

Lumen®

# New Year, New Metabolism Lumen Health Kit

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Use this health kit to get the most out of your Lumen and make healthier choices for your nutrition and exercise routine.

2021

# Congrats!

You've chosen to start your journey towards **metabolic health**, the foundation of fitness performance, better sleep, weight maintenance and a healthier lifestyle.

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# Winning with a flexible metabolism

Optimizing your metabolism



# Winning with a flexible metabolism

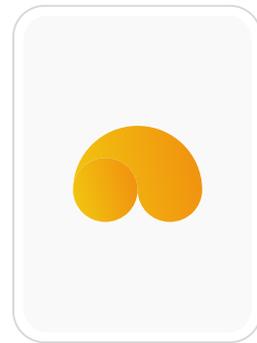
## Optimizing your metabolism

### METABOLISM IS LIFE

Metabolism is the process by which your body converts the food you consume into energy for immediate use or to be stored for later.

That's why optimizing your metabolism is the key to maintaining weight loss, improve sleep, fitness performance, and consistent glucose levels.

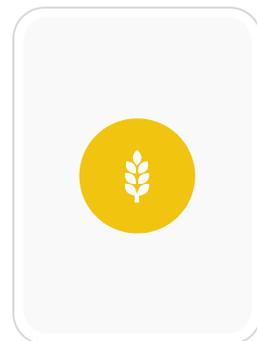
Training your metabolism is a lifestyle, not a crash diet that leaves you feeling hungry. Start your journey to a flexible metabolism in 5 simple steps.



### 1 - GO LOW-CARB FOR A WEEK

Challenge yourself to a low-carb week to lower insulin levels and switch your body's fuel into fat. Use our 7-day low-carb menu and follow our recipes.

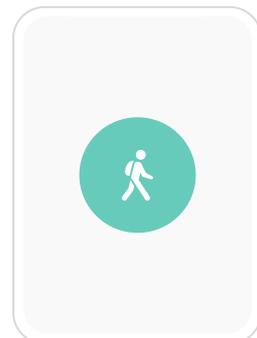
We know you've indulged in this holiday season, and that's ok! We'll get you back on track with some healthy options that make you feel satiated and healthy.



### 2 - GET THOSE STEPS IN

According to data analyzed from 1 million metabolism measurements, people that reach an average of 6k steps daily are more likely to burn fat for fuel. Make sure you do at least one weekly workout to increase your chances of improving your metabolic flexibility.

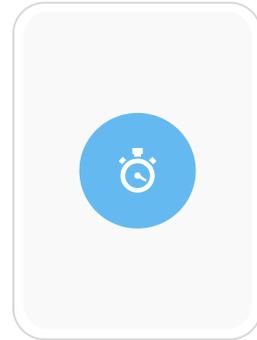
Remember, it's about small incremental changes.



### 3 - FAST LIKE YOU MEAN IT

Fasting is a great tool to improve your metabolic flexibility by pushing your mitochondria to burn more fat and improve insulin sensitivity.

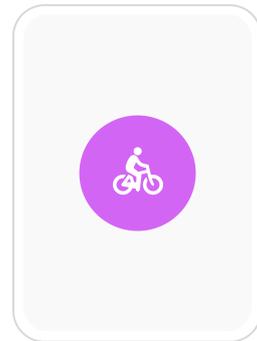
Data by Lumen reveals that by fasting an average of 14 hours, people are able to stay in fat burn. It's as easy as finishing dinner by 7pm and breaking your fast just a couple hours after you wake up.



### 4 - WORKOUT HARD AND SMART

Our data shows that quick HIIT workouts for 15 minutes can do wonders to shift your body fuel from carbs to fat.

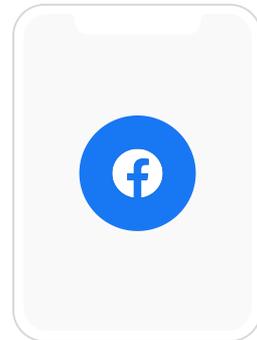
This kit gives you a grid of easy workouts and a tabata style challenge you can do with friends.



### 5 - JOIN THE LUMEN COMMUNITY

Find like-minded people that are focused on health or any health-focused group online for support. Our research shows that community is key to staying on track.

We would of course recommend the [The Lumen community](#), which is a highly engaged community that supports metabolic health and Lumen users alike.



