

# DOWN AND DIRTY

## THE HOT MELT SPRINT WITHOUT ALL THE PREP

I've heard you!

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

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

### First things first:

1. Print out and read the Sprint document. 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 #4 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](mailto:support@savingdinner.com).

# **THE HOT MELT DIET**

## **SAVING DINNER** *by Leanne Fly*