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Preparation For Day 7 of the Metabolism Revolution Challenge!

The only person you are destined to become is the person you decide to be. —Ralph Waldo Emerson

You decide your destiny. You're taking a vital first step in becoming the person you want to be by joining us for this Challenge. You're halfway there, how do you feel?

Today is a good day to incorporate your Metabolic Intervention Exercise (or your second Metabolic Intervention Exercise if you're following Meal Map C.) Treat yourself to a relaxing massage or take a dip in an Epson salt bath. You've worked hard for the last seven days, take some time to relax.

Let's dive into our seventh 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.



Standard Menu - Meal Map A

Breakfast: Breakfast Collard Wrap*

Snack: Apple with Almond Butter

Lunch: Shrimp Salad*

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir Fry*

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: Jerky with Raw Nuts*

Lunch: Shrimp Salad*

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir Fry*

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: Apple with Almond Butter

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir Fry*

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: Jerky with Raw Nuts*

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir Fry*

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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