**Meta fact.** Metabolism is dynamic and highly sensitive to your daily lifestyle choices. Your sleep impacts your metabolism by 50%.



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# The Lumen 7-Day Low-Carb Menu

Your first week back to fat burn



# The Lumen 7-Day Low-Carb Menu

## Your first week back to fat burn

Get your first New Year, New Metabolism week started with this 7-day low carb menu that accommodates **5 or less carb servings**. Use this for meal planning inspiration for metabolic health.

\*1 carb serving = 15 grams of carbs

**Tip.** All lunch or dinner options can be found in the Lumen **low-carb recipe book** to follow. Options for vegan substitutes include tofu, tempeh and seitan.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

### MONDAY

#### BREAKFAST

Greek yogurt with chia seeds and 1 handful of fruit

2 🌾

#### SNACK

Raw veggie sticks (carrot, celery) with cottage cheese

0 🌾

#### LUNCH OR DINNER

Baked salmon with lemon & rosemary

0 🌾

#### SNACK

Avocado toast with sunflower seeds

1 🌾

#### DESSERT

1 small fruit

1 🌾



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## TUESDAY

## BREAKFAST

2 🌾

Fruit salad

## SNACK

0 🌾

Kale roasted with coconut oil

## LUNCH OR DINNER

0 🌾

Beef and broccoli bowl

## SNACK

1 🌾

Yogurt with sunflower seeds

## DESSERT

1 🌾

1 small fruit



## WEDNESDAY

## BREAKFAST

2 🌾

Tortilla wrap with cheese, spinach and olive tapenade

## SNACK

1 🌾

1 fruit

## LUNCH OR DINNER

0 🌾

Buttered cauliflower mash

## SNACK

0 🌾

Brie cheese with hazelnuts

## DESSERT

1 🌾

1 small fruit



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## THURSDAY

## BREAKFAST

2 🌾

Sandwich with feta cheese, raw veggies and pesto

## SNACK

1 🌾

1 fruit

## LUNCH OR DINNER

0 🌾

Cheese stuffed chicken

## SNACK

1 🌾

1 yogurt

## DESSERT

1 🌾

1 small fruit



## FRIDAY

## BREAKFAST

2 🌾

Scrambled eggs or tofu, and a green salad

## SNACK

1 🌾

Yogurt with cinnamon and chia seeds

## LUNCH OR DINNER

4 🌾

Chicken &amp; avocado tzatziki salad

## SNACK

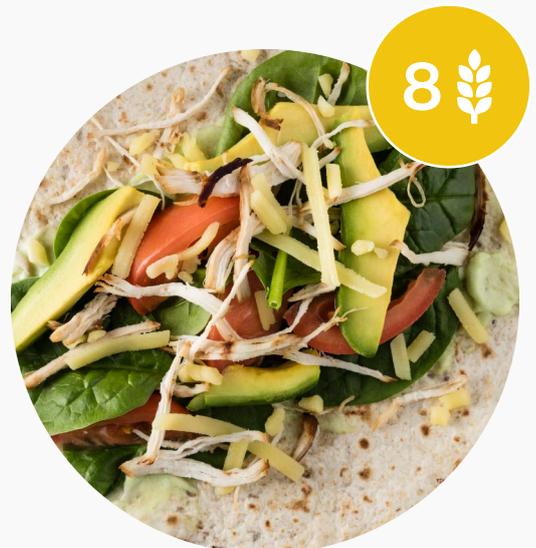
0 🌾

Hazelnuts

## DESSERT

1 🌾

1 fruit



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## SATURDAY

## BREAKFAST

2 🌾

Omelet with spinach, cheese, mixed salad and bread

## SNACK

1 🌾

1 fruit

## LUNCH OR DINNER

0 🌾

Goat cheese &amp; spinach frittata

## SNACK

1 🌾

Avocado toast with chia seeds

## DESSERT

1 🌾

1 small fruit



## SUNDAY

## BREAKFAST

3 🌾

Greek yogurt with granola (no added sugars)

## SNACK

0 🌾

Coconut chips

## LUNCH OR DINNER

0 🌾

Spinach &amp; smoked paprika shrimp

## SNACK

1 🌾

1 fruit

## DESSERT

1 🌾

1 small fruit





**Metafood tip.** Focusing on foods rich in high-quality fats (fatty salmon, olive oil, nuts, avocado) while lowering your carb intake is a great way to shift into using fat as a fuel source for the day.

