

**Learn Secrets to Speed Up  
Your Metabolism**

**JJ'S**

**BOOST**  
*my metabolism*  
**CHALLENGE**

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# IMPORTANT NOTE TO READER

- The information contained in this eBook is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice.
- If you decide to follow this plan, you should seek the advice and counsel of a licensed health professional and then use your own judgment.
- It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues that are discussed in this eBook.
- Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this eBook.

# INTRODUCTION

So, let's talk about your metabolism!

# THE GOAL

To help you understand if you struggle with a sluggish metabolism that's slowing your weight loss!

If you find it impossible to lose weight and keep it off, even when you follow all the traditional guidance on dieting and exercising, it is very likely that you have a sluggish metabolism

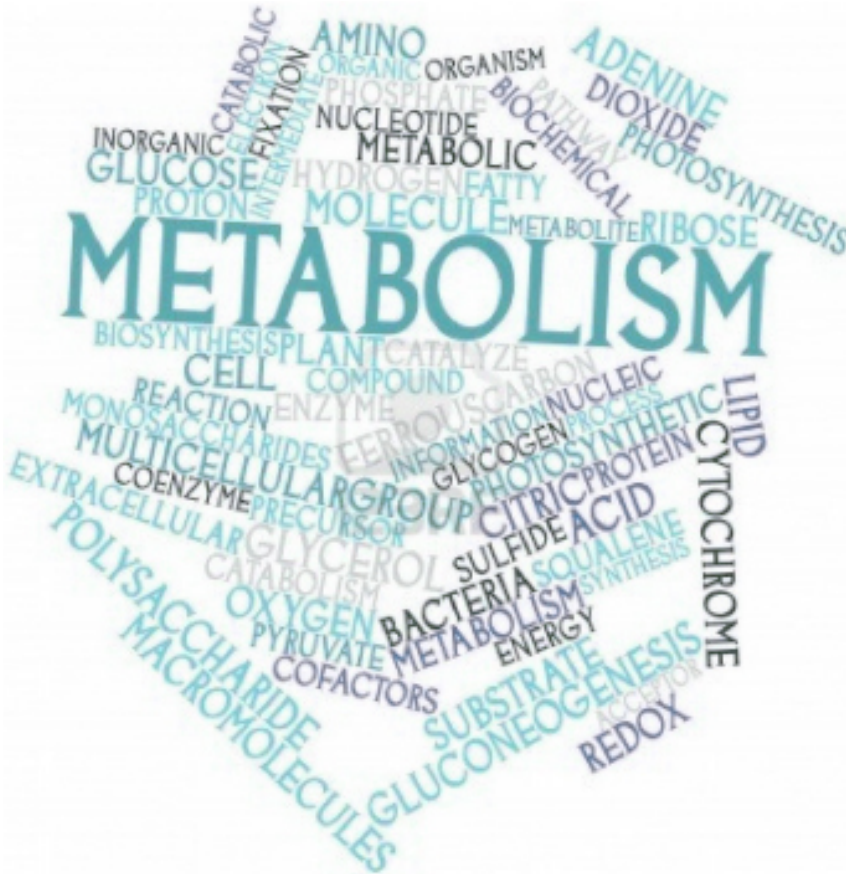
Have you always felt something was wrong or different about your body, especially as you've watched skinny friends eat twice as much as you and not gain a pound? Well, you were probably right.

**You are not lazy, and you do not lack willpower or discipline. Your body simply responds differently to food because you have a sluggish metabolism.**

But no worries, we'll teach you how to boost your metabolism in this new Challenge!



# HOW YOUR METABOLISM WORKS



Metabolism is commonly thought to be a matter of how fast or slowly you burn calories.

But metabolism is much more complex; It represents all the signals and chemical reactions in your body that regulate your weight and the rate at which you burn calories.

# HOW YOUR METABOLISM WORKS

Let's take a look at the three main ways that your metabolism causes calorie burn:



## → Calorie burn #1.

The majority of the calorie burn comes from your basal or resting metabolism, which means **you burn calories while you're doing absolutely nothing at all.** Yes, 60 to 80 percent of your daily calories are burned up by just doing nothing.



## → Calorie burn #2.

The effect of simply eating and digesting your food accounts for about 10 to 15 percent of the calories you burn each day. Studies have shown that during the eating process, your metabolism increases by as much as 30 percent, and this effect lasts up to three hours after you have finished eating.



## → Calorie burn #3.

About 10 to 15 percent of your calorie burn comes from increasing your heart rate, strengthening your muscles or physical activity, even light physical activity, such as walking up the stairs.

# WHAT CAUSES A SLOW METABOLISM

- Your metabolism will naturally slow as you age. **Starting at about age twenty-five, the average person's metabolism declines between 5 and 10 percent per decade.** So, you will have to work harder and be more deliberate about speeding up your metabolism as you age.
- Eating too little food can wreck your metabolism. Your body will slow down its ability to burn calories because it thinks you're starving.
- Hormones like thyroid, insulin and estrogen become imbalanced as we age and causes our weight loss to slow or stall altogether.
- Stress causes your level of the hormone cortisol to rise, which causes you to gain weight, particularly around your mid-section.
- When your body lacks sleep, it can have a difficult time metabolizing carbohydrates and burning fat.
- Some medications may cause your metabolism to slow and your waistline to expand, such as antidepressants, diabetes drugs, and steroids.
- When you don't exercise, fat can build up in your body and slow your metabolism. However, when you exercise: Your heart has to pump harder so that blood can transport the nutrients your muscles need, and when your muscles are working, your metabolism speeds up.



# SYMPTOMS OF SLOW METABOLISM

“I rarely, if ever, eat breakfast.”

“Much of the time, I don’t eat a lot or forget to eat altogether.”

“I feel tired throughout the day, even when my activity level is in slow mode.”

“I rarely exercise.”

“Sugary drinks are a major part of my daily diet.”

“Cupcakes and donuts just fill that empty spot better than fresh fruit.”

“My body is more flab than muscle.”

“My lifestyle is relatively stressful.”

“I find it hard to sleep and even when I do, it’s broken sleep.”



# SYMPTOMS OF FAST METABOLISM

“I almost always eat breakfast.”

“I tend to space my meals throughout the day and rarely skip meals.”

“I also enjoy two healthy fresh fruit or protein snacks during the day.”

“I feel fairly energized throughout the day, even when my activity level is in slow mode.”

“Exercise is part of my regular routine.”

“My daily meals are high in protein and low in carbs.”

“Drinking water is a major part of my daily diet.”

“I do my best to avoid sugary drinks and foods.”

“My body is fairly muscular and toned.”

“My lifestyle is relatively stressful, but I find ways to release the stress before it feeds on me.”

“I enjoy a peaceful night’s rest and my sleep cycle is rarely broken.”

