

**PART 1**

	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>	<b>OUNCES OF WATER FOR THE DAY</b>	<b>SUPPLEMENTS</b>	<b>EXERCISE*</b>
<b>DAY 1</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Orange	1 1/2 Scoops Metabolism Shake	Peach	Steak and Quinoa Bowl	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 2</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Peach	1 1/2 Scoops Metabolism Shake	Orange	Cajun Shrimp and Black Beans	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 3</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Orange	1 1/2 Scoops Metabolism Shake	Peach	Steak and Quinoa Bowl	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 4</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Peach	1 1/2 Scoops Metabolism Shake	Orange	Cajun Shrimp and Black Beans	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 5</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Apple with Almond Butter	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Spaghetti Squash Stir-Fry	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 6</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Apple with Almond Butter	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Nutty Chicken	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 7</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Apple with Almond Butter	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Spaghetti Squash Stir-Fry	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

**PART 2**

 All recipes can be found in the book *Metabolism Revolution*.

\*Cardio: 3 to 4 times per week. \*MIE: minimum of 1 time per week.

**PART 1**

	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>	<b>OUNCES OF WATER FOR THE DAY</b>	<b>SUPPLEMENTS</b>	<b>EXERCISE*</b>
<b>DAY 1</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Berries	1 1/2 Scoops Metabolism Shake	Pear	Curried Quinoa with Pork	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 2</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Pear	1 1/2 Scoops Metabolism Shake	Berries	Steak and Cabbage Saute	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 3</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Berries	1 1/2 Scoops Metabolism Shake	Pear	Curried Quinoa with Pork	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 4</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Pear	1 1/2 Scoops Metabolism Shake	Berries	Steak and Cabbage Saute	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 5</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Orange with Shredded Coconut	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Chili-Coconut Lime Chicken	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 6</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Orange with Shredded Coconut	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Rainbow Chicken with Veggie	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
<b>DAY 7</b> A.M. Weight _____	1 1/2 Scoops Metabolism Shake	Orange with Shredded Coconut	1 1/2 Scoops Metabolism Shake	Hummus with Celery	Chili-Coconut Lime Chicken	1/2 body weight in ounces	Metabolism Multi (2, twice daily) Metabolism Colon (1-2, before bed with 8oz of water)	<input type="checkbox"/> Cardio <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

**PART 2**

 All recipes can be found in the book *Metabolism Revolution*.

\*Cardio: 3 to 4 times per week. \*MIE: minimum of 1 time per week.

**GROCERY LISTS - Week 1** (This grocery list is per person.)

**Proteins -**

Angus Steak - (2) 4 oz.  
Chicken Breast, boneless,  
skinless - (3) 4 oz.  
Pork Medallions - (2) 4 oz.

**Vegetables -**

Baby Spinach - 8 oz.  
Bell Peppers (any color) - 1  
Broccoli Florets - 10 oz.  
Cabbage - 1/2 medium head  
Cauliflower, riced -  
1 large head (4 cups)  
Celery - 1 bunch  
Green Beans - 12 oz.  
Onion - 2 medium  
Red Onion - 1 medium  
Scallions - 1 bunch  
Zucchini - 1 medium

**Fruits -**

Berries - 4 cups  
Lemon - 1  
Lime - 2  
Oranges - 3  
Pears - 4

**Fresh Herbs -**

Cilantro - 2 TBS.  
Garlic, minced - 2 tsp.

**Complex Carbs -**

Sweet Potato - 1 large  
Quinoa - 1/3 cup

**Healthy Fats -**

Coconut, shredded - 1.25 cups  
Coconut Oil - 4 tsp.  
Hummus - 3/4 cup  
Olive Oil - 2 TBS

**Condiments -**

Curry Powder  
Crushed Red Pepper Flakes  
Garlic Powder  
Ground Pepper  
Italian Seasoning  
Paprika  
Sea Salt  
Thyme, dried

**\*This list does not include any  
Free Foods.**

**GROCERY LISTS - Week 2** (This grocery list is per person.)

**Proteins -**

Angus Steak - 8 oz.  
Chicken Breast, boneless,  
skinless - (3) 4 oz.  
Eggs - 1  
Shrimp - 8 oz.

**Vegetables -**

Bell Peppers - 1  
Cauliflower - 2 1/2 lbs.  
Celery - 1 bunch  
Cucumbers - 1  
Green Beans - 1 lb.  
Red Bell Peppers - 2  
Scallions - 1 bunch  
Spaghetti Squash - 1  
Zucchini - 1 medium

**Fresh Herbs -**

Cilantro - as needed  
Basil - 8 leaves  
Parsley - 2 tsp.

**Complex Carbs -**

Black Beans - 1 can  
Quinoa - 1/3 cup

**Fruits -**

Apples - 3  
Lime - 1  
Oranges - 4  
Peaches - 4 (4 cups)

**Healthy Fats -**

Almonds (raw) - 2 TBS.  
Almond Butter (raw) - 6 TBS.  
Cashews - 4 TBS.  
Hummus - 3/4 cups  
Olive Oil - 1 TBS.  
Pecans - 2 TBS.

**Condiments -**

Balsamic Vinegar  
Cajun Seasoning  
Chili Powder  
Crushed Red Pepper Flakes  
Cumin, ground  
Garlic Powder  
Ground Pepper  
Marjoram, dried  
Onion Powder  
Paprika, smoked  
Sage, fresh or dried  
Sea Salt  
Thyme, dried

**\*This list does not include any  
Free Foods.**