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Burning challenge

Boost your
metabolism in 30 days...
starting from the kitchen

Inspiring recipes for boosting metabolism prepared by a dietician.



Want to boost your metabolism?

Here are some key principles to follow in your diet to improve metabolism, not slow it down.

- 1. Say no to starving!**

Low-calorie diets, such as 1,200 kcal, although they promise spectacular weight loss results, unfortunately lead to slower metabolism, which translates into the risk of a yo-yo effect once the weight loss process is over. And while you do need to achieve an energy deficit in order to lose weight, that doesn't mean starving yourself or over-restricting! Instead of going on a 1,200 kcal diet, ensure daily physical activity and introduce a small calorie deficit (for example, subtract 200 kcal from your total energy needs).
- 2. More muscles = faster metabolism**

Metabolism depends on many factors, including the content of muscle tissue. The more muscle tissue you have, the faster your metabolism. Incorporate strength training into your training plan, which, combined with your diet, will help you reduce body fat and increase the proportion of muscle tissue.
- 3. Hydration is key!**

Water is essential for every human being, especially for proper metabolism, as it helps remove harmful compounds from the body. Water is needed for detoxification processes in the liver, proper intestinal peristalsis, kidney function or the removal of toxins with sweat (during physical activity or a visit to the sauna). An adult needs about 30 ml of fluids for every kilogram of body weight. This amount increases with physical exertion or temperature fluctuations.

If you have trouble drinking water during the day, make sure it is in a visible place. To boost your metabolism, add ginger root, cinnamon and lemon – you can drink such a ginger infusion all day long!

4. Introduce compounds that speed up metabolism into your diet:

Sources of protein – plant, animal or mix. Protein gives you a feeling of satiety and boosts your metabolism, plus it's a source of amino acids to build dopamine, which keeps you focused throughout the day and motivated to act.

Dietary fibre – improves metabolism as it stimulates intestinal peristalsis and helps remove harmful compounds from the body. Remember, though, that fibre works in the presence of water, so don't forget to hydrate!

Foods that support liver function

Mainly, the liver is responsible for detoxification processes in the body, through which harmful compounds are removed. The better the liver works, the better the metabolism. To keep it healthy, make sure your diet includes cruciferous vegetables: broccoli, kale, arugula, cabbage, Brussels sprouts and sources of B vitamins.

Foods that support mitochondrial function

Efficient mitochondria are essential for metabolism-related processes to occur properly. It is necessary to ensure proper functioning of these small „power plants“. How to do it? Introduce the following foods into your diet: dark green vegetables, cocoa and chocolate rich in it, pumpkin seeds, pistachios, legumes, oily fish, and colourful fruit and vegetables. Leaf parsley (a Polish superfood) deserves special attention.

Compounds supporting thyroid function – protein, iron, vitamin D, iodine, selenium

Among other things, the thyroid gland is responsible for proper metabolism. Hypothyroidism is associated with slowed metabolism, so in order to speed it up, you must first take care of the health of this organ. Compounds that are essential for proper thyroid function include protein, iron, vitamin D, iodine and selenium. You can find them in oily fish, poultry, beef, eggs, pumpkin seeds, dried dates, liver or Brazil nuts.

Spice it up!

Introduce warming spices into your diet to boost your metabolism, especially: chilli peppers (they contain capsaicin, which increases energy expenditure), turmeric (best with a pinch of pepper), ginger, cardamom, cinnamon. You can add these spices not only to dishes, but also drink them in the form of infusions or healthy warming shots.



Remember!

That although certain products and spices can speed up your metabolism, it is only the combination of a healthy diet and regular physical activity that has lasting results in improving your metabolism.