# QUIZ: DO I HAVE A SLOW OR SLUGGISH METABOLISM?

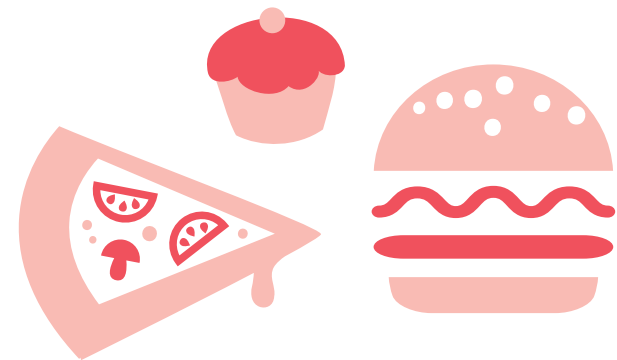
Give yourself 1 point, for every question you answer YES:

- ..... Stand in front of a mirror. Do you carry more weight in your hips and thighs?
- ..... Do you not eat that much, but yet you STILL gain weight?
- ..... Do you often feel sluggish or tired, even if you get a good night's sleep?
- ..... Are you always chilly or cold (high metabolism produces heat)?
- ..... Have you been diagnosed with low thyroid function (as this generally lowers your metabolism making it difficult to lose weight)?
- ..... Do you lack sleep and get less than 7 hours most days?
- ..... Do you have thin hair and poor quality skin tone (like cellulite)?

# QUIZ: DO I HAVE A SLOW OR SLUGGISH METABOLISM?

- ..... Do you get afternoon cravings for sweets or junk foods?
- ..... Can you gain 3-4 pounds in a single weekend?
- ..... Do you miss breakfast some days (more than 3 days a week)?

If you said yes to 6 or more questions, you struggle with a slow metabolism!



# THE PROGRAM

7 Methods to Boost Your Metabolism!

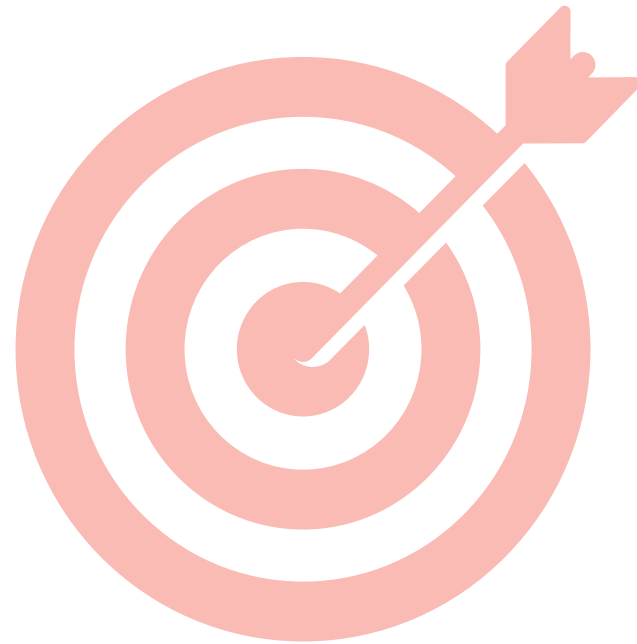
# HOW TO DO THE BOOST YOUR METABOLISM CHALLENGE

- Learn the 7 strategies and apply them everyday so that you can burn fat faster! It's that simple.
- Complete the Weekly Plan to identify the meals you plan to enjoy each day. There are lots of mouthwatering recipes for you to choose from. Feel free to enjoy any of your clean, healthy favorite meals as well.
- Use the Weekly Checklist to identify which of the 7 strategies you plan to do each day. The goal is to do all of them to get the best results.
- Stay Motivated and check-in with the VIP Facebook group every day for support, tips and accountability! (JJ is also available live every weekday 12-1pm EST to answer any specific questions that you have).



# THE 7 STRATEGIES

- 1 Eat Like This
- 2 Drink Like This
- 3 Move This Way
- 4 Sleep More
- 5 Detox Daily
- 6 Fix Digestion
- 7 Cheat to Trick Metabolism



# 1

# EAT LIKE THIS

## Eat breakfast.

Have a hearty breakfast to rev up your metabolism for the day. Eating a high-protein breakfast wakes up your liver and kicks your metabolism into gear. **A high-protein breakfast can increase your metabolic rate by 30 percent for up to twelve hours**, which is the calorie-burning equivalent of a three to five-mile jog. You especially don't want to skip breakfast. When you skip breakfast, it means your body goes without fuel for about fifteen hours, including the overnight hours. This causes it to automatically store fat over the next twenty-four hours because it thinks it's in starvation mode or a deprived state.

## Eat more frequently.

The goal is to not let more than four hours pass without a meal or snack. Yes, ironically, it is important to eat to lose weight! The number of times you eat is important to keep your metabolism revved up. Every time you eat, you have to burn calories to digest your food and eating increases your metabolic rate. When more than five hours pass without eating, your body automatically lowers its metabolic rate. In contrast, by eating meals and snacks throughout the day, your body stays at a steady metabolic burn rate that helps you burn calories and fat all day. **Remember, we are eating every three or four hours because eating less will slow your metabolism.** So, eat more. Yes, you can do that!

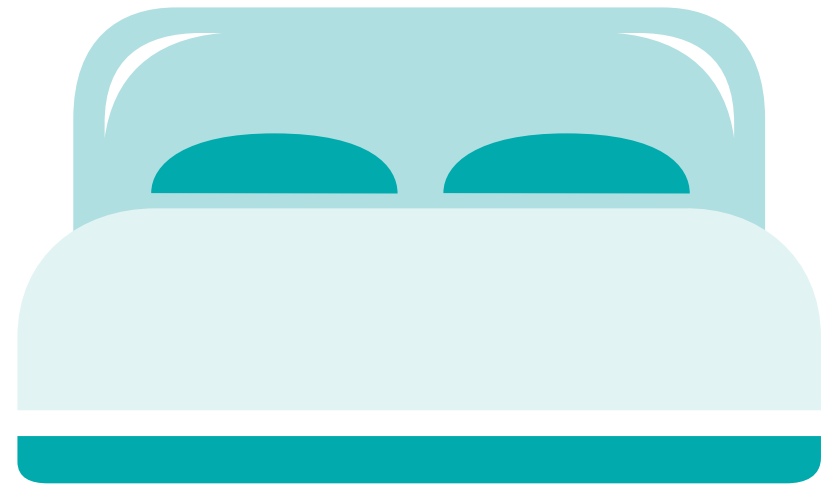


# 1

# EAT LIKE THIS

## Don't eat right before going to bed.

Eating before bed is a guaranteed way to slow your metabolism and gain weight. The easy solution is to eat dinner and give yourself at least two to three hours after you eat before you go to sleep. You may even want to eat more lightly at dinner and eat the heaviest at breakfast. The fat-burning systems in the body slow, rest and repair at night while you're sleeping.



# 1

# TOP 10 FOODS THAT BOOST YOUR METABOLISM

- 1. Green Leafy Vegetables:** Fill your refrigerator with kale, wheatgrass, spinach, spirulina, alfalfa, chard, arugula and other organic leafy greens. One way to add these vegetables to your diet is through drinking green smoothies!
- 2. Lean Beef, Chicken, and Turkey:** These are all good sources of lean protein. The more protein you eat, the harder your body has to work to digest it, resulting in more calories burned during the eating process.
- 3. Fish and Seafood:** Most fish contains Omega-3 fatty acids. French researchers found that men who replaced 6 grams of fat in their diets with 6 grams of fish oil (Omega-3 fatty acids) were able to boost their metabolisms and lose an average of two pounds in just twelve weeks.
- 4. Beans:** Beans are loaded with fiber, which helps you feel full longer, preventing cravings and binges.
- 5. Berries.** Berries are loaded with antioxidants and keep your metabolism going strong. Eat them fresh or frozen.

