THE kindle SPARK

7-DAY METABOLIC CHALLENGE

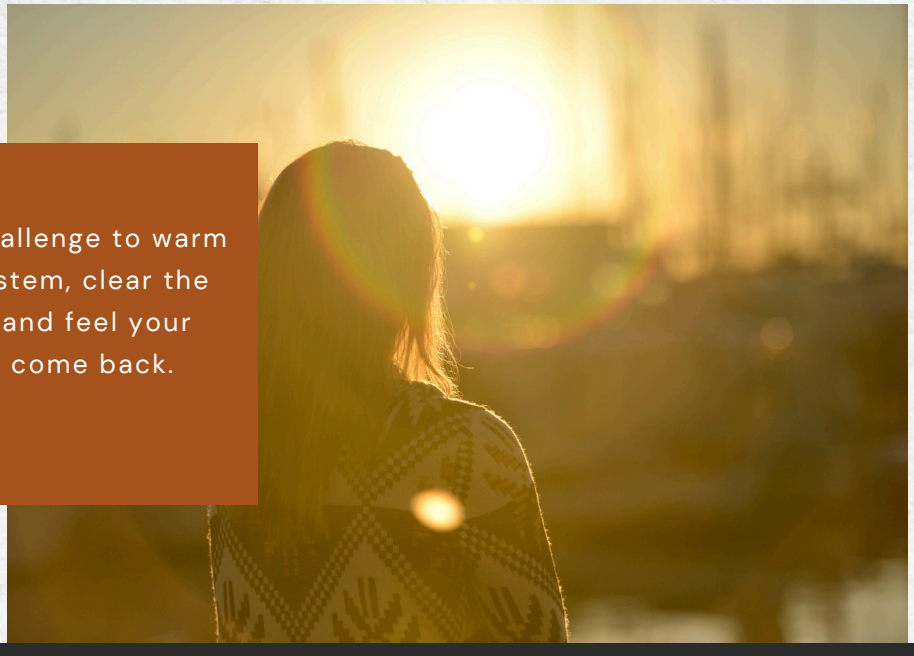
FOR THE COLD & DAMP TYPES

Warming Spices
Light Broths
Bitter Greens
Nourishing foods

Cordyceps
Schisandra
Nettle
Ginger Tea

Daily Movement
Brisk Walks
Break a Sweat
Dry Brushing

Momentum
Steady Rhythm
Lighter Mood
Getting Unstuck



7-Day challenge to warm your system, clear the damp, and feel your spark come back.

PRE-REKINDLE CHECKLIST

Plan to Succeed

Before you begin: Read through this checklist to make sure you're prepared for this 7-day challenge. Completing these steps ahead of time will set you up for success and make the challenge easier to follow. Use this list to stay organized and on track!

Disclaimer:
This 7-Day Metabolism rekindle challenge is for informational purposes only and is not intended as medical advice. While the recommendations in this guide can have many health benefits, it may not be suitable for everyone.

If you have kidney disease, liver conditions, diabetes, or any other medical condition that affects blood sugar or metabolism, please consult your physician before making dietary changes.

PRE-REKINDLE CHALLENGE PREP:

- ☐ **Read the Guide** – Get familiar with the challenge structure and the habits you'll be incorporating throughout the week.
- ☐ **Plan Your Meals** – Choose recipes with whole food ingredients that prioritize blood sugar balance. Stick to high-protein breakfasts to stabilize your blood sugar from the start.
- ☐ **Grocery Shopping** – Buy all the ingredients you'll need for the week based on your meal plan.
- ☐ **Meal Prep** – Prep a few blood sugar-friendly meals or snacks in advance to make the rekindle go easier.
- ☐ **Track Your Progress** – Use a notebook or app to log meals, hydration, sleep, and how you feel, or the Meal Diary on page 16.
- ☐ **Stay Hydrated** – Plan to drink enough water and support electrolyte balance if needed.

