HOW TO GO FROM SUGAR BURNER

TO FAT BURNER

By intermittent fasting beginners

WHAT IS A SUGAR BURNER?

THERE ARE TWO WAYS THAT YOU CAN BE BURNING ENERGY: ONE IS FROM SUGAR AND ONE IS FROM FAT.

CARBS FOR FUEL.

A sugar burner primarily burns carbs for fuel. Your body turns carbohydrates from foods like bread, potatoes and candy into glucose — a simple sugar that gets converted into energy.

WHAT IS A FAT BURNER?

A FAT BURNER PRIMARILY BURNS FAT FOR FUEL. YOUR METABOLISM STILL NEEDS ENERGY TO POWER YOUR BODY AND BRAIN.

WE WERE DESIGNED TO BE FAT BURNERS.

When we burn fat for fuel, it provides a steady and sustained release of energy.

Fat metabolism enables us to tap into a continuous supply of energy, reducing the need for frequent meals or constant snacking.

While glucose can be used as a source of energy for the brain, ketones produced from fat metabolism can also serve as a vital fuel source.

1- BURN FAT INSTEAD OF SUGAR

In order to shift the body from being a sugar burning metabolism that runs on glucose to a fat burning metabolism that primarily uses fat as fuel, start by ditching the refined carbohydrates, fruit juices, sugar, sweet treats etc... and instead eat healthy fats with every meal, unrefined non starchy carbohydrates such as vegetables and quality protein.

UP ENERGY LEVELS:

When burning fat, your energy levels tend to be more stable throughout the day. Fat provides a steady and sustained source of fuel, reducing energy crashes often associated with fluctuating blood sugar levels.

FAT UTILIZATION

Your body becomes more efficient at breaking down stored fat and using it as a primary energy source.

As glucose availability decreases, your body relies on fat stores for energy, leading to increased fat burning and potentially aiding in weight loss.

2- GET YOURSELF INTO KETOSIS

LOWER THOSE CARBS. CHANGE THE BAD FATS. PULL THE TOXIC FOOD OUT OF YOUR LIFE!

START CREATING KETONES

When you start with that and you start to see that your body is going into a place of ketosis stay in there as long as you can because the longer you stay in there then the more healing and fat burning.

ketones are a sign that the liver has made that switch over from being a sugar burner to a fat burner.

GET YOURSELF INTO KETOSIS

HERE ARE SOME STEPS TO HELP YOU ENTER KETOSIS:

REDUCE CARBOHYDRATE INTAKE

To trigger ketosis, significantly limit your carbohydrate intake. Aim to consume less than 50 grams of net carbohydrates per day, although individual carbohydrate tolerance may vary.

INCREASE HEALTHY FAT INTAKE:

Replace the calories from carbohydrates with healthy fats. Focus on consuming sources such as avocados, nuts, seeds, olive oil, coconut oil, fatty fish, grass-fed butter, and full-fat dairy products (if tolerated).

MODERATE PROTEIN INTAKE:

While protein is essential, excessive protein intake can interfere with ketosis. Consume a moderate amount of high-quality protein sources like meat, poultry, fish, eggs, and plant-based protein options.

3. START CREATING KETONES

> KETONES ARE MORE POWERFUL FOR TELLING YOU ABOUT YOUR WEIGHT LOSS EFFORTS THEN THE NUMBER ON THE SCALE.

KNOW THAT YOU'RE PRODUCING KETONES.

Signs and Symptoms: One way to gauge ketone production is by paying attention to certain signs and symptoms that often accompany ketosis. These can include increased energy levels, reduced hunger and cravings, improved mental clarity and focus, and weight loss.

Ketone testing strips, also known as ketone urine test strips, are available over the counter at pharmacies.

4. SOURCES OF ENERGY FOR FAT BURNERS:

LEAN MEATS:

a. Chicken breast
b. Turkey breast
c. Lean cuts of beef (e.g., sirloin, tenderloin)
d. Lean pork (e.g., pork tenderloin)

POULTRY:

a. Chicken thighs
b. Turkey thighs
c. Duck breast

FISH:

a. Salmon
b. Tuna
c. Cod
d. Halibut
e. Trout

SHELLFISH:

A. Shrimp
b. Crab
c. Lobster
d. Mussels
e. Clams

CRUCIFEROUS:

a. Broccoli
b. Cauliflower
c. Brussels sprouts
d. Cabbage
e. Radishes

DAIRY:

a. Full-fat cheese (cheddar, mozzarella, Swiss, etc.)
b. Heavy cream
c. Greek yogurt
d. Cottage cheese
e. Sour cream

NUTS & SEEDS:

a. Almond
b. Walnuts
c. Pistachios
d. Pumpkin seeds
e. Chia seeds
f. Flaxseeds

LEAFY GREENS:

a. Spinach
b. Kale
c. Swiss chard
d. Arugula
e. Romaine lettuce
f. Collard greens

5- REDUCE SUGAR CRAVINGS

As the body shifts from having the ability to burn fat for fuel as well as glucose and, blood sugar levels become stabilized by removing the high sugar foods and refined carbohydrates sugar cravings will start to disappear as the body can easily burn both fat and sugar for energy.