# 1

# TOP 10 FOODS THAT BOOST YOUR METABOLISM

- 6. Citrus Fruits** (Grapefruits, Lemons, Limes and Oranges): These citrus-filled wonders aid the body in flushing out toxins, as well as jumpstarting the digestive tract and metabolism.
- 7. Whole-Grain Cereals (Oatmeal):** Cereals such as oatmeal boost the metabolism by keeping insulin levels low after you eat. If you secrete too much insulin, it results in the storage of body fat, which slows down your metabolism.
- 8. Onions/Garlic:** Onions and garlic help stimulate the liver to produce detoxification enzymes that help filter out toxic residues in the digestive system.
- 9. Spicy Foods** (Cayenne Pepper, Jalapeno Peppers, Chili Peppers): Are known as fat burners because it fires up your metabolism. It heats up the body and the body burns calories when it cools itself down.
- 10. Nuts and seeds:** Nuts and seeds are healthy fats that raise the body's metabolism.

# 1

# AVOID THESE FOODS AS MUCH AS POSSIBLE

1. **Refined Sugar** (white sugar)
2. **Refined Carbs** (breads, pastas, pizza, white rice, etc.)
3. **Trans Fats** (onion rings, fried chicken, french fries, corn dogs, funnel cakes)
4. **Saturated Fats** (pork sausage, bacon and whole-fat dairy products like milk, cream cheese)
5. **Sodas and Store-Bought Juices**



## 2

# DRINK LIKE THIS

The following drinks will help keep your metabolism revved up:

### Cold Water:

Drink more cold water. German researchers found that if you drink six cups of cold water a day, it can raise resting metabolism by about 50 calories daily, which in a year can help you shed about five pounds. This is because it takes more work for the body to heat the water to your body temperature. This is a small thing that can help you lose weight with very little effort. The German researchers also suggest that for up to 90 minutes after drinking cold water, you will keep your metabolism boosted by as much as 24 percent over your average metabolism rate.

### Detox Water:

Drinking apple cider vinegar (ACV) diluted with water one to three times a day is an easy and effective way to detoxify, improve digestion and boost your metabolism. ACV stimulates your metabolism and makes you burn fat faster. Because ACV stimulates digestion, it also reduces the amount of time fats remain in the digestive tract. If fats are present longer than necessary during digestion, more fat will be absorbed by the body.



## 2

# DRINK LIKE THIS

### Drink caffeinated coffee or tea.

Caffeine is a central nervous system stimulant and can speed up your metabolism by 5 to 8 percent, which helps to burn about 100 to 175 calories a day. This does not mean you should overdo it and drink several cups of coffee. Having one cup of coffee is sufficient, but too many cups of coffee can have adverse side effects. Additionally, green tea, my favorite metabolism booster, is found to provide many health benefits to the body.

- **Green Tea (or Oolong Tea):** Studies have shown that green tea is one of the best metabolism boosters you can drink. Green tea is better than black tea or coffee because its caffeine works in a different way. Green tea makes the body's own energy use more efficient, thereby improving your vitality and stamina without your having to experience the up-and-down effect typically experienced with caffeine.
- **Coffee:** Provided your cup is not laden with cream and syrup, 1-2 cups of coffee per day has shown to be helpful in speeding up your metabolism. The amount of caffeine in just 1 cup of coffee can temporarily increase the metabolism by 15%.

### Just a quick aside about caffeine:

About half the research shows caffeine from coffee and tea to be beneficial and about half suggests it has detrimental effects on the body. I'm with the half that says it can be beneficial and can improve the fat-burning process. Thus, I recommend drinking some caffeinated drinks like green tea or coffee in moderation.

# 3

## MOVE THIS WAY

Physical activity of any kind speeds up metabolism, and aerobic exercise gives it a significant boost. Also, the higher the intensity of the aerobic exercise, the more it will help your metabolism remain elevated for an extended period of time, so that you continue to burn calories even after you have stopped exercising.

To help your body burn fat, a combo of strength training and high-intensity interval training (HIIT) is ideal. This combo will also help you burn calories, build fat-burning muscle and avoid plateaus. The types of physical activities we will do during this Challenge are:

- Little Black Dress Challenge
- Tabata (4 minutes)

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**NOTE:** Swimming is probably one of the best exercises that burn the most fat, because just like cross-country skiing, it is a cardio exercise that involves full body exercise. It also makes a great cross-training for other aerobic exercises. You can burn up to 400 calories in just 30 minutes of doing the breast stroke.

# 3

# COMPLETE THE 30-DAY LITTLE BLACK DRESS CHALLENGE



## 30 LITTLE BLACK DRESS CHALLENGE

<b>1</b>	30 sec plank 10 mountain climbers 10 press ups	<b>2</b>	20 jumping jacks 10 burpees 10 high knees	<b>3</b>	20 squats 20 lunges 20 bridges	<b>4</b>	REST DAY	<b>5</b>	40 sec plank 15 tricep dips 20 mountain climbers	<b>6</b>	25 jumping jacks 20 burpees 20 high knees
<b>7</b>	25 bridges 30 squats 30 lunges	<b>8</b>	REST DAY	<b>9</b>	60 sec plank 25 tricep dips 25 mountain climbers	<b>10</b>	30 jumping jacks 30 burpees 30 high knees	<b>11</b>	30 bridges 30 squats 30 lunges	<b>12</b>	REST DAY
<b>13</b>	70 sec plank 30 tricep dips 30 mountain climbers	<b>14</b>	35 jumping jacks 35 burpees 35 high knees	<b>15</b>	35 bridges 35 squats 35 lunges	<b>16</b>	REST DAY	<b>17</b>	80 sec plank 40 tricep dips 40 mountain climbers	<b>18</b>	40 jumping jacks 40 burpees 40 high knees
<b>19</b>	40 bridges 40 squats 40 lunges	<b>20</b>	REST DAY	<b>21</b>	90 sec plank 45 tricep dips 40 mountain climbers	<b>22</b>	45 jumping jacks 45 burpees 45 high knees	<b>23</b>	45 bridges 45 squats 45 lunges	<b>24</b>	REST DAY
<b>25</b>	100 sec plank 50 tricep dips 50 mountain climbers	<b>26</b>	50 jumping jacks 50 burpees 50 high knees	<b>27</b>	50 bridges 50 squats 50 lunges	<b>28</b>	REST DAY	<b>29</b>	60 tricep dips 60 mountain climbers 60 jumping jacks	<b>30</b>	60 high knees 60 squats 60 lunges



# 3

# COMPLETE TABATA DAILY



Tabata, known as the 4 minute Fat Burning Miracle, can help you burn more fat than a traditional 60-minute aerobic workout.

Yes, studies show that 4 minutes of Tabata can get you better results than an entire hour of running on the treadmill. It will also increase your resting metabolic rate, which will help you burn fat all day long.

Tabata training will raise your metabolism and heart rate, immediately causing your body to have to work much harder to keep it up. This will cause your heart to pump faster and your metabolism to jump. Your metabolism will stay at that high not only during the workout, but after the workout as well. This means that your body will be burning fat for hours after.

Tabata is a high-intensity workout protocol invented by Dr. Izumi Tabata, a Japanese physician and researcher.

