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Preparation For Day 3 of the Metabolism Revolution Challenge!

I have learned over the years that when one's mind is made up, this diminishes fear. —Rosa Parks

When your mind is made up, you can accomplish anything...including this 14-day challenge! I'm having a blast connecting with and encouraging everyone on our Private Facebook Group. See the instructions below if you haven't requested access to this page. Come hang out with us!

Let's dive into our third day of incredible food! Note that each recipe serves one. If you're cooking for a family, make the necessary adjustments.

Notice that I've repeated the recipes. I've done this because it saves time and money. You're free to swap the days around or swap out proteins as long as they fall into the proper Part.

If you're following Meal Map A:

- Double the recipe for Apple Slaw, you will be eating it for breakfast on Wednesday and Thursday
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Standard Menu - Meal Map A

Breakfast: Apple Slaw*

Snack: Orange

Lunch: Tropical Tuna Steak*

Snack: Peaches

Dinner: Steak and Quinoa Bowl*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

Standard Menu - Meal Maps B & C

Breakfast: Breakfast Hash*

Snack: Orange

Lunch: Tropical Tuna Steak*

Snack: Peaches

Dinner: Steak and Quinoa Bowl*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

Super Simple Menu - Meal Maps A, B, C

Breakfast: Metabolism Shake

Snack: Orange

Lunch: Metabolism Shake

Snack: Peaches

Dinner: Steak and Quinoa Bowl*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

EXERCISE

Meal Map A Recommended Exercise

Cardio: 3 or 4 times per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map B Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 1 time per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map C Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 2 times per week.

Metabolic Intervention Exercises: Minimum of 2 times per week.

RESOURCES

In case you missed anything, the [Challenge Resource Page](#) is where to go for all of your challenge resources. All of the printable Meal Maps, daily emails, and calls 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!

A handwritten signature in blue ink, appearing to read "Hansel Pong". The signature is stylized and fluid, with a large loop at the end.



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