

## Preparation For Day 14 of the Metabolism Revolution Challenge!

***Even if you're right on track, you'll get run over if you just sit there - Will Rogers***

What do you do now?

I want you to spend some time today in Chapter 7, found on page 197 of your Metabolism Revolution book. We are going to go over three different options.

**Option One: Do It Again.**

**Option Two: Mix It Up.**

**Option Three: Get Comfortable at Your Holding Weight**

You have many options, depending on whether you are still on your weight loss journey, or have reached your goal weight and want to stay there forever. The best diet in the world is no good without follow-up support once you have reached your goal weight. Maybe you've seen those weight loss shows, where people lose hundreds of pounds, and then you hear in the news, a few years later, that they have gained all that weight back. That breaks my heart. Anyone who loses a lot of weight needs to know how to do next, or they are at risk of slipping back into old habits and gaining it all again. This does not have to be you. No matter where you are with your weight loss, you can hold steady whenever you want to stop. It's just a matter of understanding how weight maintenance works and living a lifestyle that is conducive to holding steady at a healthier, more appropriate weight for your body.

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



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### Standard Menu - Meal Map A

**Breakfast:** Stuffed Pepper Breakfast\*

**Snack:** Orange with Shredded Coconut

**Lunch:** Tuna-Stuffed Avocado\*

**Snack:** Hummus with Celery

**Dinner:** Chili-Coconut-Lime Chicken with Cauliflower Rice\*

**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 and Olives\*

**Lunch:** Tuna-Stuffed Avocado\*

**Snack:** Hummus with Celery

**Dinner:** Chili-Coconut-Lime Chicken with Cauliflower Rice\*

**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:** Chili-Coconut-Lime Chicken with Cauliflower Rice\*

**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 and Olives\*

**Lunch:** Metabolism Shake

**Snack:** Hummus with Celery

**Dinner:** Chili-Coconut-Lime Chicken with Cauliflower Rice\*

**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,



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