



Saving Dinner

THE HOT MELT SPRINT

RECIPES AND GUIDE
VOLUME 1

By Leanne Ely

Includes
7 BONUS
Recipes!



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Welcome to the Hot Melt Sprint!

Keto is all the rage these days and there are 101 reasons why — with fast fat loss being one of the biggest.

The science behind it is irrefutable — keto is all about getting your body into ketosis, where your body is throwing off ketones and using your fat as fuel instead of glycogen, the product of carbohydrate/sugar metabolism which is stored in the liver.

Going very low carb will get your body to that point of switching fuel sources — THIS is the goal. The reason behind this of course is to get your body to become a fat-burning machine instead of a sugar-burning machine ... the fat as fuel is preferred if you want to lose body fat faster than a long, slow standard weight-loss diet.

You see it's ALL about the insulin factor.

Insulin is a fat-storing hormone. Now, remember, hormones are merely messengers for bodily function — they tell different parts of your body what to do with the information it's being sent.

Insulin tells cells to use some of the glucose for energy and to store any remaining glucose in the liver (in the form of glycogen). If there's too much glycogen, insulin tells the body to save it as body fat (visceral and/or belly fat) for later in case it's needed.

Constant eating (snacking) and eating too many carbohydrates in any of its forms, produces this problem. So high levels of insulin are inevitable in this situation whereas if you change up your eating style — banishing snacking, eating low carb, and diligently utilizing some intermittent fasting techniques, you can completely change things up.

In my research, I stumbled upon some fascinating science that when applied, will help you to get even faster results than my clean keto diet (Hot Melt Way). This is especially useful if you want to get started with a bang or are dealing with a plateau.

Sometimes you just gotta change it up!

The Hot Melt Sprint uses 4 things to give you an unfair advantage over other diets and really make substantial strides in true weight loss and establish a new set point weight.

***** Get cleared by your doctor BEFORE starting any weight loss diet, but especially if you have any chronic conditions, take medication, or have gallbladder issues (or no gallbladder).***

Here are the 4 things:

1. You must be able to fast intermittently — you can dial this in according to what you can do, but IF (***intermittent fasting***) is critical to the success of this program. Your eating "window" is precise on this plan and whatever method you choose to use, you must keep your eye on the clock.
2. You must be able to do the ***Four Minute Workout*** every day, preferably more than once a day. Do this first thing in the morning while your coffee is brewing. This set of exercises hits all the major large muscle groups and stimulates a nitric oxide dump, very beneficial. Watch the video for more info.
3. ***Flights*** means you take the stairs a few flights at a time to break up all the sitting. Movement COUNTS, any kind does, but stair climbing is especially useful as it works your legs (large muscle groups), and using your large muscle groups promotes more fat burning. I set the alarm on my phone to get up and do my flights (I do 4 at a time) every 45 minutes or so, from 8:45 am to 5:45 pm every day. I'm getting in 40 flights of stairs!
4. HIIT stands for High-Intensity Interval Training. You adjust your HIIT according to your fitness level of course, but you have to spend 30 minutes a day doing some kind of HIIT.

Research has shown that a sedentary lifestyle increases your risk of experiencing a heart attack by 82 percent, stroke by 37 percent, and depression by a whopping 150 percent.

Research also shows that those who exercise keep their weight steady and constant versus those who do not and end up gaining back the weight they lost.

This is not hard, and you are the one to establish how it will work. You need 20 minutes to get it done, but if you are starting from ground zero and haven't exercised in forever, start with only 10 minutes.

You don't need a gym; you just need your legs to walk. You can even walk in place if it's too cold or icy outside or too hot and humid.

Walk for a minute or two to warm up. Now walk briskly for 30 seconds. Slow down again but still keep up a good pace for the next 2 minutes.

Keep up this pattern of 2 minutes of a decently paced walk to 30 seconds of brisk walking. You want to get a little out of breath, but again, it's very dependent on your current fitness level. Go easy to start!

You can use your stairs if you want for your 30-second burst—very effective.

Another variation of this kind of workout is to get up and do a mini HIIT session for 5 minutes and do at least 2 of those a day if you're a beginner, adding other 5 minute sessions as you get stronger. The point is to get those steps in and get your heart rate up.

That's it—ideally, you will do this first thing in the morning on an empty stomach, but the most important part is that you get it done and that you do it at your own pace!

If you already have an exercise routine in place, add the 30-second bursts in. If you're a swimmer, you can do it in the pool for example. Same with any other activity, just add the little burst of harder exercise for just 30 seconds (or a minute if you're already in shape!)

The idea is to alternate back and forth to stimulate your metabolism and get the fat burning on the front burner.

The Hot Melt Sprint is a 7-day plan and then you can transition to the regular Hot Melt Way.

*"I love the structure of the Sprint! Leanne made it very straightforward!
You can do this for 7 days!!!!"
-Diane M.*

"Take care of your
body.

It's the only place
you have to live."

-Jim Rohn



The Warm-Up

If you are new to intermittent fasting (IF), it would be wise to warm up for a week before you start this plan and practice 12-hour fasts, especially if snacking after dinner is a part of your daily routine.

I would also suggest cutting back on all snacks as much as possible — the goal is to eliminate snacking entirely, fast intermittently, and eat intentionally, nutrient-dense, very low carb food to start tipping the scales in your favor.

