



## Metabolic Thermogenesis

Every bite of food you eat takes energy to digest — this is thermogenesis, your body’s own internal “burn.” Protein is the star here, requiring the most work and helping you feel satisfied longer. Leaning into foods that cost your body a little more to process can give your metabolism a small but meaningful lift.

Thermogenesis = energy your body uses to digest food.

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**01 Mini Teaching**  
Protein-rich meals slightly raise calorie burn and keep you full.

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**02 Example**  
Some foods cost more energy to process — protein is the high-maintenance guest.

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**03 Try This Today**  
Add an extra protein serving and notice lasting satiety.

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