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## Preparation For Day 13 of the Metabolism Revolution Challenge!

*Make your life a masterpiece; imagine no limitations on what you can be, have, or do. —Brian Tracy*

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**Let's dive into our thirteenth 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 Maps B or C:**

- Double the recipe for the **Veggie Egg Wrap**, you will be eating it for breakfast Saturday and Sunday



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### Standard Menu - Meal Map A

**Breakfast:** Stuffed Pepper Breakfast\*

**Snack:** Orange with Shredded Coconut

**Lunch:** Asparagus Bacon Salad\*

**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)

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### Standard Menu - Meal Maps B & C

**Breakfast:** Veggie Egg Wrap\*

**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)

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### Super Simple Menu - Meal Map A

**Breakfast:** Metabolism Shake

**Snack:** Orange with Shredded Coconut

**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)

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## 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.

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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 [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!

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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!

In Good Health,

Haylie Pomroy



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