

The Fast Metabolism Diet

The Rules

The Do's

- #1: You must eat 5 times a day. 3 meals and 2 snacks per day. No skipping.
- #2: You must eat every 3 to 4 hours, except when sleeping.
- #3: You must eat within 30 minutes of waking, every day.
- #4: You must stay on the plan for the full 28 days.
- #5: You must stick to the foods allowed on your phase, religiously. ONLY EAT FOOD FROM THE FOOD LIST FOR YOUR PHASE!
- #6: You must follow the phases in order.
- #7: You must drink half your body weight in fluid ounces of water every day.
- #8: Eat organic whenever possible.
- #9: Meat choices must be nitrate-free.
- #10: You must exercise 3 times per week, according to your phase.

The Don'ts

- #1: No wheat ****Wheat in sprouted form is the exception to the rule!***
- #2: No Corn
- #3: No Dairy
- #4: No Soy ****The 2 exceptions to this rule are Tamari and Braggs Liquid Aminos.***
- #5: No refined sugar ****Stevia and Xylitol (birch only) are allowed.***
- #6: No caffeine
- #7: No alcohol
- #8: No dried fruit or fruit juices
- #9: No artificial sweeteners
- #10: No fat-free "diet foods."

Exercise

Phase 1: Do at least one day of vigorous cardio, like running, the elliptical trainer or an upbeat aerobic based class.

Phase 2: Do at least one day of strength training with weights.

Phase 3: Do at least one day of stress reducing activity like yoga or deep breathing, or enjoy a massage.

Portions

- If you want to lose *less than 20 pounds*, follow the standard portions outlined in the book.
- If you want to lose *more than 20 pounds*, add 1/2 portion to that standard portion, so 1.5 portions.
- If you want to lose *more than 40 pounds*, eat 1.5 portions but double the veggies.

For those of you who want to lose more than 40 pounds, note that this is a change from the book. The book advises adding another 1/2 portion for every additional 20 pounds of weight you want to lose. But there's no upper cap in the book. That would mean, for a 100-pound weight-loss goal, the book guides you to eat 3 cups of oatmeal along with three cups of fruit (for Phase 1 breakfast). The problem? That's too much food for a normal stomach to process in one sitting.

- For a weight loss goal of more than 40 pounds, eat 1.5 portions of all the required meal and snack elements

AND

- Go nuts with veggies. Pack them in. You should not ever feel hungry. Eat more vegetables than you've ever eaten before.



PHASE 1 - CARBS

DAYS 1/2 MONDAY & TUESDAY

VEGGIES

Arugula
 Bamboo shoots
 Beans: green, yellow, or french
 Beets
 Broccoli Florets
 Cabbage, all types
 Carrots
 Celery
 Cucumbers
 Green Chilies
 Jicama
 Kale
 Leeks
 Lettuce- any but iceberg
 Mixed greens
 Mushrooms
 Onions, red or yellow
 parsnips
 peas-snap,snow
 Peppers: Bell, Pepperoncini
 Pumpkin
 Rutabaga
 Spinach
 Sprouts
 Sweet Potatoes
 Yams
 Tomatoes
 Turnips
 Zucchini
 Winter or yellow summer squash

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

FRUITS

Apples
 Apricots
 Asian Pears
 Berries, Blueberries,
 Blackberries,
 Raspberries
 Cantaloupe
 Cherries
 Figs
 Grapefruit
 Guava
 Honeydew Melon
 kiwis
 Kumquats
 Lemons
 Limes
 Mangos
 Oranges
 Papaya
 Peaches
 Pears
 Pomegranates
 Pineapples
 Strawberries
 Tangerines
 Watermelon

BROTHS, HERBS, SPICES AND CONDIMENTS

Brewer's Yeast
 Broths: Beef, chicken
 vegetable
 Dried/Fresh herbs- any,all
 Garlic
 Ginger
 Horseradish
 Ketchup-No sugar added
 No Corn syrup

