

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Oatmeal Fruit Smoothie (FMD) Using 1 Cup Frozen Berries	Oatmeal W/ 1 Cup Frozen Peaches And Cinnamon	Spinach And Mushroom Scramble (CB) W/ Veggies	Southwestern Breakfast Stir Fry (CB) W/ Veggies	Cashew-Quinoa Hot Cereal With 1 Cup Frozen Berries And Sliced Cucumber (CB)	Spinach-Mushroom Omelet (CB) With 1 Grapefruit And 1 Slice Sprouted Grain Bread *	Egg And Toast* With Tomato And Red Onion W/ Frozen Berries (FMD)
Snack	1 Apple, Sliced With Cinnamon Sprinkled On Top	1 Cup Frozen Berries	2 Oz. Garden Meatballs (CB)	2 Oz. Turkey Bacon	2 Tbls. Raw Almond Butter And Celery Sticks	1/3 Cup Hummus With Green Beans	1/4 Cup Raw Almonds With Cucumber Slices
Lunch	Turkey Chili (FMD) With 1 Apple	Sweet Potato And Broccoli Saute (CB) With 1/2 Cup Quinoa. And 1 Apple	Lemon Mustard Pepper Chicken (CB)	Leftover Lettuce Cups: Chicken W/ Cucumbers, Onion And Lemon	Turkey Burger With Sweet Potatoes (CB)** 1 Cup Frozen Peaches	Turkey Burger (CB) On Salad W/ Tomatoes, Onions And Mushrooms. 1 Cup Frozen Peaches	Chicken Fajita Chili Bowl (CB). With 1 Cup Frozen Berries
Snack	1 Orange	1 Orange	Red Pepper Stuffed With Crunchy Tuna Salad (CB)	2 Oz. Leftover Chicken Breast With Pickle Spears	Creamy Guacamole (FMD) With Cucumber Slices	1/4 Cup Raw Cashews With Strips Of Red Bell Pepper	1/3 Cup Hummus With Cucumber Slices
Dinner	Sweet Potato And Broccoli Saute (CB) With 1/2 Cup Quinoa	Chicken Sausage With Brown-Rice Fusilli (FMD)	Spicy Red-Pepper Fish With Lemon-Garlic Kale (FMD)	2 Cups Salad With Mushrooms, Cucumber, Green Beans; 4 Oz. Garden Meatballs (CB)	Turkey Chili (FMD) With 1/4 Avocado And 2 Tbls. Sunflower Seeds.	Chicken Fajita Chili Bowl (CB) With 1/2 Cup Quinoa (Optional)	Long And Slow Eggplant Stew (CB) With 1/2 Avocado

Recipe Sources: The Fast Metabolism Diet Book and E-Book = FMD

*Gluten-free: Serve with 1/2 cup cooked quinoa instead of toast

The Fast Metabolism Diet Cookbook = CB

**Gluten-free: Omit bread crumbs and replace with 1/2 cup dry oats

7-Day Metabolism Jumpstart Grocery List

Quantities are the minimum you'll need for the 7 days. But feel free to stock up!

DRY GOODS

- Steel cut oats, 1 cup
Old fashioned are fine if you can't find steel cut
- Quinoa
- Sprouted-grain bread, 2 slices
- Sprouted-grain bread crumbs, ½ cup
(or make your own)
- Organic vegetable broth 32-oz. box or Organic chicken broth 32-oz. box
Feel free to use chicken broth and veggie broth interchangeably – you only need one or the other
- Raw almonds, ¼ cup
- Raw cashews, ½ cup
- Raw sunflower seeds, 2 tablespoons
- Brown rice fusilli, enough to cook 2 cups
- Raw almond butter, 2 tablespoons
- Canned black beans, 15-oz. can
- Canned garbanzo beans 2, 15-oz. cans
- Canned kidney beans, 15-oz. can
- Canned white beans, 2 15-oz. cans
- Canned pinto beans, 15-oz. can
- Canned adzuki beans or lentils, 15-oz. can
Can't find adzuki? Buy one more can black beans
- Canned crushed tomatoes, 32-oz. can
- Tomato paste, 6-oz. can
- Xylitol, ½ cup (or stevia)
- Green chilies (canned) 2, 7-oz. cans
- Dill pickle spears

FROZEN

- Frozen mixed berries , 4 cups
- Frozen peaches, 3 cups
- 1 Grapefruit

REFRIGERATED

- Eggs, 2
- Egg whites , 4 from 1 small carton, or just separate whole eggs
- Unsweetened almond milk or Coconut milk is also fine
- Hummus, 2/3 cup

ANIMAL PROTEIN

- Turkey bacon, 6 oz.
- Lean ground beef, 1 1/4 lbs.
- Lean ground turkey, 3 lbs.
- Chicken breast , 3 lbs.
- Cod, haddock, or dory, 6-oz. fillet
- Chicken sausage, 16 oz.
- Canned tuna (water-packed) 1, 3-oz. can

FRESH FRUIT

- Apples, 3
- Oranges, 2
- Lime, 1
- Lemons, 4

VEGETABLES

- Mushrooms, 12 oz.
- Yellow onions, 4
- Red onions, 2
- Spinach, 1 lb.
- Romaine lettuce, 1 head
- Cucumbers, 4 large
- Tomatoes, 4
- Avocados, 5
- Zucchini, 6 small
- Green Cabbage, ½ cup diced
- Hatch green chilies, 1 or Anaheim, or other mild chile pepper
- Red bell peppers, 4
- Yellow bell peppers, 1
- Orange bell peppers, 1
- Green bell peppers, 2
- Green onions, 1 bunch
- Broccoli florets, 5 cups
- Kale, 1 bunch
- Celery, 1 bunch
- Sweet potatoes, 2 large plus 4 medium
- Green beans, 12 oz.
- Cauliflower , 1 cup chopped
- Eggplant, 1 medium

FRESH HERBS

- Cilantro, 1 small bunch
- Dill, 1 small bunch
- Garlic, 1 head
- Rosemary, 1 small bunch

7-Day Metabolism Jumpstart

Grocery List

Spices and staples

DRIED SPICES/CONDIMENTS

- Sea salt
- Black pepper
- Cinnamon
- Red pepper flakes
- Chili powder
- Oregano
- Basil
- Celery seed
- Coconut vinegar
 - Substitute apple cider vinegar if you can't find coconut vinegar*
- Coconut oil
- Grapeseed oil or Olive oil is also fine
- Tamari
 - Substitute tamari or Bragg's Liquid Aminos if you can't find coconut aminos*
- Coconut aminos
 - Substitute tamari or Bragg's Liquid Aminos if you can't find coconut aminos*
- Dijon mustard, 1 cup
- Safflower mayo
- Chile paste
 - Often sold near the deli counter in a tube*

SHOPPING NOTES:

Don't like a particular veggie or fruit?
You can substitute with another phase-specific item.

You might want to pick up extra veggies for snacking.

We've given minimum ingredient quantities to make a week's worth of recipes (you'll often have some leftovers). When no quantity is listed, assume that a standard container will contain plenty of the ingredient.

For a few items, like almond butter, you only need a couple of tablespoons. You could substitute a different snack, or choose a different nut butter.

For stevia and xylitol. You don't have to buy both – you can choose one or the other and substitute in recipes. 1 tsp of xylitol is equivalent to about 1/8 tsp. of stevia.