**Later.** Lunch or dinner options are available in next chapter's low-carb recipe book.



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**New Year, New Recipes**

**12**

**LOW  
CARB**

**RECIPES**

**12**

**LOW  
CARB**

# **RECIPES:**

- 1. Baked Salmon with Lemon & Rosemary**
- 2. Beef and Broccoli Bowl**
- 3. Buttered Cauliflower Mash**
- 4. Cheese Stuffed Chicken**
- 5. Chicken & Avocado Tzatziki Salad**
- 6. Goat Cheese & Spinach Frittata**
- 7. Green Beans with Garlic & Almonds**
- 8. Lettuce & Egg Salad**
- 9. Mediterranean Salad**
- 10. Shakshuka**
- 11. Spinach and Smoked Paprika Shrimp**
- 12. Tilapia with Parmesan & Pesto**

# Baked Salmon with Lemon & Rosemary

Serves 4

## You'll need

- 1 lemon, thinly sliced
- 8 sprigs fresh rosemary
- 1 1/3 lbs /600g salmon, salmon fillets, bones and skin removed
- coarse salt to taste
- pepper
- 2 tablespoons olive oil, or as needed



## What to do

1. Preheat the oven to 400°F (200°C). Oil a large baking dish with olive oil
2. Place the salmon with the skin-side down in the prepared baking dish. Cover the fillets with the lemon slices, place the rosemary on top and Sprinkle salmon with salt and pepper
3. Bake on the middle rack for about 20–30 minutes, or until the salmon flakes easily with a fork.

**Per serving:** Carbs: 1g | Fats: 20g | Protein: 30g

# Beef and Broccoli Bowl

Serves 4

## You'll need

- 450g boneless sirloin or lean flank steak (sliced into thin strips)

For the sauce:

- 3 tablespoons low-sodium soy sauce
- 1 tablespoon peeled and minced fresh ginger
- 1/2 cup low-sodium beef broth
- 1 1/2 tablespoons arrowroot powder
- 3 tablespoons coconut sugar (or 1/4 teaspoon stevia)
- 1 tablespoon olive oil
- 1 1/2 tablespoons minced garlic
- 4 cups broccoli florets



## What to do

1. Slice the steak into 1/4-inch-thick pieces (approx. 2 inches long)
2. Make the sauce:
  - Combine the soy sauce, ginger, stock and arrowroot
  - Once combined, set aside
3. Heat up a large skillet over medium heat and add the olive oil
4. Once the oil is heated up, add the garlic and cook for 2 minutes
5. Turn up the heat to medium-high, adding the pieces of sirloin
6. Cook for approx. 4 minutes, until the outer edges of the steak are seared
7. Reduce the heat to a medium flame, pouring in the sauce to the skillet. (Note: Stir immediately so the sauce does not clump)
8. Immediately add the broccoli florets
9. Cook for 2 minutes (whilst stirring) and remove the skillet from the heat, allowing the residual heat to cook everything through, about 4 minutes
10. Garnish with green onions and lime wedges just before serving

**Per serving:** Carbs: 1g | Fats: 20g | Protein: 30g

# Buttered Cauliflower Mash

Serves 4

## You'll need

- 3lbs/ 1 ½ cauliflower
- 2 tablespoons unsalted butter
- 2 tablespoons sour cream
- 3 cloves garlic divided
- 0.5 /cup 50g parmesan cheese
- Salt and black pepper to taste



## What to do

1. Steam cauliflower in a large pot for 15 min until tender. Alternatively, boil cauliflower in salted water for 10 minutes or until fork tender. Remove and drain. Cover with a lid and set aside
2. In a pan heat the butter over medium high heat. Sauté garlic until fragrant (about 1 minute)
3. Blend cauliflower and garlic in a food processor on high setting until smooth
4. Transfer blended cauliflower into the pot with the garlic
5. Stir in the Parmesan cheese, sour cream and season with salt and pepper.