Spicy shakshouka with feta cheese, pumpkin seeds and leaf parsley

Ingredients:

- Eggs (4 medium-sized)
- Tomato passata 240 g (1 glass)
- Fava cheese (feta) 12%, 135 g
- Wholegrain rye bread 70 g (2 slices)
- Onion 75 g (half a large piece)
- Leaf parsley 20 g (half a bunch)
- Pumpkin seeds (2 tablespoons)
- Olive oil 20 g (2 tablespoons)
- Chilli flakes (1 pinch)
- Salt (1 pinch)

Preparation:

1. Heat the olive oil. Sauté the onion in olive oil.
2. Pour the tomato passata into the pan, season with chilli flakes (or ground chilli) and a pinch of salt. Mix the ingredients.
3. Make dents in the sauce and crack eggs into them.
4. Simmer covered over low heat until the eggs set. Meanwhile, chop the leaf parsley and feta (or feta-type) cheese.
5. Divide the finished shakshouka into portions, sprinkle with pumpkin seeds, crumbled feta cheese and leaf parsley. Eat with bread.

1 serving:

Kcal: 541 **P: 29 g** **F: 34 g** **C: 33 g**



Tip

Shakshouka is the perfect metabolism-boosting dish. Tomato sauce is a source of lycopene – a powerful antioxidant! Chilli flakes warm up and improve metabolism. The protein in eggs gives you a feeling of satiety and boosts your metabolism, plus it's a source of amino acids to build dopamine, which keeps you focused throughout the day and motivated to act.

Leaf parsley is a true Polish superfood, a source of vitamin C, iron, calcium and magnesium.

Baked oatmeal with apple and nuts

Ingredients:

- Rolled oat flakes 40 g
- Oat bran 7 g (1 tablespoon)
- Eggs (1 medium-sized)
- Milk 2%, 125 g (half a glass)
- Dried dates 10 g (2 pieces)
- Apple 70 g (half a medium-sized piece)
- Walnuts 30 g (1 handful)
- Salt (1 pinch)
- Ground cinnamon (1 pinch)
- Ground cardamom (1 pinch)
- Ground ginger (1 pinch)

Preparation:

1. Crack an egg into a ramekin or small ovenproof dish, add spices (you can use ready-made sugar-free gingerbread spice) and mix with a whisk. Then add milk (can be plant-based or lactose-free) and mix again.
2. Add chopped dates, oat flakes and bran (you can substitute for psyllium or flaxseed). Stir with a whisk and set aside for 10 minutes.
3. Put in an oven preheated to 180° C. Bake for approx. 20 minutes.
4. Put a sliced apple on top of the finished oatmeal (you can add it earlier in baking if you prefer it warm) and sprinkle with nuts.

1 serving:

Kcal: 569 **P: 22 g** **F: 30 g** **C: 62 g**





Tip

If you worry that you will feel drowsy after the oatmeal, make sure to add a source of protein and fat in addition to carbohydrates – they give a sense of satiety and slow down the absorption of glucose from the intestines into the blood, so that glucose levels are stable, which prevents drowsiness after the meal.



Warming shot with honey for better immunity and metabolism

Ingredients:

- Ground ginger (3 pinches)
 - Ground turmeric (3 pinches)
 - Black pepper (1 pinch)
 - Honey 3 g
 - Water 50 ml
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Preparation:

1. Mix all the ingredients with water and drink the shot.
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Tip:

Turmeric is an extremely rich source of vitamins and minerals: calcium, iron, magnesium, potassium, phosphorus, sodium and zinc. Ginger, thanks to its gingerol and shogaol content, boosts metabolism. It contributes to accelerating digestive processes.

1 serving:

Kcal: 31 **P: 1 g** **F: 0 g** **C: 7 g**



Protein-rich shake with blueberries, oat bran, chia seeds and cocoa

Ingredients:

- Frozen blueberries 120 g
- Dried dates 15 g (3 pieces)
- Skyr drinking natural yoghurt (Piątnica) 330 g
- Oat bran 14 g (2 tablespoons)
- Water 50 ml
- Cocoa powder (1 tablespoon)
- Chia seeds (2 teaspoons)
- Dark chocolate 70-85% cocoa, 16 g

Preparation:

1. Pour hot water over the dates, stir and set aside to cool (50 ml of water is enough).
2. Blend the yoghurt, blueberries and bran into a smoothie. Add the dates (you can also add date water, but slowly), cocoa, chia seeds and blend again.
3. Pour the smoothie into glasses and garnish with grated chocolate on top (1 cube per serving).