# 3

# HOW TO DO TABATA

Do each exercise for 20 seconds, followed by a 10 second rest. Complete 8 rounds for a total of 4 minutes. Most people use the free Tabata App as their timer.

Choose from the following exercises, mixing and matching moves from the list below. Be sure to keep your intensity level high and push yourself as hard as possible during the 20 seconds:

- Burpees
- Jumping Jacks
- Squat Jumps
- Speed Skaters
- High Knees
- Jumping Rope
- Mountain Climbers
- Suicide Runs
- Box Jumps
- Butt Kicks

**WORK**  
**00:20**

**REST**  
**00:10**



**8 CYCLES**  
**(4 MINUTES)**

# 4 SLEEP MORE

The amount of rest you get each night doesn't only affect your mood and productivity the next day. **Researchers have found that it also affects your metabolism.** Sleep-deprived individuals have a decreased ability to manage blood sugar levels and also may find themselves hungrier (particularly for sugar and carbs).



**Aim for eight hours—you'll not only feel re-energized, but it'll also positively impact your metabolism too.**

Sleep is one of my favorite ways to boost my metabolism, so I try to get a full eight hours of sleep each night. When you don't get enough sleep, your energy is low throughout the day. When the body feels tired from a lack of sleep, it seeks to increase energy by consuming food, causing you to crave more sugar, salt and fats.

In late 2004, for example, researchers showed a strong connection between sleep and the ability to lose weight; the more one sleeps, the better the body can regulate the chemicals that control hunger and appetite. One of these hormones is leptin, which is responsible for telling your brain that you are full. When functioning normally, it induces fat burning and reduces fat storage.

# 4 SLEEP MORE

Many Americans are sleep-deprived, and perhaps you are one of them. Here's something you probably don't know: Sleep helps you burn fat! An interesting 2010 study found that **dieters who slept 8.5 hours a night lost twice as much fat as those who got 5.5 hours of sleep or less.** You mean to tell me that sleep can help you burn twice as much fat?

Sleep is the body's way of recharging **the system and is the easiest, yet most underrated activity to heal the body.** Sleep also helps to eliminate puffy red eyes and dark circles. There isn't anything that can compensate for lack of sleep. Lack of sleep accelerates wear and tear, accelerates aging and pushes the body out of its natural balance and rhythm.

Short-changing sleep time or going to bed stressed interferes with the best time for losing those extra pounds. So be sure to relax or meditate before going to sleep. Relaxing causes cortisol levels to drop, which will in turn help your body burn more calories. In short, **getting enough sleep helps you burn more calories at night and during the day.**



# 4

# 6 WAYS TO GET MORE QUALITY SLEEP

SLEEP TIP:	DETAILED EXPLANATION
<b>1</b> <b>Keep a Regular Sleep Schedule</b>	If you go to bed and get up at the same time each day, you will feel much more refreshed and energized than if you sleep at different times and for a different amount of hours. Consistency is important. So try to go to bed at the same time every night—whenever you normally get tired, whatever that is for you.
<b>2</b> <b>Take Naps</b>	A good nap can make up for lost sleep, and doing that is much better than letting sleep deprivation build up over weeks and months. If you need to make up for a few lost hours, try to sneak in a daytime nap rather than sleeping late. A good nap typically lasts for about ten to thirty minutes. Don't do two hours, as that will really mess up your sleep cycle.
<b>3</b> <b>Avoid caffeine in the evening</b>	Caffeine is a stimulant. Avoid having any within five hours of your bedtime. This may help improve sleep quality too!
<b>4</b> <b>Create a comfy sleep environment.</b>	It should be dark, quiet, comfortable, and cool. Eye shades/masks and earplugs help block out distractions, such as a snoring partner. You could also go in a basement where it is quieter and cooler.
<b>5</b> <b>Make a "To-Do" List Before Bedtime</b>	When we lie down to go to sleep, often our minds are racing like crazy, thinking about all we have to do the next day—pay bills, respond to e-mails, finish chores, etc. If you can't shut off these thoughts, it helps to make a list of everything you need to do the next day. This really works for me. Otherwise, I can make myself crazy thinking about all the stuff I need to do! If you make a list, it will help you put these thoughts aside and relax enough to fall asleep.
<b>6</b> <b>Take a sleep supplement</b>	If you struggle with sleep following the other suggestions, you could also try three natural supplements called Power to Sleep (Irwin Naturals), 5-HTP or Melatonin, which are popular sleep aids that help to boost serotonin levels, which improve mood and sleep.

# 5 DETOX DAILY

**Toxins hinder the body's ability to burn fat by up to 20 percent.** Toxins released during weight loss interfere with mitochondrial function, which reduces your body's ability to burn fat.

Toxins can affect your ability to lose weight by slowing down your metabolism and decreasing your ability to burn fat.

**As toxins circulate in the body, namely the blood, it slows down your resting metabolic rate.** In a study in 1971, the University of Nevada's Division of Biochemistry determined that chemical toxins weakened a special coenzyme that the body needs to burn fat by 20 percent. Toxins (pesticides, food additives, herbicides) interfere with the body's fat-burning process and make it harder to lose fat.



**Toxins can interfere with all the delicate appetite-control systems** that are regulated by hormones and neurotransmitters from the fat cells, the gut and brain. Besides directly lowering thyroid hormone levels, metabolic rate and fat burning, toxins can damage the mechanisms that control appetite.

**As toxins are being released from fat cells, they may cause the thyroid to slow down,** negatively impacting metabolism. When the thyroid slows down, so does metabolism, which leads to weight gain and low energy.

# 5

## SELECT 3-5 DETOX METHODS PER WEEK

1. Acupuncture for Detoxing
2. Alkaline Water
3. Ayurvedic Massage
4. Bikram Yoga
5. Body Brushing
6. Candida Cleanse
7. Castor Oil Packs
8. Chi Machine
9. Coffee Enema
10. Colon Cleansing Herbs
11. Colonics
12. Detox Foot Pads
13. Detox Water
14. Epsom Salt Bath
15. Foods That Detoxify the Body
16. Green Smoothies
17. Heavy Metal Detox
18. Light Physical Activity
19. Liver Cleansing Herbs/Supplements
20. Parasite Cleanse
21. Sauna

# 6

# FIX DIGESTION

## **A healthy gut is the hidden key to weight loss!**

Studies have shown that changes in the gut flora can increase the rate at which we absorb fatty acids and carbohydrates and increase calories being stored as fat. This means that someone with bad gut flora (bad digestion) could eat the same amount of food as someone with a healthy gut, but extract more calories from it and gain more weight.

