



THE DO'S AND DON'TS OF THE FAST METABOLISM DIET

These rules are simple and easier to follow than you may think. And if you need further incentive, know that following them makes you feel amazing. Many of my clients have loved how they felt so much that they incorporated these rules into their permanent lifestyles and never looked back. If you remember nothing else, remember this: eat five times a day, and only the foods on the list for your phase.

THE DO'S

Rule #1: You must eat five times a day. That's three meals and two snacks per day. No skipping.

Rule #2: You must eat every three to four hours, except when you're sleeping.

Rule #3: You must eat within 30 minutes of waking. Every day.

Rule #4: You must stay on the Fast Metabolism Diet for 28 days.

Rule #5: You must stick to the foods allowed on your phase. Religiously. I repeat: only eat from the food list for your phase.

Rule #6: You must follow the phases in order.

Rule #7: You must drink half your body weight in fluid ounces of water every day.

Rule #8: Eat organic whenever possible.

Rule #9: Meat choices must be nitrate-free.

Rule #10: You must exercise three times per week, according to your phase.

THE DON'TS

Rule #1: No wheat.

Rule #2: No corn.

Rule #3: No dairy.

Rule #4: No soy.

Rule #5: No refined sugar.

Rule #6: No caffeine.

Rule #7: No alcohol.

Rule #8: No dried fruit or fruit juices.

Rule #9: No artificial sweeteners.

Rule #10: No fat-free "diet foods."

CUSTOMIZE YOUR PROGRAM - MEAL MAP

Week of: _____

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | EXERCISE |
|---|---|-----------------------|----------------------------|-----------------------|------------------------|--------------------------------------|
| PHASE 1 Monday (No Oils) | G: F: or P1 S: | F: or P1 S: | G: F: P: P: V: | F: or P1 S: | G: P: P: V: | Cardio |
| PHASE 1 Tuesday (No Oils) | G: F: or P1 S: | F: or P1 S: | G: F: P: P: V: | F: or P1 S: | G: P: P: V: | Cardio |
| PHASE 2 Wednesday (No Oils) | P: V: or P2 S: | P: V: or P2 S: | P: V: | P: V: or P2 S: | P: V: | Weights |
| PHASE 2 Thursday (No Oils) | P: V: or P2 S: | P: V: or P2 S: | P: V: | P: V: or P2 S: | P: V: | Weights |
| PHASE 3 Friday (Healthy Oils) | F: HF: P: G: V: or P3 S: | HF: V: or P3 S: | HF: P: V: F: | HF: V: or P3 S: | HF: P: OG: V: | Massage Dry Skin Brush Yoga |
| PHASE 3 Saturday (Healthy Oils) | F: HF: P: G: V: or P3 S: | HF: V: or P3 S: | HF: P: V: F: | HF: V: or P3 S: | HF: P: OG: V: | Massage Dry Skin Brush Yoga |
| PHASE 3 Sunday (Healthy Oils) | F: HF: P: G: V: or P3 S: | HF: V: or P3 S: | HF: P: V: F: | HF: V: or P3 S: | HF: P: OG: V: | Massage Dry Skin Brush Yoga |

LEGEND: F - Fruit HF - Healthy Fat P - Protein G - Grain OG - Optional Grain P1 S - Phase 1 Shake P2 S - Phase 2 Shake P3 S - Phase 3 Shake V - Veggie

VEGETABLES

| | | |
|---|--|-------------------|
| Arrowroot | Eggplant | Radishes |
| Arugula | Jicama | Rutabaga |
| Bamboo shoots | Kale | Spinach |
| Beans: green, yellow, French, string | Leeks | Spirulina |
| Bean sprouts | Lettuce, except iceberg | Sprouts |
| Beets | Mixed greens | Squash, all types |
| Bok Choy | Mushrooms | Sweet potato |
| Broccoli | Onions: all type | Tomatillo |
| Cabbage, all types | Parsnips | Tomatoes |
| Cactus | Peas: snap, snow | Turnips |
| Carrots | Peppers: bell, green chile pepperoncini, jalapeno | Wheatgrass |
| Celery | Pumpkin | Yams |
| Cucumbers | Radicchio | Zucchini |

FRUITS

| | | |
|--|---------------------------------------|--------------|
| Apple | Figs, fresh | Mango |
| Apricot | Grapefruit | Orange |
| Asian pear | Guava | Papaya |
| Berries: blackberries, blueberries, loganberries, mulberries, raspberries, strawberries | Honeydew | Peaches |
| Cantaloupe | Kiwi | Pears |
| Cherimoya | Kumquats | Persimmons |
| Cherries | Lemon | Pineapple |
| | Lime | Pluots |
| | Mandarins: tangerines, clementines | Pomegranates |
| | | Watermelon |

