

METABOLISM REVOLUTION

***LOSE 14 POUNDS IN 14 DAYS
AND KEEP IT OFF FOR LIFE***

HAYLIE POMROY

WITH EVE ADAMSON

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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Ideal Weight Calculator

What is your ideal weight? Is it the number you think it is, or is it something completely different? Ideally, I like my clients to have an ideal weight *range*, because weight fluctuates from day to day for many reasons. For our metabolic dysfunction calculation, however, you will need a specific number, so let's figure out a range as well as a target number.¹

MINIMUM IDEAL WEIGHT

**100 pounds +/- 5 pounds for every inch over/under 5 feet =
minimum ideal weight**

Fill in your numbers based on the above calculation:

100 pounds +/- =
5 pounds for every inch over/under 5 feet

minimum ideal weight

MAXIMUM IDEAL WEIGHT

If you are 5 feet 8 inches or shorter:

**100 pounds +/- 12 pounds for every inch over/under 5 feet =
maximum ideal weight**

Fill in your numbers based on the above calculation:

100 pounds +/- =
12 pounds for every inch over/under 5 feet

maximum ideal weight

¹ Special note for people 5 feet tall and under: Every pound is a larger percentage of your body weight than a taller person, so your weight range will be less. If you are 5 feet tall, ideally you should fluctuate between 95 and 105 pounds. If you are shorter than 5 feet, you can subtract 5 pounds for every inch below 5 feet, but I do not recommend weighing less than 90 pounds, no matter how short you are.

If you are 5 feet 9 inches or taller:

**100 pounds + 10 pounds for every inch over 5 feet =
maximum ideal weight**

Fill in your numbers based on the above calculation:

100 pounds + **=**
10 pounds for every inch over 5 feet

maximum ideal weight

YOUR IDEAL WEIGHT:

Your ideal weight range = **to**
minimum ideal weight maximum ideal weight

Finally, your ideal weight is somewhere in the range between your calculated minimum and maximum. Choose a number in that range that feels comfortable for you.

Your ideal weight =
any number you choose within the above range, as a goal

PRIMARY SIGNS OF METABOLIC DYSFUNCTION

If you are in a state of metabolic dysfunction, your body is already trying to tell you that. Check the box next to any questions to which you can answer YES:

I.

- ☐ Have you noticed the sudden appearance of fat where you never had fat before, like belly fat, fat along the bra strap line, protruding hip fat, or fat under the arms or behind the knees?
- ☐ Are you feeling joint or muscle pain not related to an injury, especially all over, or on both sides of your body at the same time?
- ☐ Have you noticed that your energy is lower than usual?
- ☐ Have you been experiencing mood swings you can't seem to control very well, like sudden irritability, crying, anger, or sadness?
- ☐ Are you having trouble getting to sleep, or are you waking up in the middle of the night and not able to fall back to sleep easily?
- ☐ Are you experiencing disturbing menopausal symptoms like hot flashes, hair loss or gain, PMS, irregular menstrual cycles, menstrual migraines, or lack of libido?
- ☐ Do you feel cold all the time even when other people don't, or are your hands or feet always cold?
- ☐ Do you think you get too easily stressed, out of proportion to the situation?

II.

- ☐ Has your doctor told you that you have abnormal results on lab tests?
 - ☐ Vitamin D deficiency
 - ☐ Elevated total cholesterol
 - ☐ Low HDL cholesterol

- ☐ High LDL cholesterol
- ☐ Elevated hemoglobin A1C
- ☐ Elevated fasting blood sugar
- ☐ Elevated C-reactive protein (CRP) or other inflammatory markers

III.

- ☐ Have you received any of the following diagnoses from your doctor?
 - ☐ Polycystic ovarian syndrome
 - ☐ Endometriosis and/or adenomyosis
 - ☐ Hypothyroidism
 - ☐ Autoimmune disease
 - ☐ Diabetes or metabolic syndrome

If you checked three or more of the items on the first list, two or more items on the list of lab tests, or even one item on the diagnosis list, I want you to know that your condition is not normal. Your metabolism is not working like it should, and it is calling out to you for something. Don't be mad at your body. Be curious. Listen. And most important, don't be okay with the situation. Metabolic dysfunction is not something that "just happens" with age or overeating or menopause or whatever you have been blaming your weight gain and low energy on recently. There are plenty of healthy people with fast-burning metabolisms who are older, or who eat a lot, or who are in menopause. You probably know them. And you can be one of them. You need to repair your metabolism . . . and fast.

Metabolic Dysfunction Rank

STEP ONE:

$$\text{Current weight (taken first thing in the morning)} - \text{Weight goal from page 29} = \text{Desired weight loss}$$

STEP TWO:

$$\frac{\text{Desired weight loss}}{\text{Current weight (taken first thing in the morning)}} \times 100 = \text{Metabolic Dysfunction Rank (MDR)}$$

Metabolic Intervention Score

(14 pounds ÷ current body weight, taken first thing
in the morning) x 100 = MIS

14 pounds ÷ x 100 =
current body weight, taken first thing in the morning

MIS

PERSONALIZED MEAL MAP:

Meal Map A: If your MIS is 10 or greater.

Meal Map B: If your MIS is between 7 and 9.

Meal Map C: If your MIS is 6 or lower.

YOUR MEAL MAP:

Meal Map A

If you are on Meal Map A, you aren't far from your ideal weight, but those stubborn final pounds want to hang on because your body feels stable where it is. But don't despair—the trick is to focus on higher carbs, especially in the form of fruit, and a little bit less protein. But that doesn't mean you should eat *no protein*. You still need protein to build muscle and structure, but you need it in different amounts and in different ways than someone on another meal map.

If you are doing Meal Map A, your customized plan has:

- More emphasis on carbohydrates, like whole grains, starchy vegetables, and especially fruit, with just enough high-quality protein to build muscle and structure.
- A week divided by four carb-heavier days and three days with more protein.
- Customized portion sizes, which are generally (but not always) a little smaller than for those who have a higher rate of metabolic dysfunction and more weight to lose.

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP A

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday– Thursday)	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN- BASED CARBS OR COMPLEX CARBS	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING COMPLEX CARBS (NOT GRAIN- BASED)
PART 2 (Friday– Sunday)	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT

MEAL MAP A

A blank version of your meal map, which you will fill out with the foods or recipes you choose to eat each day according to the food categories and portions in the above chart, along with your daily weight, water intake, and exercise choices, will look like this:

	A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY							
	TUESDAY							
	WEDNESDAY							
	THURSDAY							
PART 2	FRIDAY							
	SATURDAY							
	SUNDAY							

Meal Map B

If you are doing Meal Map B, your customized plan has:

- A balance of protein and carbs, to help you lose and then stabilize your easily shifting weight.
- A week divided by three carb-heavier days and four low-carb, higher-protein days.
- Customized portion sizes, in a moderate range between what you would have in Meal Maps C or A.

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP B

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday–Wednesday)	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN-BASED CARBS OR COMPLEX CARBS	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING COMPLEX CARBS (NOT GRAIN-BASED)
PART 2 (Thursday–Sunday)	2 SERVINGS PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT

Meal Map C

If you are doing Meal Map C, your customized plan has:

- A focus on protein. Of all the plans, you will be consuming the most protein. You still need carbs for their unique micronutrients, fiber, and energy. They nourish your adrenals, help to calm the stress response, and provide easily accessible energy, but for Meal Map C, carbs play a supporting role to protein.
- A week divided by three carb-heavier days and four low-carb, higher-protein days.
- Customized portion sizes. Because your metabolism needs the most intervention, your portion sizes are the largest. Food is your catalyst for change.

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP C

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday–Wednesday)	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN-BASED CARB OR COMPLEX CARB	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 2 SERVINGS FRUIT	2 SERVINGS FRUIT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING COMPLEX CARBOHYDRATES (NOT GRAIN-BASED)
PART 2 (Thursday–Sunday)	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT

MEAL MAP C

A blank version of your meal map, which you will fill out with the foods or recipes you choose to eat each day according to the food categories and portions in the above chart, along with your daily weight, water intake, and exercise choices, will look like this:

	A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY							
	TUESDAY							
	WEDNESDAY							
PART 2	THURSDAY							
	FRIDAY							
	SATURDAY							
	SUNDAY							

METABOLISM REVOLUTION FOOD LIST

FREE FOODS (UNLIMITED)

These can be incorporated into any meal at any time in unlimited quantities.

100% monk fruit/lo han	Lemons
100% pure stevia	Limes
Birch xylitol	Mustard, pure (no additives)
Celery	Onions
Dried or fresh herbs and spices	Pepper: black, red, red pepper flakes
Egg whites	Raw cacao
Garlic	Sea salt
Ginger	Vinegar, pure (no additives)
Horseradish	

FRUITS: 1 CUP = 1 PORTION

These may be fresh or frozen and may be served in combination.

Apples	Nectarines
Berries, all	Oranges
Cherries	Peaches
Grapefruit	Pears
Mangoes	Pineapple
Melons, all	Plums

VEGETABLES: 2 CUPS RAW = 1 PORTION

These may be fresh or frozen, served raw or cooked, and can be served in combination.

Asparagus	Leafy greens and lettuces
Beets, all	Mushrooms, all
Broccoli/Broccolini	Onions, all
Cabbage	Peppers, all
Carrots	Radishes
Cauliflower	Squashes, all
Cucumbers	
Green beans, yellow beans, wax beans	

NON-GRAIN-BASED COMPLEX CARBS: ½ CUP COOKED = 1 PORTION

Beans/legumes (except peanuts, green peas, and soy)	Sweet potatoes/yams
Quinoa	Wild rice

GRAINS: ½ CUP COOKED = 1 PORTION

Brown rice	Oats
Buckwheat	Spelt
Kamut	

PROTEINS: 4 OUNCES (OR 2 EGGS) = 1 PORTION

Organic, free-range, and antibiotic-free is preferred. Select nitrate-free, with no additives, sugars, or preservatives.

Beef	Lamb
Buffalo	Pork
Chicken	Shrimp
Eggs, whole	Turkey
Fish, wild-caught	Wild game

VEGETABLE PROTEINS

Legumes (such as lentils, black beans, white beans, refried beans, etc.— <i>no peanuts</i>), ¾ cup	Edamame, ¾ cup shelled
	Mushrooms, any type, 3 cups raw
	Tempeh, 4 ounces raw

HEALTHY FAT

These can be served in combination.

