

Preparation For Day 11 of the Metabolism Revolution Challenge!

***Believe you can and you're halfway there.* - Theodore Roosevelt**

We are more than halfway there! How are you feeling? Check in with yourself. Do you have more energy? Are you happier? What positive changes have taken place the last ten days? Post your success on the Private Facebook Group so we can celebrate together.

Let's dive into our eleventh 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 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 the **Stuffed Pepper Breakfast**, you will be eating it for breakfast Thursday and Friday
- Double the recipe for **Spicy Tips**, you will be eating it for lunch on Thursday and Saturday
- Double the recipe for **Rainbow Chicken and Veggies**, you will be eating it for dinner on Thursday and Saturday



Standard Menu - Meal Map A

Breakfast: Savory Oats*

Snack: Pear

Lunch: Bacon Chicken Fruit Salad*

Snack: Berries

Dinner: Steak and Cabbage Saute with Sweet Potato Mash*

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: Stuffed Pepper Breakfast*

Snack: Nitrate-Free Deli Meat with Olives*

Lunch: Spicy Tips*

Snack: Hummus with Celery

Dinner: Rainbow Chicken and Veggies*

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

Super Simple Menu - Meal Map A

Breakfast: Metabolism Shake

Snack: Pear

Lunch: Metabolism Shake

Snack: Berries

Dinner: Steak and Cabbage Saute with Sweet Potato Mash*

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 B & C

Breakfast: Metabolism Shake

Snack: Nitrate-Free Deli Meat with Olives*

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Rainbow Chicken and Veggies*

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 [Metabolism Revolution Resource Page](#) is where to go for all of your challenge resources. All of the printable meal maps, daily emails, and audio recordings 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!

In Good Health,



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