Optionally, you can add protein powder.

1 serving:

Kcal: 259 P: 17 g F: 9 g C: 34 g



Protein-rich shake with banana, forest fruits, oat flakes and almond butter sprinkled with cinnamon and cocoa

Ingredients:

- Banana 120 g (1 medium-sized)
 - Skyr drinking natural yoghurt 330 g
 - Frozen strawberries 70 g
 - Frozen blueberries 60 g
 - Oat flakes 20 g (2 tablespoons)
 - Salt-free almond butter 20 g (2 teaspoons)
 - Ground cinnamon (2 pinches)
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Preparation:

1. Blend all the ingredients into a smoothie (except cinnamon).
2. Garnish with cinnamon.

Optionally, you can add protein powder.

1 serving:

Kcal: 288 **P: 17 g** **F: 10 g** **C: 37 g**



Bowl with quinoa, tuna and broccoli sprinkled with leaf parsley and sesame seeds

Ingredients:

- Quinoa 90 g (6 tablespoons)
- Tinned white tuna 172 g
- Broccoli 250 g (half a piece)
- Carrot 60 g (1 medium-sized)
- Leaf parsley 20 g (half a bunch)
- Peanut butter 100%, 30 g (1 tablespoon)
- Sesame 20 g (2 tablespoons)
- Soy sauce 30 g (2 tablespoons)
- Chilli powder (1 pinch)
- Honey (1 teaspoon)
- Water 30 g (2 tablespoons)

Preparation:

1. Cook the quinoa in slightly salted water (a half-full glass of water is enough to cook the amount of quinoa specified).
2. Wash the broccoli, divide it into florets and cook in slightly salted water al dente (about 6-8 minutes).
3. Wash the carrots and cut them into any shape you like – slices, bars, cubes, or peel them into the shape of tagliatelle pasta.
4. Prepare the sauce: mix peanut butter and soy sauce with warm water (2 tablespoons). When the sauce has cooled slightly, add honey and again mix thoroughly.
5. Transfer the quinoa to bowls. Divide the broccoli, sliced carrots and tuna into portions. Sprinkle with sesame seeds (you can sauté them) and leaf parsley. Pour the sauce over it.

1 serving:

Kcal: 494 P: 38 g F: 19 g C: 47 g



Tip

Tuna is a source of protein, anti-inflammatory omega-3 fatty acids (which also support brain function and concentration!) and iodine, essential for proper thyroid function. Quinoa provides complex carbohydrates, protein and dietary fibre that will keep you from feeling drowsy. Broccoli is a source of magnesium and cysteine, needed for liver function, and leaf parsley provides PQQ to support mitochondrial function, in addition to vitamin C, iron, calcium and magnesium.



Bowl with pearl groats, lentils and beets with goat cheese and walnuts

Ingredients:

- Pearl barley groats 50 g (5 tablespoons)
- Green lentils 48 g (4 tablespoons)
- Cooked beets 120 g (1 piece)
- Soft goat cheese 60 g
- Walnuts 30 g
- Fresh dill 10 g (0.3 bunch)
- Olive oil (2 tablespoons)
- Honey (half a teaspoon)
- Lemon juice (3 tablespoons)
- Mustard (1 teaspoon)

Preparation:

1. Cook the pearl groats in slightly salted water (1/2 glass of water is enough for the amount of groats specified) and lentils (1/2 glass is enough).
2. Cook the beet in advance or roast it. You can use ready-made ones available in the supermarket.
3. Prepare the sauce: mix olive oil with mustard and lemon juice. Add honey and 2-3 tablespoons of water to mix the sauce.
4. Transfer the finished groats to bowls, add lentils and diced beet. Sprinkle with crumbled goat cheese and chopped walnuts. Sprinkle with dill. Drizzle with sauce.

