



Metabolism Reset Challenge

Success Manual

**A Fitness St Pete | Tierra Verde Fitness Guide To
Increasing Energy, Decreasing Aches & Pains, Dropping Stubborn
Pounds & Feeling Decades Younger**



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Also Included With Your Program:

- **Printable Getting Started Check List** (separate PDF)
 - **Think Yourself Thin Manual** (separate PDF)

Your Goal, any unwritten goal is just a wish
Your Vision, keeping motivated even when you don't want to
Power questions to set yourself up for success
 - **Plateau Buster Guide**
- **Unplug – Techniques To Beat Stress Manual**
 - **Meal Prep Guide**
 - **How To Fix Your Fat Kitchen Manual**
 - **Menu Plans** (separate PDF)
 - **Ultimate Fat Blasting Cook Book Vol 6**

Extended Exchange List
- **Fat Blasting Workout Manual** (separate PDF)



A Note From Dianne

First off, thank you for investing in our Metabolism Reset Challenge!

This program is designed to help you to learn how to eat more, train less and step off the dieting merry go round while you balance hormones, obliterate carb cravings , drop fat and bloat and develop the lifestyle and habits that will have you living in a body you love FOR LIFE !

You will learn simple and easy-to-follow healthy habits. When you are done with this **Success Guide**, you will want to fill out your **goal sheets in your Think Yourself Thin Guide**, pick your questions and print the **"7 Day Fat Loss Blue Print"** and **Challenge Check List** to keep for handy reference.

I've included everything from day by day action plan, 4 weeks worth of menus, a grocery list, recipes galore, goal setting and creating your vision to help you stay motivated, questions to keep you going in the right direction even when you don't want to and even a check list to make sure you are set to GO! With this program, you really have **No excuse, everything is done for you!"**

I always say "great bodies are built in the kitchen" and "you can't outrun a bad diet". **70-80% of reducing belly fat comes from what we eat** with the rest coming from your exercise program. This challenge provides solutions for both and the 7 day Fat Loss Blue Print will give you a step by step, day by day plan to incorporate "fit people" habits into your daily life effortlessly and keep you going after this 42 days has ended.

Most people are unsuccessful with losing belly fat or their last 5-10 pounds due to their lack of planning or, knowing what they want but fail to start because they don't know what to do.

This program maps out EVERYTHING you need to do for the next 42 Days to be successful. You don't have to think about it, you just need to do it.

So, get started and commit to this challenge for 42 days. **Anyone can do anything for 42 days.** If you were given a deadline at work, you would get it done- especially if your job depended on it. If your life was dependent on doing something, you would do it, right? This is no different. No excuses. Let's get started!

Committed to your success and awesomeness, *Dianne Villano*



Be sure to do the following...

1. Read this ENTIRE guide before diving into your food plans.
2. Print out and go through your Challenge Check List and fill out your Think Yourself Thin Guide **(these will be turned in by the end of WK 1 for points)**
3. Print out your weekly meal plans, your weekly grocery list guide, 7 Day Fat Loss Blueprint and (separate PDFs). **(your food plans will be turned in your last session of the week for points)**
4. Plan to shop each week the Saturday or Sunday BEFORE the coming week. Plan ahead.
5. Log into the private group each day with your completed assignment! **(there will be points given for each assignment)**
6. Be sure to read and fill out your Think Yourself Thin Guide. Have this Question Answered....WHY am I committing to this? Yes, I repeated this because, if you don't, your chances of success will be diminished considerably.
7. **Choose 5 affirmations that really resonate with you to add to your power questions and beliefs.**

Affirmations are short and powerful statements that can drastically affect your “subconscious” to attract success and improve different areas in your life. This may sound a little frou-frou, but give it a try...it can be VERY empowering.

Here are a few examples, but feel free to create your own to make them more personal. Say the following affirmations out-loud and notice how you feel afterwards 😊 We recommend starting and ending your day with affirmations (and say them throughout the day).

- ☆ Today, I choose to treat my body like I love and honor it.
- ☆ I am in complete control of my life, what I eat, what I do, and how I feel.
- ☆ I already have the power to realize any goal I set my mind to.



