

SUGAR BURNER TO FAT BURNER

Why Your Body Is Stuck and How to Fix It God's Way

Your 7 Day Jump Start Kit

Includes: Education Guide • Sugar Burner Quiz • Fasting Plan • Meal Plan

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A Letter to You

Hey friend,

Before you read a single word of this guide I want you to know something.

I see you.

I see the woman who wakes up every morning with good intentions and somehow ends up standing in her kitchen at 3pm eating something she told herself she wouldn't touch. I see the woman who has started over so many times that starting over has become part of her routine. I see the woman who is exhausted — not just physically — but exhausted from fighting her own body every single day.

I see the woman who has done the programs. Counted the calories. Cut the carbs. Tried the shakes. And watched it work for a little while before it all fell apart again — leaving her right back where she started, except now with a little less hope, a little more shame, and a lot more frustration.

I see her because I was her.

For years I believed the problem was me. That I just didn't have enough discipline. That everyone else had figured something out that I couldn't seem to get right no matter how hard I tried. I was constantly thinking about food, crashing in the afternoons, starting over every Monday, and carrying the weight of not understanding WHY my body was behaving the way it was.

What I didn't know then — and what nobody had ever taken the time to explain to me — was that my body wasn't broken. It wasn't failing me. It was actually responding exactly the way it was designed to respond given what it had been taught.

I was a sugar burner. And I had no idea.

The moment I understood what that meant — everything changed. Not because I finally found more willpower. But because for the first time I actually understood my body. I understood WHY it was doing what it was doing. And I stopped being at war with it.

That is what this guide is going to do for you.

This is not another meal plan. This is not a list of foods to cut out or a new set of rules to bulldoze your way through. This is the information you should have been given years ago — explained simply, honestly, and with the belief that God designed your body with incredible wisdom and intention. And most importantly, He loves you and wants you to be healthy and at peace.

By the time you finish reading this you are going to understand yourself in a way you never have before. You are going to have a name for what you have been experiencing. You are going to understand the root of why your body has been stuck. And you are going to have a clear path forward.

You were not made to live in the cycle you have been living in. You were made to feel free — in your body and in your faith.

Let's get you there.

With love and grace,

Kelly

Section 2: What Is a Sugar Burner?

Let's start with something that might be the most important thing you have ever learned about your body.

Your body has two fuel sources it can run on. Two completely different energy systems that God designed to work together to keep you feeling energized, balanced, and well.

Fuel Source #1: Glucose

This comes from the carbohydrates and sugar you eat. It is fast burning fuel. Your body can access it quickly — which is great in short bursts. But it burns through fast. And when it runs out your body needs more — quickly.

Fuel Source #2: Fat

This is your body's slow burning, long lasting fuel. It comes from the healthy fats you eat and — this is the part that matters most — the fat already stored on your body. When your body can access fat for fuel it has an almost endless supply of steady clean energy to draw from.

A healthy metabolism can switch between both fuel sources effortlessly. This ability is called **metabolic flexibility**. And it is exactly how God designed your metabolism to function.

So what is a sugar burner?

A sugar burner is a woman whose metabolism has lost that flexibility.

Through years of eating in a way that keeps blood sugar constantly spiking — and through misinformation that told her to snack constantly, avoid fasting, and focus on calories instead of ingredients — her body has become almost completely dependent on glucose for fuel. It has essentially forgotten how to access fat.

So what happens when the glucose runs out — which if you are eating the standard American diet is happening every two to three hours?

Your body panics.

It sends out a biological alarm signal so powerful that it overrides almost everything else. That alarm sounds like an intense craving for sugar or carbohydrates. It feels like shakiness, moodiness, weakness, and brain fog. It looks like standing in the kitchen reaching for something — anything — just to make the feeling stop.

And the moment you eat something and your blood sugar comes back up — the alarm stops. Until two or three hours later when it starts all over again.

This is the sugar burner cycle. And if you have been living in it you know exactly how exhausting it is.

But here is what I need you to understand.

This cycle is not a reflection of your character. It is not evidence that you are lazy or undisciplined or that you simply do not want it badly enough.

It is a metabolic state. One that your body learned over time. One that was made worse by everything the diet industry told you to do. And one that can absolutely be unlearned.

Your body was designed to be a fat burner. That ability has not disappeared — it has just been buried. And with the right approach it can be fully restored.

Here is what changes when your body becomes a fat burner:

- ✓ Your cravings calm down — because your body is no longer in a constant state of glucose crisis
- ✓ Your energy stabilizes — because fat is a slow steady fuel source that does not spike and crash
- ✓ The weight starts moving — because your body can finally access its own fat stores for energy
- ✓ You can go hours without food without falling apart — because your metabolism has what it needs to keep you fueled
- ✓ Food stops controlling your life — because the biological alarm stops going off every few hours
- ✓ You feel like yourself again — clear headed, energized, and free

This is not a fantasy. This is your body functioning the way God designed it to function.

Section 3: The Sugar Burner Quiz

Before we go any further I want you to do something for me.

