

# My Whole Fat-Burning Morning Routine

Want to kickstart your metabolism and start burning fat from the moment you wake up? My fat-burning morning routine is designed to boost energy, reduce cravings, and prime your body for all-day fat loss without extreme dieting or workouts.

Here's the exact routine I follow most mornings to feel leaner, lighter, and more focused before 9 a.m.

## 1. Wake Up and Hydrate (6:30 AM)

Start your day with 1620 oz of water, a pinch of sea salt, and lemon. It rehydrates you, jumpstarts digestion, and supports fat burning.

## 2. Take a Short Walk or Stretch (6:45 AM)

Light movement increases circulation and activates your metabolism. I take a 510 minute walk or do basic yoga/stretching.

## 3. Morning Coffee + Java Burn (7:00 AM)

I mix Java Burn into my black coffee for a metabolic boost. It's flavorless and supports fat oxidation.

## 4. High-Protein Breakfast (7:30 AM)

Fuel your body with 2530g of protein. Example: eggs with spinach and avocado, or a protein smoothie with berries and almond milk.

## 5. Daily Supplement Stack (8:00 AM)

I take CollaGenius (focus + gut health), magnesium, and vitamin D to support recovery, hormones,

and fat loss.

#### 6. Read or Journal (8:15 AM)

Spend 10-15 minutes on mindset. Reducing stress is key for hormonal balance and consistency.

#### 7. Meal Planning or Light Movement (8:30 AM)

I mentally map out my meals or prep something simple. This helps avoid snacking and mindless eating later in the day.

#### Bonus: Fasted Workout (2-3x/week at 9:00 AM)

Quick HIIT or resistance workout to enhance fat-burning. Nothing crazy—just enough to get my heart rate up and blood flowing.

#### Final Tip:

You don't need to be perfect. Pick 2-3 of these habits and repeat them daily. Over time, you'll build momentum and real results.

Want my full fat-burning meal plan or supplement stack?

Download it at: [yourdomain.com/resources](http://yourdomain.com/resources)