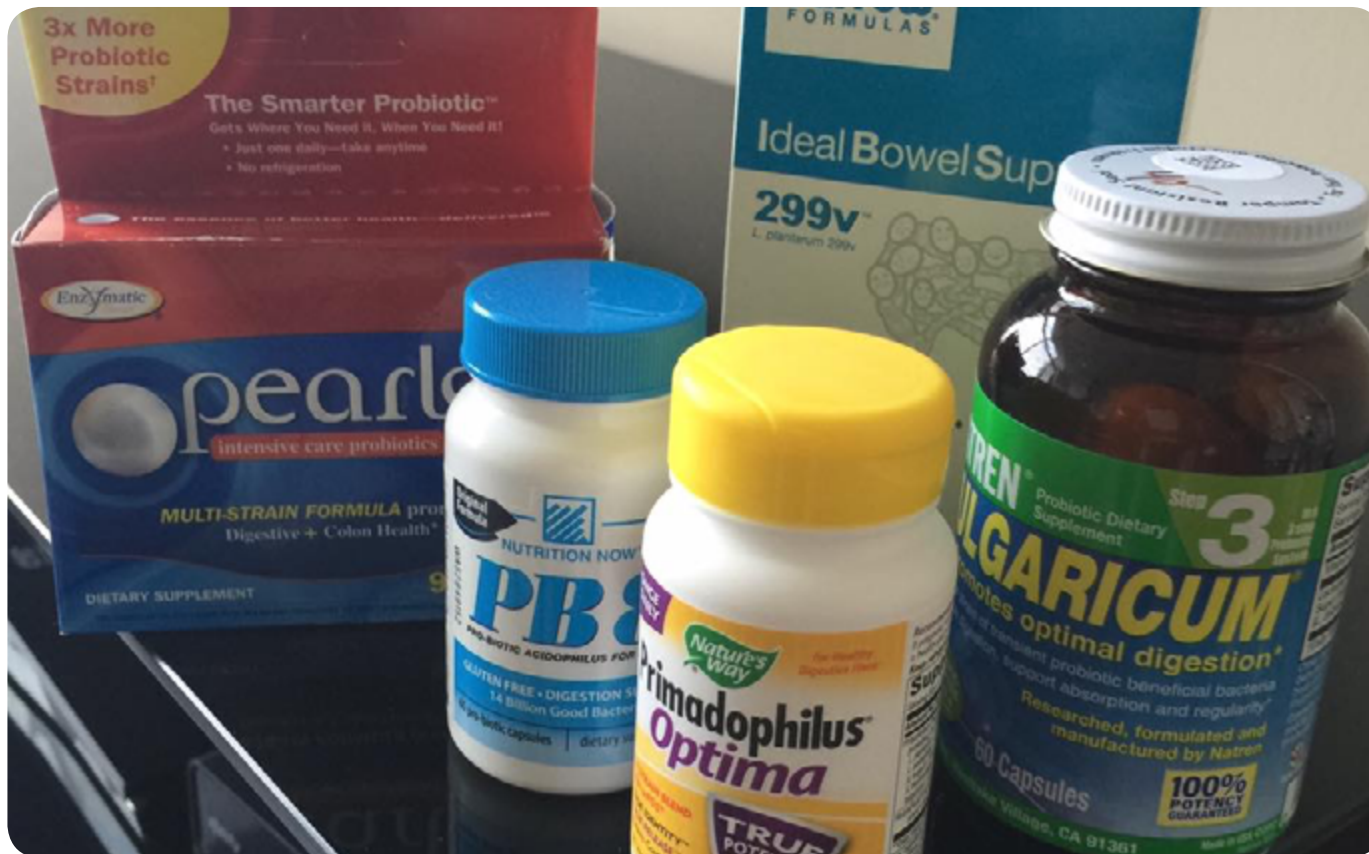


**Fixing your digestion doesn't require a change in diet or exercise! Simply including a probiotic supplement once or twice a day can naturally boost your metabolism without much effort on your part.**

Fixing your digestion will also reduce inflammation in the body, which in turn will speed up the metabolic rate and calorie burn. In addition to probiotic supplements, you can consume good bacteria (probiotics) through whole foods, such as Greek yogurt and kefir, kombucha, and fermented vegetables.

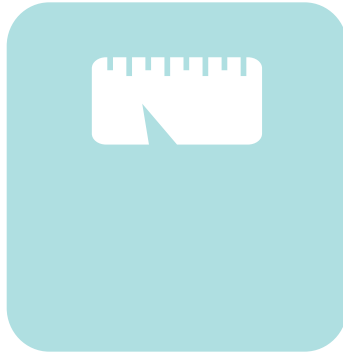


# 6 HERE ARE JJ'S FAVORITE PROBIOTICS



# 7

# CHEAT TO TRICK YOUR METABOLISM



## **Cheat Meals Actually Boost Your Metabolism And Help You Lose Weight!**

Cheat meals serve a couple of purposes. First, it is important to clarify that a cheat is most successful when a single meal that day is regarded as the cheat. If you allow all of your hard work to unravel for an entire day, you can quickly void the progress you have been making all week, especially if weight loss is a goal.

By providing the body with one high-calorie, carbohydrate-dense meal you are stoking the metabolic fire by driving these hormones back to normal levels, stopping the metabolic slow-down and increasing metabolic rate.

By providing the body with spikes in both calories and carbohydrates, you are able to trick the body into forgetting it's on a low calorie "diet". This keeps it from entering starvation mode. If the body is not provided these calorie/carbohydrate spikes, it will continue to down-regulate the thyroid. This leads to lower metabolic rate, decreased fat burning, increased hunger and cravings.

# 7

# 5 TIPS FOR SUCCESSFUL CHEAT MEALS

1. First thing's first: **It's a cheat meal, not a cheat day.** Cheat meals should be a part of your diet, but cheat days will ruin your diet.
2. Don't have too many cheat meals throughout the week.
3. Schedule cheat meals and plan ahead (like for holiday functions, birthdays, and other celebrations).
4. Don't overindulge and drink too much alcohol.
5. Cleanse your colon with Mag07 or Saltwater Flush (SWF) after a cheat meal.



# THE WEEKLY CHECKLIST

Plan and execute!

# WEEKLY FLAT BELLY PLAN

## WEEK: .....

DAY	BOOST MY METABOLISM MEAL PLAN			7 BOOST MY METABOLISM STRATEGIES						
	Breakfast	Lunch	Dinner	1 Eat Like This	2 Drink Like This	3 Move This Way	4 Sleep More	5 Detox Daily	6 Fix Digestion	7 Cheat to Trick Metabolism
1										
2										
3										
4										
5										
6										
7										

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# THE MEAL PLAN & RECIPES

Choose from these recipes that include foods that boost your metabolism.

# THE MEAL PLAN

We have provided 25 recipes for breakfast, lunch/dinner and snacks/desserts. These recipes are designed to help you boost your metabolism during this Challenge.



Each day, you can choose any of the recipes to eat or any of your favorite healthy, clean meals. By having 1-2 green smoothies per day, you will accelerate your results.

Before you eat anything, ask yourself, is this a healthy, nutrient-rich food or empty calories? Commit to be mindful of everything you eat. Choose nutrient-rich foods, not empty calories. Eating junk foods is like eating empty calories. Focus on eating foods high in vitamins, minerals, phytonutrients, fiber, and omega-3 fatty acids.

It's important to drink plenty of water and stay hydrated. Drinking water helps boost your metabolism, cleanse your body of waste and toxins, and decrease your appetite. Additionally, drinking more water will help reduce fluid retention, and release water weight. **You should drink half your body weight in ounces daily.** As an example, if you weigh 180 pounds, you should be drinking 90 ounces of water daily.