- ☆ I have no fear of failure and I am drawn and committed to success.
- ☆ I am a strong, confident, and unstoppable.

8. **Pick out your goal outfit...** It can be one you already have that you want to look AMAZING in, or one that you have your eye on in the store.

If you have your outfit already, hang it up somewhere that you can SEE it and walk by it often. This will help to remind you of your goals.

If you don't have one yet, go online and pick one out that you want to buy. Print out a pic of the dress and hang it up!

You can put the picture in your office, bedroom, on your refrigerator, or even your car. Put it anywhere you need a little extra motivation or to help to keep you on track

9. If you have questions or need us for ANYTHING, post in the member's only group or hit "reply" to any email and we will be there for you every step of the way. That's what we are here for.

We are here to make this program as successful as you want it to be.

** be sure to print out pages 5,6 marked with the items you have completed and bring them to your session during W1 to collect your points.



NOTE: Details Regarding Detox

For at least 30 days, you will also be taking Biofuel - advanced liquid nutrition. There are no drugs, pills or chemicals, just a multi vitamin rich in A, D, E and K (fat soluble vitamins which aid in detox and are difficult for your body to absorb in pill form), Grape Seed, Ginko and Green Tea to help continue to flush your body of toxins and fully nourish your 4 trillion cells enabling your body to THRIVE, not just survive.

This will detox most of the chemicals and bad toxins from your body. You may experience fatigue, moodiness, and possibly headaches through the detox phase as your body kicks out all of the chemicals stored in your cells especially if you don't eat well, smoke or drink a lot of caffeine.

You might hear some growling from your stomach or be a little queezy after drinking your vitamins due to the high rate and almost immediate absorption. It's ok, that is normal. Unless you feel you're at some risk, push through the first 72 hours. After that it is easy (Men may need to increase the portion sizes during the first 3 days and throughout the program).

After the first 3 days, you will feel a new sense of energy and have a flatter stomach!

This program is designed to teach you *how* to eat well most of the time while keeping your body nourished and providing optimum nutrients. I live my life by the 90/10 rule.

I give my body whole, healthful foods 90% of the time and indulge in "crap" 10%.

Remember, this is not a diet or a quick fix; it's a chance to balance out your body chemistry and get your body optimally nourished while you create a healthy lifestyle.

If you commit to this 42 days, I guarantee, YOUR LIFE and YOUR BODY will change!



Don't have time to cook?

Try This ...

Most days each week require you to cook.

The meals are quick and easy and typically have a very fast cleanup, however we all run short on time once in a while.

If you know you won't have the time to prepare the meal that day, then try your best to prepare it ahead of time and refrigerate/freeze it.



Many recipes are easily made in bulk and frozen to better meet the needs of our clients' busy schedules.

That's all part of developing new habits and prepping for the week.

HOWEVER...for the times that you truly run short on time and need to find something healthy in a pinch, then we have a few great options for you.

1. Good Ole Faithful: Salad & Protein (Tuna, Chicken, Turkey, etc.)

- ☆ ALWAYS have ready-to-go homemade salad dressing in the house
- ☆ ALWAYS have fresh pre-washed lettuce mix and veggies in the fridge to throw together a salad in a pinch.
- ☆ The LBD Turkey Burgers always make a great go-to meal! You will have extra, so freeze or refrigerate them for times where you don't have the chance to prepare a meal.

2. In a Jiffy Back-Up Plan: Protein with Steamed Veggies

- ☆ You should always keep "back-up" pre-made chicken, canned tuna, frozen turkey burgers on hand for emergency situation.
- ☆ Also- keep frozen vegetables on hand. They are really easy to throw in the microwave and heat up with your protein.
- ☆ Pair your protein up with your veg and you are good to go!



25 Metabolism Reset Tips for Success...

As you head into this challenge, check off the habits which are currently part of your life.