I want you to stop reading for just a moment and actually take this quiz. Not because it is a formality — but because I believe that when you see your symptoms written out on a page something is going to click for you. You are going to stop feeling like your struggles are random and confusing and you are going to start seeing a very clear picture of what has actually been happening in your body.

Read through each statement below. Check every one that applies to you. Be honest — this is just between you and God. 

Energy & Hunger

- I can't go more than 2-3 hours without eating or I feel shaky, weak, or irritable
- I feel tired and sluggish after meals instead of energized
- I hit a wall in the afternoon — usually between 2pm and 4pm — almost every day
- I need caffeine to get through my day and function normally
- I wake up tired even after a full night of sleep

Cravings & Food

- I crave sugar and carbs constantly — especially in the afternoon or evening
- I feel like I am addicted to certain foods and cannot stop eating them even when I want to
- I think about food most of the day — what I am going to eat, what I should not have eaten, what I will do differently tomorrow
- I can start eating and have a hard time stopping even when I am full
- I feel like I have no willpower around food no matter how hard I try

Weight & Body

- I have tried multiple diets and weight loss approaches but the weight always comes back
- I carry stubborn weight around my belly that will not budge no matter what I do
- I feel like I am doing everything right but the scale will not move
- My weight loss results are always short lived — I lose a little and then plateau or gain it back
- I feel bloated, puffy, or inflamed regularly

Mind & Mood

- I experience brain fog, poor concentration, or difficulty focusing
- My mood is unpredictable — I can go from fine to irritable or emotional quickly especially when hungry
- I feel anxious or unsettled for no clear reason
- I struggle with low motivation or feeling flat and unmotivated
- I feel like my emotions around food involve shame, guilt, or frustration regularly

Health & History

- My doctor has told me my labs are normal but I know something is not right
- I have been told I have hormonal imbalance, PCOS, thyroid issues, or irregular cycles
- I have a history of yo-yo dieting or chronic calorie restriction
- I was told to snack between meals to keep my metabolism going and I followed that advice for years
- Every time I have tried fasting it has felt absolutely miserable and I could not stick with it

Your Results

Count up your checkmarks and find your result below.

1-8 Checks: Early Stage Sugar Burner

Your body is showing early signs of glucose dependency. You may not feel stuck yet but the patterns are forming. The good news is that catching this early means your transition to fat burning will be smoother and faster. This guide — and the steps inside it — are exactly what you need right now to get ahead of it before it becomes harder to reverse.

9-16 Checks: Moderate Sugar Burner

Your metabolism is significantly dependent on glucose and it is affecting your energy, your cravings, your weight, and your quality of life in very real ways. You have probably tried a number of things that have not worked long term — and now you understand why. Your body has not been given what it actually needs to make the shift. The information in this guide is going to bring you so much clarity. And the path forward is clearer than you think.

17-25 Checks: Full Sugar Burner

This guide was written for you. You have been living in the sugar burner cycle for a long time — possibly most of your adult life — and it has touched almost every area of your health. The exhaustion, the cravings, the weight, the mood, the shame — all of it makes complete sense now. None of it was ever your fault. And every single thing you checked

has a root cause that can be addressed. You are not too far gone. You are not too old. And you are absolutely not out of options. You are simply a woman who finally has the right information. And that changes everything.

No matter how many boxes you checked — you are in the right place. Keep reading. The answers you have been looking for are in the pages ahead. ❤️

Section 4: Why This Is Happening — The Root Causes

Now that you know you are a sugar burner — let's talk about why.

Because this is the part nobody has ever explained to you. And it is the part that is going to change everything.

Most programs hand you a meal plan and send you on your way. They tell you what to do but they never tell you why your body has been doing what it has been doing. And without the why — the what never sticks.

That ends today.

There are four root causes that work together to keep a woman locked in sugar burner mode. And until all four are addressed — not just one — the results will always be temporary.

Root Cause #1: The Insulin Connection

Why the fat door is locked — and why eating less will never open it

To understand why your body is holding onto weight you first need to understand one hormone. Insulin.

Insulin is produced by your pancreas and its primary job is to manage the glucose in your bloodstream. Every time you eat — especially carbohydrates and sugar — your blood sugar rises. Insulin comes in to bring it back down by shuttling that glucose into your cells to be used as energy.

When there is more glucose than your cells need for immediate energy — insulin stores the excess. First in your liver. Then in your muscles. And when those are full — it stores it as fat. Particularly around your organs and your belly.

Insulin is a fat storage hormone.

When insulin is elevated your body cannot access your fat stores for energy. The door is physically locked. No matter how little you eat — if insulin is high fat burning is off.

This is why calorie restriction alone never works long term. And over time — when insulin is chronically elevated — your cells start to stop responding to it properly. They become resistant. This is called **insulin resistance**. And it is at the root of stubborn weight gain, intense cravings, energy crashes, and hormonal imbalance.

Here is the hope — insulin resistance is reversible. Your cells can become sensitive to insulin again. The door to your fat stores can open again. But it requires the right approach — not more restriction.