**Per serving:** Carbs: 9g | Fats: 46g | Proteins: 45g

# Cheese Stuffed Chicken

Serves 4

## You'll need

- 85g parmesan grated
- 1 tablespoon Greek yogurt
- 2 teaspoons dried oregano
- 1 tablespoon chopped fresh basil
- 1/4 cup finely chopped almonds
- (optional) 1 teaspoon dried or fresh rosemary
- 1 1/2 pounds boneless, skinless chicken breasts
- 2 teaspoons garlic powder
- Sea salt and black pepper
- Olive oil spray
- 1 cup pasta sauce no sugar added
- 1/2 cup shredded reduced-fat mozzarella cheese



## What to do

1. Preheat the oven to 425°F/218°C
2. In a medium bowl, mix together the parmesan, yogurt, oregano, basil, almonds, and rosemary (optional). Cover the bowl and set it aside
3. Season the chicken breasts with garlic powder, salt, and pepper
4. Slice each chicken breast down its side (not all the way through) to create a pocket to stuff
5. Stuff each chicken breast with approx. 1 tablespoon of the filling (note: make sure to spread it out inside the breast)
6. Spray an oven-safe skillet with olive oil and heat over medium-high setting
7. Once the skillet is hot, add the chicken breasts with the top (smooth part) down
8. Sear for approx 5 minutes, until the outside is golden brown
9. Flip the breasts over in the skillet, topping each breast with 1/4 cup of pasta sauce and 2 tablespoons of mozzarella
10. Place the skillet in the oven, and bake for approx 12 minutes, until they reach an internal temperature of 165°F/ 75°C

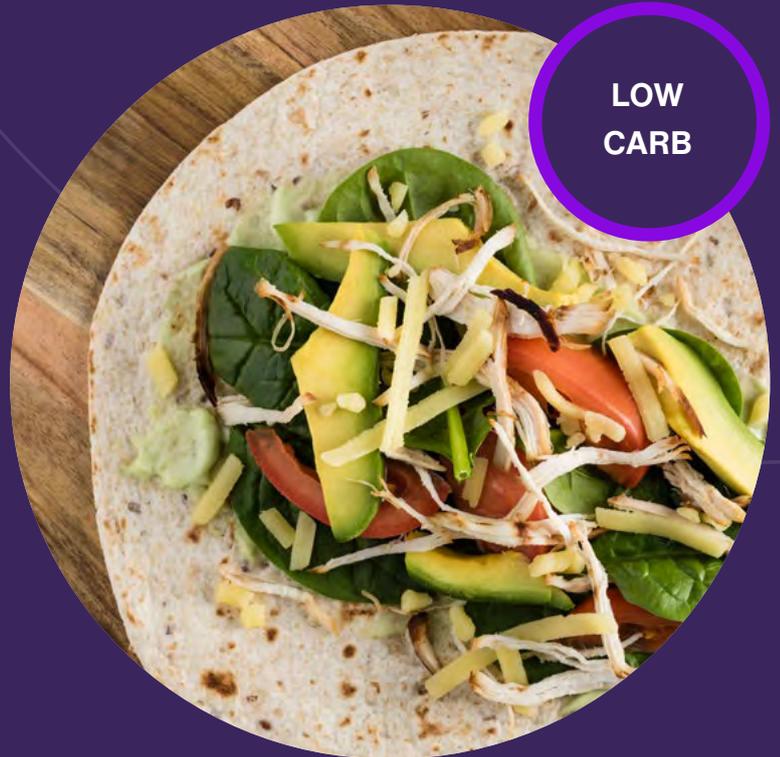
**Per serving:** Carbs: 5g | Fats: 18g | Proteins: 22g

# Chicken and Avocado Tzatziki Salad

Serves 4

## You'll need

- 1 large ripe avocado
- 2/3 cup Greek yogurt
- 1 cup grated cucumber
- 1 tablespoon minced garlic
- 1/2 a squeezed lemon
- 1 tablespoon chopped fresh dill
- 1/2 tablespoon olive oil
- Sea salt and black pepper
- 450 g cooked chicken breast (shredded or chopped)
- For the garnish:
  - Coarsely ground black pepper, red pepper flakes (optional), and fresh dill



## What to do

1. Peel and pit the avocado
2. In a medium bowl, mash the flesh and add the yogurt
3. Mix together with a spatula
4. Wrap the cucumber in a cheesecloth or a paper towel and gently squeeze out most of the excess water - then add the cucumber to the bowl
5. Add garlic, lemon juice, dill, and olive oil to the bowl and mix together
6. Season to taste with salt and pepper
7. Fold the chicken into the tzatziki and garnish.

