

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	SUPPLEMENTS	EXERCISE*
PART 1	DAY 1 A.M. Weight _____	2 Scoops Metabolism Shake	Orange	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 2 A.M. Weight _____	2 Scoops Metabolism Shake	Peach	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 3 A.M. Weight _____	2 Scoops Metabolism Shake	Orange	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
PART 2	DAY 4 A.M. Weight _____	2 Scoops Metabolism Shake	Jerky with Nuts	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 5 A.M. Weight _____	2 Scoops Metabolism Shake	Jerky with Nuts	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 6 A.M. Weight _____	2 Scoops Metabolism Shake	Jerky with Nuts	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 7 A.M. Weight _____	2 Scoops Metabolism Shake	Jerky with Nuts	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"/> 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: 2 times per week. *MIE: minimum of 2 times per week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	SUPPLEMENTS	EXERCISE*
PART 1	DAY 1 A.M. Weight _____	2 Scoops Metabolism Shake	Berries	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 2 A.M. Weight _____	2 Scoops Metabolism Shake	Pear	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 3 A.M. Weight _____	2 Scoops Metabolism Shake	Berries	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
PART 2	DAY 4 A.M. Weight _____	2 Scoops Metabolism Shake	Deli Meat with Olives	2 Scoops Metabolism Shake	Hummus with Celery	Rainbow Chicken and Veggies	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 5 A.M. Weight _____	2 Scoops Metabolism Shake	Deli Meat with Olives	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 6 A.M. Weight _____	2 Scoops Metabolism Shake	Deli Meat with Olives	2 Scoops Metabolism Shake	Hummus with Celery	Rainbow Chicken and Veggies	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"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
	DAY 7 A.M. Weight _____	2 Scoops Metabolism Shake	Deli Meat with Olives	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"/> 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: 2 time per week. *MIE: minimum of 2 times per week.

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

Protein -

Angus Steak - (2) 8 oz.
Chicken Breast, boneless,
skinless - (8) 4 oz.
Eggs - 2
Jerky - 8 oz.
Shrimp - 8 oz.

Vegetables -

Bell Peppers - 1
Cauliflower - 2 1/2 lbs.
Celery - 1 bunch
Cucumbers - 1
Green Beans - 1 1/2 lbs.
Red Bell Peppers - 2
Scallions - 1 bunch
Spaghetti Squash - 1
Zucchini - 5 medium

Fresh Herbs -

Cilantro - as needed
Basil - 14 leaves
Parsley - 4 tsp.

Complex Carbs -

Black Beans - 1 can
Quinoa - 1/3 cup

Fruits -

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

Healthy Fats -

Almonds (raw) - 4 TBS.
Cashews - 4 TBS.
Hummus - 1 cup
Nuts, raw - 1 cup
Olive Oil - 2 TBS.
Pecans - 4 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.**

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

Proteins -

Angus Steak - (1) 8 oz.
Chicken Breast, boneless,
skinless - (8) 4 oz.
Deli Meat, nitrate-free - 16 oz.
Pork Medallions - (4) 4 oz.

Vegetables -

Baby Spinach - 2 lbs.
Bell Peppers (any color) - 3
Broccoli Florets - 9 oz.
Cabbage - 1/2 medium head
Cauliflower, riced - 2 large heads
(8 cups)
Celery - 1 bunch
Green Beans - 9 oz.
Onion - 1 medium
Red Onion - 1 medium
Scallions - 1 bunch
Zucchini - 2 medium

Fresh Herbs -

Cilantro - 4 TBS.
Garlic, minced - 1 tsp.

Complex Carbs -

Sweet Potato - 1 large
Quinoa - 1/3 cup

Fruits -

Berries - 4 cups
Lemon - 1
Lime - 2
Pears - 5

Healthy Fats -

Coconut, shredded - 1/2 cup
Coconut Oil - 4 tsp.
Hummus - 1 cup
Olive Oil - 4 TBS
Olives - 36 (approx. 1 can/jar)

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.**

PART 1

PART 2

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	EXERCISE*
DAY 1 A.M. Weight _____	2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	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 _____	2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	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 _____	2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	1/2 body weight in ounces	<input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day
DAY 4 A.M. Weight _____	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1/2 body weight in ounces	<input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

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

KEY: P = Protein, V = Veggie, CC = Complex Carbs, G = Grain, HF = Healthy Fat, F = Fruit

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OUNCES OF WATER FOR THE DAY	EXERCISE*
PART 1	DAY 1 A.M. Weight _____ 2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	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 _____ 2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	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 _____ 2P: 2V: 1F: 1G or CC:	1F:	1P: 2V: 2F:	2F:	2P: 2V: 1CC:	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 _____ 2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____ 2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____ 2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	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 _____ 2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1P: 1HF:	2P: 2V: 1HF:	1/2 body weight in ounces	<input type="checkbox"/> Cardio <input type="checkbox"/> Weights <input type="checkbox"/> MIE <input type="checkbox"/> Rest Day

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