Also, your coffee or tea needs to be black — no sweetener, not even stevia or monk fruit, no sweetener whatsoever. Start titrating down every day on the cream and sugar so you'll be ready to drink it plain!

This pre-work BEFORE we start the Hot Melt Sprint is called the Hot Melt Sprint Warm-Up and I HIGHLY recommend you start with the Warm-Up if you're a grazer or snacker and/or an after-dinner eater, or used to eating a high carb diet, or are addicted to sugar — it will be much less painful!

This Warm-Up is also an opportunity to get your head around what you're doing, clean out the fridge and pantry, and get your Hot Melt Soup, Hot Melt Salad Mix, and Hot Melt Vinaigrette ready to go for Sprint Week.

If you choose to go all-in and want the supplements (we'll talk about those in a bit), get those ordered immediately.

The Sprint Program

Once you're ready to begin (and have gone through the Hot Melt Sprint Warm-Up), this is what the plan looks like:

You have the 7-day plan — the food is all outlined, the recipes themselves are easy to make — it's mostly batch cooking/assembly.

You will be intermittently fasting, as I mentioned before, for at least 12 hours each day.

**For some, that 12 hours is enough—simply turning off the after-dinner snacking (and dessert eating) and giving your body 12 hours of not eating will switch things up enough.

Intermittent fasting is simply going without eating for specific periods of time, using your sleep cycle as the bulk of the fasting, but extending it as you can, as you are comfortable with, and what makes sense for YOU. This is not a contest to see how long you can go without eating! If you're already intermittent fasting, feel free to stretch things out. Otherwise, there is a guide on how to do it at the end of this section —

Start with the 12-hour fasting. Like I mentioned above, giving up the after-dinner snacking and dessert is a game-changer. If you're already there (and already eating low carb, no sugar, and have adapted to 12 hours and have no medical issues that would prevent you from going longer without eating) then try 16:8. It's 100% up to you—like I said, it's NOT a contest. It's about what is right for YOUR body.

Fasting is a way to reset your metabolism, find true hunger again, and put your appetite back in check.

When you break your fast, you will begin each day with a Target Trifecta Smoothie or a Target Trifecta Meal—and when I say “begin each day” that will be after your intermittent fast is ready to be broken, regardless of the time of day. YOU make that determination.

My preference of course is using the smoothie. It’s precise, will fill you up, and keep your carb count low.

"I lost 40 pounds in 12 weeks of steady sprinting and have kept it off for 7 months by following Hot Melt principles!"

- Sarah P

Here’s the drill on how your day will go when you’re Sprinting—

Upon rising, you may have black coffee, no sweeteners whatsoever, no creamers of any kind. No, you can’t have anything in it—it is to be drunk black. If you decide to add something to it, do it at your own peril, but this is the rule and there are no exceptions so please don’t ask. :-)

Regular or decaf, it’s up to you.

You can have tea too—green tea is full of polyphenols that help tremendously with fat loss. I recommend making some green tea (cold brew it—let 3 bags sit in 24 ounces of water and drink throughout the day). Same goes with any kind of tea you want—regular or decaf teas are all fine, as are all herbal teas provided, they’re just teas and nothing else added.

Also, drink 1-2 tablespoons of apple cider vinegar (ACV) diluted in about 12 ounces of filtered water once or twice a day, preferably ½ hour before meals.

This simple trick helps to regulate blood sugar and insulin—and remember, insulin is the fat-storage hormone, so this is a huge help to getting insulin to behave.

I suggest you have your ACV before meals to help with digestion. Have your smoothie when you feel true hunger, not before. This is crucial to re-establish your feeling of hunger and to realign your appetite.

Remember, this smoothie is your Break Fast, but that doesn't mean you'll be having it in the morning, necessarily. You have it when you feel hungry and when you're ready to have it—that could be at 11 AM, lunchtime, or even 3 PM—it's all contingent on feeling hunger.

Your Target Trifecta Break Fast Meal if you decide to forego the smoothie is this:

2 eggs** (any way you like them—scrambled, over easy, etc.) with a little salt and pepper, a handful of spinach (cooked with the eggs or not), ¼ to ½ an avocado depending on the size of the avocado OR you can have a handful of nuts (walnut halves, almonds, or pecan halves—a total of 10 to 12).

**if you have an egg allergy or sensitivity, eat 4 to 6 ounces of the protein of your choice.

Drink water throughout the day, the goal being half your body weight in ounces of water. If you weigh 150 pounds, you want to drink 75 ounces throughout the day. It's important to get that water in before dinner as you don't want to spend the night getting up to pee.

There is new research about what counts toward hydration. Your soup counts as the liquid toward your water for the day. So does tea and coffee believe it or not, even though they both have a diuretic quality. Please keep this in mind as you plan your water for the day.

Every meal looks nearly identical.

The only thing that will change is the protein. You get 3 to 6 ounces of protein that is either fatty fish or meat that is NOT lean. If you have poultry, skip the breast because it's too lean. You want to eat dark meat, preferably with the skin. I've included some keto-friendly protein recipes in this guide.

Now, here's the tricky part—you have the option to have 1 or 2 meals per day (assuming you're having a smoothie to break your fast and that is my preference—that you will begin each day with the Target Trifecta Smoothie). The meal count is just a matter of a) your personal fasting zone and b) breaking your fast with a smoothie. Just remember, there is absolutely no snacking.

If you have 1 meal, you may have up to 6 ounces of protein—this depends on your size, age, etc. If you have 2 meals, you need to break that up—2-3 ounces per meal.