Root Cause #2: The Gut Connection

Why your gut is the foundation of everything — and what happens when it is compromised

If there is one thing I want every woman I work with to understand it is this —

Your gut is not just where food gets digested. It is the command center of your entire body.

Inside your gut right now are trillions of bacteria — your microbiome. And the balance of those bacteria influences almost everything. Your digestion. Your immune system. Your hormone levels. Your brain chemistry. Your metabolism. Your mood.

Your gut produces most of your serotonin — your happy chemical. It produces GABA which keeps you feeling calm. It produces dopamine which gives you drive and motivation.

But when the gut lining becomes damaged — through years of processed food, refined sugar, chronic stress, pesticides, and the wrong bacteria — those protective doors get forced open. Undigested food particles, toxins, and harmful bacteria start leaking directly into your bloodstream. This is called **leaky gut**.

And here is the connection that most programs completely miss —

Gut driven inflammation directly causes insulin resistance.

Which means a damaged gut keeps insulin elevated. Which locks the door to your fat stores. Which keeps you in sugar burner mode no matter what you eat.

This is why gut healing is not optional. It is the foundation that everything else is built on.

Root Cause #3: The Stress Connection

Why a stressed body cannot heal — no matter how perfect the plan

Your body has two primary nervous system states.

Parasympathetic — rest and digest. This is where healing happens. Where digestion works properly. Where hormones regulate. Where your body can access fat for fuel and actually repair and restore itself.

Sympathetic — fight or flight. This is survival mode. Cortisol is elevated. Digestion is suppressed. Fat burning is shut off.

Most women in their 30s and 40s are living almost exclusively in sympathetic mode. Elevated cortisol tells your body to hold onto fat — especially around your belly. It breaks down muscle tissue. It disrupts sleep. It destroys your gut lining. And it kills IGA production — your gut's first line of immune defense — making leaky gut worse.

This is why I always say — you cannot out-eat a stressed nervous system.

God knew this about your body long before science could explain it. Philippians 4:6 says be anxious for nothing. Psalm 46:10 says be still and know that I am God. Matthew 11:28 says come to me all who are weary and burdened and I will give you rest.

There is literal biology woven into those verses. God designed your body to thrive in peace — not pressure.

Root Cause #4: The Misinformation Connection

How everything you were taught made the problem worse

This might be the root cause that makes you the most frustrated. Because this one was not your fault in any way whatsoever. You were taught wrong. And what you were taught kept you stuck.

Lie #1: You need to snack every 2-3 hours to keep your metabolism going.

Constant snacking keeps your blood sugar constantly spiking. It keeps insulin constantly elevated. It never gives your body a long enough break to lower insulin and tap into fat for fuel. And it trains your metabolism to expect a constant glucose supply — so the moment food is delayed your body panics.

Lie #2: Calories in calories out is all that matters.

Two women can eat the exact same number of calories. But if one is eating in a way that keeps insulin constantly elevated and the other is eating in a way that keeps insulin low — their bodies will respond completely differently. One will store fat. One will burn it. Calories matter. But what matters far more is what those calories are doing to your hormones.

Lie #3: Fasting is dangerous for women.

Fasting is not dangerous for women. Fasting incorrectly as a sugar burner is what feels dangerous. When fasting is introduced strategically — after the body has been supported with anti-inflammatory eating, gut healing, and nervous system regulation — it becomes one of the most freeing and powerful experiences of your life.

Every single one of these root causes is addressable. Every single one of them responds to the right approach. And your body — right now — is ready and waiting to heal. God designed it that way.

Section 5: What God Says About This

I want to pause the science for a moment.

Because everything we have talked about so far is important. But I would be doing you a disservice if I gave you all of that information and left God out of it.

You can have all the right information and still stay stuck if God is not at the center of it.

I have seen it happen. Women who understand everything I just taught you. Women who have tried the fasting and the clean eating and the supplements. And they still cannot seem to make it last. And almost every time — the missing piece is the same. They are still doing it in their own strength.

You Were Not Designed to Do This Alone

Health is the one area where most of us keep trying to handle things ourselves. We pray about our marriages. We bring our finances to God. We ask Him to guide our parenting. But when it comes to our bodies — we download another app. We find another program. We white knuckle our way through another Monday reset.

1 Corinthians 6:19-20 says — *"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own — you were bought at a price. Therefore honor God with your bodies."*

God did not call your body a temple and then decide He does not care what happens to it. He cares deeply. Not because of how it looks — but because of what He placed inside it. A purpose. A calling. A life He designed you to fully show up for.

Romans 8:1 says — *"There is therefore now no condemnation for those who are in Christ Jesus."*

The shame you have been carrying about your body is not from God. He does not look at you and see failure. He sees a daughter who has been fighting without the right tools. And He has been waiting patiently for you to invite Him into the fight with you.

Stewardship Is Not About Appearance

Taking care of your body is not about fitting into a certain size. It is not about looking a certain way. It is about stewardship.

When you are exhausted by 2pm — you cannot fully show up for your purpose. When cravings are running your day — your mind is not free to focus on what God called you to do. When you are sick, inflamed, and depleted — the people who need you most are getting less of you than they deserve.

