

# Download File PDF The Fast Metabolism Diet

## #Jenny



Finally I get this ebook, thanks for all these I can get now!

## #Rio



Cool! I'am really happy

## #Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

## #Hun Tsu



wtf this great ebook for free?!

## #Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

## #Diego Butler



so many fake sites. this is the first one which worked! Many thanks

**PORTION SIZES - based on weight loss of 20 lbs. or more**  
**1. of 1 1 VEGGIES, FRUITS AND MEATS ARE TO BE MEASURED RAW**

<b>Phase 1</b>	<b>Grains</b> 1-1/2 cup cooked 1/8 cup or 1-1/2 oz. crackers/prestak (FMD approved) 1-1/2 slice sprouted grain bread or 1-1/2 sprouted grain tortilla (8 1/2" English muffin) 1-1/2 cup rice milk Flours - oat, brown rice, tapioca, spelt, arrowroot and quinoa - 6 Tbs. Cooked cereal - 3/8 cup	<b>Proteins</b> 6 oz. meat 9 oz. fish 3/4 c. cooked legumes 4 egg whites Deli meat as a snack - 3 oz. (4-5 thinly sliced nitrate-free meats), 6 oz. for a meal	<b>Veggies</b> Unlimited (Phase appropriate) Minimum 3 cups during meals for over 40 pound loss, 4 cups minimum	<b>Healthy Fats</b> None added to food or in cooking	
<b>Phase 2</b>	<b>Grains</b> None	<b>Fruits</b> Unlimited (lemons and limes ONLY)	<b>Proteins</b> 6 oz. meat 9 oz. fish 4 egg whites Deli meat as a snack - 3 oz. (4-5 thinly sliced nitrate-free meats), 6 oz. for a meal	<b>Veggies</b> Unlimited (Phase appropriate) Minimum 3 cups during meals for over 40 pound loss, 4 cups minimum	<b>Healthy Fats</b> None added to food or in cooking
<b>VEGANS AND VEGETARIANS ONLY:</b> 6 oz. tofu 2 1/2 c. edamame 6 oz. tempeh					
<b>NOTE: Snack portions on Phase 2 are half the size of meal portions.</b>					
<b>Phase 3</b>	<b>Grains</b> 3/4 cup cooked 1/4 cup or 3/4 oz. crackers/prestak (FMD approved) 1 slice sprouted grain bread, 1 sprouted grain tortilla (8 1/2" English muffin) Flours - oat, lignoc, almond, arrowroot and quinoa - 3 Tbs. Cooked cereal - 3/8 cup	<b>Proteins</b> 6 oz. meat 9 oz. fish 4 egg whites 1/2 c. cooked legumes 1/4 c. cooked legumes 1/2 c. whole egg - 2 egg whites Deli meat as a snack - 3 oz. (4-5 thinly sliced nitrate-free meats), 6 oz. for a meal 3/4 c. almond cheese	<b>Veggies</b> Unlimited (Phase appropriate) Minimum 3 cups during meals for over 40 pound loss, 4 cups minimum	<b>Healthy Fats</b> 3/8 avocado 3/8 c. raw (not roasted) nuts 1/2 c. hummus/guacamole 2 Tbs. raw nut or seed butter 3/4 Tbs. salted dressing/oil FMD approved 1/2 c. almond, cashew or boxed coconut milk 3/8 c. canned coconut milk 3/4 c. almond cheese 4 Tbs. coconut butter Almond meal and coconut flour - 6 Tbs.	
<b>NOTE: Phase 3 grains are half the size of Phase 1 grains.</b>					

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