**Per serving:** Carbs: 1g | Fats: 13g | Proteins: 40g

# Goat Cheese & Spinach Frittata

Serves 2

## You'll need

- 450g boneless sirloin or lean flank steak
- 5 large egg whites
- 5 large eggs
- 1 medium leek or 1 small onion
- 3 cup / 90g baby spinach leaves
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 ounces / 60g soft goat cheese
- ½ cup / 30g fresh Italian parsley leaves
- Handful of chives



## What to do

1. Preheat oven to 180°C (350°F)
2. Dice onion and chop the spinach, parsley, and chives (note: make sure to save some chives for the topping at the end)
3. In a cast iron nonstick ovenproof skillet, heat the oil in a medium on medium heat
4. Add the onion and cook for about 3 minutes, making sure to stir until they begin to soften
5. Add the spinach, parsley, chives, salt, and pepper
6. Cook for about 1 minute until the spinach wilts
7. Pour the egg mixture in the skillet, covering the greens evenly
8. Lower the heat to medium-low
9. Cook for around 8-10 minutes, until the egg mixture has set around the edges of the pan (note make sure that the eggs have no set in the middle)
10. Top the eggs with the cheese and scatter the leftover chives on top
11. Put the skillet back in the oven on the top shelf and broil for 1-2 minutes, until the surface is set and golden brown. (Note: Be careful not to overcook or the egg mixture will become chewy)

**Per serving:** Carbs: 8g | Fats: 26g | Proteins: 34g

# Green Beans with Garlic & Almonds

Serves 4

## You'll need

- 2 garlic cloves
- 2 tbsp olive oil
- 1 lb / 450g fresh green beans
- 2 oz. / 60g almonds, chopped
- sea salt
- ground black pepper



## What to do

1. Trim the fresh beans
2. Peel the garlic cloves and slice thinly
3. Heat oil in a large frying pan
4. Sauté the garlic until golden and add the beans
5. Continue frying on medium high for 3–5 minutes. Lower the heat towards the end and add chopped almonds
6. Salt and pepper to taste and serve

**Per serving:** Carbs: 5g | Fats: 14g | Proteins: 5g

# Lettuce & Egg Salad

Serves 4

## You'll need

- 5 eggs
- 1 tablespoon of finely chopped red onion
- 1 thinly sliced green onion
- ½ cup of diced cucumber
- ¼ cup of chopped mixed olives
- ¼ cup of crumbled feta cheese
- 5.3 oz plain Greek yogurt
- ¼ cup chopped roasted red-peppers
- pepper
- salt
- 6 Romaine lettuce leaves



## What to do

1. Boil the eggs and peel once cooled down
2. In a large bowl, mix well the Greek yogurt, cucumber, red onion, green onion, olives, and feta cheese
3. Slice the eggs
4. Add the eggs to the mixture and mix well
5. Add salt and pepper as desired
6. Add roasted red-peppers and mix well
7. Fill the romaine lettuce leaf with the salad mix

**Per serving:** Carbs: 7g | Fats: 24g | Proteins: 30g

# Mediterranean Salad

Serves 4

## You'll need

- 150g arugula (or your preferred salad greens)
- 425g drained and rinsed chickpeas
- Half a small-sized red onion
- Half an English cucumber (thinly sliced)
- ½ cup roasted red peppers, diced
- ½ cup feta cheese, crumbled
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- ½ teaspoon fine sea salt
- ½ teaspoon freshly cracked black pepper
- 1 small minced garlic clove



## What to do

1. For the vinaigrette: In a mixing bowl, mix the olive oil, red wine vinegar, Dijon mustard, oregano, salt, pepper and minced garlic clove together
2. Taste and add a sweetener (optional)
3. You can store the vinaigrette for up to 3 days, in a sealed container in the refrigerator
4. For the salad: Take a large salad bowl and throw in all the greens, chickpeas, onion, cucumber, red peppers and feta cheese
5. Pour evenly the vinaigrette over the salad and toss to mix
6. Serve with some feta or black pepper for a topping

**Per serving:** Carbs: 23g | Fats: 17g | Proteins: 12g

# Shakshuka

Serves 4

## You'll need

- 1 diced onion
- 4 cloves of garlic, minced
- 1 diced bell pepper
- 2.5 mL (½ tsp) ground coriander
- 796 mL (28 oz) can of no salt added diced tomatoes
- 10 mL (2 tsp) paprika
- 5 mL (1 tsp) cumin
- 1.25 mL (¼ tsp) red pepper flakes
- 4 eggs



