

Preparation For Day 8 of the Metabolism Revolution Challenge!

Nothing will work unless you do. —Maya Angelou

It's Monday and the start of another beautiful week. Welcome to Week 2 of the Metabolism Revolution! By now you're in the groove and probably feeling fantastic!

Give this second week you're all. What's on the menu for Day 8?

Let's dive into our eighth 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 Map A:

- Double the recipe for the **Black Bean Scramble**, you will be eating it for breakfast Monday and Tuesday
- Double the recipe for the **Stuffed Acorn Squash**, you will be eating it for lunch Monday and Wednesday
- Double the recipe for the **Curried Quinoa Bowl with Pork Medallions**, you will be eating it for dinner Monday and Wednesday

If you're following Meal Maps B or C:

- Triple the recipe for the **Black Bean Scramble**, you will be eating it for breakfast Monday, Tuesday, and Wednesday
- Double the recipe for the **Stuffed Acorn Squash**, you will be eating it for lunch Monday and Wednesday
- Double the recipe for the **Curried Quinoa Bowl with Pork Medallions**, you will be eating it for dinner Monday and Wednesday



Day 8 Menu - Meal Maps A, B, C

Breakfast: Black Bean Scramble*

Snack: Berries

Lunch: Stuffed Acorn Squash*

Snack: Pear

Dinner: Curried Quinoa Bowl with Pork Medallions*

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 A, B, C

Breakfast: Metabolism Shake

Snack: Berries

Lunch: Metabolism Shake

Snack: Pear

Dinner: Curried Quinoa Bowl with Pork Medallions*

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,