GUIDELINES TO INTERMITTENT FASTING

1. 12:12 This is where you eat during a 12-hour window, and you don't eat during the other 12 hours. Simplest and easiest method: start with a 7 AM breakfast, end with a 7 PM dinner, no after-dinner snacking. We do this each day.
2. 16:8 This is where you essentially skip breakfast so your window for eating is 8 hours with 16 hours of fasting. So, you would start with a meal at noon to break your fast, end your eating by having dinner by 8 PM. If you've adjusted to 12:12 and are game for a little bit more of a stretch, try doing this a couple of times a week.
3. 5:2, AKA The Fast Diet. This is eating normally for 5 days, and 2 days are spent eating approximately 500 calories a day. The calorie restriction is low enough on those two days to trick your body into thinking it's a fasting experience, so you reap the benefits. I personally know a few people who do this and have gotten great results—personally, it's not for me, but we're all different! I mention this for educational purposes only; the 5:2 plan is not a part of the Hot Melt Sprint.
4. Eat Stop Eat. This is more severe than the 5:2 in that you completely water fast two non-consecutive days each week; nothing but water for 24 hours, twice a week. If you're hardcore, this is for you—but again, this is NOT a part of the Hot Melt Sprint.
5. 20:4 This is fasting for 20 hours, eating in a 4-hour window. Again, hardcore but for some people, it's a lifesaver. This is also NOT a part of the Hot Melt Sprint and is mentioned only to give you a complete rundown of how intermittent fasting can be done.

It's never too
early or too late to
work towards being
the healthiest you!



The Mindful Mug

You may have a cup of bone broth to start your meal OR you can have the Hot Melt Soup. Just remember, this cup of soup or broth is the beginning of your meal and it's a moment for you to get centered and stay mindful about your meal.

Drink your broth with gratitude, knowing that your body is capable of regulating your appetite. Flip the switch and think in terms of eating 'til satisfied, not full. Let full (especially Thanksgiving full) be a thing of the past.

We are creating a new paradigm not just in the way we eat, but the way we think about eating.

This Mindful Mug of broth or soup is a reminder of all of these things. Allow that mug to work its magic.

Below are all the recipes for the Hot Melt Sprint Program including the **Target Trifecta Triple Green Smoothie** I make on most days (using my supplements—if you want, you can use what you have on hand).

"I have lost 5 pounds and so much inflammation!!!" - Flynn F.

The Supplements

The supplements are optional but recommended. They are very strategic, and each plays a role in your transformation:

The Target Trifecta Smoothie:

Kickstarting your day with a nutrient-dense, anti-inflammatory, Meal-in-a-Glass (AKA the Target Trifecta Smoothie!) is more than sheer convenience. It's about becoming a fat-burning machine and changing the way your metabolism does business!



Perfect Paleo Protein

A powerhouse of collagen and dairy-free protein that will break your fast in a smart way, keeping your appetite and cravings under control. Available in vanilla, chocolate, and unflavored, lightly sweetened with stevia (except no sweetener in unflavored).



savingdinner.com/protein



FiberMender

With its 5 kinds of fiber, FiberMender is an incredible help in digestion. Research studies support its health effects for satiety, weight control, glucose and lipid metabolism, and bowel regularity.



savingdinner.com/fiber

The Target Trifecta Smoothie (continued):



Just Juiced Veggies

This is my secret weapon for adding more nutrients into my daily smoothie without the added carbs - it contains a whopping 7-9 servings of fruits and vegetables per scoop. This comprehensive formula contains an innovative blend of organic greens, vegetables, fruits, berries, phytonutrients, organic fiber sources, probiotics, digestive enzymes, plus a bioavailable, antioxidant-rich blend of green tea and apple extracts. Additionally, a patented broccoli seed extract provides long-lasting antioxidant support. Just Juiced Veggies is gluten-free, lactose-free, and suitable for vegans.



savingdinner.com/jjv



L-Glutamine

A highly recommended and useful supplement for fighting sugar cravings, building muscle, burning fat, and healing your gut.



savingdinner.com/lglutamine

Exogenous Ketones:



Hot Melt Mix

The Keto Flu (also known as the Carb Flu) is an unpleasant way to get into ketosis. It's a part of the transitional journey to take you from being a sugar burner to becoming a fat burner.

There are also people who simply cannot tolerate the high-fat diet required for ketosis—no gallbladder or digestive distress while on the keto diet.

Until now—our Hot Melt Mix will help you get into ketosis without having to undergo a full-blown ketosis diet to get there—and no-carb flu either.

Hot Melt Mix is a delightful orange creamsicle flavored, easy to use powdered drink mix that provides direct carb-free fuel for the brain and muscles to support energy, weight loss, athletic performance, and focus.



savingdinner.com/hmm

Save 15% by buying a kit:



Basic Sprint Kit

- Perfect Paleo Protein (Available in Chocolate, Vanilla or Unflavored)
- FiberMender
- L-Glutamine
- Just Juice Veggies



savingdinner.com/sprintkit

Save 15% by buying a kit:



