

Phase 3 Fast Metabolism Diet

PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

PHASE 3 - EXERCISE

AT LEAST ONE STRESS REDUCING ACTIVITY (YOGA, DEEP BREATHING, GET A MASSAGE)

PHASE 3 - MEAL GUIDE

3 MEALS W/NOO-CARBS, MOD-PROTEIN LOW-GLYCEMIC FRUITS & 2 HEALTHY FAT SNACKS

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Fruit	Veggie	Fat/Protein	Veggie	Fat/Protein
Fat/Protein	Fat/Protein	Veggie	Fat/Protein	Veggie
Grain		Fruit		Optional
Veggie				Grain/Starch

HEALTHY FATS	HIGH FAT PROTEINS	LOW-GLYCEMIC	LOW GLYCEMIC
Nuts/Seeds	Salmon	Blackberries	Artichokes
Avocado	Sesame/Almond butter	Blueberries	Asparagus
Coconut	Hemp seeds	Raspberries	Beans
Olives	Hummus	Cranberries	Cauliflower
Olive Oil		Grapfruit	Leafy greens
		Lemons/Limes	Eggplant
			Sprouts
			Sweet Potatoes

THYROID-STIMULATING	RICH IN INOSITOL/CHOLINE		CARBS
Seaweed	Legumes, Black Beans, Chick-Peas, Kidney Beans, & Lentils	Barley	
Coconut oil	Beef/Chicken Liver	Wild rice	
Shrimp	Nuts and Seeds	Quinoa	
Lobster	Brussels Sprouts	Sprouted-grain breads	
		Quinoa pasta	

PORTIONS

PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

GRAINS	PROTEIN
1 cups of cooked grains	8 of meat or 12 oz of fish
1/4 cup pretzels	1 cup beans
	2 whole eggs

FATS	VEGGIES
1 Avocado	Unlimited
1/2 cup raw nuts	
1/2 cup hummus	
4 tbs nut/seed butter	

VEGETARIAN ADJUSTMENTS

1/2 CUP LEGUMES (LENTILS, BLACK BEANS, WHITE BEANS OR ANY PHASE SPECIFIC BEAN) INSTEAD OF MEATS

PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

VEGGIES	FRUITS	ANIMAL PROTEIN	BROTH, HERB, SPICE AND CONDIMENTS
Asparagus	Blueberries	Beef fillet, steak	Brown's Must
Artichokes	Blackberries	lean ground	Broth (Beef, chicken)
Asparagus	Blackberries	Butter, meat	vegetable
Avocado	Cherries	Celery	Cashu chips
Bean sprouts	Chicken, chicken	Chicken, chicken	Dried/Fresh herbs- angel
Beane green, yellow	cream, water	tomatoes whole meat	Garlic
or French	Cranberries	Onion beef	Ginger
Beets	Grapfruit	Celery	Hot/Hot no sugar, cornstarch
Broccoli Florets	Lemon	Cook, lung meat	Muskrat - prepared, dry
Bok Choy	Limes	Delicatas	Natural essences Bragg input
Brussels sprouts	Peaches	turkey, chicken	amino, coconut amino, soy
Cabbage, all types	Plums	meat beef	tamari
Carrots	Picky pears	Eggs, whole	Nonfluorinated Herbal tea or per
Celery		Halibut Fillet	Pickles, no sugar
Cucumbers		Herring	Seasonings Sea Salt
Eggplant		Lentils	peppercorn salt
Endive		Liver	Sauce
Fennel		Lobster meat	Savory/Herb, Salt
Green chilies		Oysters	Shrimp, herb only
Green Onions		Pork chops, loin	Tobacco
Hearts of palm		Salmon	Tomato Paste
Jicama		Sardines in water	Tomato sauce, no sugar added
Kale		Sausages, nitrate free	vanilla or peppercorn extract
Lentils		turkey or chicken	Vegeter. amino, except rice
Lettuce- any no iceberg			
Mixed greens			
Mushrooms			
Olives			
Olives, any			
Onions, red or yellow			
Peppers Bell Pepper			
Radishes			
Rhubarb			
Seaweed			
Sprouts			
Sprouts			
Sweet Potatoes			
Taro			
Tomatoes			
Tomatoes			
Zucchini			
Water or yellow summer squash			

build muscle and further enhance metabolism.

3. Phase 3: Introduces healthy fats and continues to incorporate proteins and carbohydrates, aiding in hormone production and balancing the metabolism.

What to Expect in Phase 3

Phase 3 is a crucial part of the Fast Metabolism Diet. It is designed to balance the body's hormones, stabilize blood sugar levels, and encourage your metabolism to operate at its peak efficiency. Here's what you can generally expect during this phase:

- Increased Variety of Foods: You will have access to a broader range of food choices compared to the previous phases, allowing you to enjoy meals that are both satisfying and nutritious.
- Healthy Fats: This phase incorporates healthy fats, which are important for hormone production and overall well-being.
- Continued Weight Loss: If followed correctly, you can expect to continue losing weight and feeling energized.