Avocado, ¼ medium	Oils (avocado, coconut, grapeseed, olive, safflower, sunflower, walnut oil), 2 tablespoons
Hummus, ¼ cup	Olives, 8 to 10 olives
Nut and seed butters, from raw nuts and seeds only, 2 tablespoons	Raw coconut meat, ¼ cup
Nuts and seeds, raw only, ¼ cup	Mayonnaise (made with approved oils), 2 tablespoons

MEAL MAP A: SUE (Recipes start on page 123.)

Week One

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	135	SAVORY OATS	ASIAN PEAR	BROILED COD WITH NECTARINE SALSA OVER MIXED GREENS	CHERRIES	STEAK, MUSHROOM, AND SWEET POTATO KEBABS	68 OUNCES	STEP CLASS
	TUESDAY	134.2	BREAKFAST HASH	STRAWBERRIES	ONE-PAN TROPICAL CHICKEN	ORANGE	LEMON-BASIL PORK CHOPS WITH WILD RICE	67 OUNCES	REST
	WEDNESDAY	133.7	SAVORY OATS	ASIAN PEAR	BROILED COD WITH NECTARINE SALSA OVER MIXED GREENS	CHERRIES	STEAK, MUSHROOM, AND SWEET POTATO KEBABS	67 OUNCES	ELLIPTICAL TRAINER
	THURSDAY	133.1	BREAKFAST HASH	STRAWBERRIES	ONE-PAN TROPICAL CHICKEN	ORANGE	LEMON-BASIL PORK CHOPS WITH WILD RICE	67 OUNCES	STEP CLASS
PART 2	FRIDAY	132.4	STUFFED PEPPER BREAKFAST	APPLE WITH ALMOND BUTTER	SHRIMP SALAD	HUMMUS AND CELERY	PISTACHIO PORK WITH BROCCOLI	66 OUNCES	MASSAGE
	SATURDAY	131.9	SCRAMBLED SALMON CUPS	PINEAPPLE CHUNKS WITH SHREDDED COCONUT	TUNA-STUFFED AVOCADO	NITRATE-FREE JERKY AND CASHEWS	RAINBOW CHICKEN AND VEGETABLES	66 OUNCES	REST
	SUNDAY	131.1	STUFFED PEPPER BREAKFAST	APPLE WITH ALMOND BUTTER	SHRIMP SALAD	HUMMUS AND CELERY	PISTACHIO PORK WITH BROCCOLI	66 OUNCES	ELLIPTICAL TRAINER

MEAL MAP A: SUE

Week Two

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	130.5	BLACK BEAN SCRAMBLE	APPLE	BACON-CHICKEN FRUIT SALAD	BLUEBERRIES	STEAK AND QUINOA BOWL	65 OUNCES	STEP CLASS
	TUESDAY	130	SAVORY OATS	RASPBERRIES	PINEAPPLE-CUCUMBER SALAD WITH SEA BASS	ASIAN PEAR	CAJUN SHRIMP AND BLACK BEANS	65 OUNCES	REST
	WEDNESDAY	129.6	BLACK BEAN SCRAMBLE	APPLE	BACON-CHICKEN FRUIT SALAD	BLUEBERRIES	STEAK AND QUINOA BOWL	65 OUNCES	ELLIPTICAL TRAINER
	THURSDAY	129.1	SAVORY OATS	RASPBERRIES	PINEAPPLE-CUCUMBER SALAD WITH SEA BASS	ASIAN PEAR	CAJUN SHRIMP AND BLACK BEANS	65 OUNCES	STEP CLASS
PART 2	FRIDAY	128.7	SCRAMBLED SALMON CUPS	MANGO CHUNKS WITH SHREDDED COCONUT	LEMON SHRIMP BOWL	NITRATE-FREE DELI TURKEY AND AVOCADO, SLICED	GRILLED STEAK WITH AVOCADO SALSA	64 OUNCES	INFRARED SAUNA
	SATURDAY	128.3	STUFFED PEPPER BREAKFAST	APPLE WITH ALMOND BUTTER	TUNA-STUFFED AVOCADO	HUMMUS AND CELERY	RAINBOW CHICKEN AND VEGETABLES	64 OUNCES	REST
	SUNDAY	128	SCRAMBLED SALMON CUPS	MANGO CHUNKS WITH SHREDDED COCONUT	LEMON SHRIMP BOWL	NITRATE-FREE DELI TURKEY AND AVOCADO, SLICED	GRILLED STEAK WITH AVOCADO SALSA	64 OUNCES	ELLIPTICAL TRAINER

Meal Map A (Metabolic Intervention Score 10 or greater)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	THURSDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	FRIDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SATURDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SUNDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A (Metabolic Intervention Score 10 or greater)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	THURSDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	FRIDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SATURDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SUNDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A Recommended Exercise

- **Cardio:** 3 or 4 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** No weight lifting during the 14-day program.
- **Metabolic Intervention Exercises:** Minimum of 1 time per week.

MEAL MAP B: CATHY (Recipes start on page 123.)

Week One

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	170	CAULIFLOWER CAKES	ORANGE	RESTAURANT: LETTUCE WRAPS WITH STEAK AND VEGETABLES 1 CUP STRAW-BERRIES BACK AT THE OFFICE	MANGO	CHICKEN AND BLACK BEAN TACOS	85 OUNCES	JOGGING
	TUESDAY	168.9	QUINOA SCRAMBLE	APPLE	PINEAPPLE-GINGER CHICKEN	ASIAN PEAR	STEAK AND CABBAGE SAUTÉ WITH SWEET POTATO MASH	84 OUNCES	EPSOM SALT BATH
	WEDNESDAY	167.7	CAULIFLOWER CAKES	ORANGE	ROAST BEEF WRAPS	MANGO	CHICKEN AND BLACK BEAN TACOS	84 OUNCES	JOGGING
PART 2	THURSDAY	166.7	BREAKFAST SALAD	NITRATE-FREE DELI TURKEY AND OLIVES	ASPARAGUS BACON SALAD	HUMMUS AND CELERY	SAUSAGE AND ROASTED VEGGIES	83 OUNCES	REST
	FRIDAY	166	SPINACH-MUSHROOM FRITTATA	HUMMUS AND CELERY	RESTAURANT: 2 SUSHI ROLLS WITH TUNA AND AVOCADO, NO RICE	NITRATE-FREE JERKY AND CASHEWS	COCONUT CHICKEN	83 OUNCES	WEIGHTS
	SATURDAY	165.1	BREAKFAST SALAD	NITRATE-FREE DELI TURKEY AND OLIVES	ASPARAGUS BACON SALAD	HUMMUS AND CELERY	SAUSAGE AND ROASTED VEGGIES	83 OUNCES	REST
	SUNDAY	164.6	SPINACH-MUSHROOM FRITTATA	HUMMUS AND CELERY	MEXICAN CHICKEN SALAD	NITRATE-FREE JERKY AND CASHEWS	COCONUT CHICKEN	82 OUNCES	EPSOM SALT BATH

MEAL MAP B: CATHY

Week Two

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	164	QUINOA SCRAMBLE	APPLE	TURKEY WRAPS	ASIAN PEAR	STEAK AND CABBAGE SAUTÉ WITH SWEET POTATO MASH	82 OUNCES	JOGGING
	TUESDAY	162.8	CAULIFLOWER CAKES	ORANGE	PINEAPPLE-GINGER CHICKEN	MANGO	CHICKEN AND BLACK BEAN TACOS	81 OUNCES	REST
	WEDNESDAY	161.5	QUINOA SCRAMBLE	APPLE	TURKEY WRAPS	ASIAN PEAR	STEAK AND CABBAGE SAUTÉ WITH SWEET POTATO MASH	81 OUNCES	JOGGING
PART 2	THURSDAY	160.4	BEEFY BREAKFAST SKILLET	NITRATE-FREE DELI TURKEY AND AVOCADO, SLICED	TUNA-AVOCADO SALAD	HUMMUS AND CELERY	LEMON CHICKEN FETTUCCINE	80 OUNCES	EPSOM SALT BATH
	FRIDAY	159.5	VEGGIE EGG WRAPS	HUMMUS AND CELERY	CHICKEN AND GREEN BEAN SALAD	NITRATE-FREE JERKY AND CASHEWS	ALMOND CRUSTED COD	80 OUNCES	WEIGHTS
	SATURDAY	158.6	BEEFY BREAKFAST SKILLET	NITRATE-FREE DELI ROAST BEEF AND OLIVES	RESTAURANT: 2 SUSHI ROLLS WITH TUNA AND AVOCADO, NO RICE	DELI TURKEY AND AVOCADO, SLICED	LEMON CHICKEN FETTUCCINE	79 OUNCES	REST
	SUNDAY	158	VEGGIE EGG WRAPS	HUMMUS AND CELERY	CHICKEN AND GREEN BEAN SALAD	NITRATE-FREE JERKY AND CASHEWS	ALMOND CRUSTED COD	79 OUNCES	EPSOM SALT BATH

Meal Map B (Metabolic Intervention Score 7 to 9)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B (Metabolic Intervention Score 7 to 9)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B Recommended Exercise

- **Cardio:** 2 or 3 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** 1 time per week, focusing on 3 major muscle groups for each session.
- **Metabolic Intervention Exercises:** Minimum of 1 time per week.

