

ROOTED & REBUILT HEALTH

ROOTED IN HEALTH | REBUILT WITH A PURPOSE

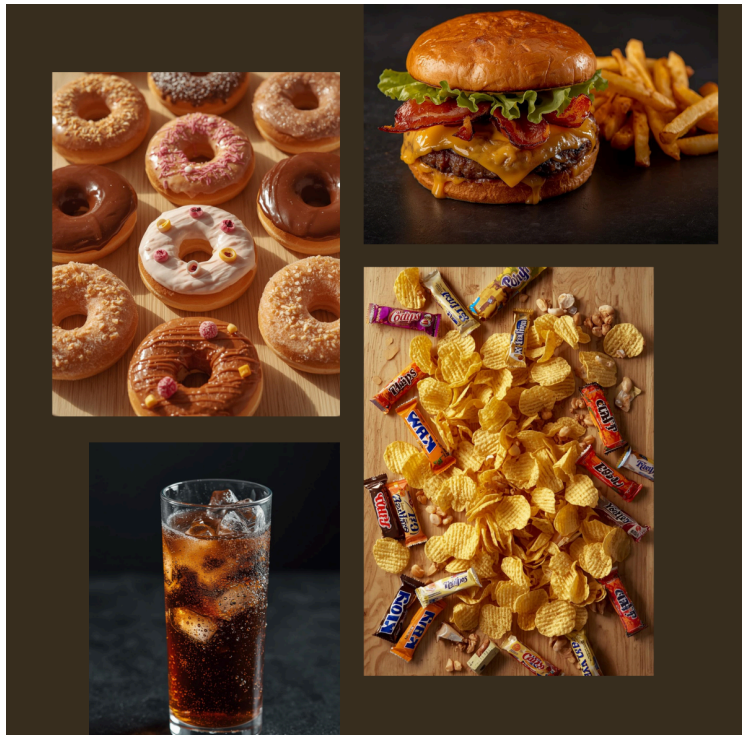
7 Foods Destroying Your Energy

And What to Replace them With

Why You Feel Tired Every Day (Even When You're Trying)

If you wake up tired, crash mid-day or feel sluggish no matter what you eat- it's not because you're lazy

It is because of what you are putting in your body daily.



Here are 7 of the most common foods doing exactly that-and what to replace them with starting today.

Why This Matters

If you're feeling tired, sluggish, or stuck...

It's not because you lack discipline. It's because the foods you're eating everyday are wprlmg against you- not for you. Most people try to fix this by:

- Eating less
- Training More
- Cutting out everything they enjoy.

And the truth is that is not sustainable, but the good thing is that the solution is simple:

- Replace what's hurting you with what actually fuels you

That is exactly what you are about to learn...

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Don't Restrict. Replace

Most people approach nutrition the wrong way.

They try to:

- Cut everything out
- Eat less
- Be perfect

That does not last nor is it sustainable in the long run. This is exactly why they are stuck in the same cycle: they start, then restrict, become burnt out and then they quit & repeat the cycle all over again.

The real shift is simple:

- Stop thinking in terms of restriction
- Start thinking in terms of replacement

Do not think, "I can't eat this" you need to think, "What's a better version of this?"

When you replace low-quality foods with better options some magical things happen such as:

- Your energy improves
- Your Cravings Drop
- Your consistency becomes natural

You do not need to overhaul your entire life overnight, You just need to make better choices- one simple swap at a time.

Now Here are the 7 most common foods to start replacing-and what to buy/eat instead.

Start Here: The First Energy Killer

1. Sugary Coffee Drinks (Starbucks/Dunkin Style)

This is one of the most common -and most damaging-things people consume daily without even realizing it.

Why it Drains You:

- This is just liquid sugar labeled and advertised as coffee. It gives you an instant glucose spike that results in an insulin crash 60-90 minutes later. Which leaves you tired or needing another one.
- The instant caffeine hit masks the fatigue but it does not prevent the deeper crash that you experience later in the day.