Nutritional Guidelines for Phase 3

During Phase 3, it's vital to adhere to specific nutritional guidelines that promote the desired metabolic effects. Here are the main components of the diet during this phase:

Allowed Foods

- Healthy Fats: Incorporate sources such as avocados, nuts, seeds, olive oil, and coconut oil.
- Proteins: Continue to consume lean proteins like chicken, turkey, fish, and plant-based options such as tofu and legumes.
- Carbohydrates: Enjoy whole grains like quinoa, brown rice, and sweet potatoes, along with fruits such as berries and apples.
- Vegetables: Focus on non-starchy vegetables, including leafy greens, peppers, and cucumbers.

Sample Meal Plan

Here's a sample meal plan to guide you through Phase 3:

- Breakfast:
 - Scrambled eggs with spinach and avocado
 - A side of mixed berries

- Snack:
- A handful of almonds or walnuts

- Lunch:
- Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, olives, and olive oil dressing

- Snack:
- Sliced apple with almond butter

- Dinner:
- Baked salmon with quinoa and steamed broccoli
- A small serving of a mixed green salad

- Dessert (optional):
- A bowl of fresh fruit

Key Benefits of Phase 3

Incorporating Phase 3 into your diet plan offers several key benefits:

- Enhanced Fat Burning: The healthy fats consumed during this phase play a critical role in hormone production, which can lead to increased fat burning.
- Balanced Hormones: This phase helps regulate hormones related to metabolism, appetite, and energy levels.
- Sustained Energy Levels: The combination of protein, healthy fats, and complex carbohydrates ensures that you maintain consistent energy throughout the day.
- Greater Food Satisfaction: With more food options, participants often find this phase more enjoyable and sustainable, reducing feelings of deprivation.

Tips for Success in Phase 3

To maximize the benefits of Phase 3, consider the following tips:

1. Stay Hydrated: Drink plenty of water throughout the day to support metabolic processes.
2. Plan Your Meals: Meal prepping can help you stay on track and avoid unhealthy choices.
3. Listen to Your Body: Pay attention to hunger cues and eat until you are satisfied, not stuffed.
4. Incorporate Exercise: A balanced exercise routine can complement the dietary changes and further enhance your metabolism.
5. Stay Committed: Remember that consistency is key. Stick to the guidelines and avoid temptations.

Common Challenges and Solutions

While Phase 3 of the Fast Metabolism Diet has many benefits, it may also present certain challenges. Here are some common issues and ways to overcome them:

Challenge: Cravings for Unhealthy Foods

Solution: Opt for healthier alternatives. For example, if you crave sweets, reach for fruit or dark chocolate in moderation.

Challenge: Difficulty with Portion Control

Solution: Use smaller plates and bowls to help manage portion sizes, and focus on eating mindfully.

Challenge: Social Situations

Solution: Plan ahead for social gatherings. Eat a healthy snack before attending, and choose wisely from available food options.

Transitioning to the Next Phase

Once you successfully complete Phase 3, you can transition to the final phase of the Fast Metabolism Diet, which further emphasizes metabolic balance and encourages sustainable weight maintenance. This phase will build upon the foundation laid in the previous phases and allow for greater flexibility while still adhering to the principles of the diet.

Conclusion

The Phase 3 Fast Metabolism Diet is a transformative step in a structured approach to weight loss and metabolic health. By focusing on the right balance of healthy fats, proteins, and carbohydrates, you can unlock your body's potential to burn fat effectively. With strategic planning and commitment, this phase can lead to improved energy levels, better hormonal balance, and a sustainable lifestyle change. Remember that every individual's journey is unique; it's essential to listen to your body and adjust as necessary for optimal results.

Frequently Asked Questions

What is Phase 3 of the Fast Metabolism Diet?

Phase 3 of the Fast Metabolism Diet focuses on healthy fats and proteins. This phase is designed to boost metabolism by incorporating foods such as avocados, nuts, and lean meats, along with certain fruits and vegetables.

How long does Phase 3 last in the Fast Metabolism Diet?

Phase 3 lasts for two days, during which participants are encouraged to consume specific foods that promote fat burning and increase energy levels.

What are some examples of foods to eat during Phase 3?

During Phase 3, you can enjoy foods such as salmon, chicken, eggs, olive oil, walnuts, and low-sugar fruits like berries. It's important to focus on high-quality, nutrient-dense options.

Can I exercise while on Phase 3 of the Fast Metabolism Diet?

Yes, exercising is encouraged during Phase 3. The diet promotes physical activity as it helps to enhance metabolism and utilize the nutrients consumed for energy.

What are the benefits of following Phase 3 of the Fast Metabolism Diet?

The benefits of Phase 3 include increased fat burning, enhanced energy levels, improved mood, and better overall metabolic function, all of which contribute to weight loss and body composition improvements.

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Unlock your weight loss potential with the Phase 3 Fast Metabolism Diet. Discover how to boost your metabolism and enjoy delicious meals. Learn more today!

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