circadian misalignment. These factors work together, so progress often starts with addressing one or two key levers.
- Ultra-processed foods are designed for overconsumption and are typically low in protein and fiber, the nutrients most responsible for satiety and stable blood sugar. Prioritizing whole foods with protein, fiber, and micronutrients helps regulate appetite and insulin.
- Sitting is a distinct metabolic risk. Breaking up long periods of sitting every 30–60 minutes with brief movement (standing, walking, light mobility) improves glucose handling and supports healthier lipid profiles.
- NEAT (non-exercise activity) is a powerful lever. Even without formal workouts, increasing low-intensity daily movement—walking, standing, carrying groceries—raises total daily energy expenditure and improves metabolic flexibility.
- Stress and sleep are metabolic regulators, not lifestyle luxuries. Persistent stress and short, fragmented sleep disrupt cortisol, insulin, and appetite signals. Improving sleep quality and managing stress can reduce cravings and enhance fat loss independent of diet changes.
- Circadian alignment matters. Regular sleep-wake times, daytime light exposure, and consistent meal timing help coordinate hormones that regulate glucose and energy expenditure. If you travel or work nights, focus on anchors like consistent protein at breakfast and morning light.
- Your environment shapes your choices more than willpower. Identify specific barriers (e.g., desk setup, snack availability, late-night screen habits) and design practical workarounds that make better behaviors the default.
- Alcohol impairs metabolic progress by disrupting sleep, elevating cortisol, and shifting fat oxidation. Reducing intake or timing it thoughtfully can rapidly improve energy and appetite control.
- Microbiome support starts with fiber diversity and whole foods. Aim for a variety of plant foods, minimize emulsifiers and artificial sweeteners, and consider fermented foods if tolerated; these changes support insulin sensitivity and reduce inflammatory tone.
- Small, consistent inputs create network effects. Improving sleep can ease cravings; increasing NEAT can reduce stress; upgrading food quality can improve training energy. Target the lever that is most feasible for your current life context.

Case Study: The 85-Hour Week

Priya is a 34-year-old marketing manager in a demanding role with frequent deadlines and client dinners. She exercised sporadically—mostly long runs on weekends—and

ate “healthy” during the week, but found herself gaining weight despite her efforts. Her energy dipped mid-afternoon, she craved sweets after dinner, and her sleep was often cut to five or six hours when work ran late. She believed she needed more discipline and harder workouts.

During an assessment week, she realized she was averaging only 2,200 steps on office days, sitting for 9–10 hours, and consuming most of her calories in a four-hour evening window that included wine with clients. Her breakfast was coffee and a pastry, lunch was a salad with little protein, and dinner was large and late. She also noticed that stressful days made her reach for sweets, and that sleep was consistently fragmented on nights after late-screen work.

Priya’s plan was simple and targeted. First, she shifted her food pattern to include a high-protein breakfast (Greek yogurt with berries and nuts) and a protein-rich lunch (chicken and vegetables), which made late-night hunger less intense. Second, she set a movement timer to take a two-minute walking break every hour during the workday, raising her NEAT from ~2,200 to ~6,000 steps on office days. Third, she created a “wind-down” window: after 9 p.m., she used blue-light filters and read instead of checking email, which improved sleep onset and reduced cortisol-driven cravings.

Within three weeks, her afternoon energy stabilized, late-night cravings diminished, and she lost two pounds without adding more formal exercise. She also felt less reactive to work stress. By week six, she added two short strength sessions (25 minutes each), which further improved body composition. Her results came not from extreme restriction, but from repairing the signals—meal timing, NEAT, and sleep—that were creating metabolic drift.

Myth Busting: Metabolic Edition

Myth: Metabolism slows down because you get older and there’s nothing you can do about it. Fact: Age-related changes are real, but the bigger drivers are reduced muscle mass and lower daily movement. Maintaining or building muscle and increasing NEAT can offset much of the age-related decline in metabolic rate.

Myth: You must do hours of cardio to fix your metabolism. Fact: Frequent low-intensity movement and short, challenging strength sessions are often more effective for improving insulin sensitivity and maintaining metabolic rate than chronic, high-volume cardio.

Myth: Eating less and moving more is simple, so if it’s not working you’re not trying hard enough. Fact: The inputs matter as much as the effort. Ultra-processed foods, poor sleep, and chronic stress make adherence harder and blunt physiological responses. Adjusting the inputs often makes the effort more effective.

Practitioner Quote

“Your metabolism isn’t a stubborn machine; it’s a responsive system. When clients improve sleep by 60–90 minutes and increase daily steps by 3,000, we frequently see better appetite control and insulin sensitivity before they change their diet at all.” —
Clinical Dietitian, Lifestyle Medicine

Quick Tips: Environmental Design

- Keep a water bottle and a high-protein snack at your desk to stabilize energy between meals.
- Set a recurring calendar reminder every hour to stand or walk for two minutes.
- Use a blue-light filter on devices after sunset and keep your bedroom cool, dark, and quiet.
- Place fruit and vegetables at eye level in your kitchen; store sweets out of sight.
- Prepare a “travel kit” (protein bars, cutlery, collapsible container) to make better choices easier on the road.

Action Checklist for This Chapter

- Identify your top three metabolic disruptors from this chapter that are most relevant to your life (e.g., late meals, sitting, sleep, stress).
- Break up sitting at least once every hour for the next seven days.
- Add 10–15 grams of protein to your breakfast for appetite control.
- Set a consistent sleep window and protect it for at least five nights this week.
- Track your daily steps or movement minutes; aim for a modest increase by the end of the week.

Weekly Micro-Challenge

For seven days, end all screens 30 minutes earlier than usual and spend that time in low-stimulation activities (reading, stretching, conversation). Notice any changes in hunger, cravings, and energy the next day. If it feels helpful, extend the screen-free window to 60 minutes by week’s end.

Suggested Measurements to Track

- Sleep duration and quality (hours slept and a 1–5 rating of how rested you feel).
- Daily step count or minutes of movement outside of formal exercise.
- Subjective energy and hunger (morning, midday, evening on a 1–5 scale).

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