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## Preparation For Day 4 of the Metabolism Revolution Challenge!

*I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do. —Leonardo da Vinci*

How many times have you started a diet and given up after a few days? Not this time! This is a plan for last time dieters, but knowing is not enough, you must apply the principles of Metabolism Revolution for it to work. That is why we have these 14-day challenges, so I can encourage and support you through 14-days of micronutrient repair. I believe in you! It's time for you to believe in yourself.

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**Let's dive into our fourth 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.**

There are two days in our 14-day challenge that Meal Map A has a different menu than Meal Maps B and C. Today Meal Map A eats one more day in Part 1, while Meal Maps B & C move to Part 2.

**If you're following Meal Maps B or C:**

- Double the recipe for **Breakfast Bacon Collard Wraps**, you will be eating it for breakfast Thursday and Friday
  - Double the recipe for **Kale Skillet**, you will be eating it for lunch on Thursday and Saturday
  - Double the recipe for **Nutty Chicken**, you will be eating it for dinner on Thursday and Saturday
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**Standard Menu - Meal Map A**

**Breakfast:** Apple Slaw\*

**Snack:** Peaches

**Lunch:** Turkey or Roast Beef Wrap\*

**Snack:** Orange

**Dinner:** Cajun Shrimp and Black Beans\*

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

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**Standard Menu - Meal Maps B & C**

**Breakfast:** Breakfast Bacon Collard Wrap\*

**Snack:** Jerky with Raw Nuts\*

**Lunch:** Kale Skillet\*

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

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

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**Super Simple Menu - Meal Map A**

**Breakfast:** Metabolism Shake

**Snack:** Peaches

**Lunch:** Metabolism Shake

**Snack:** Orange

**Dinner:** Cajun Shrimp and Black Beans\*

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

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### **Super Simple Menu - Meal Maps B & C**

**Breakfast:** Metabolism Shake

**Snack:** Jerky with Raw Nuts\*

**Lunch:** Metabolism Shake

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

**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.

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## **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.

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## 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!

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## 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!



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