

Fat Adapted

The metabolic state where your body is efficiently burning fats from food and stored body fat.

BIO-INDIVIDUALITY: Everybody transitions differently and in their own time. Trust the process and you'll be fat adapted in no time.

HOW LONG DOES IT TAKE?



30 DAYS

TO



12 WEEKS

MOJO INSIGHT:

Becoming fat adapted will take longer for someone who is insulin resistant.

SIGNS YOU ARE FAT ADAPTED



LACK OF HUNGER

MORE ENERGY



BETTER EXERCISE
ENDURANCE &
PERFORMANCE