Hot Melt 30 Kit

- Perfect Paleo Protein (Available in Chocolate, Vanilla or Unflavored)
- FiberMender
- L-Glutamine
- Just Juice Veggies
- Hot Melt Mix
- BeautySupport



savingdinner.com/30



Super Sprint Kit

- Perfect Paleo Protein (Available in Chocolate, Vanilla or Unflavored)
- FiberMender
- L-Glutamine
- Just Juice Veggies
- Hot Melt Mix
- ProActive Probiotics
- DigestZymes
- CraveCrusher
- LeptiFix



savingdinner.com/sprintkit

Supplements:



ProActive Probiotic

This is an incredible probiotic that will give your gut exactly what it needs. With its four strains of probiotic totaling 30 billion colony-forming units per capsule with a targeted release in the small intestines, you're replenishing your microbiome and fighting leaky gut!



savingdinner.com/probiotic



LeptiFix

- Supports Leptin Production
- Supports Weight Loss
- Balances Energy
- Helps Control Food Cravings
- Helps Control Appetite



savingdinner.com/leptifix



BeautySupport

Clinically Proven to Advance Your Own Body's Ability to Create Collagen!

Using a patented process, BeautySupport helps naturally nourish the body's beauty proteins: collagen, elastin, and keratin.



savingdinner.com/beauty

Supplements:



CraveCrusher

Contains key amino acids to support the brain's biosynthesis of the neurotransmitters involved in appetite control and carbohydrate cravings. As a bonus, CraveCrusher 2.0 boosts mood as well.

 savingdinner.com/crave



DigestZymes

Taken with your meals, these digestive enzymes ensure that you're not overburdening your digestive system and you're getting the nutrients you need from the food you're eating. Especially important if you have any compromised digestion from gallbladder issues (or no gallbladder) to heartburn, GERD, or anything else that makes digestion unpleasant. I swear by these — I keep a bottle in my purse and one on the countertop so I'm never without.

 savingdinner.com/digest

"Doing the Hot Melt Sprint without CLA and LeptiFix lost me 40 lbs. Then the hunger, cravings, and no movement on the scale came. CLA and LeptiFix got me thru. I'm down another 15." - Julie G.

The Recipes & Shopping List

1. Target Trifecta Smoothie
2. Hot Melt Salad
3. Hot Melt Vinaigrette
4. Hot Melt Soup
5. Chicken Bone Broth
6. Hot Melt Meatloaf
7. Hot Melt Garlic Lime Salmon
8. Hot Melt Spaghetti
9. Hot Melt Burgers

BONUS RECIPES:

10. Mexi-Beef Stir Fry Over Greens
11. Chicken Chasseur
12. Creamy Garlic-Basil Pork Stew
13. Garlicky Dijon Pork Chops and Greens
14. Cilantro Salmon Cakes with Cucumber Salsa
15. Ghee Topped Steak with Lime Brussels
16. Garlic Citrus Shrimp and Asparagus

Target Trifecta Smoothie

1 SERVING | 5 MINUTES

1

INGREDIENTS

- 1 cup Unsweetened Almond Milk (Use the nut milk of your choice - NO dairy!)
- 1 cup Baby Spinach
- 1/4 Avocado (or you can substitute 1 teaspoon MCT oil)
- 1/2 teaspoon Matcha Tea Powder
- 1 scoop Perfect Paleo Protein
- 1 scoop Just Juiced Veggies (optional)
- 1 scoop FiberMender (optional)
- 1 scoop L-Glutamine (optional)
- Ice or water as necessary, depending on your preferred consistency.

DIRECTIONS

Toss all ingredients into a blender, whirl and serve.

TIP: If you're using a low-powered blender, you may want to add the greens and nut milk on the first round. Add the additional ingredients, and then blend again to get a smoother consistency.

Hot Melt Salad

1 SERVING | 10 MINUTES

2

INGREDIENTS

- 3 cups Mixed Greens (your choice - lettuce, arugula, baby spinach, etc.)
- 2 tablespoons Broccoli (chopped, or broccoli sprouts)
- 2 slices Cucumber
- 2 Radishes (sliced or chopped)
- 1/4 to 1/2 Avocado (chopped and sprinkled with a little pink or sea salt)

DIRECTIONS

Toss together with 1 tablespoon Hot Melt Vinaigrette.

Hot Melt Vinaigrette

4 SERVINGS | 5 MINUTES

3

INGREDIENTS

- 2 Tbsp apple cider vinegar or fresh lemon juice
- 3 Tbsp extra virgin olive oil
- ¼ tsp Dijon mustard
- 1 clove garlic, pressed (or 2 if you like it garlicky)

DIRECTIONS

Whisk together and store in fridge as needed. Take out and bring to room temperature before serving.

Hot Melt Soup

12 SERVINGS | 45 MINUTES

4

INGREDIENTS

- 3 Tbsp ghee
- 1 cup chopped green onions (bulbs and tops)
- 4 cloves garlic, chopped
- 2 stalks celery, chopped
- 1 cup cabbage, chopped
- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- ½ tsp thyme
- Salt and pepper to taste
- 2 quarts bone broth or stock (your choice, chicken or beef)

DIRECTIONS

In a large soup pot over medium-high heat, add the ghee to the pot and let it get hot. Now add the green onions and sauté 'til beginning to get translucent, about 3-5 minutes. Turn down the heat to about medium, add the garlic and celery and sauté another 2 minutes. Now add the rest of the veggies, thyme, and salt and pepper. Add broth and continue to cook 'til all the veggies are tender. To serve, add one cup of chopped raw, fresh baby spinach to the bottom of your soup bowl. Ladle 1 cup of hot Hot Melt Soup over the top and allow it to "cook" your spinach. Salt and pepper to taste before serving.

