

3-Hour Metabolism Boosting Diets

The goal of every dieter is to speed up their metabolism to burn fat and keep it off. The 3-Hour Metabolism Boosting Diet Plan lets you eat more food so you don't feel deprived and is designed to speed up your metabolism to burn more fat.

Your metabolism is key to losing weight. Many diets don't work because they make you feel sluggish and hungry all the time. If you can stick to them, you may lose weight after a time, but frustration often causes people to stop the diet – and gain even more weight.

The 3-Hour Metabolism Boosting Diets can help you lose weight quickly and safely. The results alone help you to stay on the plan until you reach your desired weight.

Basic Principles of a 3-Hour Metabolism Boosting Diet

This is a diet plan that requires you to eat often so you don't feel deprived – and boosts your metabolism to burn more fat and get you to the weight you desire. The concept is unique in diets and depends on timing your meals to eat every three hours.

A strict timetable is necessary on this plan to effectively speed up your metabolism. You also have to check portion sizes and calorie content of the meals. You can actually gain weight on this plan if you don't adhere to the rules.

Some proponents of the 3-Hour Metabolism Boosting Diet recommend that you eat 5 meals per day and others promote eating 6 meals per day. Regardless of how many meals you eat, they must be eaten so that your metabolism gets a boost every 3 hours.

The diet plan is based on the concept that your body stores fat when you don't eat enough and on a regular basis – so, when you do eat on a pre-set timetable, you will naturally burn more fat.

Because of the regular times and frequent meals you're consuming, the metabolism will reset itself and work harder and more efficiently to burn calories and fat. Plus, the 3-Hour Metabolism Boosting Diet helps keep hunger pangs away.

You don't really need a special menu, but you will need to watch calories and portion size. It's an easy diet to follow because you can choose your own foods – so you don't have to give up favorite foods – just eat less of them.

There are no skipped meals that could help you put on more weight rather than lose weight. Exercise isn't required on the 3-hour diet to speed up your metabolism because the diet is performing that function.

If your schedule is hectic and you may not be able to have meals at the same time each day, this diet may not be for you unless you can plan your schedule around the diet. Regular meals are the key to success on this diet, so make sure you can plan ahead.

Counting calories can also be a detriment when on this diet if you're short on time, but you can download an app that will take care of that problem quickly and effectively. If you think you can handle the rigidity of the 3-Hour Metabolism Boosting Diet, you'll likely lose weight and feel better.

Who a 3-Hour Metabolism Boosting Diet Works Best For

A sluggish metabolism can wreak havoc with your life as well as your weight. The 3-Hour Metabolism Boosting Diet is designed to speed up your metabolism, burn fat and lose weight.

It's revolutionary in that you can eat anything – there are no forbidden foods. You just have to be very careful with portion sizes, calorie content and what time you eat. If you think you'll enjoy several meals a day to achieve weight loss results, this may be the diet plan for you.

Everyone has been obsessed with the low-carb diet, but research is discovering that results aren't what we once thought. A low-carb diet can give you a short term weight loss, but the weight loss isn't maintainable for a long period of time if you go back to eating carbs.

This diet plan is great if you love the thought of eating frequently so you don't have the hunger pangs you can with most diets. Also, since you have to eat at certain times, the regimen is predictable and set.

Others who think they're too busy to monitor meal times may consider this diet plan a challenge. Counting calories, measuring portions and keeping track of time doesn't appeal to everyone.

But it's a fact that real and permanent weight loss can be achieved by eating small and balanced meals every three hours. Your metabolism is an important factor in any weight loss program, but most diets concentrate on eating less food.

By eating three meals a day, the mechanism in your brain that tells you you're starving is switched off. When that happens, fat is released and muscle is kept. You won't feel deprived and you'll have more energy because you don't feel sluggish from a lack of food.

Unless you can follow strict rules such as setting a time for each meal and eating at that time every day, making sure you eat every 3 hours, stop eating 3 hours before bed and

having a total calorie count of only 1450 calories per day (total), this plan may be too frustrating for you to follow.

Men are known to burn more calories than most women, but even a man's metabolism begins to slow down after 40 years of age. Your metabolism is the essential element in any successful weight loss plan, so the 3-Hour Metabolism Boosting Diet might be the most successful for you.

How to Get Prepared for a 3-Hour Metabolism Boosting Diet

Even though an attractive part of the 3-Hour Metabolism Boosting Diet lets you eat anything you want on this diet plan, you need to make it a point to shop and prepare nutritious and low calorie foods so that you don't go over the maximum calorie count of 1450 per day.

Fast food and some restaurant meals can give you those calories in one serving that you should have achieved from all 6 meals combined. You'll want to eat a balanced diet on this plan, so prepare to have a mixture of proteins, carbs, fruits and vegetables on hand.

The rule of thumb on this diet plan is that you emphasize the fruits and vegetables and add a few carbs, some lean protein and healthy fats. It works well to fill half a plate with vegetables and fruit and then use the rest of the plate with the other types of food.

Shop for seasonal food items if you can. Farmers markets are great to get fresh and tasty foods right off the vine. Try eating fruits and veggies by themselves so you get the real taste rather than adding them to recipes with other ingredients.