This is not about vanity. This is about being fully available — to God, to your family, to your calling — in the body He gave you.

What Surrender Actually Looks Like

Surrender is not passive. Surrender is actually one of the most active things you can do.

Surrender looks like saying — God I trust Your design. I trust that You made my body with wisdom. I trust that healing is possible because You are a God who heals. And I am going to show up and do my part — not in my own strength, not on my own timeline, not by the world's rules — but by learning how You actually designed this body to work.

Surrender means open hands instead of clenched fists. It means approaching your body with curiosity and grace instead of punishment and pressure.

A Prayer to Get You Started

If you have never invited God into your health journey — or if you have walked away from that invitation and you want to come back — I want to give you a place to start. You do not need perfect words. You just need a willing heart.

Lord,

I come to You honestly. I am tired of struggling with my body and I am tired of trying to fix it in my own strength.

I know You created me. You designed every part of me with intention and purpose. And I believe that You care about my health — not because of how I look — but because of what You called me to do.

I am sorry for the times I have left You out of this. For the times I have relied on my own willpower instead of Your wisdom. For the times I have treated my body as the enemy instead of the temple You designed it to be.

Today I invite You in. Into my health journey. Into my relationship with food. Into the moments when I feel weak and the cravings feel loud and I cannot seem to find my way.

Give me wisdom to understand the body You gave me. Give me grace when I fall short. Give me the courage to do this differently — Your way — and the faith to trust that healing is possible for me.

I believe You are a God who restores. And I am asking You to restore me — body, mind, and spirit.

In Jesus name. Amen.

You just took the most important step of this entire guide. Everything that comes next is going to be built on this foundation. And a foundation with God at the center is the only one that truly holds. Let's keep going. ♥

Section 6: The Sugar to Fat Burner Roadmap

You now know what a sugar burner is. You now know why your body got stuck. You now know that God designed you for so much more than the cycle you have been living in.

Now let's talk about the path forward.

This roadmap is an overview — not a complete program. I am going to show you the five steps that take a woman from sugar burner to fat burner so you can see clearly what the journey looks like. But understanding the steps and actually walking them out are two very different things.

Step 1: Heal the Gut First

Everything else is built on this foundation

Gut healing is not a separate thing we do on the side. It is the foundation we build everything else on. Removing inflammatory foods, adding gut healing foods — fiber rich vegetables, quality proteins, healthy fats, berries, fermented foods, and bone broth — and reducing the chronic stress that is constantly breaking down the gut barrier.

Step 2: Eat Anti-Inflammatory

Starving the sugar cycle and feeding real healing

Remove: Refined sugar, processed foods, refined carbohydrates, industrial seed oils, conventional dairy, gluten

Replace with: Quality protein, healthy fats, non-starchy vegetables, berries, fiber rich foods

Step 3: Introduce Fasting Strategically

The tool that unlocks fat burning — when done correctly

It gives insulin the extended break it needs to come down. And when insulin drops — the door to your fat stores finally opens. It starts gently, builds gradually, is always paired with nourishing meals, and is adjusted based on your cycle, stress levels, and how your body is responding.

Step 4: Regulate Your Nervous System

The missing piece most programs never mention

Intentional deep breathing. Prayer and stillness. Gentle movement. Protecting sleep. Reducing mental load. These are not luxuries. They are biological necessities for healing.

Step 5: Keep God at the Center

Faith as the foundation — not the afterthought

Faith is not the decoration on this journey. It is the foundation. A woman who has genuinely surrendered this journey to God — who is doing the practical work as an act of worship, who is bringing Him into the hard moments, who is renewing her mind with truth instead of shame — that woman has a foundation that holds when everything gets hard.

These five steps work together. They are one interconnected roadmap. And every step matters. The question is — are you ready to actually walk it? ❤️

Section 7: Your 7 Day Sugar to Fat Burner Jump Start

A Simple Fasting and Meal Plan to Begin Your Transition

Before You Begin — Choose Your Fasting Window

Every woman starts in a different place — so before you begin Day 1 choose the fasting window that best describes where you are right now.

Level 1 — The Gentle Start

For women who currently eat from the moment they wake up until late at night — or who snack constantly throughout the day

Eating window: 7am — 7pm (12 hours) | Fasting window: 7pm — 7am (12 hours)

Most of your fasting happens while you sleep. You are simply cutting out all snacks and closing your eating window earlier in the evening. You can adjust the times to fit your schedule but try not to eat within 2 hours of going to bed.

Level 2 — The Next Step

For women who already skip breakfast occasionally or have tried fasting before

Eating window: 12pm — 7pm (7 hours) | Fasting window: 7pm — 12pm (17 hours)

This level is VERY effective for metabolic flexibility but if you have never done any fasting before I would not start here. Your first meal of the day becomes lunch. This gives your body a meaningful opportunity every single morning to lower insulin and begin accessing fat for fuel.

Not sure which level? Start with Level 1. Always. There is no rush. The main goal for beginners is cutting out snacks and nourishing your body. Honor where you are. The goal is to feel empowered — not defeated — by Day 7.

