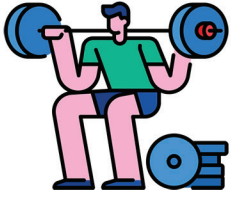


24 HOURS OF WEIGHT LOSS



6 AM WORKOUT EARLY

Kickstart your metabolism with an early morning workout. This sets a positive tone for the day and helps burn calories throughout the day.



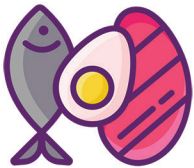
6:45 AM GET SOME SUN

Exposure to morning sunlight helps regulate your circadian rhythm, boosting your mood and helping you sleep better at night.



7 AM BECOME MINDFUL

Take a few minutes to practice mindfulness or meditation. It can help reduce stress and keep you focused on your weight loss goals.



7:30 AM EAT PROTEIN WITH BREAKFAST

Incorporating protein in your breakfast keeps you full longer and helps in muscle maintenance, making it easier to manage your weight.



8 AM DON'T SKIP THE FIBER

Fiber-rich foods aid digestion and help you feel fuller, preventing overeating later in the day.



10:30 AM HAVE A MID-MORNING SNACK

A healthy snack mid-morning keeps your energy levels stable and prevents binge eating at lunchtime.



GastroDoxs
defenders of the digestive system

24 HOURS OF WEIGHT LOSS



12-1 PM

EAT YOUR MAIN MEAL

Make lunch your main meal of the day, ensuring it's balanced with lean protein, healthy fats, and plenty of vegetables.



3 PM

LAST CHANCE FOR CAFFEINE

This is your last opportunity for a caffeine boost to avoid disrupting your sleep. Opt for green tea or coffee, but limit sugar and cream.



5 PM

TIME FOR DINNER

Keep your dinner light and focus on lean protein and veggies. Avoid heavy carbs late in the evening.



6 PM

PRE-SLEEP SNACK

A light, healthy snack before bed can prevent hunger pangs that might disrupt your sleep.



9-10 PM

POWER DOWN

Wind down for the night by reducing screen time and engaging in relaxing activities to prepare your body for sleep.



10-11 PM

TIME FOR SLEEP

Aim for 7-8 hours of quality sleep to help your body recover and support your weight loss efforts. Proper rest is crucial for overall health and metabolism.



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