Meal Map C: JEANINE (Recipes start on page 123.)
Week One

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	235	TROPICAL BREAKFAST BOWL	APPLE	TROPICAL TUNA STEAK	CHERRIES	MEXICAN ZUCCHINI BOWL	118 OUNCES	WALKING
	TUESDAY	233.5	GARDEN HASH	ASIAN PEAR	VERY BERRY CHICKEN SALAD	ORANGES	CAJUN SHRIMP AND BLACK BEANS	117 OUNCES	WEIGHTS AT GYM
	WEDNESDAY	232.3	TROPICAL BREAKFAST BOWL	APPLE	STUFFED ACORN SQUASH	ASIAN PEAR	LEMON SALMON WITH WILD RICE	116 OUNCES	INFARED SAUNA
PART 2	THURSDAY	230.9	BREAKFAST BACON COLLARD WRAP	HUMMUS AND CELERY	FAJITA CHICKEN BOWL	NITRATE-FREE DELI TURKEY AND AVOCADO, SLICED	NUTTY CHICKEN	115 OUNCES	WALKING
	FRIDAY	229.6	PORTOBELLO MUSHROOM BAKE	NITRATE-FREE JERKY AND CASHEWS	KALE SKILLET	HUMMUS AND CELERY	RESTAURANT MEAL: STEAK, STEAMED VEGETABLES, SALAD WITH OLIVE OIL AND BALSAMIC VINEGAR	115 OUNCES	WEIGHTS AT GYM
	SATURDAY	228.7	PORTOBELLO MUSHROOM BAKE	NITRATE-FREE DELI TURKEY WITH OLIVES	FAJITA CHICKEN BOWL	BEEF JERKY AND OLIVES	SPAGHETTI SQUASH FRITTATA	114 OUNCES	WALKING
	SUNDAY	228	BREAKFAST BACON COLLARD WRAP	NITRATE-FREE JERKY AND CASHEWS	SPICY TIPS	BACON CHIPS AND GUACAMOLE	GINGER-CITRUS SALMON	114 OUNCES	WATER MASSAGE BED

Meal Map C: JEANINE

Week Two

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY	226.9	APPLE SLAW	CHERRIES	TROPICAL TUNA STEAK	APPLE	CURRIED QUINOA WITH SEASONED PORK MEDALLIONS	113 OUNCES	WALKING
	TUESDAY	225.8	TROPICAL BREAKFAST BOWL	ASIAN PEAR	VERY BERRY CHICKEN SALAD	STRAWBERRIES	LEMON SALMON WITH WILD RICE	113 OUNCES	WEIGHTS AT GYM
	WEDNESDAY	225	GARDEN HASH	BLACKBERRIES	STUFFED ACORN SQUASH	ORANGES	MEXICAN ZUCCHINI BOWL	113 OUNCES	INFARED SAUNA
PART 2	THURSDAY	223.7	BREAKFAST BACON COLLARD WRAP	NITRATE-FREE DELI ROAST BEEF AND OLIVES	KALE SKILLET	BACON CHIPS AND GUACAMOLE	NUTTY CHICKEN	112 OUNCES	WALKING
	FRIDAY	222.5	CAULIFLOWER "RICE" BOWL	HUMMUS AND CELERY	SPICY TIPS	BEEF JERKY AND OLIVES	RESTAURANT MEAL: STEAK, STEAMED VEGETABLES, SALAD WITH OLIVE OIL AND BALSAMIC VINEGAR	111 OUNCES	WEIGHTS AT GYM
	SATURDAY	221.3	BREAKFAST BACON COLLARD WRAP	NITRATE-FREE DELI TURKEY AND AVOCADO, SLICED	KALE SKILLET	HUMMUS AND CELERY	GINGER-CITRUS SALMON	111 OUNCES	WALKING
	SUNDAY	220	PORTOBELLO MUSHROOM BAKE	HUMMUS AND CELERY	FAJITA CHICKEN BOWL	BACON CHIPS AND GUACAMOLE	SPAGHETTI SQUASH STIR-FRY	110 OUNCES	WATER MASSAGE BED

Meal Map C (Metabolic Intervention Score 6 or less)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C (Metabolic Intervention Score 6 or less)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C Recommended Exercise

- **Cardio:** 2 or 3 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** 2 times per week, focusing on 3 major muscle groups for each session.
- **Metabolic Intervention Exercises:** Minimum of 2 times per week.

6

METABOLISM REVOLUTION RECIPES

These Metabolism Revolution recipes are super-simple to make, so no worries about lots of prep time or cooking. All the recipes mentioned in the client meal maps from the last chapter are included here, and every recipe is adaptable to Meal Maps A, B, and C. The chapter is also divided by recipes appropriate for Parts 1 and 2. At the end of this chapter, you can find a few of my favorite “free” recipes, which you can eat on any day, at any time, and in any amount. These are perfect little treats that are fun to eat and can help keep you even more satisfied without any negative impact on your weight loss.

When preparing these recipes, find the column for your individual meal map, A, B, or C. Use the measurement under your meal map column for preparation. If the recipe serves more than one, divide your completed prepared food by the number of servings that the recipe designates. Use any additional servings to feed others, or keep in the freezer for future meals. You can also double, triple, or quadruple any recipe in this book if it serves one. This will allow you to serve others or save additional servings for later.

BREAKFASTS, PART 1

Savory Oats

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLD-FASHIONED OATS*	1/4 CUP	1/4 CUP	1/4 CUP
FRESH THYME SPRIG	1	1	1
SEA SALT	PINCH	PINCH	PINCH
EGGS**	2	2	2
MUSHROOMS	1 CUP SLICED	2 CUPS SLICED	2 CUPS SLICED
BABY SPINACH	1 CUP	2 CUPS	2 CUPS
RED PEPPER FLAKES	PINCH	PINCH	PINCH
APPLE, CORED AND SLICED	1	1	1
TURKEY BACON,** NITRATE-FREE, COOKED	NONE	NONE	4 SLICES

1. Cook the oats according to the package instructions. Reduce the heat to low to keep the oats at a bare simmer. Add the thyme sprig and salt, stir, and cover. Leave undisturbed for at least 5 minutes, or until cooked to your desired consistency.
2. While the oatmeal is cooking, poach or fry the eggs in a nonstick pan (don't use oil), and sauté the mushrooms and spinach.
3. Remove the oatmeal from the heat, remove the thyme sprig, and spoon the oats into a bowl.
4. Top the oats with the eggs, mushrooms, and spinach. Garnish with the red pepper flakes and serve with the apple slices and, for Meal Map C only, turkey bacon.

*If you don't eat any grain, you may substitute any non-grain complex carb from the Metabolism Revolution Food List on page 56.

**If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Breakfast Hash

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
TURKEY BACON,* NITRATE-FREE, CHOPPED	2 SLICES	2 SLICES	4 SLICES
SWEET POTATO	1/2 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
APPLE	1 CUP DICED	1 CUP DICED	1 CUP DICED
ONION	1/2 CUP DICED	1 CUP DICED	1 CUP DICED
SEA SALT	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
GROUND CINNAMON	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
BABY SPINACH	1 1/2 CUPS	3 CUPS	3 CUPS
EGG(S)*	1	1	2

1. In a heavy medium skillet, cook the bacon over medium-high heat. When the bacon begins to brown and is halfway done, add the sweet potato. Cook, stirring, and add a little water if needed to help cook the sweet potato.
2. Once the sweet potato is getting brown and soft, add the apple and onion to the pan and stir. Reduce the heat to medium or medium-low and cover the pan. Cook for about 45 seconds to 1 minute, uncover, and stir. Add the salt and cinnamon and cook, stirring, until the mixture is nicely browned and the apple and onion have softened and lightly browned. Add the spinach and cook until wilted.
3. Remove from the pan and transfer the hash to a plate. In a nonstick skillet, fry the egg without oil (or poach it) and place it on top of the apple-sweet potato hash. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Black Bean Scramble

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
EGGS*	2	2	2
CANNED BLACK BEANS, DRAINED AND RINSED	1/2 CUP	1/2 CUP	1/2 CUP
GREEN BELL PEPPER	1/3 CUP CHOPPED	2/3 CUP CHOPPED	2/3 CUP CHOPPED
ONION	1/4 CUP MINCED	1/2 CUP MINCED	1/2 CUP MINCED
BABY SPINACH	1 3/4 CUPS	3 1/2 CUPS	3 1/2 CUPS
CHILI POWDER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
CAYENNE PEPPER OR RED PEPPER FLAKES	DASH	DASH	DASH
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
CANTALOUPE	1 CUP CUBED	1 CUP CUBED	1 CUP CUBED
TURKEY BACON,* NITRATE-FREE, COOKED	NONE	NONE	4 SLICES

1. In a medium nonstick skillet, combine the eggs, black beans, bell pepper, onion, spinach, chili powder, cayenne, and salt and black pepper to taste.
2. Cook over medium heat until the eggs are cooked through.
3. Serve with the cantaloupe and, for Meal Map C only, turkey bacon on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Cauliflower Cakes

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
CAULIFLOWER FLORETS (FROM 1 MEDIUM HEAD)	2 CUPS	4 CUPS	4 CUPS
EGGS*	2	2	4
OAT FLOUR**	1/4 CUP	1/4 CUP	1/4 CUP
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
MIXED BERRIES	1 CUP	1 CUP	1 CUP

1. In the microwave, cook the cauliflower in a covered dish with 2 tablespoons water until soft. (Start with 3 minutes and test for softness. If it is still too firm to mash, continue to cook 1 minute at a time, testing after each minute.) Drain the cauliflower, transfer it to a bowl, and mash it with the back of a fork or a potato masher.
2. Add 1 egg, the oat flour, and salt and pepper to taste and mix. Form the mixture into patties, using about 1/4 cup for each. In a large non-stick skillet, cook the patties over medium-high heat until browned on both sides, flipping them once. Transfer to a plate.
3. Beat the remaining egg in a small bowl. Pour the egg into a small nonstick skillet and cook over medium heat, stirring with a spatula to scramble the egg, until cooked to your liking.
4. Serve the cauliflower patties with the scrambled egg and berries.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

**If you don't have oat flour, pulse 1/2 to 1 cup of old-fashioned oats in a blender or clean coffee grinder and use what you need from this. Store the rest in the refrigerator for the next time you need oat flour.

Quinoa Scramble

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
QUINOA	3 TABLESPOONS	3 TABLESPOONS	3 TABLESPOONS
EGGS*	2	2	4
SEA SALT AND GROUND PEPPER	DASH OF EACH	DASH OF EACH	DASH OF EACH
BABY SPINACH	2 CUPS	2 CUPS	2 CUPS
GARLIC CLOVE(S), MINCED	1	1	2
MELON	1 CUP SLICED	1 CUP SLICED	1 CUP SLICED
CUCUMBER, MEDIUM, SLICED	NONE	1	1

1. Cook the quinoa according to the package directions. Meanwhile, whisk the eggs with 1 tablespoon of water and the salt and pepper. Set aside.
2. Add the spinach and garlic to the skillet and cook for about 30 seconds. Pour the egg mixture into the skillet. Let it sit for about 10 seconds, then start pulling the eggs quickly toward the center of the pan with a wooden spoon. When the eggs look nearly cooked, add the cooked quinoa to the skillet. Mix well.
3. Transfer to a plate or bowl. Serve with the melon and, for Meal Maps B and C, the cucumber.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Tropical Breakfast Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
EGGS*	2	2	4
EGG WHITES*	2	2	NONE
BELL PEPPER, MUSHROOMS, ONION, BABY SPINACH, AND JALAPEÑO, IN WHATEVER PROPORTIONS YOU PREFER	2 CUPS TOTAL, CHOPPED	4 CUPS TOTAL, CHOPPED	4 CUPS TOTAL, CHOPPED
RED PEPPER FLAKES	AS NEEDED	AS NEEDED	AS NEEDED
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
BROWN RICE	1/2 CUP COOKED	1/2 CUP COOKED	1/2 CUP COOKED
PINEAPPLE	1 CUP DICED	1 CUP DICED	1 CUP DICED