At the end, we are going to reevaluate to see how far you've come. Please print this out and turn it in with your current habits marked. **(yes, there will be points for this)**

1. You need to make your kitchen your “safe haven.” **Get rid of EVERY temptation and all of the junk.**

Throw it ALL out or donate it. If you have family or children and you **HAVE** to keep other foods in the house, find a cabinet out of your normal line of sight keep all of the “non approved” foods in there.

Out of sight, out of mind and no temptations. But...it would be even more amazing if you had your entire family on this plan!

2. **Get rid of ALL products with hydrogenated or partially hydrogenated oils or high fructose corn syrup (HFCS).** You will be SHOCKED at how many foods you have purchased contain one or both of these ingredients. **There will be more on this later in your challenge** when you will learn how to “fix your fat kitchen” and what to eat and what to avoid to turn your body into a fat burning machine.
3. **ONLY purchase the foods on your “Weekly Grocery List.”** DO NOT succumb to any temptations while you are at the store. I try to eat some almonds or an egg right before any trips to the grocery store to help fight off the urge to throw something random into the cart.
4. You'll want to purchase Coconut Oil for high temperature cooking and Extra Virgin Olive Oil (cold pressed) for low temperature cooking.
5. **TOSS out the margarine.** Margarine smells SO terrible after all of the processing that they need to be chemically deodorized so people would be able to eat it. It's also processed with a Petroleum solvent. YUM. **Use butter or one of your oils ONLY.**



6. When choosing your Almond or other nut butters, **make sure the ONLY ingredients in there are NUTS!** Whole Foods has a grinding machine where you make your own nut-butters fresh on the spot.

Peanuts are NOT nuts!! They are a legume...so avoid them whenever possible.

7. **Avoid ALL products with Soy.** Check your labels. Soy seems to find its way into most everything processed. Almost everything can purchase has been genetically modified and then subject to insane amounts of processing to make it consumable. Best to stay FAR away.
8. **Just Say “NO” to Bread, Pasta & other Grains. PERIOD.** White and even whole wheat bread can prevent you from reaching your goals. This may be the most challenging portion of the challenge for some of you.

There will be an entire email later in your challenge where I will explain this more in detail but, the quick version is that cutting these out from your will give you a new level of energy, you will recover faster from your workouts, and some of you will feel better than you ever have before.

9. **Toss the Table Salt – switch to Himalayan Sea Salt instead.** Other brands may contain mercury and/or toxic heavy metals in them. Most table salts have been overly processed and stripped of its’ beneficial minerals and then subjected to anti-caking agents like aluminum. Double YUM.
10. **Options for Sweeteners?** NO Cane Sugar, No Brown Sugar, NO Artificial Sweetener, NO Splenda, No Truvia, or Agave. I know I’m not making any friends here, but there IS a good alternative when you NEED it.

Coconut Sugar to the rescue! It will do the job without raising your blood sugar. It’s also safe for most diabetics with a glycemic index of 35. **Stevia (raw) or Raw, local, organic honey is also a good option** 😊

11. **Add spicy seasonings to your meal** (like red pepper flakes, black pepper, & ginger). It will help rev up your metabolism. Studies have proven that eating spicy foods can increase your metabolism up to 8% over a normal rate AND has the potential to make you feel fuller, longer. Double Bonus!



12. **To optimize the levels of growth hormone released while you are sleeping** (over 80% is released while you sleep) do not eat within 2-3 hours of going to bed. If you do have to- at least make sure that you don't have anything with sugar in it.
13. **To make sure that your body has the chance to restore itself and recover from your workout and from your daily stress, get a minimum of 7 hours of sleep per night.** You'll be shocked at how energized you feel when you start to get sleep on a regular basis.
- Tips for Better Rest:**
- *Try to turn off all electronics- TV, cellphone, and computer at least 45-60 minutes before you go to bed.** This will help to calm your mind allow you to have a more restful sleep.
 - **I ALWAYS do a brain dump before I go to bed and write down everything I need to do on a piece of for the following day.** Once it's written down on paper, I don't stress about trying to remember the task.
14. **If you get cravings, try drinking a glass of water.** There's a good chance you're just dehydrated! Wait 15 minutes and see if you are still hungry. If you do have to eat something, make sure it is Little Black Dress approved. Always include a protein at every meal.
15. **Make sure to plan, shop, and prep your meals ahead of time.** Being prepared is the key to being successful with this plan (and pretty much everything else in life.)
- You have to set yourself up for success if you want to see change.
- Remember- **if it is truly IMPORTANT to you, you will find a way to make this happen.**
- Make sure to block out time in your schedule to get your shopping and meal preparation done.
16. **If you tend to lose track of the time** and forget to eat while you are at work or at home, set your cell phone alarm to remind you when it's time to eat! It's a GREAT tool.
17. **Use a scale or measuring cups for portion control.**



