

Metabolic Daily Food Plan

Choose foods from Grocery Shopping List

1 = one Serving, 2 = two servings, 3 = three servings, etc.

Servings per Meal

Breakfast: 300-400 calories	1 Starch or 1 fruit 1 Protein 0 – 1 fat
Snack: 100–200 calories	1 fruit or 1 fat
Lunch: 450-550 calories	1 Starch 1.5 – 2 proteins 2+ vegetables 1 fat
Snack: 100-200 calories	1 fruit or snack bar (see list) or 1-2 vegetables
Dinner: 400-500 calories	$\frac{1}{2}$ - starch 2 proteins 2+ vegetables $\frac{1}{2}$ - 1 fat

Calories per day to achieve Weight Loss

1500- 1700 calories

*** This is based on your current workout regime; if you change this your calories will change.**

If you under eat your calories, you can store more body fat!

Please stay within your appropriate ranges.

Example Meals

Breakfast:

- Day One: 1-2 eggs
1-2 gluten free waffles with a little real jam
- Day Two: Protein shakes (100-150 calories) – See Grocery shopping guide
1 tablespoon Dr. Udos oil or 100% coconut oil
(See *fats* list on grocery shopping guide)
1 cup frozen or fresh berries
- Day Three: Ezekiel English muffin
1-2 tablespoons peanut butter or 100% virgin coconut oil
- Day Four: Mexican burrito =
1-2 scrambled eggs
2 100% corn tortillas
2-4 tablespoons salsa
1 tablespoon guacamole or ¼ of an avocado
- Day Five: ½ cup of cooked non-instant oatmeal or gluten free hot cereal
¼- ½ cup of almonds
Cinnamon and stevia to flavor
- Day Six: 1 cup cottage cheese
1 cup fresh strawberries
½ cup almonds or pumpkin seeds
- Day Seven: Veggie Omelet (2 eggs with mushrooms, tomatoes, onions)
1 Slice of Ezekiel bread, Rice bread, Manna bread
1 tablespoon butter or coconut oil/ concentrate

Lunch:

- Day One: Large salad (3 cups or more)
6oz. of protein (chicken, fish, beef, turkey, etc.)
1- 2 tablespoons of olive oil based dressing – “Braggs” dressing.
16 Blue Diamond rice crackers (see grocery shopping guide)
- Day Two: Large salad (3 cups or more)
1- 2 tablespoons of olive based dressing
6oz. chicken breast grilled
½ cup of cooked wild rice (non instant)
- Day Three: Shrimp Salad =
4- 6 oz. shrimp mixed with celery, onion, 2 tablespoons of real or grape seed oil mayo and a squirt of lemon juice
* served on a bed of greens
15 Sesmark rice crackers (see grocery shopping guide)
- Day Four: Chicken stir-fry =
6 oz. of non-breaded chicken
1- 2 tablespoons of grape seed oil or virgin coconut oil, hot in wok
2- 3 cups of snow peas, broccoli, carrots
* served with ¾ - 1 cup non-instant brown rice
- Day Five: Turkey wraps =
4- 6 oz. of low sodium turkey meat
¼ avocado slices
Romaine lettuce leaves
Tomato slices
1 spelt or brown rice tortilla/wrap
- Day Six: Chicken Tacos =
2 small 100% soft corn tortillas
4- 6 oz. of shredded chicken
¼ of an avocado or 2 tablespoons guacamole
2- 4 Tablespoons salsa
Side salad – use salsa as dressing
- Day Seven: Tuna fish Sandwich =
Tuna salad, made with 2 tablespoons real mayo or grape seed oil mayo.
Celery, onion, and a squirt of lemon juice.
2 slices of Ezekiel OR one Ezekiel English muffin
Side salad – with very light olive oil dressing

Dinner:

- Day One: Turkey Meatballs
No sugar marinara sauce
2-3 cups sautéed Swiss Chard or 2- 3 cups of dark green salad
1-2 tablespoons olive oil drizzled over Chard or olive oil based dressing
½ cup cooked pasta (b. rice, corn, quinoa)
- Day Two: Turkey Breast Fillets (6-8 oz)
Steamed asparagus
2 cups of spinach salad
1-2 tablespoon of olive oil on salad and asparagus
½ cup of wild or brown rice
- Day Three: 6-8 oz. Fish (light fish = Mahi Mahi, Tuna, Halibut, Cod, etc)
2-3 cups steamed veggies
1 cup of sweet potatoes or a small yam
(Drizzle real butter over the top)
- Day Four: No Bun Hamburgers =
6 oz. of lean ground sirloin or buffalo (less than 10 grams of fat)
Coleslaw (made with 2 tablespoons real mayo or grape seed oil mayo)
½ cup of baked beans (make from pinto beans, add stevia, smoke flavor, garlic, and pepper)
- Day Five: 6-8 oz. Fish (Salmon, Halibut, Mahi Mahi, etc...)
2- 3 cups steamed broccoli and cauliflower
2 Tablespoons olive oil pesto sauce on veggies and fish
½ cup cooked brown or wild rice
- Day Six: Fish Tacos =
4-6 oz. of white fish or shrimp (grill, bake, or lightly sauté)
2 small 100% corn tortillas (grocery shopping guide)
1-2 tablespoons of grape seed oil mayo or real mayo mixed with salsa
2 cups of shredded cabbage
- Day Seven: Vegetable Soup =
3 cups of cooked vegetables (peas, carrots, tomatoes, onions, green beans)
Chicken stock (natural preferred)
½ cup of red potatoes
4-6 z. of boneless, skinless chicken pieces