# RECIPE SUMMARY

## Breakfast

[Baked Blueberry Oatmeal](#)  
[Egg White Omelets](#)  
[Granola Berry Parfait](#)  
[Basic Healthy Oatmeal](#)  
[Almond Butter Oatmeal](#)

## Snacks/Desserts

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BOOST MY METABOLISM MEALS

# BREAKFAST RECIPES

# Baked Blueberry Oatmeal

## INGREDIENTS:

- 2 medium ripe bananas, sliced into small pieces
- 1 1/2 cup blueberries
- 1/4 cup agave or honey
- 1 cup uncooked quick oats
- 1/4 cup chopped walnuts (pecans would also work)
- 1/2 tsp baking powder
- 3/4 tsp cinnamon
- Pinch of salt
- 1 cup unsweetened almond milk
- 1 egg
- 1 tsp vanilla extract



## DIRECTIONS:

1. Preheat the oven to 375° F. Lightly spray a 8 x 8" or 9 x 9" ceramic baking dish with cooking spray
2. Arrange the banana slices in a single layer on the bottom of the ceramic dish. Sprinkle half of the blueberries over the bananas, 1/4 tsp of the cinnamon, 1 tbsp of the honey and cover with foil. Bake 15 minutes, until the bananas get soft.
3. In a medium bowl, combine the oats, half of the nuts, baking powder, remaining cinnamon, and salt; stir together. In a separate bowl, whisk together the remaining honey, milk, egg, and vanilla extract.
4. Remove the bananas from the oven, then pour the oat mixture over the bananas and blueberries. Pour the almond milk mixture over the oats, making sure to distribute the mixture as evenly as possible. Sprinkle the remaining blueberries and walnuts over the top. Bake the oatmeal for about 30 minutes, and serve warm.

# Egg White Omelets

with Asparagus, Red Bell Pepper, Baby Bella Mushrooms and Onions

## INGREDIENTS:

- 3 egg whites
- 4 asparagus spears steamed
- 1/2 red bell pepper sliced
- 7 sliced baby bella mushrooms
- 3 slices (half) sweet onions
- 1 tsp olive oil
- Sprinkle of low fat mozzarella cheese for garnish.
- Sprinkle of parsley flakes for garnish

## DIRECTIONS:

1. Cook veggies in olive oil till tender than add to middle of omelet fold over



# Granola Berry Parfait

## INGREDIENTS:

- 1/2 cup raspberries
- 1/2 cup blueberries
- 1 banana sliced
- 1 and 1/2 cups of Granola
- 1 container of fat-free yogurt

## DIRECTIONS:

1. Layer the banana, blueberries/raspberries, yogurt and granola in 2 tall glasses
2. Serve immediately.



# Basic Healthy Oatmeal

## INGREDIENTS:

- 1 and 3/4 cup water
- 1 cup rolled oats
- 1/3 to 1/2 Teaspoon of Stevia powder (sweeten to taste)
- 1/16 teaspoon sea salt (optional)
- Toppings (unsweetened almond milk, berries, almonds, raisins, cinnamon)

## DIRECTIONS:

1. Place water and salt in a medium pan and bring to a boil and stir in oats
2. Reduce heat to medium and cook for an additional 5 minutes, stirring as needed
3. Remove from heat, cover and let sit for 4-5 minutes.
4. Sprinkle with stevia and add in any of the topping above.





# Almond Butter Oatmeal

## INGREDIENTS:

- 1 cup cooked oats (cooked in unsweetened almond milk)
- 2 Tablespoons almond butter
- 1 Teaspoon cinnamon
- 1 Tablespoon honey

## DIRECTIONS:

1. Make sure the oats are warm so everything melts properly.
2. Combine all ingredients in a bowl and mix until well combined.



BOOST MY METABOLISM MEALS

# LUNCH/DINNER RECIPES

# Seared Scallops

## with Vinaigrette Sauce

### INGREDIENTS:

- 1 pound sea scallops
- 3/4 cup soy milk
- 6 Teaspoon olive oil, divided
- 2 cups frozen green peas
- 2 green onions rinsed and thinly sliced
- 1/4 Teaspoon sea salt, divided
- 1 Teaspoon fresh thyme leaves
- 1 Teaspoon fresh lemon juice
- 2 Teaspoon white wine vinegar
- 1 Teaspoon minced fresh mint
- 1/2 Teaspoon raw honey



### DIRECTIONS:

1. Heat a skillet on medium-low and add 1 teaspoon oil and swirl to coat skillet.
2. Add green onions and 1/8 teaspoon salt and cook, stirring occasionally, until onions are softened and just starting to brown.
3. Add thyme, peas and soy milk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.
4. Scrape pea-milk mixture into a blender and purée until smooth, adding a bit more milk to thin, if necessary.
5. Heat a large skillet on medium-high. Add 1 teaspoon oil and swirl to coat pan.
6. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about 3 minutes per side, until golden brown and barely firm to the touch. Place scallops to a plate.
7. In a small bowl, whisk together remaining 4 teaspoons of oil, lemon juice, vinegar, 1 teaspoon water, mint, honey and remaining sea salt.
8. To serve, spoon 1/2 cup pea purée onto each of 4 plates and top with 4 scallops.
9. Spoon vinaigrette over top of scallops and serve.

# Apple Walnut Spinach Salad

## INGREDIENTS:

- 1 apple, peeled, cored and cut into bite-sized pieces
- 4 tablespoons lemon juice, 2 tablespoons set aside
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon raw honey
- 6 cups baby spinach
- 1/3 cup crumbled feta cheese
- 1/2 cup chopped walnuts

## DIRECTIONS:

1. Toss apples with 2 tablespoons of lemon juice.
2. Make dressing: Whisk together the 2 remaining tablespoons of lemon juice, olive oil, apple cider vinegar, and raw honey. Add salt and ground pepper to taste.
3. Place baby spinach in a large bowl, add dressing, and toss.
4. Add apples to salad.
5. Sprinkle feta cheese and walnuts on top.



# Kale and Onion Soup

## INGREDIENTS:

- 1 bunch kale with stems removed, washed and chopped
- 1 small sliced onion
- 1 quart of vegetable broth

## DIRECTIONS:

1. Bring to a simmer for about 4 hours and let cool.
2. Separate the solids from the broth in a strainer
3. Place the onion and kale into a food processor and puree until creamy.
4. Add the broth to the blender and stir, and serve.



# Green Leafy Stir Fry

## INGREDIENTS:

- 1 pound of dark leafy veggies (such as collards, kale, spinach, mustard greens, dandelion greens, etc.)
- 2 Tablespoons Peanut oil
- 3 cloves of garlic chopped finely
- 1/2 inch cube of ginger (grated)
- 1 Tablespoon cooking sherry
- 2 Teaspoons of soy sauce
- 1 Teaspoon sesame oil
- Pinch of raw sugar

## DIRECTIONS:

1. Slice green into 1 inch wide sections and wash and dry greens.
2. In a large nonstick skillet, heat the peanut oil over medium-high heat and add in the garlic and ginger.
3. Cook, stirring constantly for a few minutes or until stems begin to soften.



# Southern-Style Greens

## INGREDIENTS:

- 2 Packages of Southern-style Greens
- 1 Onion
- 3 Garlic Cloves
- 4 Tablespoons Olive Oil
- 1/2 cup of apple cider vinegar
- 3 Tablespoons Smoked Paprika
- 2-3 Quarts of Vegetable Stock or Broth
- Smoked Turkey Wings (optional)

## DIRECTIONS:

1. Preheat stockpot to med-high heat, add olive oil.
2. Sauté the onions, garlic until tender and fragrant, add southern greens in batches and cook until all have been season and coated with olive oil.
3. Deglaze pot with apple cider vinegar, continue to cook greens.
4. Add vegetable broth and turn greens down to low heat and cook for 45 minutes or until desired tenderness. Add smoked turkey wings at this time also.