1. In a small bowl, lightly beat the eggs (and egg whites, for Meal Maps A and B) just to combine.
2. In a large nonstick skillet, cook the vegetables over medium heat until tender. Add the egg mixture and cook, stirring with a spatula to scramble the eggs, until the eggs are cooked. Season with red pepper flakes, salt, and black pepper.
3. Serve over the brown rice. Top with the pineapple.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Garden Hash

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
GREEN AND/OR RED BELL PEPPER	1/2 CUP DICED	1 CUP DICED	1 CUP DICED
RED ONION	1/4 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
WATER	1/4 CUP	1/4 CUP	1/4 CUP
GARLIC CLOVES, MINCED	2	3	3
FRESH ROSEMARY	1 1/2 TEASPOONS	1 TABLESPOON	1 TABLESPOON
FRESH THYME	1 1/2 TEASPOONS	1 TABLESPOON	1 TABLESPOON
SWEET POTATO	1/2 CUP CUBED	1/2 CUP CUBED	1/2 CUP CUBED
KALE	1 CUP CHOPPED LEAVES	2 CUPS CHOPPED LEAVES	2 CUPS CHOPPED LEAVES
MUSHROOMS	1/4 CUP SLICED	1/2 CUP SLICED	1/2 CUP SLICED
RED PEPPER FLAKES	PINCH	PINCH	PINCH
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
EGGS*	2	2	4
PEACHES	1 CUP SLICED	1 CUP SLICED	1 CUP SLICED

1. In a medium nonstick skillet, cook the bell pepper and onion in the water over medium heat. Add the garlic, rosemary, thyme, and sweet potato and cook until the sweet potato is fork-tender, about 20 minutes.
2. Add the kale, mushrooms, red pepper flakes, and salt and black pepper to taste. Cook, stirring, for about 5 minutes, until the kale wilts. Transfer the hash to a plate.
3. Cook the eggs in whatever style you like (fried, scrambled) in a non-stick skillet (don't use any oil).
4. Serve the hash with the eggs on top or to the side and the peach slices alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Apple Slaw

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
BEETS, SHREDDED	1 CUP	2 CUPS	2 CUPS
CARROTS, SHREDDED	1 CUP	2 CUPS	2 CUPS
GRANNY SMITH APPLE, CORED AND SHREDDED	1	1	1
APPLE CIDER VINEGAR	1/4 CUP	1/2 CUP	1/2 CUP
SEA SALT	PINCH	PINCH	PINCH
PURE STEVIA OR BIRCH XYLITOL	AS NEEDED	AS NEEDED	AS NEEDED
BROWN RICE*	1/2 CUP COOKED	1/2 CUP COOKED	1/2 CUP COOKED
HARD-BOILED EGGS,** SLICED	2	2	4

1. Place the beets, carrots, and apple in a large bowl.
2. In another bowl, combine the vinegar and salt. Add the stevia or birch xylitol to taste. Pour over the veggies and apple and stir to coat. Chill for 30 minutes, if desired.
3. Serve over the brown rice with the sliced hard-boiled eggs on top.

*If you don't eat any grain, use quinoa or any other non-grain complex carb from the Metabolism Revolution Food List on page 56.

**If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

BREAKFASTS, PART 2

Stuffed Pepper Breakfast

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
BELL PEPPER(S)	1	1	2
BABY SPINACH	1 CUP CHOPPED	1 CUP CHOPPED	2 CUPS CHOPPED
TURKEY BACON,* NITRATE-FREE, COOKED AND CHOPPED	2 SLICES	4 SLICES	4 SLICES
EGG(S)*	1	2	2
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
AVOCADO, DICED	NONE	1/4	1/4
MIXED BERRIES	1 CUP	NONE	NONE

1. Preheat the oven to 400°F. Line a small baking dish with foil.
2. Cut off the top of the bell pepper(s) and remove the seeds. Place the pepper(s) upright in the baking dish and bake for 15 minutes.
3. Remove the pepper(s) from the oven and stuff the bottom(s) with the spinach. Add the turkey bacon. Crack the egg(s) into the pepper(s). (For Meal Map B, if both eggs don't fit in the pepper, you can cook one of the eggs separately and eat it on the side. For Meal Map C, divide all the ingredients between the two peppers.)
4. Bake for 15 to 20 minutes, or until the egg whites are set and opaque.
5. Transfer to a plate and season with salt and black pepper. For Meal Maps B and C, top with the avocado. For Meal Map A, serve with mixed berries alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Scrambled Salmon Cups

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
EGG(S)*	1	2	2
RED ONION	1/4 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
SMOKED SALMON,* WILD-CAUGHT, NITRATE-FREE, NO SUGAR ADDED	2 OUNCES	4 OUNCES	4 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
FRESH CHIVES	GARNISH, CHOPPED	GARNISH, CHOPPED	GARNISH, CHOPPED
CUCUMBER	1/2 CUP THINLY SLICED	1/2 CUP THINLY SLICED	1 CUP THINLY SLICED
BOSTON OR BUTTER LETTUCE LEAVES	2 OR 3	2 OR 3	4 TO 6
AVOCADO, DICED	NONE	1/4	1/4
MELON (ANY TYPE)	1 CUP CUBED	NONE	NONE

1. In a small bowl, whisk the egg(s) well. Add a splash of water and whisk some more. Heat a medium nonstick skillet over medium heat. Add the onion and cook for 3 to 5 minutes, until soft. Add the egg(s) and use a wooden spoon or rubber spatula to gently stir the eggs until they start to firm up.

2. Add the smoked salmon to the pan and cook, stirring gently, until the eggs are completely cooked to your liking. Season with salt and pepper to taste.

3. Transfer to a plate and sprinkle the chives over the eggs. Divide the cucumber slices among the lettuce leaves and set on the plate with the eggs. For Meal Maps B and C, top the eggs with the avocado. For Meal Map A, serve with melon on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Breakfast Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
MIXED GREENS	2 CUPS	2 CUPS	4 CUPS
RED ONION	1/4 CUP DICED	1/4 CUP DICED	1/4 CUP DICED
AVOCADO, SLICED	NONE	1/4	1/4
SMOKED SALMON,* WILD-CAUGHT, NITRATE-FREE, NO SUGAR ADDED	2 OUNCES	4 OUNCES	4 OUNCES
EGG(S),* POACHED	1	2	2
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
PAPRIKA	DASH	DASH	DASH
MIXED BERRIES	1 CUP	NONE	NONE

1. On a large plate, layer the mixed greens, onion, and avocado, if following Meal Maps B and C. Place the smoked salmon around the plate.
2. Top with the poached egg(s). Season with salt and pepper to taste and sprinkle with the paprika. For Meal Map A, serve with mixed berries on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Spinach-Mushroom Frittata

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
EGG(S)*	1	3	3
EGG WHITES*	4	NONE	NONE
WATER	1/4 CUP	1/4 CUP	1/4 CUP
DRIED BASIL	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
DRIED OREGANO	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
DRIED THYME	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
RED PEPPER FLAKES	PINCH	PINCH	PINCH
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
TURKEY BACON,* NITRATE-FREE, CHOPPED	2 SLICES	2 SLICES	2 SLICES
GARLIC	1 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED
MUSHROOMS	1/2 CUP SLICED	1/2 CUP SLICED	1 CUP SLICED
BABY SPINACH	1 1/2 CUPS	1 1/2 CUPS	3 CUPS
OLIVES, PITTED AND SLICED	NONE	8	8
APPLE	1 CUP SLICED	NONE	NONE

1. Preheat the oven to 425°F.
2. In a large bowl, whisk together the egg(s), egg whites (for Meal Map A), water, basil, oregano, thyme, red pepper flakes, and salt and black pepper to taste. Set aside.
3. Heat a large oven-safe skillet over medium-high heat. Add the bacon and cook until brown and crispy, 6 to 8 minutes. Transfer to a plate.
4. In the same skillet, cook the garlic and mushrooms, stirring occasionally and adding a little water as needed to help them cook, until tender and browned, 3 to 4 minutes.

5. Add the spinach and stir until it begins to wilt, 2 to 3 minutes. Stir in the egg mixture. Set aside 2 tablespoons of the bacon for garnish and stir in the remainder until well combined. Cook, undisturbed, until the edges of the eggs are set, about 2 minutes.
6. Transfer to a plate and garnish with the reserved bacon.
7. For Meal Map A, serve with apples. For Meal Maps B and C, serve with olives.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Beefy Breakfast Skillet

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
LEAN GROUND BEEF,* PREFERABLY GRASS-FED	2 OUNCES	4 OUNCES	4 OUNCES
ONION	1/4 CUP DICED	1/4 CUP DICED	1/2 CUP DICED
GARLIC	1 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED
WATER	2 TABLESPOONS	NONE	NONE
OLIVE OIL	NONE	1 TABLESPOON	1 TABLESPOON
KALE	2 CUPS CHOPPED LEAVES	2 CUPS CHOPPED LEAVES	4 CUPS CHOPPED LEAVES
EGG(S),* FRIED	1	2	2
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
RAW SLIVERED ALMONDS	NONE	GARNISH	GARNISH
ORANGE	1 CUP SLICED	NONE	NONE

1. Heat a nonstick skillet over medium-high heat. Add the ground beef, onion, and garlic and cook, breaking up the meat with a wooden spoon as it cooks, until browned. Remove from the heat, drain off the fat, and transfer the meat to a bowl. Set aside.
2. In the same skillet, heat the water (for Meal Map A) or the olive oil (for Meal Maps B and C). Add the kale and cook until wilted. Add the ground beef and stir. Season with salt and pepper.
3. Transfer the mixture to a plate and top with the fried egg(s). For Meal Maps B and C, garnish with the slivered almonds. For Meal Map A, serve with the orange slices on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Veggie Egg Wrap

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
BABY SPINACH	1 CUP	1 CUP	2 CUPS
MUSHROOMS	1 CUP SLICED	1 CUP SLICED	2 CUPS SLICED
ONION	2 TABLESPOONS MINCED	2 TABLESPOONS MINCED	1/4 CUP MINCED
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
EGG(S)*	1	2	2
TURKEY BACON, NITRATE-FREE,* COOKED AND CRUMBLed	2 SLICES	4 SLICES	4 SLICES
OLIVES, PITTED AND SLICED	NONE	8	8
STRAWBERRIES	1 CUP SLICED	NONE	NONE

1. Heat a large nonstick skillet over medium-high heat. Add the baby spinach, mushrooms, and onion and cook, stirring, until the onion is tender and the spinach has wilted. Season with salt and pepper, remove from the heat, and set aside.

