



## PREPPING FOR DAY 2 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

I hope you enjoyed Day 1 of Phase !.

Did you make the Fast Metabolism Chili recipes? It is a popular one for sure. It freezes beautifully and is a staple that you will find in my freezer always.

Some of us are keeping things super simple this week but remember you can dress up any veggie or protein with your phase appropriate **Dips and Dressings recipes**. I added that [here](#) for quick reference.

Remember Veggies are unlimited if you have been under tremendous stress or feel very exhausted the **H Burn** soup is a wonderful source of nutrients and comfort, just make sure to leave any oils out of the recipe. You can sip on this throughout the day in addition to any of the required foods.

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## TOMORROWS, DAY 2 EXERCISE

Monday and Tuesday are your Phase 1 days and that means I want you to get some cardio in. If you like to do cardio on both days I suggest you add a protein to your breakfast to support muscle development and repair. If you are using the P1FMD Shake I've got you covered!

Keep in mind, joy and pleasure and excitement stimulates the metabolism so what about ice skating, jumping rope, even hula-hooping today?

Remember, our minds support our bodies chemistry and physiology so if you can not do cardio watch a youtube video of aerobics from the 80's. You will get

a good giggle and tap those fingers and toes along, your metabolism will be faster for it!

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## JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private FAST METABOLISM DIET Facebook Group](#). If you haven't requested access to this valuable Member resource, do that now! My team and I are here to answer your questions. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!

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I believe everyone should be taking a high quality Multi Vitamin. There is a simple check you can do to see how yours ranks. Turn the bottle around and see if your B-Vitamins are "Methylated" if it says cyanocobalamin and not methylcobalamin then odds are they are the lowest of low quality. This is just one ingredient that can be a dead giveaway as to the junk that is out there.

**Read My** [Top 10 Reasons Why I Take Metabolism Multi](#)



Use your 10% Membership Discount on the [Metabolism Multi](#) now!

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**AFTER TOMORROW, NEXT UP: DAY 3**

It will be our first day of Phase 2! On this phase, your body -- primed by the whole grains and fruits you've eaten on Phase 1 -- really starts to let go of stored fat. This is our high-protein phase, so be sure you have lots of green veggies on hand to alkalize the body and create the perfect environment for the formation of amino acids, the building blocks of muscle and body structure.

If you didn't make your slow cooker meals in advance, you might want to make them today, so they're ready for tomorrow. Meat-eaters will be making the [Lemon Mustard Pepper Chicken](#), and vegans can make the [Tempeh Vegetable Stew](#).

Let us know how you are doing so far!

In Good Health,



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