PHASE 1 - FULL LIST

(FRESH OR FROZEN)

ANIMAL PROTEIN

Beef: filet,
 lean ground
 Buffalo meat, ground
 Chicken: skinless
 boneless white meat
 corned beef
 delimeats, nitrate free,
 turkey, chicken,
 roast beef
 Eggs, whites only
 Haddock Filet
 Halibut Filet
 Pollock Filet
 Pork-tenderloin
 sardines-in water
 sausages, nitrate free
 turkey or chicken
 sole filet
 Tuna- solid white
 in water
 Turkey breastmeat
 lean ground
 Turkey bacon
 nitrate free

STARCHES/ GRAINS

Amaranth
 Arrowroot
 Barley
 Brownrice: rice cereal,
 crackers, flour, pasta,
 tortillas
 Brownrice cheese or milk
 Buckwheat
 Kamut: bagels
 Millet
 Nut flowers
 Oats: steel-cut
 Quinoa
 Rice milk
 Spelt: pasta, pretzels, tortillas
 Sprouted-grain, bagels, bread,
 tortillas
 Tapioca
 Teff
 Triticale
 Wild rice

VEGETABLE PROTEIN

Black-eyed peas
 Chana Dal/ Lentils
 Chickpeas/Garbanzo
 Dried or canned: Black,
 butter, great northern,
 kidney, lima, navy, pinto, white
 Fava Beans

Mustard - prepared, dry
 Natural seasonings: Bragg liquid
 aminos, coconut amino acids,
 tamarl
 Noncaffeinated Herbal teas or pero
 Pickles, no sugar
 Salsa
 Seasonings: Sea Salt, pepperonion salt
 Sweeteners: Stevia, Xylitol Birtch only
 Tomato paste
 vanilla or pepermint extract
 Vinegar: anytype

PHASE 2 - PROTEINS

DAYS 3/4 WEDNESDAY & THURSDAY

VEGGIES

Arugula
Asparagus
Beans: green, yellow,
or french
Broccoli Florets
Cabbage, all types
Celery
collard greens
Cucumbers
Endive
Fennel
green chilies
Jalepenos
Jicama
Kale
Leeks
Lettuce- any but iceberg
Mixed greens
Mushrooms
Mustard greens
Onions, red or yellow
Peppers: Bell, Pepperoncini
Rhubarb
Shallots
Spinach
Spirulina
Swiss Chard
Watercress

FRUITS

Lemons
Limes

ANIMAL PROTEIN

Beef, all lean cuts: filet,
tenderloin, strip, sirloin,
shell steak, London Broil,
Round steak, rump roast,
stew meat, lean ground
Buffalo meat, ground
Chicken: skinless
boneless white meat
Corned beef
Cod/ scrod filet
Dellmeats, nitrate free,
turkey, chicken,
roast beef
Eggs, whites only
Dory fish Fillet
Flounder fillet
Halibut Filet
Jerkey, nitrate free
beef, buffalo, turkey
Lamb, lean cuts
Oysters, packed in water
Pork-tenderloin or loin roast
Salmon, nitrate free smoked
Sardines-in water
Sole filet
Tuna- solid white
in water
Turkey breastmeat
lean ground
Turkey bacon
nitrate free

BROTHS, HERBS, SPICES AND CONDIMENTS

Brewer's Yeast
Broths: Beef, chicken
vegetable
Dried/Fresh herbs- any,all
Garlic
Ginger
Horseradish
Mustard - prepared, dry
Natural seasonings: Bragg liquid
aminos, coconut amino acids,
tamar
Noncaffeinated Herbal teas or pero
Pickles, no sugar
Seasonings: Sea Salt,
peppercorn salt
Sweeteners: Stevia,
Xylitol Birtch only
Tobasco
vanilla or pepermint extract
Vinegar: anytype