2. Heat a small nonstick skillet or omelet pan over medium-high heat. In a bowl, whisk 1 egg with a fork and pour it into the hot skillet, tilting the pan to coat the bottom with the egg. Cook for 30 seconds. Season with salt and pepper. Carefully flip the egg with a large spatula and cook for 30 seconds more, or until cooked through. Transfer the egg “wrap” to a plate. For Meal Maps B and C, repeat with the remaining egg to make a second egg “wrap.”

3. Top the egg “wrap(s)” with the sautéed veggie mix, bacon, and, for Meal Map B and C, the sliced olives. For Meal Map A, serve with the strawberries on the side.

*If you don’t eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Breakfast Bacon Collard Wrap

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
LARGE COLLARD GREEN LEAVES	2	2	2
TURKEY BACON,* NITRATE-FREE, CHOPPED	2 SLICES	4 SLICES	4 SLICES
ONION	1/2 CUP DICED	1/2 CUP DICED	1 CUP DICED
BELL PEPPER, CUT INTO STRIPS	1/2	1/2	1
MUSHROOMS	1/2 CUP SLICED	1/2 CUP SLICED	1 CUP SLICED
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
GROUND CUMIN (OPTIONAL)	AS NEEDED	AS NEEDED	AS NEEDED
CHILI POWDER (OPTIONAL)	AS NEEDED	AS NEEDED	AS NEEDED
GARLIC POWDER (OPTIONAL)	AS NEEDED	AS NEEDED	AS NEEDED
EGG(S)*	1	2	2
AVOCADO, DICED	NONE	1/4	1/4
PINEAPPLE	1 CUP CUBED	NONE	NONE

1. Lay the collard green leaves facedown on a cutting board and use a sharp knife to shave down the stems so they are the same thickness as the leaves. Cut off and discard the part of the stem that extends past the leaf. Set the greens aside.
2. Heat a medium skillet over medium heat. Add the bacon and cook for about 5 minutes, until crispy, then transfer to a dish. Raise the heat to medium-high and add the onion, bell pepper, and mushrooms. Cook, stirring occasionally, until softened, 6 to 7 minutes. Season with the salt, black pepper, and, if desired, cumin, chili powder, and garlic powder. Return the bacon to the pan and stir well. Transfer to a plate and set aside. Reduce the heat under the pan to medium-low.
3. In a small bowl, whisk the egg(s) and season with salt and black pepper. Pour the egg(s) into the pan and cook, stirring with a spatula to scramble, until cooked to your liking, 3 to 4 minutes.

4. To assemble the wrap, lay a collard leaf on a plate and place half the onion-bell pepper mixture on the middle of the leaf. Layer with half the scrambled egg(s), and, for Meal Maps B and C, half the avocado. Fold the sides up to tuck, then roll like a regular tortilla. Repeat with the remaining collard leaf to make a second wrap. For Meal Map A, serve with the pineapple on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Portobello Mushroom Bake

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
PORTOBELLO MUSHROOM CAPS	2 LARGE	2 LARGE	4 LARGE
SEA SALT	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
GROUND PEPPER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
GARLIC POWDER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
EGGS*	2	2	4
FRESH PARSLEY (GARNISH)	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED
AVOCADO, SLICED	NONE	1/4	1/4
CHERRIES	1 CUP	NONE	NONE
TURKEY BACON, NITRATE FREE,* COOKED	NONE	4 SLICES	NONE

1. Preheat the broiler to high. Position a rack in the center of the oven. Line a baking sheet with aluminum foil.
2. Place the mushrooms on the prepared baking sheet and season with half the salt, half the pepper, and half the garlic powder. Place the baking sheet on the center rack and broil the mushrooms for 5 minutes on each side, or until barely tender.
3. Remove the mushrooms from the oven. Switch the oven to bake at 400°F. Turn the mushroom caps gill-side up and break an egg into each. Bake for 15 minutes, just until the whites of the eggs are cooked and opaque. Remove from the oven and sprinkle the remaining salt, pepper, and garlic powder on top.
4. Transfer the mushroom caps to a plate. Garnish with the parsley and, for Meal Maps B and C, the avocado. For Meal Map A, serve with the cherries on the side. For Meal Map B, serve with the turkey bacon.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Cauliflower “Rice” Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
AVOCADO, SLICED	NONE	1/4	1/4
FRESH LIME JUICE	NONE	1 TEASPOON	1 TEASPOON
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
EGGS*	2	4	4
MUSHROOMS	1/2 CUP SLICED	1/2 CUP SLICED	1 CUP SLICED
GARLIC POWDER	AS NEEDED	AS NEEDED	AS NEEDED
CAULIFLOWER**	1 CUP RICED	1 CUP RICED	2 CUPS RICED
GARLIC CLOVES, MINCED	1	1	2
BABY SPINACH	1/2 CUP	1/2 CUP	1 CUP
GRAPEFRUIT	1 CUP SEGMENTS	NONE	NONE

1. For Meal Maps B and C, in a small bowl, combine the avocado, lime juice, and salt and pepper to taste and mash with a fork. Set aside.
2. In a separate small bowl, season the eggs with salt and pepper and whisk to combine. Set aside.
3. Heat a medium nonstick skillet over medium heat. Add the mushrooms and season with garlic powder, salt, and pepper, then cook, stirring, until golden brown, 5 to 8 minutes. Remove from the pan and set aside.
4. Raise the heat to medium-high, add the cauliflower, and cook, stirring, for 5 minutes. Transfer the cauliflower to a bowl.
5. Return the mushrooms to the skillet and reduce the heat to medium. Stir in the minced garlic and baby spinach. Cook, stirring, for about 30 seconds, or until the spinach has barely wilted, then add the eggs. Cook, stirring with a spatula to scramble, until cooked to your liking. Put the egg mixture on top of the cauliflower rice.
6. For Meal Maps B and C, top with the avocado mixture and serve. For Meal Map A, serve with the grapefruit on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

**To “rice” the cauliflower, cut it into florets and pulse it in a food processor until the pieces are the size of rice grains.

LUNCHES, PART 1

Broiled Cod with Nectarine Salsa Over Mixed Greens

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
NECTARINE(S)	1	1	2
RED ONION	2 TABLESPOONS DICED	2 TABLESPOONS DICED	¼ CUP DICED
JALAPEÑO, SEEDED	1 TEASPOON FINELY CHOPPED	1 TEASPOON FINELY CHOPPED	2 TEASPOONS FINELY CHOPPED
CILANTRO, FRESH	1 TABLESPOON CHOPPED	1 TABLESPOON CHOPPED	2 TABLESPOONS CHOPPED
FRESH LIME JUICE	1 ½ TEASPOONS	1 ½ TEASPOONS	2 TABLESPOONS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
COD FILLET*	4 OUNCES	4 OUNCES	4 OUNCES
MIXED GREENS	4 CUPS	4 CUPS	4 CUPS

1. To prepare the salsa, in a medium bowl, combine the nectarine(s), red onion, jalapeño, cilantro, lime juice, and salt and pepper to taste. Toss to combine. Cover the bowl and refrigerate for 20 to 30 minutes to allow the flavors to meld.
2. While the salsa chills, preheat the broiler. Cover a broiler pan with aluminum foil (or use a well-seasoned cast-iron skillet).
3. Season the cod with salt and pepper and set it on the prepared pan. Broil the cod until the flesh turns opaque and flakes easily, 8 to 10 minutes.
4. Serve the cod over a bed of mixed greens, topped with the salsa.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

One-Pan Tropical Chicken

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
DRIED THYME	1 1/2 TEASPOONS	1 1/2 TEASPOONS	1 1/2 TEASPOONS
GROUND ALLSPICE	1 1/2 TEASPOONS	1 1/2 TEASPOONS	1 1/2 TEASPOONS
SEA SALT	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
GROUND PEPPER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
GARLIC POWDER	3/4 TEASPOON	3/4 TEASPOON	3/4 TEASPOON
GROUND CINNAMON	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
CHICKEN BREAST*	4 OUNCES	4 OUNCES	4 OUNCES
RED BELL PEPPER	1 CUP COARSELY CHOPPED	1 CUP COARSELY CHOPPED	1 CUP COARSELY CHOPPED
YELLOW BELL PEPPER	1 CUP COARSELY CHOPPED	1 CUP COARSELY CHOPPED	1 CUP COARSELY CHOPPED
RED ONION	1 CUP DICED	1 CUP DICED	1 CUP DICED
ZUCCHINI	1 CUP SMALL-DICED	1 CUP SMALL-DICED	1 CUP SMALL-DICED
MANGO CHUNKS	1 CUP	1 CUP	2 CUPS

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a small bowl, stir together the thyme, allspice, salt, black pepper, garlic powder, and cinnamon. In a medium bowl, toss the chicken with 1 tablespoon of the spice mixture. Make sure it is evenly coated, then arrange the chicken on the prepared baking sheet. In a large bowl, toss the bell peppers, onion, and zucchini with the remaining spice mixture.
3. Bake the chicken for 10 minutes, then remove the pan from the oven and flip the chicken. Arrange the seasoned vegetables on the pan with the chicken and bake for 15 minutes more.
4. Remove from the oven and let the chicken rest for 5 minutes. Serve the chicken and veggies with the mango alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Bacon-Chicken Fruit Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
TURKEY BACON,* NITRATE-FREE	2 SLICES	2 SLICES	2 SLICES
BONELESS, SKINLESS CHICKEN BREAST*	2 OUNCES	2 OUNCES	2 OUNCES
SEA SALT	PINCH	PINCH	PINCH
GROUND PEPPER	PINCH	PINCH	PINCH
ONION POWDER	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
BABY SPINACH	4 CUPS	4 CUPS	4 CUPS
MANDARIN SEGMENTS	1/2 CUP	1/2 CUP	1 CUP
STRAWBERRIES	1/2 CUP SLICED	1/2 CUP SLICED	1 CUP SLICED
BALSAMIC VINEGAR (OPTIONAL)	AS NEEDED	AS NEEDED	AS NEEDED

1. In a large deep skillet, cook the bacon over medium-high heat, stirring, until crisp, then remove from the pan and set aside.
2. Sprinkle the chicken breast with salt, pepper, and onion powder on both sides. Cook the chicken breast in the same skillet over medium heat for 2 to 4 minutes on each side, depending on the thickness of the breast. Remove from the pan and set aside to rest for 5 minutes.
3. When ready to serve, slice or chop the chicken into bite-size pieces.
4. In a large serving bowl, layer the spinach, sliced chicken, bacon, mandarin segments, and strawberries. Drizzle with balsamic vinegar, if desired, and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Pineapple-Cucumber Salad with Sea Bass