During your fasting window you may have:

- Water — as much as you need
- Black coffee — no cream, no sweetener
- Plain herbal tea — unsweetened
- Electrolytes — a pinch of sea salt in water or a clean electrolyte supplement with no added sugar. Highly recommend!

If you feel shaky, dizzy, or extremely unwell: Add a pinch of sea salt to your water immediately. This is often an electrolyte issue — not true hunger. If it persists — eat. Grace is always part of this plan.

The Meal Plan Rules

- ✓ **3 meals per day. No snacking.** Every time you snack — even on something healthy — you spike insulin and reset the clock.
- ✓ **Choose one breakfast, one lunch, and one dinner each day from the lists below.** Mix and match however you like. This is freedom with structure — not restriction.
- ✓ **Build every meal around protein and healthy fat first.** Please remember to eat ENOUGH. We are focused on nourishing our body!
- ✓ **Drink your water.** Half your body weight in ounces every day. I'm a big fan of electrolytes!
- ✓ **No refined sugar. No processed food. No refined carbohydrates.** Stick to the meals on this list and you will be doing this naturally.
- ✓ **Give yourself grace.** Progress over perfection. Always.

Your Breakfast Options

Choose one each morning inside your eating window

1. The Classic Egg Omelet

3 egg omelet cooked in olive oil or real butter filled with mushrooms, onions, and spinach. Season with salt and pepper. Pair with a cup of warm bone broth on the side.

Why it works: High protein, healthy fat, zero blood sugar spike

2. Ground Beef Patties and Eggs

2-3 grass fed ground beef patties seasoned with salt, pepper, garlic powder, and onion powder. Paired with 2-3 eggs cooked any way you like. Add a small handful of fresh blueberries or strawberries on the side.

Why it works: Protein packed, deeply satisfying, keeps insulin stable for hours

3. Greek Yogurt Bowl

Unsweetened Greek yogurt with a scoop of protein powder, a handful of walnuts or pecans, and fresh berries — blueberries, strawberries, or raspberries.

Why it works: Protein and fat combination with fiber from the berries to slow glucose absorption

4. Turkey or Beef Bacon and Scrambled Eggs

2 slices of turkey or beef bacon with 3 scrambled eggs cooked in butter or olive oil seasoned with salt and pepper. Add a few berries or a small handful of nuts on the side.

Why it works: Clean protein, healthy fat, simple and quick

5. Breakfast Chicken Patties with Bone Broth

Ground chicken mixed with finely chopped parsley, minced garlic, and sea salt formed into thin patties and cooked in olive oil. Sip on warm bone broth alongside.

Why it works: Lean protein, gut healing bone broth, no blood sugar spike

6. Bacon Eggs and Avocado

2 slices of bacon, 3 eggs cooked any way you like, and half an avocado. Add a handful of berries or nuts on the side.

Why it works: The classic fat burner breakfast — protein, healthy fat, and fiber

7. Smoothie Bowl

Blend together protein powder, frozen cauliflower rice, almond butter, cacao powder, ground flax seed, canned coconut milk, water, cinnamon, and a pinch of sea salt. Add frozen berries if desired. Blend thick enough to eat with a spoon.

Why it works: Fiber rich, protein dense, blood sugar stabilizing, and surprisingly filling

8. Carrot Cake Pancakes

Made with eggs, grated carrot, applesauce, almond flour, coconut flour, cinnamon, nutmeg, baking soda, salt, and vanilla extract. Top with almond butter, crushed walnuts, and hemp seeds.

Why it works: Grain free, naturally sweetened, packed with protein and healthy fat

9. Bacon Wrapped Egg and Veggie Muffins

Partially cooked bacon wrapped around a muffin tin cup filled with whisked eggs, baby spinach, red bell pepper, red onion, coconut milk, and garlic powder. Baked until set.

Why it works: Prep ahead friendly, protein packed, completely portable

10. Beef and Egg Bake

Ground beef cooked with red bell pepper, baby spinach, and onion in a baking dish. Whisked eggs poured over the top and baked until set. Topped with sliced avocado.

Why it works: High protein, nutrient dense, keeps you full and focused for hours

11. Banana Almond Butter Smoothie Bowl

Blended banana, full fat coconut milk, almond milk, protein powder, almond butter, chia seeds, cinnamon, and sea salt. Thick and creamy.

Why it works: Natural sweetness without a blood sugar spike, protein and fat rich

12. Mashed Sweet Potato Bowl

Cooked sweet potato mashed with coconut oil, collagen or protein powder, almond butter, banana, cinnamon, and sea salt. Top with crushed walnuts or hemp seeds.

Why it works: Complex carbohydrates paired with protein and fat for slow steady glucose release — a great Level 1 option

Your Lunch and Dinner Options

Choose one for lunch and one for dinner each day. All meals work for both. You can alter these if needed — for example: don't like shrimp? Replace with beef or chicken.

1. Buttery Shrimp and Veggie

Shrimp cooked in butter with your choice of zucchini, broccoli, or asparagus. Seasoned simply with sea salt.