## What to do

1. Preheat the oven to 190°C (375°F)
2. Take a large oven-safe skillet and lightly coat it with a thin layer of oil
3. Heat the oil coated skillet on a medium-high heat
4. Add diced onions and cook for 3 minutes, make sure to stir frequently
5. Next, add the diced peppers and garlic to the onions and continue cooking for 2 more minutes
6. Once softened and browned, add canned tomatoes and spices to the skillet and bring to a boil
7. Using a spoon, create a whole in the middle of the tomato mixture and carefully break an egg into it
8. Repeat until you have filled the skillet with all 4 eggs
9. Turn off the heat and move the skillet to the preheated oven
10. Bake for 10-15 minutes until the eggs set (for medium egg, ensure the eggs jiggle in the center when moving the skillet)
11. Remove the skillet from the oven (the eggs will continue to cook in the heat of the sauce)
12. Add a handful of chopped parsley and serve.

**Per serving:** Carbs: 12g | Fats: 13g | Proteins: 18g

# Spinach & Smoked Paprika Shrimp

Serves 4

## You'll need

- 570g large shrimp, peeled and deveined (with the tails)
- 140g baby spinach leaves (5 ounces)
- 3 large cloves garlic
- 3 tablespoons olive oil
- 2 teaspoons smoked paprika
- ¼ teaspoon salt
- Pinch of cayenne pepper



## What to do

1. Wash the shrimp and dry (patting with a paper towel)
2. Thinly slice the garlic and hop the spinach
3. In a large skillet, pour some oil and heat over a medium-high heat
4. Reduce the heat to a medium-low flame, add the garlic, and cook for about 5 minutes, stirring frequently (until the chopped garlic has browned)
5. Using a slotted spoon, transfer the garlic to a small dish, leaving the oil in the skillet
6. Turn up the heat to a medium-high flame, add the shrimp, paprika, salt, and cayenne to the skillet
7. Cook for about 3 minutes (until the shrimp turns pink and is nearly cooked though)
8. Stir in the spinach, and add the cooked garlic to the pan
9. Cook for about 2 minutes more (until the shrimp is opaque throughout and the spinach is wilted)

**Per serving:** Carbs: 4g | Fats: 17g | Proteins: 27g

# Tilapia with Parmesan & Pesto

Serves 4

## You'll need

- 4 6oz of tilapia filets
- ½ cup / 50g of Parmesan cheese, freshly grated
- 1 cup / 160g fresh tomatoes, chopped
- ¼ cup of basil pesto, no sugar added
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon of lemon juice
- 4 teaspoons melted butter