1 serving:

Kcal: 484 P: 19 g F: 28 g C: 45 g



Tip

Pearl barley groats are very valuable, but not very popular. However, it is worth introducing them into the diet, as they are a source of fibre, potassium, magnesium and zinc. Beets are a good source of iron, potassium and anti-inflammatory compounds. Lentils, on the other hand, provide protein and dietary fibre while being the most easily digestible of the legumes.



Remember!

That in order to make a snack filling and boost your metabolism, it must include a source of protein. Fruit alone will be a good idea around training, but if you have no activity planned, it is worth adding protein and fat in addition to the carbohydrate source.

This way you won't experience an energy „comedown“, and instead you will feel full and motivated to act!





Home-made spicy granola with dried fruit

Ingredients:

- Walnuts 60 g (2 handfuls)
- Almonds 60 g (2 handfuls)
- Cashew nuts 60 g (2 handfuls)
- Hazelnuts 60 g (2 handfuls)
- Raisins 60 g (2 handfuls)
- Sugar-free gingerbread spice (1 teaspoon)
- Natural Skyr yogurt 150 g (1 pot)
- Dates 45 g (1 handful)
- Dried plums 60 g (1 handful)
- Oat flakes 110 g (1 glass)
- Milk 2%, 75 g (0.3 glass)

Preparation:

1. Roast the oat flakes in a dry pan.
2. Cut the nuts and dried fruit into larger pieces.
3. Soak the dates in warm boiled water. Drain the dates from water, add milk (cow's or plant-based, about 1/3 glass) and mix.
4. Mix the nuts, dried fruit, oat flakes with milk and date water. Add the sugar-free gingerbread spice and mix again.
5. Spread everything out on baking paper and bake for about 40 minutes at 160° C. Remember to stir the granola from time to time so that nothing burns, but dries nicely. Transfer the granola to a jar or immediately divide

1 serving:

Kcal: 327 **P: 23 g** **F: 14 g** **C: 30 g**



Toast with light mozzarella and pear

Ingredients:

- Wholegrain rye bread 35 g (1 slice)
 - Pear 50 g (0.3 of medium-sized piece)
 - Mozzarella light 9%, 63 g (half a piece)
 - Walnuts (3 pieces)
 - Olive oil (1 teaspoon)
 - Honey (0.3 teaspoon)
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Preparation:

1. Preheat the oven to 200° C.
2. Toast the bread in a dry pan. Then layer mozzarella slices, pear slices, and finally nut pieces. Drizzle with honey and olive oil and bake for 7-10 minutes in the oven.

1 serving:

Kcal: 357 **P: 19 g** **F: 19 g** **C: 30 g**



Curry with sweet potatoes, turkey and brown rice

Ingredients:

- Sweet potato 200 g (1 small piece)
- Brown rice 60 g (4 tablespoons)
- Water 150 g (0.6 glass)
- Turkey breast 200 g (2 servings)
- Green beans (1 handful)
- Zucchini 125 g (half a piece)
- Pineapple 160 g (2 slices)
- Light coconut milk 6%, 230 g
- Curry paste 50 g (5 teaspoons)
- Olive oil (3 tablespoons)
- Onion 35 g (half a small piece)
- Garlic (2 cloves)
- Coriander leaves 10 g (1 handful)
- Chilli flakes 1 g (1 pinch)
- Lime juice 18 g (3 tablespoons)
- Ginger root 2 g, 1 teaspoon
- Salt 1 g (1 pinch)
- Chives 10 g (2 tablespoons)

Preparation:

1. Wash the meat and dice it.
2. Scrub and peel the sweet potatoes, then dice them. Don't throw out the peels – you can use them to make crisps for another meal (just drizzle the peels with olive oil, season with salt and pepper and bake them until they're crispy).
3. Wash the zucchini and cut it into crescents.
4. Peel the pineapple and dice it.
5. Squeeze the juice from half a lime.