Chicken Bone Broth

8 SERVINGS

5

INGREDIENTS

- 2 pounds roasted chicken backs*
- 2 pounds roasted chicken feet*
- 7 cups water
- 2 yellow onions halved
- 3 cloves garlic
- 3 stalks celery halved
- 3 carrots cut into 2-inch pieces
- 3 sprigs fresh rosemary
- 6 sprigs fresh oregano
- 6 springs fresh thyme
- 2 teaspoons whole peppercorns
- 1 teaspoon sea salt
- 2-3 tablespoons apple cider vinegar

DIRECTIONS

In a large crock pot, place the chicken backs, chicken feet and water. Add onions, garlic, celery, carrots, rosemary, oregano, thyme, peppercorns, salt, and apple cider vinegar. Cook the whole thing on low for at least 8 hours (I usually cook mine for up to 72 hours). If you choose to go longer than 8 hours, be sure to check periodically and add more water, one cup at a time.

*To roast your bones and chicken feet, preheat the oven to 350 degrees. Place the chicken feet and bones on a baking sheet, drizzle with avocado oil, liberally sprinkle with sea salt and freshly ground black pepper. Place the baking sheet in the oven for 20 minutes. Turn all the bones and put them back into the oven until they are a deep brown, about 20 more minutes.

Hot Melt Meatloaf

6 SERVINGS | 1 HOUR 15 MINUTES

6

INGREDIENTS

- 1 Tbsp ghee or avocado oil
- 2 medium onions, chopped
- ½ tsp thyme
- 2 tsp pink salt
- 1 tsp freshly ground black pepper
- 3 Tbsp Worcestershire sauce
- 1/3 cup chicken broth (bone broth, if you have it)
- 1 Tbsp tomato paste
- 2 ½ pounds ground beef
- ½ cup ground pork rinds
- 2 eggs, beaten

DIRECTIONS

Preheat oven to 350 degrees. In a skillet, heat the ghee and sauté the onions. In a large bowl, with your very clean hands mix all ingredients—add the sautéed onions. Once everything is thoroughly mixed, put it in a loaf pan or muffin tin for small portions. Bake for an hour or until cooked thoroughly. Enjoy!

Hot Melt Garlic Lime Salmon

2 SERVINGS | 20 MINUTES

7

INGREDIENTS

[SALMON]

- 2 salmon fillets
- 2 tbsp ghee (divided)
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp freshly ground pepper
- ¼ tsp sea salt

[AVOCADO SALSA]

- 1 ripe avocado, pitted and diced
- 2 Tbsp salsa (your choice)
- 2 Tbsp red onion, diced
- 2-3 Tbsp cilantro, chopped coarsely (use the stems, too!)
- 1 Tbsp olive oil
- ½ lime, squeezed
- Sea salt and freshly ground pepper, to taste

DIRECTIONS

In a small bowl, toss together chili powder through sea salt. Rub half the melted ghee onto the salmon fillets, then follow up with the spices and sprinkle on the fillets. In a skillet over medium heat, melt remaining ghee and let the pan get hot. Now add the salmon, skin side down, and cook for about 3 to 5 minutes, depending on the thickness of the fillet. While the salmon is cooking, make the Avocado Salsa. In a medium bowl, toss all the ingredients together. Refrigerate if not using right away.

Hot Melt Spaghetti

4 SERVINGS | 30 MINUTES

8

INGREDIENTS

- 1 tbsp Ghee (or olive oil)
- 1 Yellow Onion (chopped)
- 1 can diced Tomatoes (or fresh equivalent)
- 1 teaspoon Thyme
- 1 teaspoon Oregano
- Sea Salt and Black Pepper (to taste)
- 2 Garlic Cloves (pressed)
- 1 dash Red Wine
- 2 Zucchini (spiralized)
- 1 pound Italian Sausage (cooked)
- 1 cup Shredded Parmesan (optional)

DIRECTIONS

First up, in a large skillet, heat the ghee and add the onion. When the onion becomes translucent, add the tomatoes, spices and simmer a couple of minutes. Use a potato masher to smush up the tomatoes. Add the garlic and red wine, and simmer another few minutes. Add the zucchini to the pan and cover. Allow to simmer for a few minutes until cooked through, about 2 to 3 minutes. Now add the cooked sausage and mix altogether. Serve in a bowl, top with parmesan if you like.

Hot Melt Burgers

4 SERVINGS | 30 MINUTES

9

INGREDIENTS

- ½ pound ground beef
- ½ pound ground bacon
- Garlic powder, sea salt, and freshly ground pepper, to taste
- Olive oil or avocado oil
- 4 to 6 mushrooms, sliced (per burger)
- ½ Tbsp ghee
- 1-2 Tbsp heavy cream (or full-fat coconut milk)

DIRECTIONS

In a mixing bowl, mix beef, bacon, garlic powder, and salt and pepper together. Form patties and place on a plate. In a large skillet heat some plain olive oil or avocado oil over medium-high heat to begin cooking the burgers. As the burgers are cooking, in another skillet, heat the ghee over medium-high heat and sauté the mushrooms, adding salt and pepper. When burgers are done to your liking, pull them and place on a paper towel-lined plate. To the burger pan, add the heavy cream and whisk getting all the little brown bits to form the gravy. As the gravy forms, turn down the heat to low and add the mushrooms to incorporate. Serve burgers with mushroom gravy over the top and enjoy!