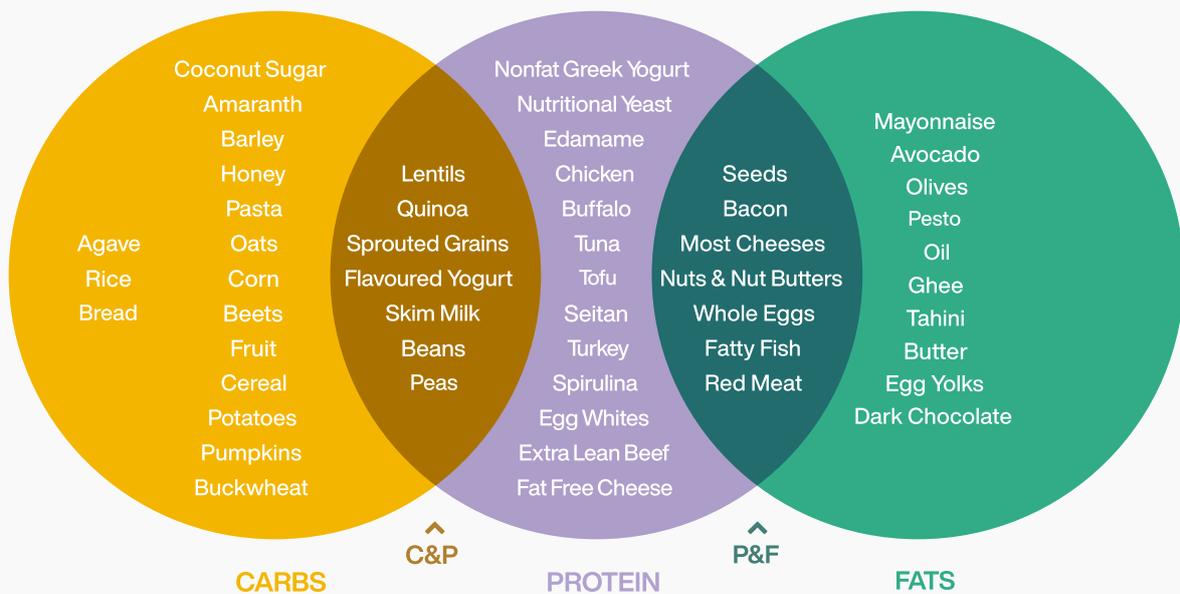
## What to do

1. Preheat your broiler / grill
2. Rinse the fish and pat dry with a paper towel
3. Cover a baking sheet with some foil, coating it with olive oil or cooking spray (to prevent sticking)
4. Place the rinsed filets on the baking sheet in the foil
5. On each fillet, sprinkle 2 tablespoons of Parmesan cheese
6. Grill for 10 minutes (until you can see the fish and cheese have browned)
7. For each piece of fish, layer the fresh tomatoes and add a tablespoon of pesto
8. Season all the fish fillets with the salt, pepper, melted butter and lemon juice

**Per serving:** Carbs: 3g | Fats: 18g | Protein: 40g

# Nutrition guideline

## Macronutrient sources



## Carbs by Lumen

When Lumen recommends carbs as part of your nutrition plan, we're talking about **digestible carbs** (also known as "net" carbs). Non-digestible carbs aren't included in nutrition plan recommendations because non-digestible carbs don't provide calories or energy to the body.

Vegetables contain a unique combination of minerals, vitamins, and natural compounds that improve metabolic function and satiation. Because of these countless benefits, **Lumen won't count** the carbs from the veggies below as part of your daily intake:

- **Raw vegetables**
- **Cooked low carb vegetables** such as mushrooms, tomatoes, cauliflower, broccoli, asparagus, kale, spinach, radishes, brussel sprouts, endives, eggplant, zucchini

# 1



**1 carb serving**  
**15 grams of carbs**

### Breakfast

1 carb serving | 15 grams of carbs



**BREAD**  
1 slice (open hand size)



**CORN TORTILLA**  
1 small unit



**BAGEL**  
½ unit



**GRANOLA (NO SUGAR)**  
⅓ cup | 4 tbsps



**OATS (DRY)**  
⅓ cup | 4 tbsps



**CORNFLAKES**  
⅓ cup | 8 tbsps

### Grains / Legumes

1 carb serving | 15 grams of carbs



**RICE (COOKED)**  
1 handful | ⅓ cup



**QUINOA (COOKED)**  
1 handful | ⅓ cup



**BEANS (COOKED)**  
2 handfuls | ½ cup



**LENTILS (COOKED)**  
2 handfuls | ½ cup



**CHICKPEAS (COOKED)**  
2 handfuls | ½ cup



**PEAS (COOKED)**  
3 handfuls | 1 cup

### Pasta

### Vegetables

1 carb serving | 15 grams of carbs



**PASTA (COOKED)**  
1 handful | ½ cup



**WHOLE PASTA (COOKED)**  
1 handful | ½ cup



**SPELT PASTA (COOKED)**  
2 handfuls | 1 cup



**SQUASH (COOKED)**  
1 fist | 1 cup



**BEETS (COOKED)**  
1 fist | 1 cup



**PEPPERS (COOKED)**  
1 pepper | 1 cup

### Fruit

1 carb serving | 15 grams of carbs



**BANANA**  
1 small fruit



**MELON**  
1 fist | 1 cup



**MANGO**  
1 fist | ¾ cup



**APPLE**  
1 fist



**PINEAPPLE**  
1 fist | ¾ cup



**GRAPES**  
1 fist | 20 grapes

### Dried Fruit

1 carb serving | 15 grams of carbs



**DRIED DATES**  
3 dates



**DRIED FIGS**  
3 figs



**DRIED APRICOTS**  
4 apricots



**RAISINS**  
2 tbsps



**CRANBERRIES**  
2 tbsps

## Protein

Protein is essential for the growth and repair of body cells. It builds and preserves muscle mass, maintains healthy hormonal balance, and provides a sense of satiation during meals.