GRAINS, VEG PROTEIN, STARCHES

None for this phase
Limes

VEGETARIAN ADJUSTMENTS

EGGS AND FISH OR NON GMO TOFU. TEMPEH OR EDAMAME
COOK WITH NO FAT AND GRILL OR BAKE
INSTEAD OF MEATS

PHASE 3 - HEALTHY FATS

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

VEGGIES

Arugula
 Artichokes
 Asparagus
 Avacados
 Bean sprouts
 Beans: green, yellow, or french
 Beets
 Broccoli Florets
 Bok Choy
 Brussel sprouts
 Cabbage, all types
 Carrots
 Celery
 Cucumbers
 Eggplant
 Endive
 Fennel
 Green chilies
 Green Onions
 Hearts of palm
 Jicama
 Kale
 Leeks
 Lettuce- any no iceberg
 Mixed greens
 Mushrooms
 Okra
 Olives, any
 Onions, red or yellow
 Peppers: Bell, Pepper
 Radishes
 Rhubarb
 Seaweed
 Spinach
 Sprouts
 Sweet Potatoes
 Yams
 Tomatoes
 Watercress
 Zucchini
 Winter or yellow summer squash

FRUITS

Blueberries,
 Blackberries,
 Raspberries
 Cherries
 Coconut, milk, cream, water
 Cranberries
 Grapefruit
 Lemons
 Limes
 Peaches
 Plums
 Prickly pears

STARCHES/ GRAINS

Barley
 Oats: steel-cut
 Quinoa
 Sprouted-grain,
 bagels, bread, tortillas
 Wild rice

VEGETABLE PROTEIN

Almond milk
 Almond cheese,
 Almond Flour
 Cashew milk
 Chana Dal/ Lentils
 Chickpeas/Garbanzo
 Dried or canned: Black,
 butter, great northern,
 kidney, lima, navy,
 pinto, white
 Fava Beans

VEGETARIAN ADJUSTMENTS

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

ANIMAL PROTEIN

Beef: filet, steaks
 lean ground
 Buffalo meat
 Calamari
 Chicken: skinless
 boneless white meat
 Corned beef
 Clams
 Crab, lump meat
 Delimeats,
 nitrate free,
 turkey, chicken,
 roast beef
 Eggs, whole
 Halibut Filet
 Herring
 Lamb
 Liver
 Lobster meat
 Oysters
 Pork-chops, loin
 Salmon
 Sardines-in water
 Sausages, nitrate free
 turkey or chicken
 Scallops
 Sea Bass Filet
 Shrimp
 Skate
 Trout
 Tuna- solid white
 in water
 Turkey
 Turkey bacon
 nitrate free

BROTHS, HERBS, SPICES AND CONDIMENTS

Brewer's Yeast
 Broths: Beef, chicken
 vegetable
 Carob chips
 Dried/Fresh herbs- any,all
 Garlic
 Ginger
 Horseradish
 Ketchup-no sugar, cornsyrup
 Mustard - prepared, dry
 Natural seasonings: Bragg liquid
 aminos, coconut amino acids,
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 Noncaffeinated Herbal teas or pero
 Pickles, no sugar
 Seasonings: Sea Salt,
 pepperonion salt
 Salsa
 Sweeteners: Stevia,
 Xylitol Birtch only
 Tobasco
 Tomato Paste
 Tomato sauce, no sugar added
 vanilla or pepermint extract
 Vinegar: anytype, except rice

HEALTHY FATS

Avacado
 Hummus
 Mayonnaise, safflower
 Nuts, Raw: Almonds, Cashews
 Hazelnuts, Peacans, Pine nuts,
 Pistachios, Walnuts
 Nut/Seed Butters and pastes
 Oils: coconut, grapeseen, olive,
 sesame, toasted sesame
 Seeds, raw: Flax, hemp, pumpkdn,
 sesame, sunflower
 Tahini