# Strawberry, Spinach and Broccoli Salad

with Macadamia Nuts

## INGREDIENTS:

- 4 cups baby spinach, lightly packed
  - 2 cups broccoli florets, cut into small bite-sized pieces
  - 2 cups sliced fresh strawberries
  - 1/2 avocado, diced
  - 1/4 cup unsalted macadamia nuts, coarsely chopped
- Dressing:
- 1 Tbsp low sodium soy sauce or tamari
  - 2 tsp rice vinegar
  - 2 tsp sesame oil
  - 1 tsp agave
  - 1/2 tsp Dijon mustard
  - 1 Tbsp chia seeds

## DIRECTIONS:

1. Take salad bowl, add the spinach, broccoli florets, sliced strawberries, avocado, and macadamia nuts.
2. In a small bowl, whisk together the dressing ingredients and pour over the salad. Toss gently to combine and serve immediately.





# Baked Chicken

## With Veggies

### INGREDIENTS:

- 2 pounds chicken, quartered, without skin
- Sea salt and freshly ground pepper to taste
- 1 lemon, halved
- 3 tablespoons extra-virgin olive oil
- 1 cup broccoli florets
- 1 cup baby carrots, chopped into 1/2 inch pieces
- 1 small red onion
- 2 tablespoons fresh dill, chopped

### DIRECTIONS:

1. Preheat oven to 500 degrees F.
2. Rinse chicken and pat dry.
3. Season with salt and pepper, then place in roasting pan.
4. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil.
5. Roast for 15 minutes.
6. While the chicken is roasting, thinly slice the red onion.
7. Toss the broccoli, carrots, and onions with remaining 2 tablespoons olive oil in a bowl; season with salt and pepper.
8. Remove chicken from oven and scatter vegetables around it.
9. Continue to bake until vegetables are tender and chicken is golden and cooked throughout, about 20 to 25 more minutes.
10. Remove chicken from oven and squeeze juice from remaining 1/2 lemon over chicken and vegetables.
11. Top with the dill and season with salt and pepper.



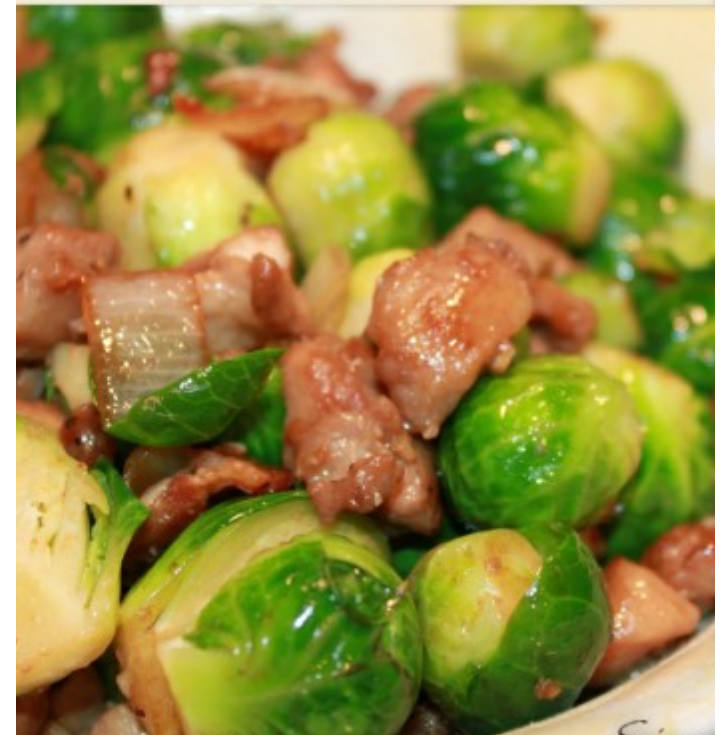
# Chicken and Brussels Sprouts

## INGREDIENTS:

- 1 pound Brussels sprouts, cleaned and halved
- 7 ounces chicken breast, baked and cut into small pieces
- 3 shallots, diced
- 2 teaspoons onion powder
- 1 tablespoon garlic powder
- 1/2 cup clean chicken stock or broth
- Salt & pepper to taste

## DIRECTIONS:

1. Add all ingredients to a pan and cook over medium heat, covered for about 10 minutes.
2. Remove lid and continue to cook until all liquids have cooked out.
3. If you prefer the Brussels sprouts to be a bit browned, continue to cook without adding liquid for an additional 5-10 minutes



# Pan-Seared Salmon

## INGREDIENTS:

- 4-6oz portions of Salmon fillets
- 1-tablespoon olive oil
- Salt and pepper to taste
- 2 tablespoons Old Bay Seasoning

## DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Spray a baking dish with non-stick cooking spray.
3. Rinse salmon filets under cool water, and pat dry with paper towels.
4. Season Salmon with Old Bay Seasoning.
5. Turn the stove on high heat, place pan on stove and pour Olive Oil in pan.
6. Place fillets in hot sauté pan with Olive oil.
7. Cook on both sides for 2 1/2 minutes until brown crust forms then remove, place in preheated oven until the fish is white, about 5 minutes.



# Shrimp and Scallops

## INGREDIENTS:

- 1 pound sea scallops
- 1/4 cup nut flour, seasoned with salt and pepper
- 1 tablespoon extra- virgin olive oil
- 2 tablespoons butter
- 2 cloves garlic, chopped
- 1 large shallot, finely chopped
- 1/2 teaspoon crushed red pepper flakes
- 1 cup dry white wine
- 1 cup chicken broth or stock
- 1 (14-ounce) can diced tomatoes in juice
- 1/4 teaspoon saffron threads
- 1 pound large shrimp, peeled and deveined
- 12 leaves fresh basil, shredded or torn
- 1 lemon, zested

## DIRECTIONS:

1. Lightly coat the sea scallops in any nut flour seasoned with salt and pepper. Discard remaining flour.
2. Preheat a large skillet over medium high heat. Add oil (1 turn around the pan) and butter. When butter melts into oil, add scallops. Brown scallops 2 minutes on each side, then remove from pan.
3. Add an additional drizzle of olive oil to the pan and add the garlic, shallots, and crushed red pepper flakes.



4. Reduce heat a little and sauté garlic and shallots 2 minutes, stirring constantly. Add wine to the pan and free up any pan drippings.
4. Reduce wine 1 minute, then add stock, tomatoes and saffron threads. When liquids come to a bubble, add shrimp and cook 3 minutes. Return scallops to the pan and cook shrimp and scallops 2 to 3 minutes longer. Transfer shrimp and scallops to a warm serving dish and top with basil and lemon zest.