REKINDLE CHALLENGE CHECKLIST

Plan to Succeed

DAILY TASKS FOR COLD & DAMP TYPES

- [ ] **Eat for blood sugar balance –** Avoid sugar and processed foods and focus on wholesome, fiber-rich foods.
- [ ] **Prioritize protein** – Be sure to include protein with every meal, but especially with breakfast!
- [ ] **Stay hydrated** – Drink plenty of water and consider electrolyte support as needed.
- [ ] **Track your meals** – Listen to your body and tweak meals based on digestion and satiety.
- [ ] **Practice time-restricted eating** - Keep a 12-hour fasting window between dinner and breakfast.
- [ ] **Get enough sleep** - Aim for at least 8 hours of sleep every night to support hormone balance.
- [ ] **Commit to a relaxing evening ritual** – Plan to set aside 10 minutes for relaxation before bed to unwind and promote restful sleep.
- [ ] **Meal prep when possible** – Take time to prep ahead for those busy days. Chop veggies, bake chicken, boil eggs, or whip up a batch of chia pudding.
- [ ] **Celebrate small wins** – Take stock of any improvements you notice, whether it's more energy, fewer cravings, or better sleep.

If this list feels overwhelming, don't worry!

You won't start *all* these habits on the first day.

We'll start with a few key ones, and slowly add others in day by day.
You've got this!

7-DAY METABOLIC REKINDLE CHALLENGE

How it Works

Here's a quick rundown of how this rekindle challenge for "The Cold & Damp Types" works.

On Day 1, we'll kickstart this challenge with three major metabolism boosters: ***eating for blood sugar balance, hydration, and intermittent fasting***.
You'll continue these habits daily for the entire week.

Then on Days 2-4, we'll add in one more metabolism-boosting habit each day.

By Days 5-7, you'll practice doing all the habits at once. If you slip up one day and miss a habit, be easy on yourself. Focus on progress over perfection! The goal is to test them out to create a sustainable routine that works for YOU.

REKINDLE CHALLENGE STRUCTURE

DAY 1	• Eat blood sugar-friendly meals with a high-protein breakfast. • Maintain a 12-hour fasting window. • Drink half your body weight in ounces of water daily.
DAY 2	• Take a 5-10 minute walk after meals.
DAY 3	• Aim for at least 8 hours of sleep.
DAY 4	• Add 10 minutes of daily stress relief before bed.
DAYS 5-7	• Practice doing all the habits at once.

7-DAY METABOLISM REKINDLE

Rules Breakdown

Challenge Structure

- Follow the rekindle structure according to the timeline on the previous page.

Meal Guidelines

- Choose whole foods and limit intake of added sugars and processed foods.
- Opt for high-quality protein when possible (pastured meats, wild-caught fish, organic dairy, sprouted and/or soaked plant proteins).
- Prep meals ahead of time to stay on track.
- Avoid snacking and focus on balanced, nourishing meals instead.

Hydration & Digestion

- Drink half your body weight in ounces of water daily.
- If needed, use digestive enzymes, bitters, or fermented foods for easier digestion.

Tracking & Accountability

- Log meals, sleep, and hydration (meal diary provided on page 16).
- Check energy, digestion, & satiety daily.
- Celebrate small wins!

Who Should Consult a Doctor?

- If you have kidney disease, liver conditions, diabetes, digestive issues, or are pregnant, check with your physician before starting.

Celebrate Your Success!

- Reward yourself after the challenge with a non-food treat like new workout gear, a massage, or a fun activity!

BLOOD SUGAR BALANCE
Why it Matters



Keeping your blood sugar steady is one of the best things you can do for your metabolism and your type. **When blood sugar gets too high *or* too low, it can take a toll on your metabolic rate. Here's why:**

Glucose is your body's main energy source that fuels your cells. When you consume carbohydrates like sugary or starchy foods, your body breaks them down into glucose. Once it hits your bloodstream, it spikes your blood sugar (aka blood glucose).