Why it works: Light, fast, protein rich, and deeply nourishing

2. Burger Bowl with Baked Fries

A deconstructed ground beef burger in a bowl topped with burger sauce, pickles, onions, and mustard. Baked or air fried potato strips on the side.

Why it works: Satisfying comfort food made clean — a crowd pleaser that keeps insulin stable

3. Pork Chops and Green Beans

Pork chops seasoned with oregano, thyme, garlic powder, onion powder, and sea salt seared in tallow. Paired with green beans cooked in butter with Italian seasoning.

Why it works: Quality protein and healthy fat with fiber rich green beans

4. Air Fryer Bacon Wrapped Chicken

Chicken breasts wrapped in bacon and air fried at 400°F for 12-13 minutes. Garnished with parsley.

Why it works: High protein, satisfying, and incredibly simple

5. Juicy Baked Chicken with Veggie

Chicken breasts baked with butter or olive oil and sea salt. Paired with your favorite roasted vegetable.

Why it works: Simple staple meal — pair with any vegetable for variety throughout the week

6. Chicken or Steak Fajitas

Seasoned chicken or steak cooked with peppers, onions, and mushrooms in olive oil. Served over cilantro cauliflower rice and topped with avocado.

Why it works: Flavor packed, hormone friendly, blood sugar stabilizing

7. Roasted Chicken Thighs with Veggie or Salad

Chicken thighs coated in butter or olive oil and sea salt roasted until golden. Served with roasted carrots or any vegetable of choice.

Why it works: Chicken thighs are rich in protein and healthy fat — deeply satisfying

8. Steak and Veggies with Sweet Potato Mash

Grilled or pan seared steak paired with roasted vegetables and sweet potato mash.

Why it works: A hearty satisfying meal that provides complex carbohydrates alongside quality protein

9. Grilled Chicken with Sweet Potato

Chicken marinated in a honey lime butter sauce grilled alongside sweet potato. Drizzled with remaining sauce before serving.

Why it works: Natural sweetness, quality protein, sustained energy

10. Chicken Avocado Bowl

Canned chicken mixed with avocado oil mayo, mashed avocado, and buffalo sauce. Served with avocado oil chips, gluten free tortilla chips, or salted cucumber.

Why it works: Zero cook time, healthy fat rich, and completely satisfying — perfect for a busy day

11. Sheet Pan Garlic Chicken with Broccoli and Mushrooms

Chicken thighs roasted with broccoli and mushrooms seasoned with garlic powder, onion powder, thyme, and avocado oil. Finished with a squeeze of lemon.

Why it works: One pan, minimal prep, deeply nourishing and anti-inflammatory

12. Steak Bites with Brussels Sprouts

Sirloin cut into bite sized pieces seared in ghee with rosemary and thyme. Paired with caramelized Brussels sprouts in the same pan.

Why it works: Rich in iron and protein, Brussels sprouts support detoxification and gut health

13. Beef Veggie Stir Fry

Ground beef or turkey cooked with cabbage, carrots, onion, garlic, and ginger in avocado oil. Finished with coconut aminos and sesame oil. Garnished with green onion and sesame seeds.

Why it works: Gut healing cabbage, anti-inflammatory ginger, blood sugar stabilizing protein

14. Italian Beef Veggie Bake with Tomato Basil Sauce

Ground beef cooked with zucchini, mushrooms, spinach, and garlic baked with tomato basil sauce.

Why it works: Nutrient dense, deeply satisfying, anti-inflammatory ingredients throughout

15. Chili Lime Pork Carnitas Bowl

Seasoned pork shoulder cooked and served over cilantro cauliflower rice with shredded red cabbage, avocado, and avocado lime drizzle.

Why it works: Healthy fats, fiber, complex flavors — feels indulgent while being deeply healing

16. Lemon Basil Chicken Salad

Lemon basil marinated chicken served over arugula or spring mix with avocado, cucumber, shredded carrot, and a simple lemon olive oil dressing.

Why it works: Light, fresh, anti-inflammatory, and loaded with healthy fat from avocado

17. Ginger Garlic Beef Bowl

Ground beef cooked with ginger, garlic, and coconut aminos served over cauliflower rice with roasted sesame green beans and sliced avocado.

Why it works: Anti-inflammatory ginger and garlic, gut healing, blood sugar stabilizing

18. Beef and Broccoli Stir Fry

Ground beef cooked with broccoli slaw, matchstick carrots, ginger, garlic, coconut aminos, and sesame oil.

Why it works: Fast, simple, anti-inflammatory, and deeply nourishing

19. Savory Turkey and Sweet Potato Hash

Ground turkey cooked with sweet potato, onion, garlic, and baby spinach. Topped with sliced avocado.

Why it works: Balanced macronutrients, complex carbohydrates paired with protein and fat

20. Chili Lime Shrimp with Avocado Cucumber Salad

Chili lime marinated shrimp seared and served over a fresh avocado, cucumber, cherry tomato, and red onion salad with olive oil and lime dressing.

Why it works: Light, anti-inflammatory, rich in healthy fat and clean protein

21. Turkey and Cabbage Skillet

Ground turkey or beef cooked with cabbage, zucchini, onion, tomato paste, and spices. Finished with apple cider vinegar and topped with sunflower seeds.