# Spinach Strawberry Salad

## with Vinaigrette Dressing

### INGREDIENTS:

- 6 cups loosely packed baby spinach
- 1 cup strawberries (without stem)
- 1/4 cup toasted pumpkin seeds

### Vinaigrette Dressing:

- 1/4 cup extra virgin olive oil
- 2 TB red wine vinegar
- 1 Tsp Dijon mustard
- 1 Tsp agave
- Pinch sea salt

### DIRECTIONS:

1. Place spinach and 1/2 cup strawberries (cut in halves) in large bowl
2. In small bowl, whisk together vinaigrette dressing ingredients
3. Pour over salad and toss to coat evenly.
4. Top with remaining seeds and strawberries.



# Grilled Snapper

## INGREDIENTS:

- 1 Tablespoon of Extra virgin olive oil
- Juice of 1/2 squeezed lemon
- 3 minced cloves of garlic
- 1/2 cup halved cherry tomatoes
- 6 fillets of Red Snapper
- 1/2 Teaspoon salt
- Dash of pepper

## DIRECTIONS:

1. In a small bowl, add the olive oil, lemon juice, and minced garlic then whisk together.
2. Add the red snapper fillets to the mixture then let it sit for 10 minutes to marinate.
3. While the fillets are marinating, prepare the grill.
4. Add the marinated fish and cherry tomatoes to the prepared and heated grill rack. Flip the fish over after about 5 minutes and grill the tomatoes until tender.
5. The fish should be completely cooked within 10 minutes.
6. Plate and serve immediately



# Sautéed Tomatoes and Spinach

## INGREDIENTS:

- 2 plum tomatoes, seeded and diced
- 1 bunch of spinach (~6 cups loosely packed)
- 2 Tablespoons Grapeseed oil
- 1 small onion chopped finely
- 3 garlic cloves (minced)
- 2 Teaspoons fresh ginger
- 1/2 Teaspoon sea salt
- 1/2 Lemon

## DIRECTIONS:

1. Heat a large skillet over medium-high heat and sauté the onions in the oil for 2 minutes.
2. Add in the ginger, garlic and sea salt and sauté for another 30 seconds
3. Add in the tomatoes and sauté for about 2 minutes
4. Add in the spinach and cook until the spinach is wilted; Add splashes of water so that the spinach doesn't burn
5. Sprinkle in lemon juice and serve.



# Pineapple Peppered Mahi-Mahi

## INGREDIENTS:

- 4 4-oz boneless, skinless mahi mahi fillets
- 1 cup whole-wheat couscous
- 2 and 1/3 cups low-sodium chicken broth, divided
- 2 Teaspoon extra-virgin olive oil
- 1/4 Teaspoon sea salt and fresh ground black pepper
- 2 cups chopped fresh pineapple
- 1 red bell pepper, diced
- 2 Tablespoon chopped fresh chives

## DIRECTIONS:

1. In a small saucepan, bring 1 1/3 cups broth to a boil on high heat. Stir in couscous. Remove from heat immediately, cover and let sit for 5 minutes, until liquid is absorbed.
2. Meanwhile, in a large skillet, heat olive oil on medium-high.
3. Season both sides of mahi mahi with sea salt and black pepper. Add mahi mahi to skillet and cook for 1 minute per side, until golden. Remove from pan and set aside.
4. Add pineapple and bell pepper to skillet and cook on medium-high for 2 minutes, until soft, stirring occasionally.
5. Stir in cooked couscous, remaining 1 cup broth and chives and mix well.
6. Arrange mahi mahi on top of couscous mixture, cover with foil and cook for 2 minutes, until mahi mahi is tender and steaming under foil.





# Collards and Black Eyed Peas

## INGREDIENTS:

- 1 large bunch collard greens
- 1 and 1/2 cup cooked black eyed peas
- 2 garlic cloves, minced
- 2 Tablespoons extra virgin olive oil
- 1/2 onion diced
- Dash of apple cider vinegar

## DIRECTIONS:

1. Chop collard greens into bite-size pieces
2. In large pot over medium heat, sauté garlic and onion in olive oil until soft.
3. Add collard greens and stir until they wilt
4. Add extra water as needed to prevent collards from burning
5. Add black-eyed peas and vinegar and continue cooking for 3-4 minutes to heat throughout.
6. Season to taste with sea salt and pepper and serve.



# Honey Lemon Chicken Kabobs

## INGREDIENTS:

- 1/4 cup Olive Oil
- 1/3 cup Honey
- 1/3 cup low sodium soy sauce
- 1/4 teaspoon lemon pepper
- 8 boneless, skinless chicken breast halves, cut into 1 inch cubes
- 2 red bell peppers
- 4 small onions cut into 2 inch pieces
- 2 garlic cloves
- Salt and pepper to taste

## DIRECTIONS:

1. In a large bowl, whisk together oil, honey, soy sauce, and lemon pepper. Before adding chicken, reserve a small amount of marinade to brush on the kabobs during the cooking process.
2. Place chicken, garlic, onions, and peppers in the bowl, and marinate in the refrigerator for 2 hours or 30 mins for quick marinade the longer the better. Soak the skewers into water fully submerged for 2 hours or 30 mins.
3. Preheat the grill for high heat.
4. Drain the marinade from the chicken and vegetables, and discard the marinade. Thread chicken and vegetables alternatively onto the skewers.
5. Lightly oil the grate. Place the skewers on the grill. Cook for 12-15 minutes, until chicken is firm to the touch and the juices run clear.



BOOST MY METABOLISM MEALS

# SNACK/DESSERTS RECIPES

# Broiled Honey Grapefruit

## INGREDIENTS:

- 1 grapefruit
- 1 teaspoon coconut oil
- 1 teaspoon honey

## DIRECTIONS:

1. Cut your grapefruit in half.
2. Spread half the oil over the top of each half of the grapefruit and then spread the half the honey over each half as well.
3. Place on a parchment lined cookie sheet or inside a baking dish and broil in the oven for about 5 to 8 minutes (time will vary by oven, so keep an eye on it)
4. Allow to cool slightly and serve.



# Kale Chips

## INGREDIENTS:

- 1 bunch of kale
- 1 teaspoon seasoned salt
- 1 tablespoon olive oil (extra virgin is fine)

## DIRECTIONS:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale.
3. Drizzle kale with olive oil and sprinkle with seasoning salt.
4. Bake until the edges brown but are not burnt, 10 to 15 minutes.



# Cucumber Tomato Salad

## INGREDIENTS:

- 5 cups of heirloom tomatoes
- 2 small cucumbers
- 1 avocado, peeled and pitted
- 1/4 red onion finely chopped
- 1/4 fresh basil, chopped
- 1 Tablespoon red wine vinegar
- 2 Tablespoons extra virgin olive oil

## DIRECTIONS:

1. Chop tomatoes, cucumbers and avocado into small, bite-size pieces and combine into a serving dish
2. In separate bowl, combine onion, basil, vinegar, oil and salt and pepper to taste
3. Pour over tomatoes and serve.



# Oatmeal Cookies

with Raisins, Coconut, Nuts, or Chocolate Chips

## INGREDIENTS:

- 2 ripe bananas (mashed)
- 1 cup quick-cooking oats (uncooked)
- 1/4 cup raisins, coconut, chopped nuts or chocolate chips (pick 1 or 2 of these add-in ingredients)

## DIRECTIONS:

1. Heat oven to 350 degrees
2. In a bowl, combine mashed bananas, oats and your add-in ingredient(s)
3. Spoon tablespoons of mixture onto cookie sheet
4. Bake 15-20 minutes or until edges are brown



# GOOD LUCK!