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
PINEAPPLE CHUNKS	1 CUP	1 CUP	2 CUPS
CUCUMBER	1 CUP SLICED	1 CUP SLICED	1 CUP SLICED
LIME, ZESTED AND JUICED	1/2	1/2	1/2
FRESH CILANTRO	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED
SEA SALT	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED
GROUND PEPPER	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED
SEA BASS FILLET*	4 OUNCES	4 OUNCES	4 OUNCES
PAPRIKA	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
MIXED GREENS	3 CUPS	3 CUPS	3 CUPS

1. Preheat the broiler to high with the oven rack 6 to 8 inches from the heat source.
2. In a medium bowl, combine the pineapple, cucumber, lime zest, lime juice, and cilantro. Season with the salt and pepper. Toss lightly to distribute the lime zest and juice evenly. If not serving immediately, cover and refrigerate until ready to serve.
3. Season the sea bass with salt, pepper, and paprika. Place the fish on a baking sheet. Broil until the flesh is opaque and flakes easily with a fork, 10 to 12 minutes.
4. Serve the sea bass over the mixed greens, topped with the pineapple-cucumber salad.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Turkey or Roast Beef Wraps

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
DELI TURKEY OR ROAST BEEF,* NITRATE-FREE	4 OUNCES	4 OUNCES	4 OUNCES
CUCUMBERS, ONIONS, RADISHES, MUSHROOMS, BELL PEPPERS, ETC.	3 CUPS THINLY SLICED, TOTAL	3 CUPS THINLY SLICED, TOTAL	3 CUPS THINLY SLICED, TOTAL
LETTUCE LEAVES	4	4	4
MIXED BERRIES	1 CUP	1 CUP	2 CUPS

Wrap the deli meat and veggies in the lettuce leaves and serve with a side of the mixed berries.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Pineapple-Ginger Chicken

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
CHICKEN BREAST,* CUBED	4 OUNCES	4 OUNCES	4 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
GREEN BELL PEPPER	1 CUP 1-INCH PIECES	1 CUP 1-INCH PIECES	1 CUP 1-INCH PIECES
ONION	1 CUP 1-INCH PIECES	1 CUP 1-INCH PIECES	1 CUP 1-INCH PIECES
ASPARAGUS	2 CUPS 1-INCH PIECES	2 CUPS 1-INCH PIECES	2 CUPS 1-INCH PIECES
FRESH GINGER, PEELED	1 TABLESPOON MINCED	1 TABLESPOON MINCED	1 TABLESPOON MINCED
GARLIC	2 TEASPOONS MINCED	2 TEASPOONS MINCED	2 TEASPOONS MINCED
PINEAPPLE CHUNKS	1 CUP	1 CUP	2 CUPS
SCALLION, THINLY SLICED	GARNISH	GARNISH	GARNISH

1. Season the chicken with salt and black pepper. In a large sauté pan, cook the chicken over medium-high heat, stirring occasionally, for 5 minutes, until the chicken is cooked through and no longer pink on the inside. Transfer the chicken to a plate and set aside.
2. Add the bell pepper, onion, and asparagus to the pan. Cook, stirring occasionally, for 5 minutes, or until the veggies reach your desired level of doneness. Add the ginger, garlic, and pineapple and toss to combine. Cook, stirring, for 1 to 2 minutes more, or until the garlic is fragrant. Return the chicken to the pan and cook, stirring occasionally, for 1 to 2 minutes.
3. Transfer to a plate, garnish with sliced scallion, and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Tropical Tuna Steak

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
MANGO	1 CUP DICED	1 CUP DICED	1 CUP DICED
RED ONION	1/4 CUP DICED	1/4 CUP DICED	1/4 CUP DICED
RED BELL PEPPER	2 TABLESPOONS DICED	2 TABLESPOONS DICED	2 TABLESPOONS DICED
FRESH CILANTRO OR PARSLEY LEAVES	1 TABLESPOON MINCED	1 TABLESPOON MINCED	1 TABLESPOON MINCED
FRESH LIME JUICE	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
JALAPEÑO, SEEDED (OPTIONAL)	2 TEASPOONS FINELY DICED	2 TEASPOONS FINELY DICED	2 TEASPOONS FINELY DICED
SEA SALT	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
CHILI POWDER	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
GROUND PEPPER	GENEROUS DASH	GENEROUS DASH	GENEROUS DASH
AHI TUNA STEAK*	4 OUNCES	4 OUNCES	4 OUNCES
MIXED GREENS	4 CUPS	4 CUPS	4 CUPS
PINEAPPLE	NONE	NONE	1 CUP CUBED

1. In a medium bowl, combine the mango, onion, bell pepper, cilantro, lime juice, jalapeño, if using, and 1/4 teaspoon of the salt and mix well. Set aside.
2. In a small bowl, combine the remaining 1/4 teaspoon salt, the chili powder, and the black pepper. Rub this mixture on both sides of the tuna steak.
3. Preheat a nonstick skillet over medium-high heat. Add the tuna and sear for 1 to 2 minutes on each side, then remove from the heat. Let the fish rest for a couple of minutes.
4. Slice the tuna and serve the slices over the mixed greens, topped with the mango salsa. For Meal Map C, serve with the pineapple on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Very Berry Chicken Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
MIXED GREENS	2 CUPS	2 CUPS	2 CUPS
RED BELL PEPPER	1/2 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
CUCUMBERS	1/2 CUP SLICED	1/2 CUP SLICED	1/2 CUP SLICED
CELERY	1/2 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
ONION	1/2 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
BLUEBERRIES	1/4 CUP	1/4 CUP	1/2 CUP
RASPBERRIES	1/4 CUP	1/4 CUP	1/2 CUP
STRAWBERRIES	1/4 CUP	1/4 CUP	1/2 CUP
BLACKBERRIES	1/4 CUP	1/4 CUP	1/2 CUP
GRILLED CHICKEN BREAST, CUT INTO CHUNKS*	4 OUNCES	4 OUNCES	4 OUNCES
BALSAMIC VINEGAR	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
WATER	SPLASH	SPLASH	SPLASH
PURE STEVIA OR BIRCH XYLITOL	AS NEEDED	AS NEEDED	AS NEEDED

1. In a bowl, combine the mixed greens, bell pepper, cucumber, celery, onion, and berries (set aside a few berries for the dressing). Top with the grilled chicken breast.
2. In a blender, puree the reserved berries with the balsamic vinegar and a splash of water, then sweeten to taste.
3. Drizzle the dressing over the salad, toss, and serve with the stevia.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Stuffed Acorn Squash

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
ACORN SQUASH, SEEDED	1/2	1/2	1/2
GARLIC	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED
ONION	1/2 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
WATER	SPLASH	SPLASH	SPLASH
LEAN GROUND TURKEY*	4 OUNCES	4 OUNCES	4 OUNCES
APPLE	1 CUP DICED	1 CUP DICED	2 CUPS DICED
FRESH ROSEMARY	3/4 TEASPOON	3/4 TEASPOON	3/4 TEASPOON
FRESH THYME	1 1/2 TEASPOONS	1 1/2 TEASPOONS	1 1/2 TEASPOONS
BABY SPINACH	2 CUPS	2 CUPS	2 CUPS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Place the acorn squash cut-side down on the baking sheet and roast for 20 to 30 minutes, or until the top of the squash feels tender when gently pressed. Remove from the oven and set aside.
3. While the squash roasts, heat a large saucepan over medium-low heat. Add the garlic and onion with a splash of water and cook until just tender, about 6 minutes. Add the turkey, increase the heat to medium, and cook for 5 to 8 minutes until just browned. Add the apple, rosemary, and thyme and cook, stirring, until the apple softens. Add the spinach and salt and pepper to taste and cook, stirring, until the spinach wilts.
4. Preheat the broiler.
5. Fill the squash cavities with the stuffing mixture. Arrange the squash on the baking sheet, stuffing-side up, and broil for 5 to 10 minutes, until the top gets nice and toasty, checking often to prevent burning. Once browned, remove from the oven, allow to cool a bit, and serve warm.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

LUNCHES, PART 2

Shrimp Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
SHRIMP,* FRESH OR DEFROSTED, PEELED (ANY SIZE)	4 OUNCES	4 OUNCES	8 OUNCES
SAFFLOWER OIL MAYONNAISE**	1/4 CUP	1/4 CUP	1/4 CUP
FRESH LEMON JUICE	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
DRIED DILL	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
OLD BAY SEASONING	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
RED ONION	2 TABLESPOONS DICED	2 TABLESPOONS DICED	2 TABLESPOONS DICED
CELERY	1/4 CUP DICED	1/4 CUP DICED	1/4 CUP DICED
SPRING GREENS	2 CUPS	4 CUPS	4 CUPS

1. In a medium saucepan, bring 1 1/2 cups water to a simmer over medium heat. Add the shrimp and cook for 2 to 3 minutes, or until pink and just cooked through (do not overcook). Drain the shrimp in a colander, rinse with cold water, and allow to cool.
2. While the shrimp are cooling, in a medium bowl, whisk together the mayonnaise, lemon juice, dill, and Old Bay Seasoning. Cover and refrigerate until ready to use.
3. Peel and devein the shrimp and cut them in half (or chop them, if you prefer). Add the shrimp, onion, and celery to the bowl with the mayonnaise mixture and stir well to coat. Cover and refrigerate for at least 1 hour before serving.
4. Serve over the greens.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

**If you don't eat eggs, you can use olive oil or any other oil on the food list in place of safflower oil mayonnaise.

Tuna-Stuffed Avocado

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
AVOCADO, MEDIUM	1/4	1/4	1/4
CANNED TUNA* IN WATER, DRAINED	4 OUNCES	4 OUNCES	8 OUNCES
RED BELL PEPPER	1/4 CUP DICED	1/4 CUP DICED	1/2 CUP DICED
JALAPEÑO, SEEDED	1 TABLESPOON MINCED	1 TABLESPOON MINCED	2 TABLESPOONS MINCED
FRESH CILANTRO LEAVES	1/4 CUP CHOPPED	1/4 CUP CHOPPED	1/2 CUP CHOPPED
FRESH LIME JUICE	1 TABLESPOON	1 TABLESPOON	2 TABLESPOONS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
CUCUMBER	1/2 CUP SLICED	1 CUP SLICED	1 CUP SLICED
CELERY, CUT INTO STICKS	3 STALKS	4 STALKS	4 STALKS
CARROT, CUT INTO STICKS	NONE	1 CUP	1 CUP

1. Scoop out some of the avocado from the pitted area to widen the “bowl.” Set the half aside. Place the scooped avocado in a medium bowl and mash it with a fork.
2. Add the tuna, bell pepper, jalapeño, cilantro, and lime juice and stir until well combined.
3. Scoop the tuna mixture into the avocado half. Season with salt and black pepper. Serve with the sliced cucumber, celery sticks, and, for Meal Maps B and C, carrot sticks.

