



PREPPING FOR DAY 3 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

Now that we've soothed your adrenal glands and hormones with the whole grains and fruits on Phase 1, it's going to be time to shake to up a bit. Phase 2 is our high protein, low carb/low sugar Phase, and it's where you will want to use a lot of alkaline veggies to help stimulate the enzymes to burn old fat.

Since protein is acidic, it's critically important to incorporate lots of alkalizing green vegetables into your meals and snacks. This will balance the body's electrolytes and pH. Drinking half your body weight in ounces of water each day is important. A 160-pound person would drink 80 ounces of water.

Some feel [funky on Phase 2](#) (you'll love this article.) Others feel amazing! You're releasing toxins like crazy as historical fat begins to be metabolized. Those veggies will go a long way in making you feel great. Try adding lemon to your water, or sprinkled on your meals. Fresh herbs and spices will also help balance out the protein. Read more about [alkaline/acid](#) on Phase 2 in this article.

TOMORROWS DAY 3 RECIPES & TIPS

STANDARD MEAL PLAN

[Spinach and Mushroom Scramble](#): Everyone will be making a version of this simple breakfast. Meat eaters will use 4 ounces of turkey bacon as protein. Vegetarians will use cooked hard-boiled egg whites, but could also scramble raw egg whites in the skillet instead of the bacon. Vegans will be using tofu -- just dice 4 oz. of extra-firm tofu and brown it in the non-stick skillet, then add other ingredients.

Garden Meatballs

Lemon Mustard Pepper Chicken: Refrigerate leftover chicken for tomorrow in 2-ounce portions (or 3-ounce portions if you are using the portions for more than 20-pound weight loss) -- 2 ounces is about the size of a post-it note, about 1/2 inch thick. Tomorrow you'll use one of those 2-oz. portions for snacks, and two portions (4 oz.) for a meal.

Red Pepper Stuffed with Crunchy Tuna Salad

Spicy Red Pepper Fish with Lemon-Garlic Kale

DAY 3 EXERCISE

During one of our two Phase 2 days, spend 30 minutes or so on resistance training. That could mean lifting weights at the gym, but you could also pump some iron at home.

If you don't own hand weights, that's fine. You can use these [household items](#) that can double as weights. Also, try some at-home exercises using your own body as resistance. Push-ups are ideal, and it's okay if you can't do full push-ups yet. Try knee pushups instead. Squats and lunges are also great at-home resistance work, and no equipment is needed.

The protein and alkalizing vegetables you're consuming on this Phase create amino acids -- the building blocks of muscle, so this is the perfect time to lay down muscle, which helps speed your metabolism, improve balance, build healthy bones and improve body tone.

As always, if you have physical limitations or injuries, consult your physician or physical therapist on what you can safely do. It's better to just do a few easy moves than do too much.

BODY BONUS: On Phase 2, your body is in major toxin-release mode. You can help that process along by giving yourself a [salt scrub](#). A good scrub can help increase circulation, moving toxins through the bloodstream so they can later be expelled. And a salt scrub is great for your skin, helping smooth out the appearance of cellulite and brushing away dead skin cells.

You don't need a fancy store-bought salt scrub. Just combine one part coarse sea salt with one part baking soda, while sitting or standing in your tub, use handfuls of the mixture to scrub and massage your skin, then rinse off with warm water. It feels terrific!

RESOURCES

In case you missed anything, the [7-Day Fast Metabolism Challenge Resource Page](#) is where to go for all of your challenge resources. All of the printable Meal Maps, daily emails, and videos from me are stored in one place for you!

JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private 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!

NEXT UP: DAY 4

For our second day of Phase 2, we'll be making good use of leftovers, so it will be an easy cooking day.

In Good Health,

