



Cheers to Day 1 of Our 7-Day FMD Quick Start Halloween Party!

Tomorrow begins our 7-Day FMD Quick Start Halloween Party... this is Act 2 of our October DOUBLE FEATURE. I'll be your ghoulish guide through the first 7 days of the Fast Metabolism Diet, and I'll have lots of treat along the way.

To kick things off tomorrow, catch my Facebook Live for my Very Scary Bloody Mary Metabolism-Boosting Mocktail recipe and a chat about your metabolism at 8 am Pacific time.

If you can't be there at start time, don't worry. All my events will be available to watch anytime during the duration of this 17-Day Double Feature.

For a full itinerary of my October Double Feature events, [click here](#). If you haven't requested to join our [private Facebook page](#), do that now so you don't miss any more LIVE or Interactive events.

Have you made your final arrangements yet?

If you haven't yet, download your meal map and grocery list for Phase 1, and do your shopping. Don't forget to visit the DOUBLE FEATURE [Resource Page](#) for all that and much, much more!

I recommend doing a kitchen inventory before you head to the store for staples like olive oil, veggie broths, sea salt etc.

Your Quick Start Guide is also located on the Resource page. It contains easy-to-use meal maps with suggested foods, but you can pick and choose any food combinations long as it fits the Phase specific food list.

You can also download the FREE Fast Metabolism Diet App! It's a must-have for pulling up any info you might find yourself needing while you're on-the-go,

like what phase a food might fall under, or what's in a particular recipe you like. This APP is loaded with tools. Check it out [here](#).

I suggest spending some time in our [private Facebook group page](#) to get information, ask questions, and discover ways to tailor your experience to your unique needs!

DAY 1 EXERCISE

Day 1 and 2 are your Phase 1 days, so so you'll want to incorporate some cardio on one of these two days. You can run, walk, swim, cycle, do a video—whatever you choose as long as you get your heart-rate up for 20—45 minutes. Try not to let it get over 145 BPM so you increase the blood flow without activating stress hormones.

If you have limited mobility or just feel exhausted, try these [seated exercises](#) or [these lower-body only movements](#) that won't strain your shoulders or back.

Phase 1 is all about lowering stress hormones. Deep breathing is a great way to decrease stress, which in turn reduces cortisol, the "belly fat" hormone.

Try some alternate-nostril breathing. With your right thumb, press your right nostril closed. Inhale deeply through your left nostril. Release your right nostril and press your left nostril closed, then exhale through your right nostril. Inhale on the right, switch sides and exhale on the left. Try taking 30 breaths this way. It sounds more complicated than it is! Check out this [article](#) for more deep breathing exercises.

RESOURCES

Visit the [Resource page](#) early and often. That's where you will find all your printable meal maps, daily emails, and videos all stored in one convenient place.

I've pulled several super-simple recipes for you with ingredients you should be able to source at your local store right now. They also freeze very well, too!

[Chicken Burgers](#)

[Tuna Noodle Casserole](#)

[Beefy Butternutty Chili](#)

[Chile Verde](#)

[Beef Stroganoff](#)

[Slow Cooker Greek-Style Chicken](#)

[Loaded Sweet Potatoes with Black Beans](#)

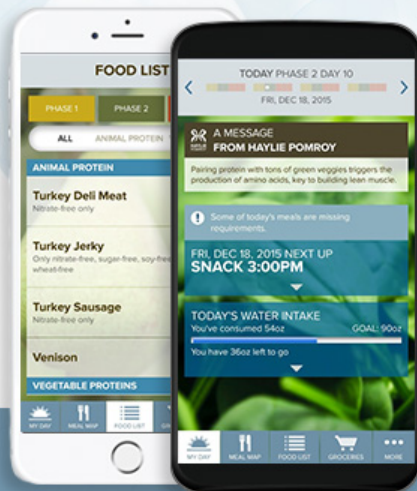
[One Pan Mexican Quinoa](#)

NEXT EMAIL TO COME: PREPPING FOR DAY 2

Want to make this 7-Day spooktacular a lot less gory? We'll talk about making the best use of leftovers so you can enjoy the party without spending all your time in the kitchen! Are you ready? Let's boogie!



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