*If you don’t eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Lemon Shrimp Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
ZUCCHINI NOODLES*	2 CUPS	2 CUPS	2 CUPS
LEMON HUMMUS**	1/4 CUP	1/4 CUP	1/4 CUP
COOKED SHRIMP***	4 OUNCES	4 OUNCES	8 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
CUCUMBER	NONE	1 CUP SLICED	1 CUP SLICED
CARROT STICKS	NONE	1 CUP	1 CUP

1. In a large skillet, heat the zucchini noodles over medium-high heat. Add the hummus and shrimp. Cook, stirring, until the entire dish is hot and well mixed, about 5 minutes. (It will take some time for the hummus to melt and cover the zoodles.) Season with salt and pepper.
2. Remove from the heat and serve. For Meal Maps B and C, serve with the cucumber and carrot sticks on the side.

*Turn your zucchini into long noodles using a spiralizer, food processor slicing blade, vegetable peeler, or just a sharp knife.

**If you can't find lemon hummus, use regular hummus and add 2 tablespoons fresh lemon juice and 1/2 teaspoon ground pepper.

***If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Asparagus and Bacon Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
ASPARAGUS	2 CUPS CUT INTO 1-INCH PIECES	4 CUPS CUT INTO 1-INCH PIECES	4 CUPS CUT INTO 1-INCH PIECES
OLIVE OIL	1/4 CUP	1/4 CUP	1/4 CUP
APPLE CIDER VINEGAR	1/4 CUP	1/4 CUP	1/4 CUP
GARLIC	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED
BIRCH XYLITOL (OPTIONAL, IF YOU LIKE A SWEETER DRESSING)	1 1/2 TEASPOONS	1 1/2 TEASPOONS	1 1/2 TEASPOONS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
HARD-BOILED EGG(S),* SLICED	1	1	2
TURKEY BACON,* NITRATE-FREE, COOKED AND CRUMBLED	2 SLICES	2 SLICES	4 SLICES

1. Bring a pot of water to a boil, add the asparagus, and cook for 2 to 3 minutes, until tender yet firm. Drain and run under cold water to stop the cooking. Chop and set aside.
2. In a small bowl, mix the oil, vinegar, garlic, and birch xylitol, if using. Season with salt and pepper.
3. Arrange the asparagus on a plate, top with the egg(s) and bacon, and drizzle with the vinaigrette. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Mexican Fiesta Chicken Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
FRESH LIME JUICE	2 TEASPOONS	2 TEASPOONS	2 TEASPOONS
PURE STEVIA	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
OLIVE OIL	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
GARLIC	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
BONELESS, SKINLESS CHICKEN BREAST*	4 OUNCES	4 OUNCES	8 OUNCES
GROUND CHIPOTLE	1/8 TEASPOON	1/8 TEASPOON	1/8 TEASPOON
DRIED OREGANO	1/8 TEASPOON	1/8 TEASPOON	1/8 TEASPOON
GROUND CUMIN	1/8 TEASPOON	1/8 TEASPOON	1/8 TEASPOON
MIXED GREENS	1 1/2 CUPS	3 CUPS	3 CUPS
FRESH CILANTRO LEAVES	1 1/2 TEASPOONS CHOPPED	1 TABLESPOON CHOPPED	1 TABLESPOON CHOPPED
AVOCADO, SMALL, DICED	1/4	1/4	1/4
CUCUMBER	1/4 CUP SLICED	1/4 CUP SLICED	1/4 CUP SLICED
RED BELL PEPPER	1/4 CUP DICED	1/4 CUP DICED	1/4 CUP DICED
RED ONION	1/4 CUP DICED	1/2 CUP DICED	1/2 CUP DICED
LIME, CUT INTO WEDGES	1/8	1/8	1/8

1. In a jar, combine the lime juice, stevia, oil, garlic, and salt and black pepper to taste. Seal and shake well.
2. Slice the chicken and season with the chipotle, oregano, cumin, 1/8 teaspoon salt, and 1/8 teaspoon black pepper. In a medium skillet, cook the chicken over medium-low heat for 8 minutes, or until cooked through.
3. Place the mixed greens and cilantro in a bowl and top with the avocado, cucumber, bell pepper, onion, and chicken. Drizzle the salad with the dressing. Garnish with lime wedges and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Tuna-Avocado Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
CANNED TUNA* IN WATER, DRAINED AND FLAKED	4 OUNCES	4 OUNCES	8 OUNCES
CUCUMBER	1/2 CUP DICED	1 CUP DICED	1 CUP DICED
AVOCADO, DICED	1/4	1/4	1/4
RED ONION	1/4 CUP DICED	1/4 CUP DICED	1/4 CUP DICED
FRESH CILANTRO LEAVES	1 1/2 TEASPOONS CHOPPED	1 TABLESPOON CHOPPED	1 TABLESPOON CHOPPED
OLIVE OIL	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
FRESH LEMON JUICE	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
MIXED GREENS	1 1/2 CUPS	3 CUPS	3 CUPS

1. In a large salad bowl, combine the tuna, cucumber, avocado, onion, and cilantro.
2. Drizzle the salad with the oil and lemon juice and season it with salt and pepper. Toss to combine and serve over the mixed greens.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Shredded Chicken and Green Bean Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
JALAPEÑO, SEEDED AND DICED	1	2	2
LIMES, JUICED	1 1/2	3	3
GARLIC	1/2 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED
GROUND ALLSPICE	1 1/2 TEASPOONS	1 TABLESPOON	1 TABLESPOON
DRIED THYME	1/2 TEASPOON	1 TEASPOON	1 TEASPOON
BIRCH XYLITOL	3/4 TEASPOON	1 1/2 TEASPOONS	1 1/2 TEASPOONS
OLIVE OIL	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
CHICKEN,* COOKED AND SHREDDED	4 OUNCES	4 OUNCES	8 OUNCES
GREEN BEANS, COOKED	2 CUPS	4 CUPS	4 CUPS
UNSWEETENED SHREDDED COCONUT	1/8 CUP	1/8 CUP	1/8 CUP
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED

1. In a small bowl, combine the jalapeño, lime juice, garlic, allspice, thyme, birch xylitol, and oil and stir to combine.
2. In a serving bowl, combine the shredded chicken, green beans, and coconut. Pour in the dressing and toss to combine. Season with salt and pepper and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Fajita Chicken Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	1 1/2 TEASPOONS	1 1/2 TEASPOONS	1 1/2 TEASPOONS
FRESH LIME JUICE	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
GARLIC	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1 TEASPOON MINCED
SMOKED OR REGULAR PAPRIKA	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
SEA SALT	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
RED PEPPER FLAKES	PINCH	PINCH	PINCH
CHICKEN BREAST,* CUT INTO STRIPS	4 OUNCES	4 OUNCES	8 OUNCES
BELL PEPPER	1 CUP	2 CUPS	2 CUPS
WHITE ONION	1/2 CUP SLICED (HALF-MOONS)	1/2 CUP SLICED (HALF-MOONS)	1/2 CUP SLICED (HALF-MOONS)
MIXED GREENS	1 CUP	2 CUPS	2 CUPS
AVOCADO, DICED	1/4	1/4	1/4

1. In a small bowl, whisk together the oil, lime juice, garlic, paprika, salt, and red pepper flakes. Put the chicken strips into a zip-top freezer bag. Pour the marinade over the chicken, seal the bag, and shake to coat. Marinate in the refrigerator for at least 1 hour or up to overnight.
2. Heat a large nonstick skillet over medium-high heat. Drain the chicken and discard the marinade. Put the chicken, bell pepper, and onion in the pan and cook until the vegetables are crisp-tender and the chicken is cooked through, about 8 minutes.
3. Serve over the mixed greens, topped with the avocado.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Kale Skillet

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
GARLIC	1 TEASPOON MINCED	2 TEASPOONS MINCED	2 TEASPOONS MINCED
ONION	1/4 CUP MINCED	1/2 CUP MINCED	1/2 CUP MINCED
KALE, STEMMED, LEAVES CHOPPED	2 CUPS	4 CUPS	4 CUPS
EGGS*	2	2	4
SLICED RAW ALMONDS	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS

1. In a medium nonstick skillet, heat the oil over medium heat. Add the garlic and onion. Cook, stirring, until the onion is translucent.
2. Add the kale and cook until slightly wilted. In a small bowl, whisk the eggs and add to the kale mixture. Cook, stirring with a spatula to scramble, until cooked to your liking.
3. Garnish with the sliced almonds and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Spicy Tips

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
SMOKED PAPRIKA	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
GARLIC	1/4 TEASPOON MINCED	1/4 TEASPOON MINCED	1/4 TEASPOON MINCED
CAYENNE PEPPER	DASH	DASH	DASH
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
STEAK OF CHOICE,* CUT INTO 2-INCH PIECES	4 OUNCES	4 OUNCES	8 OUNCES
ASPARAGUS	1 CUP 1-INCH PIECES	2 CUPS 1-INCH PIECES	2 CUPS 1-INCH PIECES
BROCCOLI FLORETS	1 CUP	2 CUPS	2 CUPS

1. In a large zip-top freezer bag, combine the oil, paprika, garlic, cayenne, and salt and black pepper to taste. Add the steak, seal, and shake the bag to coat the meat fully. Set aside to marinate for 30 minutes to 2 hours.
2. Meanwhile, fill a large pot with 1 inch of water and set a steamer basket inside. Bring the water to a simmer. Add the asparagus and broccoli to the steamer basket, cover, and steam until crisp-tender.
3. Preheat the broiler.
4. Drain the steak and discard the marinade. Place the steak onto a large baking sheet and broil for 4 to 8 minutes, or until cooked to the desired doneness.
5. Serve the steak with the steamed asparagus and broccoli florets.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

DINNERS, PART 1

Steak, Mushroom, and Sweet Potato Kebabs

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
STEAK,* CUT INTO 1-INCH CHUNKS	4 OUNCES	4 OUNCES	8 OUNCES
MUSHROOMS, STEMMED	4 OUNCES	8 OUNCES	8 OUNCES
BALSAMIC VINEGAR	1/8 CUP	1/8 CUP	1/4 CUP
SEA SALT	1/8 TEASPOON	1/8 TEASPOON	1/8 TEASPOON
GROUND PEPPER	1/8 TEASPOON	1/8 TEASPOON	1/4 TEASPOON
FRESH ROSEMARY	1/8 TEASPOON	1/8 TEASPOON	1/4 TEASPOON
DRIED OREGANO	1/8 TEASPOON	1/8 TEASPOON	1/4 TEASPOON
GARLIC	1 TEASPOON MINCED	1 TEASPOON MINCED	2 TEASPOONS MINCED
SWEET POTATO, LARGE, CUT INTO 2-INCH CUBES	1/2	1/2	1/2
GREEN BEANS	1 CUP	2 CUPS	2 CUPS
RED ONION	1/2 CUP BITE-SIZE CHUNKS	1 CUP BITE-SIZE CHUNKS	1 CUP BITE-SIZE CHUNKS

1. If using wooden or bamboo skewers, soak them in water for 30 minutes before using to avoid burning.
2. Arrange the steak and mushrooms in an even layer on a rimmed baking sheet.
3. In a medium bowl, whisk together the vinegar, salt, pepper, rosemary, oregano, and garlic. Pour the mixture over the steak and mushrooms. Cover and refrigerate for at least 2 hours.
4. Meanwhile, bring a large pot of salted water to a boil. Add the sweet potato and boil until just tender, 8 to 10 minutes. Drain and let cool slightly. You could set the green beans in a steamer basket over the

boiling water and cook two things at once, or steam them separately in a steamer. Either way, steam the beans for 3 to 5 minutes, or until crisp-tender and bright green.