*"Supper tonight: Hot Melt Burger and fresh asparagus. Beats a burger and fries any day."
- Autumn H.*

Mexi Beef Stir Fry Over Greens

4 SERVINGS

10

INGREDIENTS

- 2 pounds ground beef
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- sea salt and freshly ground black pepper to taste
- 1/2 large onion chopped
- 1 cup chopped green bell pepper
- 2 1/2 cups canned full fat coconut milk
- 1 small jalapeno seeded, deribbed and chopped
- 2 cups broccoli florets blanched
- 3/4 cup chopped celery
- 1/2 cup chopped cilantro
- 3 tablespoons fresh lime juice
- 6 cups chopped collard greens steamed until tender
- 1 large avocado peeled, pitted and chopped

DIRECTIONS

- In a large skillet over medium heat, add the ground beef, chili powder, garlic powder, cumin, and salt and pepper to taste. Cook for 3 to 5 minutes, until brown. To the skillet, add the next 6 ingredients (onion through celery) and stir. Reduce heat to low and cover skillet. Cook for 10 minutes, until meat is cooked through and vegetables are tender. To the stir fry, add the cilantro and lime, and stir.
- On individual plates, place 1 cup collard greens. Spoon the beef mixture over the collards and top with avocado, serve warm.

Chicken Chasseur

4 SERVINGS

11

INGREDIENTS

- 8 tablespoons unsalted butter melted and divided
- 4 cloves garlic minced
- 1 bay leaf
- 1 small lemon juice and zest
- 1/2 tablespoon chopped fresh thyme
- 1 1/2 pounds boneless skinless chicken thighs
- 3 cups sliced crimini mushrooms or use regular mushrooms
- 3 cups halved cherry tomatoes
- 2 1/2 cups low sodium chicken broth or use bone broth
- 2 tablespoons chopped fresh tarragon
- sea salt and freshly ground black pepper to taste

DIRECTIONS

- In a large bowl combine 5 tablespoons of butter with the next 4 ingredients (garlic through thyme) to make a marinade. To the bowl add chicken and mix, coating chicken in marinade. Marinate chicken at room temperature for 45 minutes.
- Remove chicken from marinade. Using a paper towel, pat excess marinade from chicken.
- In a large sauté pan, heat 3 tablespoons of butter over medium-high heat. In the pan, sear chicken for 1 minute on both sides. Remove chicken from pan.
- In the same pan, sauté mushrooms for 3 minutes, then add tomatoes and broth. Over medium heat, bring broth to a simmer. To the pan, add chicken. Cover pan. Over medium heat simmer, chicken 20 to 25 minutes, or until chicken is fully cooked. Remove chicken from pan and place in individual plates. To the pan, add tarragon and stir. Season to taste with sea salt and pepper.
- Spoon contents of pan over each portion of chicken and then serve

Creamy Garlic-Basil and Pork Stew

4 SERVINGS

12

INGREDIENTS

- 1 1/2 pounds pork shoulder cubed
- 1 small onion chopped
- 4 cloves garlic minced
- 2 cups chopped mushrooms
- 1 cup chopped celery
- 4 cups low sodium chicken broth or use bone broth
- 4 cups chopped swiss chard
- 2 teaspoons grated fresh lemon zest
- olive oil
- sea salt and freshly ground black pepper to taste
- 1/4 cup chopped fresh basil
- 2 14-oz. cans full fat coconut milk

DIRECTIONS

- In a large crock cooker, add the pork through the salt and pepper and stir. Cover and cook on LOW for 6 to 8 hours, or until the pork is cooked through and no longer pink in the center and vegetables are tender.
- Add in the basil and coconut milk in the last hour. Serve warm.

Garlicky Dijon Pork Chops and Greens

4 SERVINGS

13

INGREDIENTS

- 1 1/2 tablespoons Dijon mustard
- 1/2 tablespoon chopped fresh thyme
- 1 1/2 pounds boneless pork chops
- sea salt and freshly ground black pepper to taste
- 4 tablespoons ghee
- 6 cloves garlic minced
- 1 cup diced onion
- 2 pounds mustard greens chopped (or use collard greens)
- 1 tablespoon apple cider vinegar
- 1 cup sauerkraut

DIRECTIONS

Preheat oven to 375 degrees. In a small bowl, whisk together mustard and thyme. Use a pastry brush to coat pork chops with the mustard mixture. Season with salt and pepper to taste.

In a baking dish place the pork. In the oven, roast the pork for 20 minutes, or until desired doneness. On a cutting board, place pork and let rest for 5 minutes. While the pork is cooking, in a large sauté pan, heat ghee over medium heat. In the pan, sauté garlic and onion for 2 minutes. To the pan, add mustard greens and vinegar. Stir greens and reduce heat to low.

Cook greens 10 to 12 minutes, or until tender. Stir in ground sauerkraut. Season mustard greens to taste with sea salt and pepper.

On individual plates, place greens. Place pork alongside greens and serve.

