



Peppers Are the New Pumpkin!

Join today's **WATCH PARTY** for a refreshing spin on an old Halloween party favorite—a Pepper Carving Contest at 8 am Pacific time. Post your cutest stuffed bell pepp-o-lantern (on my Instagram @hayliepomroy). One lucky winner will be gifted a bottle of Metabolism Control to help control holiday cravings!

If you can't be there at 8 am, 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.

UP NEXT: LAST DAY OF PHASE 2 IN OUR 7-DAY FMD QUICK START HALLOWEEN SPOOKTACULAR!

Some people say Phase 2 is their favorite Phase! For those who struggle with this high-protein, low-carb and low-fat phase, remember it's just two days. Doubling down on vegetables, adding lots of spices and herbs, and adding lemon to your water and meals helps.

If you need a break from the savory tastes on this phase, try making a Lemon-Lime Slushy. Sip this cooling treat at any time during Phase 2. This is one of the hundreds of recipes you can access with just a tap when you download and use the Fast Metabolism Diet FREE App! [Learn more and download it here!](#)

TOMORROW, DAY 4 RECIPES & TIPS

We'll be re-imagining leftovers today, so it's a lighter cooking day. But don't shortchange your veggies. You're re-using protein, but add plenty of fresh green vegetables to your meals and snacks.

Your [Quick Start Guide](#) is loaded with food options, the [Resource page](#) has everything you will need, and the FREE [Fast Metabolism Diet App](#) makes it all easier with a tap of your finger!

Make sure you are getting the support you need from your [FMD 7 Day Quick Start Halloween Party Facebook page](#) as well. Doing this 7 Days together will give you the boost you deserve.

TOMORROW'S DAY 4 EXERCISE

If you didn't do your weight or resistance exercise yesterday, include it today. It doesn't matter how strong you are, or what size you are. Just activate those large muscle groups and work on building strength and muscle tone.

If you don't own weights, do bicep curls holding cans of beans. Try some shallow squats while holding a small stack of books. Do modified push-ups against a wall: Just face a wall and extend your arms until your palms are flat, fingers pointing up. Walk your feet back about a foot. Then bend your elbows and lean into the wall, pressing up again to return.

As always, if you have physical limitations or injuries, consult your physician or physical therapist on what you can safely do. It's better to do a few easy moves than do too much.

BODY BONUS:

There are so many little ways to aid detoxification in the body. Herbal teas are one easy way to help move them along.

And dandelion-root tea is excellent, too, because dandelion contains unique substances called sesquiterpene lactones, along with antioxidants. Together, they support the stimulation of blood circulation and support pancreas and liver detoxification.

Dandelion root can also be a mild diuretic, helping move food and nutrients through your system. It's also believed to help stimulate the production of bile in the gallbladder, promoting the breakdown of fats. You can find dandelion-root tea in most grocery stores where you find the herbal teas.

As always, consult your physician before using herbal supplements or teas, since any supplement can interfere with medications you may be taking. Ask your doctor especially if you are taking blood pressure medications, or are being treated for depression. Those on blood thinners and those who have diabetes should also consult a physician before adding dandelion-root tea.

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](#)

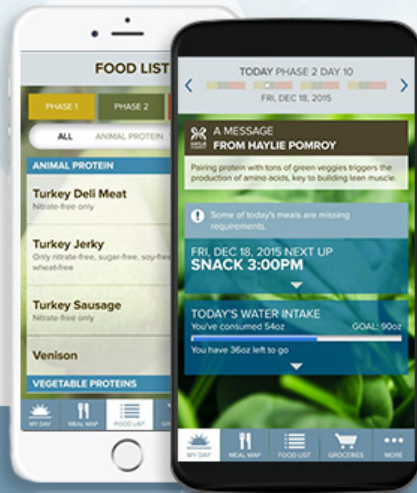
NEXT UP: PREPARE FOR DAY 5!

Tomorrow we begin Phase 3, our big fat-burning days. Here's where we pull out all the culinary stops! We'll also be creatively using some leftovers from Phase 1, adding in healthy fats. Can you say *guacamole*?

In Good Health,

A handwritten signature in blue ink, appearing to read "Heidi Pong". The signature is stylized with loops and a long tail on the final letter.

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