Result: Fake energy leading to a deeper and harder hitting crash later in the day.

The problem isn't just the sugar-it's the quality of what you are putting into your body.

Replacement

Replace this with:

- Water with pink salt or high mineral salt
- Sparkling water with lemon
- Black coffee (No sugar added)

Start by replacing just one drink per day-you'll start to feel the differences immediately

Energy Killer #2

2. Breakfast Cereals (Even the “Healthy” Ones)

This is one of the most misleading “healthy” foods people eat daily

Why:

- Rapid Digestion leading to blood sugar spike which leads into an energy crash
- Low satiety which leaves you hungry in 1-2 hours
- “Whole grain” label does not equate to being nutritious

Result: You are hungry again in a few hours leading you to chasing energy for the rest of the day.

The problem is not just the food choice-it is the quality of the food choice and the effect it is having on your body.

Replacement

- Whole Eggs + Egg Whites (Best)
- Greek Yogurt (Plain, and high in protein=satiety) (Better)
- Fruit + protein source (Bananas, berries + protein) (Quick Hit)

Start by replacing your breakfast tomorrow-do not overthink it.

Next: One of the most common “on-the-go” foods that’s actually draining your energy...

Energy Killer #3

3. Flavored Yogurt (Even “Low-Fat” Ones)

Marketed as healthy-but loaded with sugar and built to keep you craving more

Why:

- High in added sugars leading to spikes in energy and crashes later in the day
- Low in fat which means it is not going to keep you full or satisfied at all
- Artificial flavors/sweeteners that will lead to disrupted gut signaling
- Leads to more cravings and inconsistent energy throughout the day

Result: You feel a quick boost... then deal with cravings, hunger, and unstable energy throughout the rest of your day.

It is not about eating “light”-it's about eating foods that actually sustain you.

Replacement

- Plain Greek yogurt (high protein, no added sugar) (Best)
- Greek Yogurt paired with whole fruit (Berries, Banana, Kiwi) (Better)
- Add a fat source (nuts or a side of eggs) (Adds satiety)

Switch to plain Greek yogurt the next time that is the route you want to take-add fruit if needed, but skip the flavored versions. They are draining you of the energy that you need.

Next: Next: Marketed as “healthy” options but really just a blood sugar spike waiting to happen...

Energy Killer #4

4. Granola Bars & Healthy Snack Bars

This is one of the most common “healthy” snacks that is just desert in disguise.

Why:

- Loaded with sugar from oats, honey, syrups and additives
- Very low in protein which means it doesn't keep you full
- Creates quick spike in energy followed by a crash
- Often on-the-go really means no nutritional foundation

Result: You get a quick boost of energy,,, followed by a crash, cravings, and more snacking later

The snack is not the problem-the real issue is that it is built on low quality ingredients that don't actually fuel your body

Replacement

- Grass fed ground beef or steak (meal prepped or quick portion) (Best)
- Whole eggs (Boiled or cooked) (Better)
- Greek yogurt (Plain + fruit) (Quick Hit)
- Fruit + Protein (Quick Hit)

Replace your next snack with a real food option-you will feel the energy difference immediately throughout your day and you will stay full.

Next: A “healthy” drink people rely on daily that is actually taking away your energy not adding to it...

Energy Killer #5

5. Fruit Juices & Smoothie Shop Drinks

It feels like a healthy choice-but it hits your body almost the same as soda

Why:

- Fiber is removed or broken down which results in sugar hitting your system too fast
- Creates a heavy fructose load that your liver has to process
- Not filling at all which leads to being hungry shortly after
- Often packed with multiple fruits and added sugars

Result: You get a quick “clean” energy boost... followed by a crash, hunger and sluggishness later.

Fruit is not and will never be the issue here-it's how its processed and consumed that makes the difference

Replacement

- Whole fruit (Banana, berries, kiwi) (Best)
- Whole fruit + protein (yogurt, eggs, meat) (Better)
- Water with salt (If you still want a beverage)
- Sparkling water with lemon or lime (Beverage Option)

Next: One of the most common breakfast staples that guarantees a mid-day crash...