1 serving:

Kcal: 617 P: 32 g F: 26 g C: 66 g



Curry with sweet potatoes, turkey and brown rice

Preparation:

1. Rinse the rice under running water, put it in a pot and pour with cold water, add a pinch of salt. Cook over low heat until the liquid is absorbed.
2. Fry the meat in a tablespoon of olive oil.
3. In a pot, heat the rest of olive oil and sauté the diced onion. Add garlic, chilli flakes and zucchini. Sauté for a while.
4. Add curry paste and mix. Add sweet potatoes and sauté for a while. Pour in coconut milk, mix thoroughly. Add the grated ginger root. Cook over low heat for about 5 minutes. Then add the meat, green beans and cook for another 10 minutes.
5. Finally, add the pineapple and season with lime juice. Transfer the rice into bowls and top with portions of the curry. Garnish with chives and chopped coriander. Season with lime juice, if needed.

Tip:

Curry with sweet potatoes is a different dinner option than classic sandwiches. When choosing a curry paste, make sure it contains only the necessary ingredients, namely: turmeric and chilli to support metabolism, galangal, lemon grass and spices, without hydrogenated oil. Sweet potatoes are a source of beta-carotene and complex carbohydrates, they give sweetness so you won't crave sweets after dinner. Turkey, on the other hand, is a source of protein and gives satiety.



Cottage cheese with sun-dried tomatoes with salad

Ingredients:

- Low-fat cottage cheese 120 g
- Natural yoghurt 50 g (2 tablespoons)
- Dill (1 tablespoon)
- Arugula (1 handful)
- Cucumber 90 g (half a piece)
- Dried tomatoes in marinade 40 g (2 pieces)
- Wholegrain rye bread 70 g (2 slices)
- Sunflower seeds (1 tablespoon)
- Olive oil (1 teaspoon)
- Salt (1 pinch)
- Black pepper (1 pinch)

Preparation:

1. Toast the bread in the oven or toaster oven.
2. Mash the cottage cheese with a fork, add salt, pepper and yoghurt. Mix the ingredients. Add chopped sun-dried tomatoes and dill on top.
3. Prepare the salad: mix arugula with finely diced cucumber, sprinkle with sunflower seeds and drizzle with olive oil. Season with salt and pepper.

Tip:

Cottage cheese, because of protein, gives a great sense of satiety, and besides, it is simple and quick to prepare. Sun-dried tomatoes provide potassium.

1 serving:

Kcal: 519 **P: 35 g** **F: 19 g** **C: 59 g**

The recipes have been prepared for you by

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Experienced clinical dietician and psychodietician who helps build a healthy relationship with food to break free from the vicious cycle of weight loss and restrictive diets – without pressure, on your own terms and in harmony with yourself.

For more than 3 years, she has hosted a substantive podcast „Gosia Pielichowska o zdrowym stylu życia na luzie” [Gosia Pielichowska on Healthy Lifestyle at Ease], where she explains, in an easy to understand way, scientific content in the fields of dietetics, psychodietetics, neuroscience and brain health, stripping away the jargon. The podcast is her passion – Gosia’s mission is to make sound scientific knowledge accessible to everyone, regardless of their connection to the diet or medical industry. In addition, she is the author of the book „Diet in Migraine: Natural Ways to Live Without Headaches”, she lectures on healthy lifestyles at corporations, and regularly appears on radio and television.

Before broadening her horizons in the field of dietetics, Gosia was an athlete for almost 10 years, training in modern pentathlon and then shooting sports. Today, she sees physical activity as a form of relaxation and a way to clear the mind.

In her free time, she walks on Tri-City beaches with her pug, browses scientific literature or tastes new dishes, celebrating food without remorse.



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in our challenge, we wish you
delicious recipes!

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