

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	EXERCISE*
PART 1	DAY 1 A.M. Weight _____	Breakfast Hash	Orange	Tropical Tuna Steak	Peach	Steak and Quinoa Bowl	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 2 A.M. Weight _____	Breakfast Hash	Peach	Turkey or Roast Beef Wrap	Orange	Cajun Shrimp and Black Beans	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 3 A.M. Weight _____	Breakfast Hash	Orange	Tropical Tuna Steak	Peach	Steak and Quinoa Bowl	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
PART 2	DAY 4 A.M. Weight _____	Breakfast Collard Wrap	Jerky with Nuts	Kale Skillet	Hummus with Celery	Nutty Chicken	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 5 A.M. Weight _____	Breakfast Collard Wrap	Jerky with Nuts	Shrimp Salad	Hummus with Celery	Spaghetti Squash Stir-Fry	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 6 A.M. Weight _____	Stuffed Pepper Breakfast	Jerky with Nuts	Kale Skillet	Hummus with Celery	Nutty Chicken	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 7 A.M. Weight _____	Stuffed Pepper Breakfast	Jerky with Nuts	Shrimp Salad	Hummus with Celery	Spaghetti Squash Stir-Fry	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

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

*Cardio: 2 to 3 times per week. *Weights: 1 time per week. *MIE: minimum of 1 time per week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	EXERCISE*
PART 1	DAY 1 A.M. Weight _____	Black Bean Scramble	Berries	Stuffed Acorn Squash	Pear	Curried Quinoa with Pork	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 2 A.M. Weight _____	Black Bean Scramble	Pear	Bacon Chicken Fruit Salad	Berries	Steak and Cabbage Saute	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 3 A.M. Weight _____	Black Bean Scramble	Berries	Stuffed Acorn Squash	Pear	Curried Quinoa with Pork	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
PART 2	DAY 4 A.M. Weight _____	Stuffed Pepper Breakfast	Deli Meat with Olives	Spicy Tips	Hummus with Celery	Rainbow Chicken and Veggies	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 5 A.M. Weight _____	Stuffed Pepper Breakfast	Deli Meat with Olives	Tuna-Stuffed Avocado	Hummus with Celery	Chili-Coconut Lime Chicken	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 6 A.M. Weight _____	Veggie Egg Wrap	Deli Meat with Olives	Spicy Tips	Hummus with Celery	Rainbow Chicken and Veggies	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 7 A.M. Weight _____	Veggie Egg Wrap	Deli Meat with Olives	Tuna-Stuffed Avocado	Hummus with Celery	Chili-Coconut Lime Chicken	1/2 body weight in ounces <input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

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

*Cardio: 2 to 3 times per week. *Weights: 1 time per week. *MIE: minimum of 1 time per week.

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

Proteins -

Ahi Tuna Steak - 8 oz.
Angus Steak - 8 oz.
Chicken Breast, boneless, skinless - (4) 4 oz.
Deli Turkey or Roast Beef (Nitrate-Free) - 4 oz.
Eggs - 14
Jerky - 8 oz.
Shrimp - 12 oz.
Turkey Bacon (Nitrate-Free) - 22 slices

Vegetables -

Baby Spinach - 22 oz.
Bell Peppers - 4
Cauliflower - 2 1/2 lbs.
Celery - 1 bunch
Collard Greens - 4 leaves
Cucumbers - 3 medium
Green Beans - 1.5 lbs.
Jalapeno - 1
Lettuce (not iceberg) - 4 leaves
Kale - 10 ounces
Mixed Greens - 24 oz.
Mushrooms - 4 oz.
Onion - 10 medium
Radishes - 1 bunch
Red Bell Peppers - 5
Red Onion - 1 medium
Scallions - 1 bunch
Spaghetti Squash - 1
Spring Greens - 24 oz.
Zucchini - 5 medium

Fresh Herbs -

Cilantro or Parsley - 3 TBS.
Basil - 15 leaves
Garlic, minced - 4 tsp.
Parsley - 2 tsp.

Complex Carbs -

Black Beans - 1 can
Sweet Potato - 1 large, 1 medium
Quinoa - 1/3 cup

Fruits -

Apples - 3
Berries - 1 cup
Lemon - 1
Lime - 2
Mango - 2 cups
Oranges - 3
Peaches - 3 (3 cups)

Healthy Fats -

Almonds (raw) - 8 TBS.
Avocado - 1 medium
Cashews - 4 TBS.
Hummus - 1 cup
Mayo, approved - 1/2 cups
Nuts, raw - 1 cup
Olive Oil - 4 TBS.
Pecans - 4 TBS.

Condiments -

Balsamic Vinegar
Cajun Seasoning
Chili Powder
Cinnamon, ground
Crushed Red Pepper Flakes
Cumin, ground
Dill, dried
Garlic Powder
Ground Pepper
Marjoram, dried
Old Bay Seasoning
Onion Powder
Paprika, smoked
Sage, fresh or dried
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 - (3) 4 oz.
Chicken Breast, boneless, skinless - (4) 4 oz.
Deli Meat, nitrate-free - 16 oz.
Eggs - 14
Pork Medallions - (2) 4 oz.
Turkey, lean ground - 8 oz.
Turkey Bacon (Nitrate-Free) - 18 slices
Tuna, canned in water - 8 ounces

Vegetables -

Acorn Squash - 1
Asparagus - 2 lbs.
Baby Spinach - 3.4 lbs.
Bell Peppers (any color) - 6
Broccoli Florets - 1.2 lbs.
Cabbage - 1/2 medium head
Carrots - 1 medium
Cauliflower, riced - 2 large heads (8 cups)
Celery - 1 bunch
Cucumbers - 2
Green Beans - 9 oz.
Jalapeno - 1
Mushrooms - 8 oz.
Onion - 4 medium
Red Bell Peppers - 1
Red Onion - 1 medium
Scallions - 1 bunch
Zucchini - 2 medium

Fresh Herbs -

Cilantro - 3/4 cup
Garlic, minced - 1 1/2 tsp.
Rosemary - 1 1/2 tsp.
Thyme - 4 tsp.

Complex Carbs -

Black Beans - 2 cans
Sweet Potato - 1 large
Quinoa - 1/3 cup

Fruits -

Apples - 2
Berries - 3 cups
Cantaloupe - 3 cups
Lemon - 1
Lime - 3
Mandarins - 2
Pears - 3
Strawberries - 1/2 cup

Healthy Fats -

Avocado - 2 small
Coconut, shredded - 1/2 cup
Coconut Oil - 4 tsp.
Hummus - 1 cup
Olive Oil - 6 TBS
Olives - 52 (approx. 1 can/jar)

Condiments -

Balsamic Vinegar
Cayenne Pepper
Chili Powder
Crushed Red Pepper Flakes
Curry Powder
Garlic Powder
Ground Pepper
Italian Seasoning
Onion Powder
Paprika, smoked
Sea Salt

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