You'll save calories and possibly gain a new appreciation for fresh foods. Organization is mandatory for the 3-Hour Metabolism Boosting Diet. Since you have to eat three meals and three snacks per day, planning is essential so you won't be tempted to stray off track.

It's best to plan your complete menus a week at a time so you won't have to run to the store for last minute items. Think simple when you plan your meals. Chicken can be grilled or baked without adding sauces and other high calorie ingredients.

Also, plan some of your favorite meals. This plan encourages you to keep eating your favorite foods – but in much smaller portions. You won't feel deprived and as soon as you start to get hungry again, it's about time for your next meal or snack.

You may want to keep a journal of the foods, calories and portion sizes you're eating. Also, plan each meal and snack on a three hour timetable. You must stick to the times to eat because that is an integral part of the plan.

A typical time table begins at 7 am and the first meal (breakfast) is 400 calories. Next is the morning snack at 10 am and you will consume 100 calories. Lunch is also 400 calories (at 1 pm) and the mid afternoon snack is 100 calories (4 pm).

Dinner should be 400 calories at 7 pm and just after dinner you can have a 50 calorie treat. You can change the times to suit your own schedule, but be sure to use that schedule each day.

There are many items that can help you count calories and portion size. Some are apps that you add to your phone and can use when you're out and about. Others are gadgets that you can take with you. Check them out and choose one that's right for you.

Sample Meal Plan for a 3-Hour Metabolism Boosting Diet

Since calories and time are so important on this metabolism-boosting diet, it's important that you plan meals ahead. The goal is to keep you feeling satisfied all day and to boost your metabolism, so choosing your meal and snack items is important.

The rule of thumb is that each full meal should be about 400 calories and each snack about 100 calories. Then, a small dessert at the end of the day. Mix up your meals to make them interesting.

Some options for breakfast include waffles (2 whole grain, low fat), topped with a tablespoon of peanut butter and ½ of a banana. Or, you may want to scramble an egg and add some onions and other veggies. Wrap it in a small tortilla and add some hot sauce.

Your morning snack should be planned to keep you going until lunch time. You might choose from watermelon or other type of fruit, low fat yogurt and veggies that add up to about 100 calories.

Lunch will be 400 calories and might consist of a spinach salad topped with about 4 ounces of chicken or tuna. Sprinkle vinaigrette or some low fat cheese on the salad and you have a great lunch.

Mid-afternoon, you can choose from a list of 100 calorie snacks. It might include a small smoothie or a couple of cups of popcorn. At dinner, you can choose from a grilled, broiled or poached cut of meat or tofu and add some steamed veggies or a salad.

Brown rice, quinoa, whole wheat buns and tortillas are good choices to get your grains. Make sure that most of your calories come from protein (lean) and veggies. After dinner, you can enjoy a small dessert such as some fruit, non-fat yogurt or a handful of cereal.

This small amount of sweet can help you avoid sweet cravings later on. If you have to eat out once in awhile, try sandwich shops that offer sandwiches such as turkey on wheat and lots of veggies – no mayo or cheese.

These sandwiches are usually less than 300 calories, which gives you some calorie room for an apple. Try not to stray from the 3-hour time table. This will increase your metabolic rate, which means you'll be burning more fat while preserving muscle. Your energy will increase and your bad cholesterol levels will decrease.

It may take some time in the beginning to pre-plan your meals so they meet the calorie count and you may have to plan your day so you can snack and eat your meals at a certain time, but the results from the 3-Hour Metabolism Boosting Diet will be worth it.

Tips to Increase Success on a 3-Hour Metabolism Boosting Diet

Proper organizing and planning can mean the difference in success or failure when you choose this diet plan. One thing you must do to realize success on this diet is to eat on a strict time table.

You may want to set an alarm on your phone or some other device to remind you that it's time to eat – because, unlike other diets, you won't feel deprived and may forget to eat unless you're reminded.

Make yourself a priority. It may seem difficult at first to plan portions, count calories and eat at certain times, but you probably prioritize other things in your life. Soccer games, sports practice, meeting deadlines and other priorities in your life are necessary – and so are you.

When you make this diet plan an important part of your life, the results will make you glad you did. Create your own eating schedule. Lifestyles are different for everyone and you should be comfortable with the schedule you create.

Change your belief system about what you can and can't achieve. When you make yourself the number one priority, you're setting yourself up for success and you won't become frustrated with the rigidity of the diet plan.

If you're wondering where you're going to find the time to plan and adhere to the 3-Hour Metabolism Boosting Diet, take a few minutes to analyze your days and find areas where you are wasting time.

Then, put that time to good use so you can better follow the diet plan. An emotional commitment is also a must. You may have tried many diets and none worked in the long run because your commitment waned.

Now, you have the chance to meet your health and weight loss goals without feeling deprived or frustrated. Results are usually rapid and you'll be even more enthused about sticking to the diet.

If you're too busy to plan meals, consider the mail order option. You can have fresh, 400 calorie meals and 100 calorie snacks delivered to your door and not have to worry about shopping and planning.

Shakes and bars that add up to 400 calories are also an easy option for meals – and you can choose from a variety of 100 calorie snack bars that will keep your metabolism purring.

Keep one of your oversized outfits handy so you can look at it and see how far you've come on the 3-Hour Metabolism Boosting Diet. It will renew your enthusiasm and you'll keep losing weight.