Cilantro Salmon Cakes with Cucumber Salsa

4 SERVINGS

14

INGREDIENTS

- 2 tablespoons ghee
- 1 pound salmon fillets cooked and flaked
- 1/4 cup coconut oil
- 1/2 cup minced cauliflower florets
- 3 medium stalks celery minced
- 1 tablespoon coconut oil melted
- 1/4 cup chopped fresh cilantro
- 1 tablespoon chopped green onions
- 1 tablespoon Dijon mustard
- sea salt and freshly ground black pepper to taste
- 1/4 teaspoon ground ginger
- 1/2 cup extra virgin olive oil
- 2 tablespoons chopped mint
- 2 medium limes juiced
- 1/2 tablespoon coconut aminos or use low sodium soy sauce
- Stevia to taste
- 1 medium cucumber peeled and chopped
- 1 cup chopped plum tomatoes Roma
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DIRECTIONS

Preheat grill pan to MEDIUM-HIGH.

Brush grill pan with ghee.

In a large bowl, combine flaked salmon and next 9 ingredients (coconut oil through ginger); form into compact, medium-sized patties. Grill patties for 2 to 3 minutes per side or until cooked through and nice grill marks appear on both sides; remove from grill pan and set aside.

In a medium bowl, whisk together olive oil, mint, lime juice, coco-aminos and honey; stir in cucumber and tomatoes. To serve, spoon some salsa over each salmon patty.

Ghee Topped Steak with Lime Brussels

6 SERVINGS

15

INGREDIENTS

- 4 8-oz New York strip steaks
- 2 tablespoons olive oil
- sea salt and freshly ground black pepper to taste
- pinch red pepper flakes
- 1 tablespoon garlic powder
- 2 tablespoons avocado oil or use olive oil
- 5 cups halved Brussels sprouts
- 1 small red onion chopped
- 1 large lime zest and juice
- 4 tablespoons minced fresh parsley
- 2 tablespoons coconut aminos
- 3 tablespoons ghee

DIRECTIONS

Heat outdoor grill or grill pan to high heat.

Rub the steaks with oil and salt and pepper, red pepper flakes and garlic powder and place on the grill.

Cook for 2-3 minutes on each side, until the steaks reach the desired level of doneness and then set aside.

In a large skillet over medium heat, heat the avocado oil. To the skillet, add the remaining ingredients and cook for 10 to 15 minutes, until Brussels sprouts are tender.

Serve Brussels sprouts over the steak topped with ghee.

Garlic Citrus Shrimp and Asparagus

8 SERVINGS

16

INGREDIENTS

- 2/3 cup low sodium chicken broth or use bone broth
- 1 tablespoon arrowroot
- Stevia to taste
- 1 tablespoon coconut aminos or use low sodium soy sauce
- 1/4 cup fresh lemon juice
- 1 teaspoon lemon zest
- 4 tablespoons olive oil divided
- 1 1/2 pounds shrimp peeled and deveined
- sea salt and freshly ground black pepper to taste
- 1 pound asparagus spears trimmed and halved
- 1 teaspoon minced fresh ginger
- 3 cloves garlic minced
- 1/4 cup chopped cilantro

DIRECTIONS

In a small bowl, whisk together first 6 ingredients (chicken broth through lemon zest). Set aside. To a large skillet over medium high heat, add 2 tablespoons of the olive oil and swirl to coat. Add shrimp to pan in a single layer and cook for 2 to 3 minutes per side, until beginning to pink on both sides and becoming opaque, but slightly undercooked. Season shrimp with sea salt and freshly ground black pepper to taste and remove from pan.

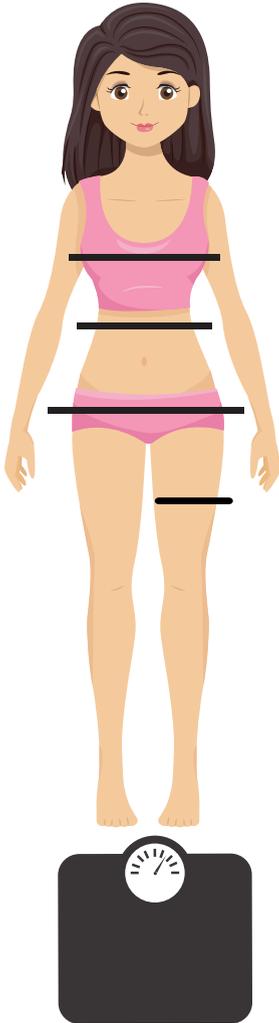
In the same skillet, heat remaining 2 tablespoons olive oil. Add asparagus and sauté for 5 to 7 minutes, until tender-crisp, bright green. Season with salt and pepper to taste. Add ginger and garlic to skillet and stir to combine. Sauté for another 30-45 seconds.

Pour lemon sauce in with asparagus. Add shrimp back into skillet and stir to combine with sauce and asparagus. Simmer for 1 to 2 minutes or until sauce is thickened. Remove from heat and serve warm sprinkled with cilantro.

"Life is not merely
to be alive,
but to be well."

-Marcus Valerius Martial





Weight & Measurements

Start Week 2 Week 3 Week 4

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Other

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"Thankfully I did better than I thought on the Sprint this week. I was hoping to see some results from others. I ended up losing 2" off my waist and my hips. I also lost 3 pounds. I am happy with that! in the entire month of November I lost 4" and 14 pounds. So no complaints from this girl!" - Jackie H.

Day:

HYDRATION 

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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



SLEEP



FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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Day:

HYDRATION 

Break - fast



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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



SLEEP



FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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Day:

HYDRATION 

Break - fast



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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



SLEEP



FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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Day:

HYDRATION 

Break - fast



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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



SLEEP



FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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Day:

HYDRATION 

Break - fast



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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



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FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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Break - fast



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Daily Summary

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Daily Summary



EXERCISE



HYDRATION



HOURS FASTED



SLEEP



FEELINGS/MOOD

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End of the day summary, lessons and path corrections:

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The Down and Dirty Sprint

THE HOT MELT SPRINT WITHOUT ALL THE PREP

I've heard you!

