



Here they are!

From Dr. Cate <info@drcate.com>
Date Mon 9/23/2024 11:38 AM
To Michael Cheikin <cheikinm@msn.com>

Hi Michael,

Here are the resources you asked for. I really think you'll find them helpful!

- * [Hateful 8 Challenge](#)
- * [The Carb Calculator](#)
- * [Meal Planning Made Simple Template](#)
- * [The Protein Calculator](#)
- * [Shopping Planner](#)
- * [A Sample Meal Plan](#)
- * [Vegetarian Meal Plan](#)
- * [The FatBurn Factor worksheet](#)

The FatBurn Factor worksheet includes a self-assessment quiz, Hypoglycemia Assessment Worksheet, Snacking Assessment Worksheet, and Hunger Assessment Worksheet.

If you are having trouble downloading, you can also [go to this download page](#) I prepared for you.

These resources are a useful introduction to the kinds of tools I use in my own practice and that I built into the programs described in *Deep Nutrition* and *The FATBURN Fix*. By reading those books, you'll be able to best exploit these tools to improve your metabolism and track its improvement.

You'll be benefitting from the same strategies and techniques I've used to naturally optimize the health and performance of some of the top athletes in the world and thousands of patients who thought they would never be free of prescriptions.

Our mission is to disrupt the myths that have been keeping people sick for decades and empower them to plug their bodies into the most powerful technology on earth—Nature.

I will be reconnecting soon!

To your better you,
Dr. Cate



Dr. Cate

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Sent to: cheikinm@msn.com

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