When you start to do this regularly, you'll soon be able to do it without them, but they can be GREAT learning tools. (It's also a very eye-opening exercise!)

18. **Stay HYDRATED. You need to drink half of your body weight in ounces EVERY day of water!** If you workout, either add an additional 8-10 ounces, or don't count that water you drink during your workout towards your required amount for that day.

***Start EACH day with a big glass of water!** (when you wake up)

****If you drink caffeine, such as an 8oz. cup of coffee, you must add an additional 16oz. of water.** (2x the amount) – If you drink coffee, have your breakfast FIRST. Coffee is an appetite suppressant. If you don't eat breakfast in the morning, you will tend to binge eat late at night.)

*******Water will also make you feel fuller. Drink it before each meal and you'll eat less.

********Flavor with fresh sliced cucumber, strawberries, or lemon to keep things interesting!

19. **If you choose to have any breakfast or sandwich meat, make SURE it is nitrate/nitrite free (no hormones or antibiotic use)** for turkey, beef, pork, bacon, and breakfast sausage. Boars Head meat has MSG in it. Whole Foods has in-house roasted meats available.

***Tip:** Read the labels: make sure you have at least 5-7 grams of protein in the recommended serving size. Try to avoid lunch and processed meat as much as possible.

20. Remember- **BEFORE you put any junk into your mouth- ask yourself "Is this worth it?"** It is worth how you will *feel* afterwards and is this helping you to move closer to or farther away from your goals.

21. **Limit or Avoid:** Dairy, Gluten, Pre-packaged Processed Foods, and drinking your calories (alcohol). If you are not willing to give them up save them for your unstructured meals.

22. **Attend Sessions** at a minimum of 3 times a week and perform your Weekend Warrior Workout every weekend. There are tons of Metabolic Meltdown workouts in the video library on our Facebook Page.

23. **De-Stress immediately when you recognize you're stressed out.**



Come up with 2-3 strategies to reduce stress as soon as you experience it. Examples: take a quick walk, play a song that makes you laugh or smile, take 10 deep breaths, or meditate.

Find something that can change your “current state” as quickly as possible. Stress too, causes cortisol levels to increase and leads to belly fat just like sleep.

Part of your Metabolism Reset Challenge will include a “Steps To Destress” manual which will be delivered later in your program.

24. Use all the Worksheets and tools included in your Metabolism Reset Challenge. Engagement and participation is one of the biggest indicators of success.

People who write their goals down and engage actively have a 60% higher chance of achieving their goals than not taking the time to write it. You can measure what you manage.

25. Lastly, Be Aware of the Language you Use. If you say something is hard, it will be hard. You use the word “can’t,” guess what...you won’t be able to do it. “I’m starved,” are you REALLY starved or just hungry? Words have power- use them wisely and to YOUR advantage!

This is covered more in your “Think Yourself Thin” manual where I cover power words and phrases designed to “program” your brain to take you to your goals effortlessly.

26. Be open-minded. Don’t view this program as something you will be depriving yourself of; look at it as a challenge that you CAN and WILL achieve no matter what it takes! Don’t you deserve that? If you come into this program with a negative attitude you will get more negative out of it. You are doing this for a reason, think positive and kick the negative attitude to the curb.

27. Remember This:

“At one point in your life, you'll have the thing you want or the reasons why you don't.” Andy Roddick