

## Preparation For Day 9 of the Metabolism Revolution Challenge!

*What we achieve inwardly will change our outer reality.* - Plutarch

Change starts with you. No matter what goals you're working toward, changing how you mentally approach each goal is key. I talk about the power of positivity a lot. Stay positive, and you'll see great things start to happen!

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**Let's dive into our ninth 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 **Bacon Chicken Fruit Salad**, you will be eating it for lunch Tuesday and Thursday
- Double the recipe for the **Steak and Cabbage Saute with Sweet Potato Mash**, you will be eating it for dinner Tuesday and Thursday



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### Standard Menu - Meal Maps A, B, C

**Breakfast:** Black Bean Scramble\*

**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)

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### Super Simple Menu - Meal Maps A, B, C

**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)

\*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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