Grocery Shopping List

Carbohydrates:

Starches = 1 serving

½ cup oatmeal (non-instant and non flavored)

½ cup “gluten free” hot cereal

Slice of “Ezekiel” bread or 1 “Ezekiel” English muffin or “Sprouted” bread

2 toaster rice waffles or 2 of “Van’s” gluten free waffles (frozen section)

¾- 1 cup “Nature’s Path” cereals

¾- 1 cup “Puffins” cereals

¾- 1 cup “Barbaras” cereals

¾- 1 cup “Erewhon” rice crispies

¾- 1 cup “EnviroKidz” cereals

¾- 1 cup “Arrowhead Mills” cereals

2 – 100% small corn tortillas

1 spelt tortilla (refrigerator section of bread area)

16 “Blue Diamond” Pecan or Almond flavored Nut-Thin crackers

12 Brown Rice crackers, Sesmark brand

12- 100% corn tortilla chips (natural, no trans-fat)

12- 100% natural potato chips (“kettle” brand baked or made with olive oil)

12-20 “Mr. Krispers” baked rice chips

15-20 Snap Pea Crisps (found in produce area)

¼ cup of any type of dried beans or lentils, kidney, pinto, black, white, etc..

½ cup cooked non-instant brown rice

½ cup cooked brown rice noodles

½ cup cooked corn pasta

½ cup cooked spelt pasta

½ cup couscous

2” x 2” square of 100% cornbread

1 very small baked potato

2- Dr. Pragers potato pancakes- any flavor (frozen section)

10 “Spuds” Tator Tots or French Fries (frozen section)

½ cup of fried potatoes (fried in natural oil, olive oil, coconut, grapeseed, etc...)

½ cup of any type of yam or sweet potato

½ cup of any type of squash

Fruit = 1 serving

All fruit is acceptable. Below are some examples of serving sizes:

- ¾ - 1 cup of any berries
- 1 small apple
- 1 small pear
- 1 small orange
- ½ of a banana
- ¼ of melon
- 1 cup of grapes

Vegetables = 1 Serving

All vegetables servings equal 1 cup steamed or raw.

- Artichoke
- Spinach
- Romaine lettuce
- Broccoli
- Cabbage
- Onions
- Peppers
- Sprouts
- Garlic
- Kale
- Cucumber
- Watercress
- Bok Choy
- Asparagus
- Leafy Greens
- Green Beans
- Celery
- Mushrooms
- Tomato
- Peas
- Carrots
- Cauliflower

(All Squashes and potatoes are counted as a starch on your daily food plan.)

Fats = 1 Serving

1 tablespoon of 100% virgin coconut oil- thyroid support!!! Use for cooking.

1 Tablespoon of essential fatty acids (flax, borage, evening primrose, cod liver)

- “Carlson’s”, “Dr. Udos”, “Barleans” are recommended brands for EFAs

¼ cup of real unsweetened coconut

¼-½ of an avocado

1- 2 tablespoons of any type of plant oil

Peanut, flax, sesame, sunflower, walnut, almond, olive, **coconut, grapeseed oil**

2 tablespoons of 100% butter (no margarine or butter substitutes)

1- 2 tablespoons of “Veganese” Grapeseed oil mayo or real mayo (no soybean oil)

Proteins:

Meat/ Poultry

4 oz. is equal to one serving unless otherwise stated

Beef

Buffalo

Pork

Veal

Lamb

Chicken

Turkey

Ostrich

Duck

Goose

2 eggs or 1 egg with 2-3 egg whites

2-3 Dr. Pragers Fish stick fillets

4- 5 “Ians” gluten free or regular chicken nuggets

2 “Applegate Farms” hot dogs- any flavor

100-150 calories of protein powder (Isolated soy protein not allowed. Try egg white or rice protein powders. Favorite Brands are:

Pure advantage “Pea Protein” powder- can buy at Sprouts or Wholefoods

Jay Robb “Egg White” powder- can buy at HI Health and Wholefoods

NutriBiotic “Brown Rice” powder- can buy at Sprouts or Wholefoods)

Seafood

4 oz. is equal to one serving unless otherwise stated

Tuna
Salmon
Shrimp
Oyster
Oyster
Crab
Anchovy
Caviar
Lobster
Sardine
Halibut
Salmon
Talipia

Dairy = 1 Serving

(I would eliminate these except for the dairy substitutes)

3- 4 oz. of cheese
1 cup cottage cheese (counts as one protein serving)
1 cup milk
1 cup yogurt (counts as ½ of a protein serving)
2 tablespoons 100% cream cheese
1 cup Keifer

*allowable dairy substitutes =

Vanilla Rice Milk, Almond milk, goat milk, and goat cheese

Condiments

Mustard
Westbrae Natural no sugar ketchup or Heinz organic ketchup
“Braggs” Salad dressing
Salsa
Stevia (herbal sweetener)
Fresh lemon or lime juice
Vinegar (balsamic, apple cider, rice wine)

Snack Bars (probably cannot do this bars because of nuts but can try...)

Nectar bars = 1 serving of fruit with 1 fat
Lara bars = 1 serving of fruit with 1 fat
Honest foods whole food country square = 1 starch with ½ fat