Why it works: Gut healing apple cider vinegar, fiber rich cabbage, anti-inflammatory throughout

22. Pork and Dill Pickle Lettuce Wraps

Ground pork cooked with celery, red onion, pickles, and dill. Served in butter lettuce leaves topped with sliced avocado.

Why it works: Probiotic rich pickles support gut health, light and satisfying

23. Shredded Chicken Bowl

Seasoned chicken thighs shredded and served over mixed greens with cucumber, red onion, pumpkin seeds, and lemon tahini dressing.

Why it works: Healthy fat from tahini, protein packed, blood sugar stabilizing

24. Steak with Roasted Cauliflower

Pan seared or grilled steak served alongside roasted cauliflower seasoned with your favorite spices.

Why it works: Simple, satisfying, and deeply nourishing with minimal prep

25. Crispy BLT Salad

Crispy salmon or chicken served over baby spinach with bacon, cherry tomatoes, and avocado. Drizzled with a bacon fat and apple cider vinegar dressing.

Why it works: Healthy fats, anti-inflammatory greens, gut healing apple cider vinegar

26. Turkey and Broccoli Rice Bowl

Ground turkey cooked with garlic, ginger, and coconut aminos served alongside sautéed broccoli rice. Topped with toasted sunflower seeds and green onion.

Why it works: Light, nutrient dense, gut healing, and completely satisfying

27. Orange Chicken with Steamed Broccoli

Chicken cooked and topped with a reduced orange juice and coconut aminos sauce. Served with steamed broccoli.

Why it works: Natural sweetness from real orange juice, clean simple ingredients, kid friendly

28. Lasagna Soup

Ground beef or turkey with onion, garlic, marinara, beef bone broth, coconut milk, and gluten free pasta simmered together into a rich hearty soup.

Why it works: Bone broth supports gut healing, satisfying comfort food made clean

29. Bell Pepper Nachos

Sliced bell peppers topped with seasoned ground beef and salsa. Baked at 400°F until peppers are tender. Topped with a little cheese if desired.

Why it works: Blood sugar friendly swap for traditional nachos — all the satisfaction without the spike

30. Cauliflower Crust Pizza

Cauliflower rice crust seasoned with Italian seasoning, salt, garlic pepper, and egg. Baked until golden and topped with pizza sauce and toppings of your choice.

Why it works: Grain free, gut friendly, satisfying comfort food that works with your body

31. Lemon Pepper Chicken with Cucumber Salad

Marinated lemon pepper chicken cooked and topped with a honey lemon butter glaze. Served alongside a fresh tomato, cucumber, and red onion salad with lemon olive oil dressing.

Why it works: Fresh, bright, anti-inflammatory, and deeply satisfying

Your 7 Day Sample Schedule

This is an example only — mix and match as you like. It is simply here to help you see how simple and satisfying this plan really is.

Day 1

First meal: 3 Egg Omelet with bone broth

Second meal: Chicken Avocado Bowl

Third meal: Steak Bites with Brussels Sprouts

Day 2

First meal: Bacon Eggs and Avocado

Second meal: Lemon Basil Chicken Salad

Third meal: Turkey and Cabbage Skillet

Day 3

First meal: Turkey Bacon and Scrambled Eggs

Second meal: Shredded Chicken Bowl

Third meal: Sheet Pan Garlic Chicken with Broccoli and Mushrooms

Day 4

First meal: Greek Yogurt Bowl

Second meal: Beef Veggie Stir Fry

Third meal: Chili Lime Pork Carnitas Bowl

Day 5

First meal: Smoothie Bowl

Second meal: Chili Lime Shrimp with Avocado Cucumber Salad

Third meal: Pork Chops and Green Beans

Day 6

First meal: Carrot Cake Pancakes

Second meal: Burger Bowl with Baked Fries

Third meal: Chicken or Steak Fajitas

Day 7

First meal: Beef and Egg Bake

Second meal: Ginger Garlic Beef Bowl

Third meal: Lasagna Soup

What to Expect This Week

Days 1-2: Your body is adjusting. You may feel hungry between meals or cravings may feel loud. This is normal. Drink your water. Add electrolytes. Stay the course.

Days 3-4: This is often the hardest stretch. Your body is in the middle of the transition and the old patterns are fighting to stay. This is where most women give up. Do not give up. What is happening on the inside right now is significant even if you cannot feel it yet.

Days 5-7: Most women begin to notice a shift here. The cravings start to quiet slightly. Energy begins to feel a little more stable. The constant thinking about food starts to ease. This is your metabolism beginning to remember what it feels like to access fat for fuel.

A Daily Reminder for Every Day This Week

Before your first meal every single day — Put your hand on your heart. Take three deep breaths. And say — out loud or in your heart —

"God I am doing this for You. This body is Yours. I trust Your design. And I believe that healing is possible for me. I am relying on Your strength not mine."

You are not doing this in your own strength. And you were never meant to. Now turn the page. Your next step is waiting. 💖

Section 8: Your Next Step

You made it to the end of this guide.

