

LEGACY CLINIC OF CHIROPRACTIC

1950 Laurel Manor Dr #204
The Villages FL United States
Phone: **352-259-0024**



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**
6. **FOOD LIST FOR YOUR PHASE!**
7. You must follow the phases in order.
8. You must drink half your body weight in fluid ounces of water every day.
9. Eat organic whenever possible.
10. Meat choices must be nitrate-free.
11. 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 meals 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.

352-259-0024



www.legacyclinicofchiropractic.com



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
deli meats, 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

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

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

352-259-0024



www.legacyclinicofchiropractic.com



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
Delimeats, 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
amino, coconut amino acids,
tamarl
Noncaffeinated Herbal teas or pero
Pickles, no sugar
Seasonings: Sea Salt,
pepperoni salt
Sweeteners: Stevia,
Xylitol Birtch only
Tobasco
vanilla or peppermint 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

352-259-0024



www.legacyclinicofchiropractic.com



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, tamarl
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, pumpkin, sesame, sunflower
Tahini

352-259-0024



www.legacyclinicofchiropractic.com



LEGACY CLINIC WEIGHT LOSS

If you want to know more about the **Fast Metabolism Diet** then you can contact us at [Legacy Clinic of Chiropractic](#) or call us at **352-259-0024**.

We also run a Weight Loss program at our Legacy Clinic and our Weight Loss patients continue to have great results! One of our patients has reduced her weight by nearly 42 pounds and nine inches off her waist in only 12 weeks. Another patient has already dropped more than 65 pounds and decreased more than 12 inches from her waist. Check out these incredible before and after pictures!



The success rate of our Weight Loss Dr. Chris' medically supervised **weight loss program in The Villages, Florida**, is astounding. To know more about weight loss and Fast Metabolism Diet contact us Now!

Sincerely,

John Theeck

Dr. John Theeck
Clinical Director

LEGACY CLINIC OF CHIROPRACTIC

352-259-0024



Info@LegacyClinic.org



www.legacyclinicofchiropractic.com