Your pancreas then secretes insulin, which unlocks your cells to let glucose in. Once glucose gets into your cells, your blood sugar drops back down.

But here's the kicker: **any excess glucose that isn't needed is stored as fat.** That's why you may notice the scale creep up when you consume lots of sugary or starchy foods.

BENEFITS OF BLOOD SUGAR BALANCE

- Steadier energy levels
- Fewer cravings
- Improved mood
- Increased focus
- Better weight management

Keeping your blood sugar stable ensures your body uses glucose for energy, NOT fat storage.

It also prevents your body from developing insulin resistance, which can lead to weight gain and health conditions like diabetes and PCOS.



BLOOD SUGAR REGULATION
Basics For Cold & Damp Types

So what does *"a blood-sugar-friendly diet"* actually mean?
Here are some dietary tips that help maintain healthy blood sugar levels:

→ **Limit sugar.** Sugary foods like candy and ice cream can trigger sharp spikes in your blood glucose. This is followed by an energy crash, which can cause you to crave more sweets. When you do eat more sugar or carbs, plan to do something active within 30 minutes of eating to help your body digest and stabilize your blood sugar and insulin levels more quickly.

→ **Pass on processed foods.** Most ultra-processed foods (e.g., cereal, chips, granola bars) are made with refined flour and added sugars, both of which can trigger glucose spikes. In fact, studies show that eating ultra-processed foods increases your risk of diabetes. To keep your blood sugar steady, it's best to steer clear of them.

→ **Choose carbs wisely.** Refined carbs like white rice and white pasta have the fiber removed. That's why consuming these foods can lead to a blood sugar spike. Skip the refined carbs and opt for wholesome, complex carbs. Think quinoa, sweet potato, lentils, and brown rice. Since they're fiber-rich, they're easier on your blood sugar.

→ **Bump up your fiber intake.** Fiber slows down digestion. This allows glucose to be absorbed more slowly to prevent those nasty spikes. High-fiber foods include apples, berries, pears, avocados, cruciferous veggies, oats, chia seeds, flaxseed, and beans & legumes.

→ **Prioritize protein.** Like fiber, protein helps stabilize your blood sugar. It slows the digestion of carbs, allowing for a more gradual release of glucose into your bloodstream. Protein also promotes satiety, helping you feel full longer.

BLOOD SUGAR FRIENDLY FOODS
Cheat Sheet

FOODS TO AVOID:

- Candy, ice cream, cookies, pastries & other sweets
- Soda, sports drinks & other sugary beverages
- Refined carbs (e.g. white rice, white pasta, white bread)
- Ultra-processed foods (ready-made meals, canned soup, cereal, granola bars, etc.)
- Alcohol



sugary beverages

FOODS TO ENJOY:

- Low glycemic fruits like berries, apples, & pears (see list here)
- Non-starchy vegetables like leafy greens, broccoli & cucumber (see full list here)
- Clean protein like chicken, turkey, grass-fed beef, wild-caught fish & pasture-raised eggs
- Beans & legumes like lentils, chickpeas, black beans & split peas
- Healthy fats like avocado, olive oil, fatty fish, nuts, seeds, olives, & coconut
- Complex carbs like oats, quinoa, brown rice & sweet potato



Make it a bowl!

PRIORITIZING PROTEIN

Why it Matters



While all macronutrients have their place in a healthy diet, protein is a VIP for your metabolism. It has a higher thermic effect compared to carbs and fat. Meaning, **your body burns more calories digesting protein than other macronutrients.** Plus, protein stabilizes your blood sugar and promotes satiety.

Eating enough protein is especially important at breakfast. **What you eat in the morning affects your blood sugar regulation for the rest of the day.** Research shows people who eat a high-protein breakfast feel more satiated and less hungry throughout the day.

HOW TO HARNESS PROTEIN'S POWER

★ **Start savory:** Eat a breakfast with 25-30 grams of protein. Think egg muffins, chia pudding, Greek yogurt parfaits, or veggie scrambles.