And I want to take a moment to honor that — because a lot of women download something like this and never read past the first page. But you did. You read every word. You took the quiz. You sat with the root causes. You prayed that prayer.

That tells me something about you.

It tells me you are done with surface level solutions. You are done with quick fixes and meal plans and programs that hand you a what without ever giving you a why. You are ready for something real. Something that actually addresses what has been happening in your body all along.

And I believe with everything in me that God led you to this guide for a reason.

This Is Where Understanding Becomes Transformation

Everything you just learned is powerful. It is life changing on its own. And I am so glad you have it now.

But understanding alone will not transform your body.

I spent time understanding my situation too. I read the books. I learned the information. And I still spun my wheels for longer than I needed to because I was trying to piece it all together on my own. Without structure. Without accountability. Without someone who had walked the road before me.

That is what the next 40 days are for.

Introducing the 40 Day Program

The 40 Day program is where everything in this guide comes to life. It is not a diet. It is not a quick fix. It is a complete structured transformation that walks you through every single step of the Sugar to Fat Burner Roadmap — with guidance, support, and God woven into every single day of it.

Over 40 days you will:

- ✓ Heal your gut through a strategic anti-inflammatory protocol
- ✓ Lower your insulin through the right food combinations and strategic fasting for women
- ✓ Transition out of sugar burner mode and experience metabolic flexibility in your body
- ✓ Regulate your nervous system through practical daily tools

- ✓ Renew your mind through faith based principles that address the root of shame and defeat
- ✓ Build a foundation that lasts — not a temporary result but a way of living rooted in truth

What Makes This Different

We address the root — not the symptoms. Every program you have tried that did not work was treating symptoms. This one does not.

We work with your body — not against it. No punishment. No extreme restriction. Every step is designed to work with how God designed your body to function.

We bring God into the center. Faith is woven into the foundation of everything — not sprinkled on top.

You do not do it alone. You have been doing this alone for too long. That ends here. Inside this program you have structure, guidance, a community of women on the same journey, and a coach walking every step alongside you. That is me. And I am not going anywhere.

A Personal Word From Me

I was the woman in this guide. I was the one starting over every Monday. I was the one standing in the kitchen at 3pm defeated. I was the one who thought she just did not have enough discipline. I was the one whose doctor said everything was fine while she knew it was not.

And I found my way out. Not through more willpower. Through understanding. Through the right approach. And through finally inviting God into the one area of my life I had been trying to handle on my own.

I do not do this work for a paycheck. I do it because I know what it feels like to be stuck in that cycle. And I know what it feels like to walk out of it. And I believe with everything in me that every woman who is living in that cycle deserves the same way out.

You deserve to feel free. You deserve to feel like yourself. You deserve to show up fully for your life — for your husband, for your kids, for your purpose — in a body that feels well and whole and alive.

That is what 40 days can begin to build for you. I would be honored to walk you through it.

Here Is How to Take Your Next Step

The 40 Day program is waiting for you. Click the link below to learn everything you need to know and take your first step toward becoming a fat burner — God's way.

👉 [40 DAY PROGRAM](#) 👉

If you have questions before you join — come find me. Send me a DM. Drop a comment. Or text me letting me know you read this guide: **276-340-9266**. I am a real person and I genuinely want to make sure this is the right fit for you before you say yes.

And if you are not quite ready for the full program yet — come join my free community where I teach these principles step by step. It is a safe faith filled space full of women who are on the same journey. And it is completely free.

👉 [JOIN MY COMMUNITY](#) 👉

Either way — do not close this guide and go back to doing what you have always done. You have too much information now. Something has shifted in you today. Honor that shift. Take the next step. And let God do what only He can do in a heart and a body that is finally surrendered to His design.

I will see you on the other side. 💖

With love and faith,

Kelly Gammon

P.S. I would love to hear what you thought of this guide and how it helped you! I'd also love to answer any questions you have. Message me at 276-340-9266.

About Kelly

Kelly is a certified Fast to Faith coach who helps women in their 30s and 40s restore their metabolism God's way.

After years of struggling with the same cravings, crashes, and starting-over cycle that she now helps other women break free from — she discovered the power of understanding her body the way God designed it to function. Through strategic fasting, anti-inflammatory nutrition, gut healing, nervous system regulation, and faith at the center of it all — she transformed her health and found the freedom she had been searching for.

Now she walks alongside women every day — teaching them what nobody ever taught them about their bodies, helping them finally understand why they have been stuck, and showing them the path to real lasting healing.

She believes that true transformation is never just physical. It is spiritual. It is the moment a woman stops fighting her body and starts stewarding it — as an act of worship, as an act of faith, and as an act of love toward the God who designed her for so much more than starting over every Monday.

"I help women restore their metabolism God's way — so cravings calm down and weight loss becomes a side effect of healing."

 **Ready to go deeper:** [[40 DAY PROGRAM](#)]

 **Text me:** 276-340-9266

Not sure what the right next step for you is? I'd love to meet you and help you make the best decision for you! Send me a text and let's schedule a time to chat!