ANIMAL PROTEINS

| | | |
|---|---------------------------------------|--|
| Beef: filet, lean ground, strip steak, flank, stew | Egg whites: egg white powder, 100% | Sardines, packed in water |
| Buffalo | Game: hen, partridge, pheasant | Sausages, nitrate-free: turkey, chicken |
| Chicken: skinless, boneless white meat | Gelatin: grass fed beef | Sole fillet |
| Corned beef | Guinea fowl | Tuna: fresh, packed in water, solid white |
| Cornish game hen | Haddock fillet | Turkey: bacon (nitrate-free), breast, lean ground |
| Crawfish | Halibut: fillet, steak | |
| Deli meat, nitrite-free: chicken, turkey, roast beef | Pollock fillet | |
| | Pork tenderloin | |

VEGETABLES PROTEINS

Black eyed peas
Dried or canned beans: all types
Lentils

GRAINS

| | | |
|---|--------------------------------------|--|
| Amaranth | Freekeh | Rye 100% |
| Barley | Kamut: bagels | Sorghum |
| Brown rice: cereal, cheese, crackers, flour, milk, pasta, rice, tortillas | Millet | Spelt: pasta, pretzels, tortillas |
| Buckwheat | Oats (steel-cut or old fashioned) | Sprouted grain bagels, bread, and tortillas |
| Einkorn | Oat Bran | Tapioca |
| Farrow | Oat Milk | Teff |
| Fast Metabolism Baking Mix | Rice: wild, red | |
| | Quinoa | |

HERBS, SPICES, & CONDIMENTS

| | | |
|---|---|-------------------------|
| Agar | Fast Metabolism Quick & Easy Dessert and Snack Mix | Nutritional yeast |
| Arrowroot | Frank's Hot Sauce | Pickles, no sugar added |
| Bragg's liquid aminos | Ginger | Pysillium Husk |
| Brewer's yeast | Guar gum | Salsa |
| Broth: beef, chicken, vegetable | Herbal tea, non-caffeinated | Stevia, pure |
| Cacao Powder or nibs, raw | Horseradish, prepared | Tabasco |
| Capers | Ketchup (with no added sugar or corn syrup) | Tamari |
| Coconut Aminos | Lemon and Lime Juice | Tomato Paste |
| Dandy Blend, Pero | Metabolism Rice/Noodles | Vinegar, all types |
| Dried or fresh herb and spice: all types | Monk Fruit Extract: 100% | Water chestnut |
| Extracts/Flavoring: all types, no sugar, alcohol free. | Mustard | Xanthan gum |
| | | Xylitol, birch |

VEGETABLES

| | | |
|---|----------------------------|-------------------------|
| Arrowroot | Endive | pepperoncini, jalapeno, |
| Arugula | Fennel | Radicchio |
| Asparagus | Jicama | Radishes |
| Beans: green, yellow, French, string | Kale | Rhubarb |
| Bok choy | Leeks | Shallot |
| Broccoli | Lettuce, except iceberg | Spinach |
| Cabbage, all types | Mixed greens | Spirulina |
| Celery | Mushrooms | Swiss chard |
| Collard greens | Mustard greens | Watercress |
| Cucumbers | Onions: all type | Wheatgrass |
| | Peppers: bell, green chile | |

FRUITS

| | |
|-------|------|
| Lemon | Lime |
|-------|------|

ANIMAL PROTEINS

| | | |
|--|---|--|
| Beef, all lean cuts: filet, tenderloin, strip, sirloin, shell steak, London broil, round steak, rump roast, stew meat, lean ground | turkey, roast beef | Oysters, packed in water |
| Buffalo meat | Dory fish fillet | Pork: loin roast, tenderloin |
| Chicken: boneless, skinless white meat | Egg whites: egg white powder, 100% | Salmon, nitrite-free, smoked |
| Cod/scrod fillet | Flounder fillet | Sardines, packed in water |
| Corned beef, nitrite free | Game: venison, ostrich, elk, | Sole fillet |
| Crawfish | Gelatin: grass fed beef | Tuna: fresh, packed in water, solid white |
| Deli meat, nitrite-free: chicken, | Halibut | Turkey: bacon (nitrate-free), breast, lean ground |
| | Jerky, nitrite-free: beef, buffalo, turkey, elk, ostrich | |
| | Lamb, lean cuts | |
| | Mussels | |

HERBS, SPICES, & CONDIMENTS

| | | |
|---|------------------------------|-------------------------------|
| Agar | sugar, alcohol free. | Pysillium Husk |
| Arrowroot | Fast Metabolism Quick & Easy | Stevia, pure |
| Bragg's liquid aminos | Dessert and Snack Mix | Tabasco |
| Brewer's yeast | Frank's Hot Sauce | Tamari |
| Broth: beef, chicken, vegetable | Ginger | Vanilla |
| Cacao Powder or nibs, Raw | Guar gum | Vinegar, any type except rice |
| Capers | Herbal tea, non-caffeinated | Water chestnuts |
| Coconut Aminos | Horseradish, prepared | Xanthan gum |
| Dried or fresh herbs and spices: all types | Monk Fruit Extract: 100% | Xylitol, birch |
| Dandy Blend, Pero | Mustard | |
| Extracts/Flavoring: all types, no | Nutritional yeast | |
| | Pickle, no sugar added | |