★ **Prioritize protein with each meal:** Include high-protein foods at every meal.

HIGH PROTEIN FOODS

- Eggs
- Chicken
- Turkey
- Beef
- Pork
- Salmon
- Sardines
- Tuna
- Tofu
- Edamame
- Tempeh
- Greek yogurt
- Cottage cheese
- Cheese
- Nut butter
- Nuts/seeds
- Beans & legumes
- Protein powder
- Collagen peptides

INTERMITTENT FASTING
To Boost Metabolism

Boosting your metabolism isn't just about *what* you eat. *When* you eat matters, too. Research shows that after a 12-14-hour fast, your body switches from **burning glucose to burning fat.**



That's where time-restricted eating comes in, also known as intermittent fasting. Don't worry, skipping meals or hardcore fasting isn't required in this challenge. For this rekindle, we're keeping things simple. You'll aim to **follow a 12-hour fasting window overnight.** Here's how it works:

TIME-RESTRICTED EATING 101

To practice time-restricted eating, all you need to do is:

- *Consume all your meals within a 12-hour window*
- *Allow a 12-hour fast between dinner and breakfast*

For example, if you ate dinner at 6:00 PM, wait until at least 6:00 AM the next morning to eat breakfast. If you had dinner at 7:00 PM, hold off on breakfast until 7 AM. You get the idea.

Keep in mind, twelve hours is the sweet spot. You don't need to push for longer to get the benefit; a consistent 12-hour window, most days, is what does the work. If anything, going much longer can backfire for some people, so let twelve be your target and leave it there.

WHY MOVEMENT MATTERS
For Metabolism

Exercise is one of the *best metabolism boosters*. It burns calories, improves insulin sensitivity, reduces inflammation, and builds muscle, all of which can improve your metabolic rate. But since this rekindle is only 7 days, we're not asking you to head to the gym or hit it hard. Instead, we'll focus on building one simple, yet powerful movement practice: ***walking after meals.***

WHY WALKING AFTER MEALS WORKS



Walking after meals lowers your blood sugar. Each step you take clears glucose from your bloodstream and sends it into your muscles. And it doesn't take long to see the benefits. Even a short 2-5 minute walk can do the trick.

So starting on Day 2 of this rekindle, you'll **aim to take a 5-10 minute walk after each meal.** Ideally, start your walk as soon after finishing each meal as you can (within 30 minutes) and maintain a brisk pace.

SNEAK MORE MOVEMENT INTO YOUR DAY

To keep things simple, post-meal walks will be the main movement goal for this rekindle.

However, if you're up for it, feel free to sneak more movement into your day. Take the stairs, park your car farther away, walk during phone calls, or step away from your desk each hour for a movement break.

Every little bit helps. And if you get your walks in and want more movement, feel free to add in a short workout.

THYROID FRIENDLY HABITS
To Support Metabolism

Your thyroid, a butterfly-shaped gland in your neck, makes hormones that regulate your metabolism. If these hormones get too high or too low, your metabolism may be affected.

That's why thyroid imbalances are often linked with weight gain. So for this challenge, we'll focus on giving your thyroid some TLC with three simple habits:



3 HABITS THAT SUPPORT THYROID HEALTH

- **Get 8 hours of sleep.** Poor sleep can lead to thyroid imbalance and disrupt hormones that affect your metabolism. For this rekindle, you'll aim to get 8 hours of sleep every night.

- **Manage stress.** The stress hormone cortisol affects your metabolism, too. When it gets too high, it can trigger cravings for sugary and fatty foods. That's why on Day 4 of this rekindle, you'll add a relaxing bedtime routine to help melt away stress. It could be journaling, meditation, breathwork, stretching, or a warm bath. Choose whatever helps you relax and rest more easily.

- **Move your body.** Exercise improves thyroid function, boosts your metabolism, and helps regulate hormone levels. For this rekindle, your goal is to take a quick 5-10 walk after meals. But feel free to add more movement throughout your day as well.