5. When ready to cook, heat a grill to medium-high or heat a grill pan over medium-high heat.

6. Thread the steak, mushrooms, sweet potato, and onion onto the skewers. Grill the kebabs for 10 to 12 minutes, turning once, until the meat is cooked to the desired doneness.

7. Season with salt and pepper and serve with the green beans.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Lemon-Basil Pork Chops with Wild Rice

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
FRESH BASIL	1/4 CUP MINCED	1/4 CUP MINCED	1/2 CUP MINCED
GARLIC	2 1/4 TEASPOONS MINCED	2 1/4 TEASPOONS MINCED	1 TABLESPOON PLUS 1 TEASPOON, MINCED
FRESH LEMON JUICE	2 1/4 TEASPOONS, PLUS MORE AS NEEDED	2 1/4 TEASPOONS	1 TABLESPOON PLUS 1 TEASPOON
SEA SALT	1/4 TEASPOON, PLUS MORE AS NEEDED	1/4 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED
GROUND PEPPER	1/8 TEASPOON, PLUS MORE AS NEEDED	1/8 TEASPOON, PLUS MORE AS NEEDED	1/4 TEASPOON, PLUS MORE AS NEEDED
PORK LOIN CHOP,* THICK-CUT	4 OUNCES	4 OUNCES	8 OUNCES
WILD RICE	1/2 CUP COOKED	1/2 CUP COOKED	1/2 CUP COOKED
ASPARAGUS	2 CUPS 1-INCH PIECES	4 CUPS 1-INCH PIECES	4 CUPS 1-INCH PIECES

1. In a small bowl, combine the basil, garlic, lemon juice, salt, and pepper and mix well.
2. Coat both sides of the pork chop with the mixture and let sit for 20 minutes. Steam the asparagus in a steamer or steamer basket over boiling water for about 5 minutes, or until crisp-tender and bright green.
3. Heat a grill to medium or heat a grill pan over medium heat.
4. Grill the chop over direct heat for 5 to 6 minutes per side, or until the internal temperature reaches 145°F. Let rest for 5 minutes.
5. Season the chop with the salt and pepper and drizzle with additional lemon juice. Serve with the wild rice and steamed asparagus alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Steak and Quinoa Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
ANGUS STEAK*	4 OUNCES	4 OUNCES	8 OUNCES
GARLIC POWDER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
QUINOA	1/2 CUP COOKED	1/2 CUP COOKED	1/2 CUP COOKED
CUCUMBER	1 CUP SLICED	2 CUPS SLICED	2 CUPS SLICED
RED BELL PEPPER	1 CUP COARSELY CHOPPED	2 CUPS COARSELY CHOPPED	2 CUPS COARSELY CHOPPED
FRESH BASIL LEAVES, CHOPPED	3	5	5
SCALLIONS	1 TABLESPOON DICED	2 TABLESPOONS DICED	2 TABLESPOONS DICED
BALSAMIC VINEGAR (OPTIONAL)	AS NEEDED	AS NEEDED	AS NEEDED

1. Heat a grill to medium or heat a grill pan over medium-high heat.
2. Season the steak with the garlic powder, salt, and black pepper. Grill for about 3 minutes on each side for medium-rare (although the time will depend on the thickness of your steak). Remove the steak from the grill and let rest for 5 minutes, then slice thinly.
3. Place the quinoa in a bowl and top with the steak. Add the cucumber, bell pepper, basil, and scallions, drizzle the vegetables with vinegar, if using, and season with salt and black pepper. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Cajun Shrimp and Black Beans

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
CAJUN SEASONING	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
GROUND PEPPER	1/8 TEASPOON, PLUS MORE AS NEEDED	1/8 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED
CHILI POWDER	3/4 TEASPOON	3/4 TEASPOON	1 1/4 TEASPOONS
ONION POWDER	3/4 TEASPOON	3/4 TEASPOON	1 1/4 TEASPOONS
GROUND CUMIN	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
SMOKED PAPRIKA	3/4 TEASPOON	3/4 TEASPOON	1 1/2 TEASPOONS
RAW SHRIMP,* MEDIUM SIZE, PEELED AND DEVEINED, FRESH OR DEFROSTED	4 OUNCES	4 OUNCES	8 OUNCES
LIME, JUICED	1/2	1/2	1/2
FRESH CILANTRO, CHOPPED	AS NEEDED	AS NEEDED	AS NEEDED
SEA SALT	AS NEEDED	AS NEEDED	AS NEEDED
BLACK BEANS, CANNED (OR DRIED BLACK BEANS YOU HAVE ALREADY SOAKED AND COOKED)	1/2 CUP DRAINED AND RINSED	1/2 CUP DRAINED AND RINSED	1/2 CUP DRAINED AND RINSED
CAULIFLOWER FLORETS	2 CUPS	4 CUPS	4 CUPS

1. Preheat the oven to 450°F. Line a baking sheet with aluminum foil.
2. In a large bowl, combine the Cajun seasoning, pepper, chili powder, onion powder, cumin, and paprika and mix well. Add the shrimp and coat evenly.
3. Spread the seasoned shrimp in an even layer on the prepared baking sheet. Bake for 10 to 12 minutes. Remove from the oven, squeeze the lime juice over the entire pan, and sprinkle with cilantro, salt, and pepper.
4. While the shrimp is cooking, steam the cauliflower florets in a steamer or in a steamer basket over boiling water for about 5 minutes, or until crisp-tender.
5. Serve the shrimp with the warmed black beans and cauliflower florets.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Chicken and Black Bean–Stuffed Pepper Tacos

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
BONELESS, SKINLESS CHICKEN BREAST*	4 OUNCES	4 OUNCES	8 OUNCES
GARLIC POWDER	¼ TEASPOON	¼ TEASPOON	¼ TEASPOON
DRIED OREGANO	¼ TEASPOON	¼ TEASPOON	¼ TEASPOON
CHILI POWDER	1 ⅛ TEASPOONS	1 ⅛ TEASPOONS	1 ⅛ TEASPOONS
GROUND CUMIN	1 TEASPOON	1 TEASPOON	1 TEASPOON
BLACK BEANS, CANNED	½ CUP DRAINED AND RINSED	½ CUP DRAINED AND RINSED	½ CUP DRAINED AND RINSED
WHITE ONION	1 CUP THINLY SLICED	1 CUP THINLY SLICED	1 CUP THINLY SLICED
GREEN CHILES	1 (4-OUNCE) CAN	1 (4-OUNCE) CAN	1 (4-OUNCE) CAN
WATER (OPTIONAL)	¼ TO ½ CUP	¼ TO ½ CUP	¼ TO ½ CUP
BELL PEPPER	1	1	1
CABBAGE	1 CUP SHREDDED	2 CUPS SHREDDED	2 CUPS SHREDDED
FRESH CILANTRO LEAVES	1 ½ TEASPOONS MINCED	1 TABLESPOON MINCED	1 TABLESPOON MINCED
FRESH LIME JUICE	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
FRESH CILANTRO OR PARSLEY, CHOPPED	GARNISH	GARNISH	GARNISH

1. Preheat the oven to 375°F.
2. Put the chicken breast in a small baking dish with a lid (or use aluminum foil). Add the garlic powder, oregano, chili powder, and cumin and toss to coat. Add the black beans, onion, and green chiles. If the mixture seems dry, add the water. Cover the baking dish and put it in the oven. Bake until the chicken is cooked through and the mixture is fully heated, about 15 minutes for Meal Maps A and B, or about 25 minutes for Meal Map C. Remove from the oven and shred the chicken, mixing it in with the beans and vegetables.

3. Remove the top from the bell pepper and halve the pepper length-wise to make two “boats.”
4. In a medium bowl, mix the cabbage, cilantro, lime juice, and as much salt and pepper as you like. Stuff the pepper halves with 1 cup of the cabbage mixture and ½ cup of the chicken-bean mixture.
5. Garnish with cilantro and serve. (You can pick these up with your hands and eat them just like tacos.)

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Steak and Cabbage Sauté with Sweet Potato Mash

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
STEAK*	4 OUNCES	4 OUNCES	8 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
GARLIC	1 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED
ONION	1/2 CUP CHOPPED	1/2 CUP CHOPPED	1/2 CUP CHOPPED
CABBAGE	1 CUP CHOPPED	2 CUPS CHOPPED	2 CUPS CHOPPED
FRESH GREEN BEANS	1 CUP	1 1/2 CUPS	1 1/2 CUPS
SWEET POTATO, LARGE, BAKED	1/2	1/2	1/2
GARLIC POWDER	PINCH	PINCH	PINCH
THYME, FRESH OR DRIED	PINCH	PINCH	PINCH

1. Heat a grill to medium-high or heat a grill pan over medium-high heat.
2. Season the steak with salt and pepper and grill until cooked to your desired doneness.
3. Let rest for a few minutes, then slice and set aside.
4. In a medium nonstick skillet, cook the garlic and onion over medium heat, stirring, until tender. Add the cabbage and cook until the cabbage is crisp-tender, about 6 minutes. Stir in the steak.
5. Steam the green beans in a steamer or over boiling water until crisp-tender and bright green, about 6 minutes.
6. In a bowl, mash the sweet potato and season with the garlic powder, thyme, salt, and pepper. Top with the steak and cabbage. