

BIOHACKING WEIGHT LOSS DIET

Morning

Wake up and drink a large glass of water with lemon juice and a pinch of cayenne pepper to boost metabolism and hydration.

Practice 10-15 minutes of mindfulness meditation to reduce stress and cortisol levels.

Take a probiotic supplement to support gut health.

Breakfast (8 AM)

3 eggs scrambled with spinach, onions, and a sprinkle of turmeric for its anti-inflammatory properties.

1/2 avocado for healthy fats and fiber.

1 cup of berries for antioxidants and low-glycemic carbs.

Snack (11 AM)

1/4 cup of raw almonds for protein, fiber, and healthy fats.

1 cup of green tea for its metabolism-boosting catechins.

Lunch (1 PM)

4 oz grilled salmon for omega-3s and protein.

2 cups of mixed greens with olive oil and apple cider vinegar dressing.

1/2 cup of roasted sweet potatoes for complex carbs and fiber.

Snack (4 PM)

1 cup of plain Greek yogurt with 1/2 cup of mixed berries and a sprinkle of cinnamon for its blood sugar-regulating properties.

Dinner (7 PM)

6 oz grilled chicken breast.

2 cups of steamed broccoli and cauliflower with a drizzle of olive oil and lemon juice.

1/2 cup of quinoa for fiber and protein.

Tips for successfully biohacking your fitness

Drink a cup of chamomile tea to promote relaxation and sleep.

Take a magnesium supplement to support sleep quality and stress management.

Aim for 7-9 hours of high-quality sleep to optimize hormone regulation and fat burning.

This biohacking diet plan focuses on nutrient-dense whole foods, intermittent fasting, strategic supplementation, and lifestyle factors like stress management and sleep to support weight loss.

Remember to adjust portion sizes and macronutrient ratios based on your individual needs and consult with a healthcare professional before making significant changes to your diet.