TIPS TO BECOME A FAT BURNER

As you've learned, becoming a fat burner involves adopting certain lifestyle and dietary changes that encourage your body to rely on fat as its primary source of fuel. Here are some valuable tips to help you become a more efficient fat burner:

Eat nutrient-dense whole foods like grass-fed meat, organic non-starch vegetables and quality fats. Eat mostly fats, moderate protein and few carbohydrates.

Reduce Carbohydrate Intake: Limit refined carbohydrates and sugars in your diet. High carb intake can keep your body reliant on glucose for fuel instead of tapping into fat stores.

TIPS TO BECOME A FAT BURNER

Incorporate intermittent fasting into your routine. This eating pattern helps your body deplete glycogen stores and switch to using stored fat for energy during fasting periods.

Before

After
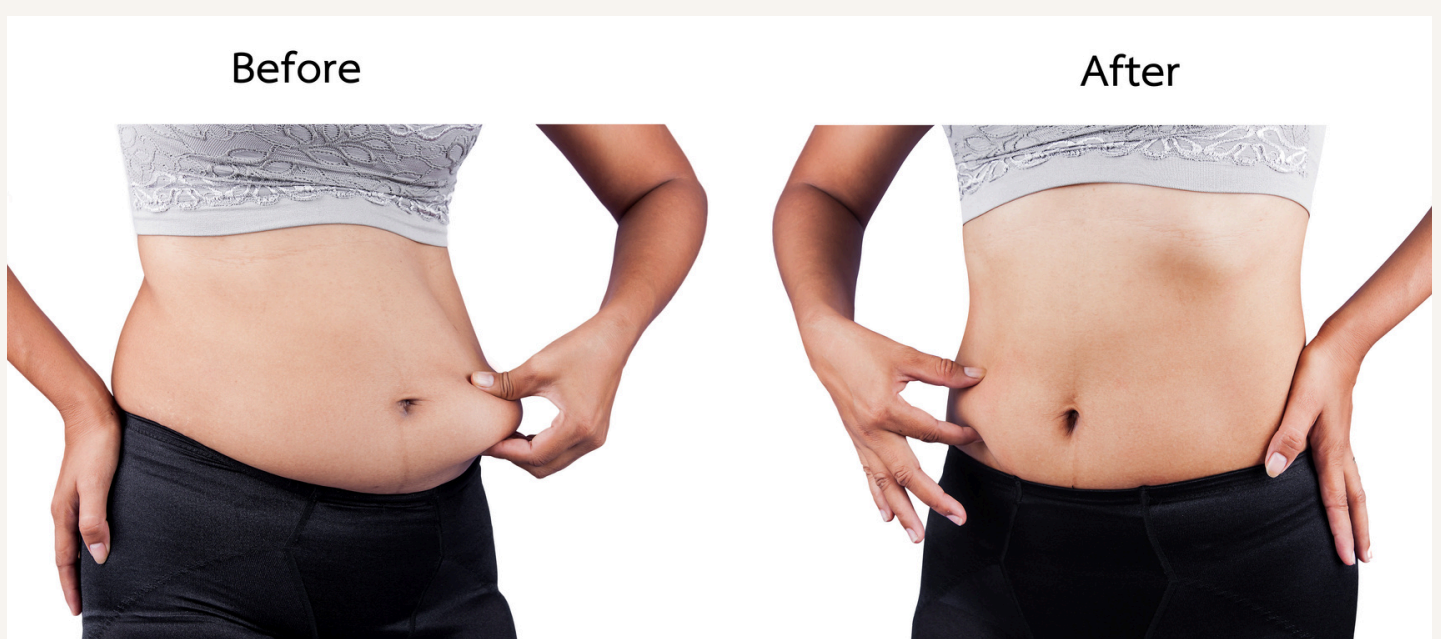
Include more healthy fats in your meals, such as avocados, nuts, seeds, olive oil, and fatty fish. These fats encourage your body to become adapted to burning fat for energy.

Drink plenty of water throughout the day. Proper hydration supports metabolic processes, including fat metabolism.

Engage in both cardio and strength training exercises. Regular physical activity increases fat burning capacity and improves overall metabolic health.

Prioritize quality sleep as it plays a significant role in hormonal regulation, including those related to fat storage and metabolism.