# 30 grams of protein

### Protein Portions

30 grams of protein



**BEEF (COOKED)**  
1 palmful | 100g

**CHICKEN (COOKED)**  
1 palmful | 100g

**LOW-FAT CHEESE**  
1 palmful | 100g

**CANNED TUNA**  
1 palmful | 100g

**LENTILS/BEANS**  
4 handfuls | 1/2 cup

**TOFU**  
1 palmful | 200g

### Protein Portions

30 grams of protein



**EDAMAME (COOKED)**  
2 handfuls | 1 cup

**SEITAN (COOKED)**  
1 palmful | 200g

**SEA FOOD (SHRIMPS)**  
1 palmful | 100g

**FISH (COOKED)**  
1 palmful | 100g

**EGGS**  
3 medium-sized eggs

**PORK (COOKED)**  
1 palmful | 100g

## Fats

Healthy fats are essential for reducing hunger, protecting cardiovascular system, building muscle mass and reducing inflammation.

# 10 grams of fat

### Fat Portions

10 grams of fat



**OIL**  
1 thumb | 1 tbsp

**AVOCADO**  
1 third | 4 tbsps guacamole

**NUTS**  
2 thumbs | 2 tbsps

**NUT BUTTERS**  
1 thumb | 1 tbsp

**DARK CHOCOLATE 90%**  
2 squares | 10g

**TAHINI (RAW)**  
1 thumb | 1 tbsp

### Fat Portions

10 grams of fat



**COCONUT CREAM**  
4 tbsps | 10g

**HARD CHEESE**  
1 thumb | 1 small slice

**CREAM CHEESE**  
2 thumbs | 2 tbsps

**BUTTER**  
1 thumb | 1 tbsp

**MAYONNAISE**  
1 thumb | 1 tbsp

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# New Metabata Challenge

Get back in shape and boost your metabolism  
with quick **Tabata workouts**.

Tabata is a training style with intense exercises for double the time of rest.



# New Metabata Challenge

7 no equipment workouts in 15 mins

## 15 MIN WORKOUT

- 1 Burpees
- 2 Mountain Climbers
- 3 Air Squats
- 4 Burpees + Mountain Climbers
- 5 Burpees + Air Squats
- 6 Mountain Climbers + Air Squats
- 7 Burpees + Mountain Climbers + Air Squats

### WORKOUT INSTRUCTIONS

Complete as many **rounds\*** as possible of each exercise for **15 minutes**.

Mix and match or do each exercise individually.



*\*1 round = 20-40 seconds "on" followed by 10-20 seconds of rest per exercise.*

Count how many rounds you did in 15 mins + Tag your friends to beat your score in the **#Lumenfitchallenge**

Want to do the challenge with a real live trainer?

Join the [Lumen Community](#) on **Jan 14th @10 am EST!**



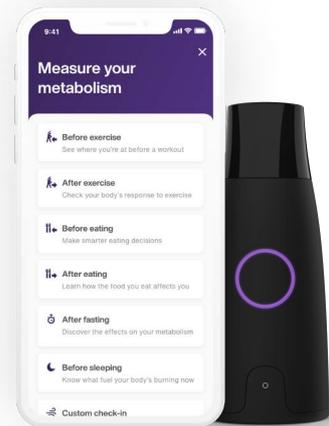
**Meta fact.** HIIT workouts are a great way to deplete your carb stores and get you into using fat for fuel more efficiently.

# Measuring your metabolism

Because 2021 belongs to personalized nutrition and metabolic health.

## HOW DOES LUMEN WORK?

Lumen is a device and app that measures your metabolism through the **CO<sub>2</sub> concentration** in a single breath and provides daily personalized nutrition plans together with insights into what your body is burning - fats or carbs.



## WHY LUMEN?

Lumen focuses on metabolic flexibility, the pillar to sustainable nutrition and health.

- Like having a **nutritionist in your pocket** - Know what and when to eat to fuel your workout, improve your metabolic flexibility and support fat burn.
- **Track your metabolism daily** - See how your metabolism is affected by your sleep, physical activity, and nutrition.
- **Customize your nutrition** - Get daily personalized meal plans. Know exactly what to eat and when.



Ready to jump start your metabolism? Go to [www.lumen.me](http://www.lumen.me) and use coupon “**newyearnewyou**” at checkout to get \$30 USD off until January 31st.