You want it fast and easy--without having to drag out the crockpot or Instant Pot and actually cook.

Okay. Got it. Here's how that will work: First things first:

1. Read the Sprint Guide. It STILL has a good overview of how the Sprint works. The why's are all there and without that foundation, what you're reading here will not make sense. Got it? Imperative--unless you've read and understand the Sprint, these additional directions will seem incomplete. (Hint: they are not.)
2. All principles within the Sprint still need to be adhered to: hydration, HIIT, movement, and fasting.

Next up--what to do:

1. Buy bone broth. That's right--buy it. And no, not chicken stock. Bone broth. Yes, it costs more, but I refer you again back to the original Sprint document. There's a reason for it.
2. With that bone broth you can do one of two things: just go with bone broth and skip the soup or make the soup with the premade bone broth. Your choice.
3. Salads can be purchased in tubs. If you're not feeling it with chopping up the veggies that are called for the salads, then go for plain spinach or lettuce salads. Warning: you will become super bored with such a plain jane option, but it's your call. And heads up, (pardon the pun) Iceberg is not an option; it's just a sad, pale lettuce ball that doesn't have the nutrient density necessary.

4. Skip the broccoli sprouts or buy them if you can find them. You can also find avocado frozen if you don't want the hassle of cutting a ripe one up.

5. Salad dressing. Two ways to do it: 1) olive oil and apple cider vinegar with a ratio of 3:1 just plain thrown on top of your salad. Don't forget, we use extra virgin olive oil, always. OR 2) Make the dressing as per the instructions in the Sprint.

6. Regarding #5 above; don't fight me on this. Salad dressings in a bottle are, for the most part, expensive and filled with crappy oils, extra ingredients that cause inflammation, sugar, and more. I've given you two options--choose one.

7. For the protein side of things, you can use canned wild salmon, smoked wild salmon, rotisserie chicken (use the dark meat), plain hamburger patties, canned tuna, canned sardines if you seriously don't want to cook. Otherwise, any roast will work that you can eat off of for the week. You will be sick of it, but it's an option if you only want to cook once or twice.

That should do it. Remember, the Sprint is ONLY 7 days of your life. There are no substitutions! We're fighting inflammation here, trying to get our guts on the path to healing, and are trying to correct hunger hormones.

That means-- *No snacking. *Hydrate like you mean it (see the Sprint doc for the guidelines) *A minimum of 12 hours of fasting. *Move it (HIIT, flights, and 4-minute workouts--all detailed in the Sprint doc)

And, if you still have any questions, please email customer service: support@savingdinner.com.

"Not enough words to express my thanks to you Leanne Ely for offering the Sprint and all you do. I lost 9.2 lbs and 8 inches of inflammation!!!! The meals are delicious and my husband loved them to. I added side dishes to his but it was so nice not to have to cook separate meals. I'm excited about continuing on and for the next sprint. I would be remiss if I didn't say a huge thank you as well to both Norma B. and Tanya S. for your inspiring posts each day in the Hot Melt Sprint Facebook Group. It took me a long time to get my act together but you both were such huge inspirations. Thank you so much!"

-Wendy G.

Frequently Asked Questions

What kind of sorcery is this? Does The Hot Melt Sprint really work?

It really does! Thousands of women have completed the program and can testify to the life-changing benefits of it. Just ask in our Facebook group, [here!](#)

Do I have to buy the supplements?

While the supplements have been designed especially for because they work and will definitely contribute to your success on the Hot Melt Sprint, they are not required.

What is the difference between a Keto diet and the Hot Melt Sprint?

While there are similarities in that both support aim for very low carbs, the main difference is the Keto diet isn't sustainable long-term. The Hot Melt Sprint is built on what we call the Target Trifecta Plate - protein, healthy fats, fiber in the form of green vegetables.

If I break my fast with a smoothie, does that count as a meal?

The one or two meals consist of Hot Melt Soup, Hot Melt Salad, and 3-6 ounces of the protein of your choice.

What is the Mindful Mug?

We use a Mindful Mug of broth or soup as a way of centering ourselves and staying mindful about our meal - it's our way of avoiding mindless eating.

Frequently Asked Questions

What if I don't want to make my own bone broth? Can I buy it somewhere?

While homemade bone broth is much more inexpensive and amazingly delicious, you can purchase it as well if you choose.

Should I eat if I am not hungry, or force myself to finish each meal?

No. The point of the Hot Melt Sprint is correct your broken hunger hormones. This happens when you begin to eat via hunger cues and not the clock.

What is HIIT training?

HIIT stands for High Intensity Interval Training. The magic sauce with HIIT is short bursts of high intensity exercise (10 seconds to a full minute, depending on your fitness level) with continued exercise at a lower rate of exertion.

What is Hot Melt Mix and why would I drink it?

Hot Melt Mix is our proprietary blend of exogenous ketones that cellularly hydrates your body and helps with symptoms from the keto/low carb flu.

Can I start the Sprint at any time?

YES! We do a group Sprint at the beginning of each month if you would like the extra support and accountability of being in a group, but you can Sprint by yourself at any time.