VEGETABLES

| | | |
|---|--|-------------------|
| Arrowroot | Cucumbers | Pumpkin |
| Artichoke | Eggplant | Radicchio |
| Arugula | Endive | Radishes |
| Asparagus | Fennel | Rhubarb |
| Beans: green, yellow, French, string | Jicama | Seaweed |
| Bean Sprouts | Kale | Spinach |
| Beets | Kohlrabi | Spirulina |
| Bok choy | Leeks | Sprouts |
| Brussels sprouts | Lettuce: except iceberg | Squash, all types |
| Cabbage, all types | Mixed greens | Sweet potatoes |
| Cactus | Mushrooms | Tomatillo |
| Carrots | Mustard Greens | Tomatoes |
| Cauliflower | Okra | Watercress |
| Celery | Onions: all type | Wheatgrass |
| Chicory | Palm hearts | Zucchini |
| Collard greens | Peppers: bell, green chile pepperoncini, jalapeno | |

FRUITS

| | | |
|--|------------|---------------|
| Berries: blackberries, blueberries, cranberries, raspberries | Grapefruit | Peaches |
| Cherries | Lemons | Plums |
| | Limes | Prickly pears |
| | Loquats | |

ANIMAL PROTEINS

| | | |
|--|---|---|
| Anchovies | Flounder Fillet | Sardines, packed in water or oil |
| Beef: fillet, steaks, lean ground, flank, skirt, stew | Game: hen, pheasant, duck | Sausage, nitrate-free: chicken, turkey |
| Buffalo | Gelatin: grass fed beef | Scallops |
| Calamari | Halibut | Sea bass |
| Chicken: boneless, skinless dark or white meat, ground | Ham: 100% natural, nitrate free | Shrimp |
| Clams | Herring | Skate |
| Corned beef, nitrate free | Lamb | Trout |
| Crab | Liver | Tuna: fresh, packed in water or oil |
| Crawfish | Lobster | Turkey: bacon (nitrate-free), breast, lean ground |
| Deli meat nitrite-free: chicken, turkey, roast beef | Mussels | |
| Eggs, whole, egg white powder, 100% | Oysters | |
| | Pork: chops, loin roast | |
| | Rabbit | |
| | Salmon, fresh, frozen, or nitrate free smoked | |

VEGETABLES PROTEINS

- Dried or canned beans: all types
- Lentils
- Mung Bean

GRAINS

| | | |
|--|---------------------------|--|
| Barley | Oat Bran | Sorghum |
| Black rice | Oat Milk | Sprouted grain: bread, bagels, and tortillas |
| Fast Metabolism All Purpose Baking Mix | Quinoa | Tapioca |
| Oats: steel-cut, old fashioned | Rice: wild, purple, black | |
| | Rye: 100% | |

HEALTHY FATS

| | | |
|---|---|--|
| Almond: milk, cheese | Nuts, raw: almonds, cashew, chestnut, hazelnuts, pecans, pine nuts, pistachios, walnuts | Oils: coconut, grapeseed, olive, sesame |
| Avocado | Nut/seed butters and pastes, raw | Seeds, raw: chia, flax, hemp, pumpkin, sesame, sunflower |
| Coconut: coconut cream, milk | Olives | Tahini |
| Hummus | | |
| Mayonnaise: safflower, avocado, olive oil | | |

HERBS, SPICES, & CONDIMENTS

| | | |
|---|--|-------------------------|
| Agar | sugar, alcohol free. | Mustard |
| Arrowroot | Fast Metabolism Quick & Easy | Nutritional yeast |
| Bragg's liquid aminos | Dessert and Snack Mix | Pickles, no sugar added |
| Brewer's yeast | Frank's Hot Sauce | Pysillium Husk |
| Broth: beef, chicken, vegetable | Ginger | Salsa |
| Cacao Powder or nibs, raw | Guar gum | Stevia, pure |
| Capers | Herbal tea, non-caffeinated | Tabasco |
| Coconut Aminos | Horseradish, prepared | Tamari |
| Coconut water | Ketchup (with no added sugar or corn syrup) | Tomato Paste |
| Dandy Blend, Pero | Lemon and Lime Juice | Vinegar, all types |
| Dried or fresh herb and spice: all types | Metabolism Rice/Noodles | Water chestnut |
| Extracts/Flavoring: all types, no | Monk Fruit Extract: 100% | Xanthan gum |
| | | Xylitol, birch |