Energy Killer #6

6. White Bread, Bagels & Wraps

This is one of the fastest ways to spike your energy... and crash just as fast.

Why:

- Made from refined, enriched flour which is stripped of its natural nutrients
- Digests rapidly which causes a sharp blood sugar spike followed by guaranteed crash
- Very low in protein and fat which means it is not going to keep you full for very long
- Often eaten alone or stacked with low quality foods and ingredients

Result: You feel full for a short time... then hit a guaranteed mid-day crash and hunger shortly after.

Carbs are not the issue at hand-how and when you use them is. Learn to time your carbs and this will not happen

Replacement

- Potatoes or sweet potatoes (Especially around workouts) (Best)
- Whole fruit paired with protein (Better)
- Wrap your food in lettuce or eat it as a bowl instead (For similar feel)

Replace one bread-based meal today with a whole-food carb and protein-you will feel fuller for longer and feel the difference as well

Next: A protein source people rely on daily that is actually slowing them down...

Energy Killer #7

7. Processed Deli Meats (Cold Cuts)

It looks like a high-protein option- but its one of the lowest-quality forms you can every consume

Why:

- Loaded with preservatives and additives to extend shelf life
- High sodium + processed ingredients leads to water retention and sluggishness
- Lower-quality protein which is less efficient for recovery and energy
- Often paired with bread leading to amplified energy crashes later in the day

Result: You feel bloated, sluggish and low-energy-especially when it becomes a daily go to meal

Protein isn't the goal-quality protein is what actually fuels your body.

Replacement

- Fresh cooked meat (Ground beef, steak, chicken, fish) (Best)
- Meal-prepped protein (Chicken thighs, beef, eggs) (Better)
- Simple, minimally processed options (Rotisserie Chicken, canned fish like tuna or sardines) (Convenient)

Replace your next sandwich meat with real protein-you will feel the difference in energy and digestion

The Pattern You Need To Recognize

If you look back at everything you just read...

You will notice something:

- None of these foods are random
- They all follow the same overall pattern

Every energy-draining food does at least ONE of 3 things if not all:

1. Spikes and crashes your blood sugar

Quick energy that is followed by an even harder crash

2. Increases inflammation

Slows your body down and affects recovery, digestion, and focus

3. Fails to keep you full

Leaves you hungry, craving more, and constantly chasing energy

This is exactly why you feel stuck.

It is not because:

- You lack discipline
- You're not working hard enough
- Your body is broken

It is because the food you have been taught to eat are working against you instead of for you

Most people try to fix this by:

- Eating less
- Cutting everything out
- Starting over again and again causing you to remain in the same cycle

The people who actually change do not restrict... they just replace the inputs

This is exactly how i rebuilt my body and energy... By not being perfect but by learning 3 things:

- What to remove
- What to replace
- How to structure it in a way that actually lasts

This is what lead me to create the ROOT List. A complete system that shows you:

- What foods to avoid (and why)
- What to replace them with
- How to build meals that actually fuel your body
- How to remove decision fatigue completely

If this changed the way that you look at food... Just understand ONE thing.

THIS IS JUST THE SURFACE.

The ROOT List shows you how to apply this to everything you eat- every single day.

Ready to Take Control of Your Energy?

You have already seen the pattern that is causing your energy problems.

You know:

- What's draining your energy
- What needs to change
- And simple the shift really is

But knowing is not the problem... Applying it consistently is.

That is exactly what the ROOT List is for.

To take everything you just learned and turn it into a system you can follow daily.

- No more guessing
- No more overthinking
- No more starting over

Just clear, structured execution that breeds results.

At this point, you have two options:

- Go back to what you've always done

Or

- Start building a body and lifestyle that actually works for you

GET THE ROOT LIST HERE:

["RootedRebuiltHealth.com"](https://RootedRebuiltHealth.com)

or

Just click the link in my Instagram Bio: [@Rebuiltwithjay](#)