A GRADUAL APPROACH
For Lasting Success

This 7-Day Metabolism rekindle is designed to help you build a sustainable routine that nourishes your body. We'll do this by focusing on **small, but powerful habits that support metabolic health**. To prevent overwhelm, we'll start Day 1 with the basics: diet and hydration. From there, we'll slowly add in one new healthy habit on Days 2-4. On Days 5-7, you'll practice all the habits at once. Taking a gradual approach **gives your body time to adjust** to help you form new habits that stick.

7-DAY OVERVIEW - REKINDLE CHALLENGE

DAY 1	• **Diet:** Follow the blood sugar-friendly diet, including a high-protein breakfast (between 25+ grams per meal) • **Hydration:** Drink at least half your body weight in ounces of water a day • **Time-restricted eating:** Maintain at least a 12-hour fasting window between dinner and breakfast.
DAY 2	• **Movement:** Take a 5-10 minute walk after each meal.
DAY 3	• **Sleep:** Get at least 8 hours of sleep. Head to bed earlier if needed to allow enough time.
DAY 4	• **Stress:** Spend at least 10 minutes on a relaxing activity of your choice before bed.
DAYS 5-7	• **Integrate:** Practice doing all the habits above at once. Pay attention to how you feel and how your body responds to each one.

ACTION STEPS
Metabolism Rekindle

These steps will help you be successful during this 7-day challenge.
After reading these, jot down on your calendar which day you plan to start.



PLAN YOUR MEALS

Plan your blood sugar friendly meals for the week. Prioritize protein at each meal, but especially at breakfast (aim for 25+ g). Refer to the food list on page 8 for ideas.



GROCERY SHOP

Head to store and gather all the necessary foods you'll need so you're prepared for the week.

MEAL PREP

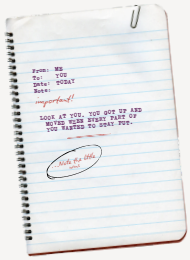


Prep ahead to set yourself up for success. This can be a lifesaver on busy days and make it much easier to stick to the rekindle. Precook chicken, roast veggies, boil some eggs, or whip up a batch of quinoa.

PLAN YOUR EVENING RITUAL



Create a relaxing 10-minute routine in preparation for Day 4. Choose any activity that helps you wind down and let go of stress (e.g., meditation, deep breathing, stretching, journaling, taking a bath)



CELEBRATE WINS

Note any positive changes and use them as motivation as you move forward. Jot them down in your journal or use the tracker on page 17.

7-DAY METABOLISM REKINDLE

Meal Diary

DAY 1	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 2	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 3	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 4	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 5	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 6	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

DAY 7	MEALS				SLEEP	WATER
	BREAKFAST:		DINNER:		HOURS OF SLEEP:	
	LUNCH:		SNACKS:		SLEEP QUALITY:	OUNCES

7-DAY REKINDLE CHALLENGE

Reflections

Congrats, you did it! 🙌 How did the rekindle Challenge go?
Do you feel any different compared to 7 days ago?

Whatever changes you noticed, whether it's more energy, better sleep, brighter mood, less cravings, or weight loss, jot them down below:

What was hardest part of this c And what strategies might help you overcome this in the future?

What key takeaways do you have from this challenge? And what are 3 top habits from this challenge you can carry forward into next week?

7- DAY REKINDLE CHALLENGE

Habit Tracker

START DATE:

MY HYDRATION GOAL :

*half your body weight in ounces per day

MY BEDTIME RITUAL:

Examples: journaling, meditation, stretching, breathwork, warm bath, etc.

METABOLISM-BOOSTING HABIT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HIGH PROTEIN- BREAKFAST							
DAILY HYDRATION GOAL							
12 HOUR FASTING WINDOW							
POST-MEAL WALKS							
8+ HOURS OF SLEEP							
RELAXING BEDTIME RITUAL							

WINS