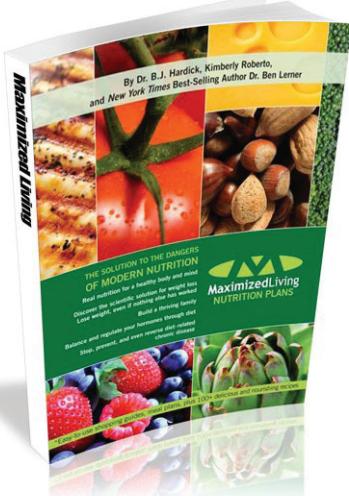




MaximizedLiving



Written by Dr. B.J. Hardick, Kimberly Roberto
& New York Times Best Selling Author Dr. Ben Lerner

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This is your **FREE** copy of *Meal Planning Tips* from the book Maximized Living Nutrition Plans (Pg 63).

Use this Companion Guide with any of our free recipe tips and giveaways when coordinating and planning your meals. ENJOY!

“*The Solution to the Dangers of Modern Nutrition*”

Maximized Living Nutrition Plans is your comprehensive guide to nutrition for a healthy body and mind with easy to use shopping guides, meal plans, plus over 100 delicious and nourishing recipes!

- ♥ *Transform the Way You Feel*
- ♥ *Discover Scientific Solutions for Weight Loss*
- ♥ *Balance & Regulate Your Hormones through Diet*
- ♥ *Slow Down the Aging Process*
- ♥ *Prevent, Stop and even Reverse Chronic Disease*



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Rise & Shine! Get some Protein in the Morning!



Higher protein meals increase your metabolism, suppress hunger later in the day, and stabilize leptin and blood sugar.

Protein at breakfast is vital to increase your body's metabolic rhythm for the day- up to 30% for as long as 12 hours! It's equivalent of a 2-3 mile jog.

Many of us have grown up training our bodies to sustain energy on higher carbohydrate breakfasts. Particularly after the age of 40, and once leptin resistance becomes a problem, higher sugar meals and drinks in the morning are bound to create leptin problems later in the day.

Hemp seeds, almond butter, whey protein, eggs, and healthy cheeses can be ADDED to good fat and moderate carbohydrate breakfasts to ensure a decent serving of protein.

Remember: Since protein ACTIVATES your metabolism, avoid having too much of it at dinner, as this can interfere with falling asleep. Excess protein (greater than 15-20 grams per female or 20-25 grams per male) will convert to sugar, creating further problems through the night and prevents fat burning from occurring.

FAT with EVERY Meal, Yes we said FAT!

GOOD fats play a vital role in hormone production, cancer prevention, regulation of metabolism, fat burning, brain development, and even cellular healing by reducing inflammation.

When your body has forgotten how to burn fat, the only way to retrain it is to give it the fuel it needs to burn. Lower-fat meals, high in carbohydrates, sugar and protein will forever keep your body out of a fat-burning state.

Good Fat Examples: Olive Oil, Avocados, Nuts, Seeds, Coconuts

Your Mother Said to Chew Your Food SLOWLY!

It takes approximately 20 minutes for your body's full signal to reach your brain.

EAT SLOWLY, push your plate aside when you are 80% finished, and allow your "Full Signal" to come on before you are overstuffed.

LEPTIN

The FAT BURNING HORMONE

Leptin is produced by your fat cells and is delivered to the brain to regulate fat burning hunger, cravings and the sense of feeling "full".

Leptin sets up the body's repair mechanism through a cascade of hormones which follow leptin. When leptin is in balance you will lose weight easily following Maximized Living's Nutritional Plan.

When there is TOO much leptin being produced due to the Standard American Diet and/or toxicity, the receptor sites in the brain that detect leptin will actually burn out. When leptin can no longer be heard by the brain, leptin resistance develops. This is the metabolic cause of one's inability to lose weight on any diet and the ultimate reason weight loss plateaus after initial success.

Eat When You are Hungry - Not out of Habit...

Maximized Living endorses eating when you are hungry - NOT counting calories or timing a certain number of meals each day. When your system is free of nerve interference, toxic interference and dietary stress you will be able to sense when and how much you need to eat.

When you are eating enough good fat you will remain full for several hours.

If you MUST SNACK: Consume a snack with as much fat, protein, and fiber as possible (nuts are great!). Avoid snacking on starchy carbohydrates. Regardless of how many or how few, carbs cause a change in insulin levels that will create hunger again within a short period of time.

Avoid Eating After Dinner...Your Body with THANK You!

The fat-burning hormone leptin works on a 24 hour rhythm. Overnight, it coordinates the body's repair systems which include melatonin, thyroid hormone, growth hormone, sex hormones, and the immune system.

Your Body repairs itself during sleep while burning fat, provided leptin is in balance. When leptin is in the normal range, the body's prime hours of fat burning occur in the final 3 to 4 hours of overnight sleep. Healthy leptin levels would naturally be increased and received by the brain to slow down cravings, reduce hunger and accelerate the burning of fat for energy through the night. If leptin is out of balance, eating after dinner will alter your body's ability to stabilize it.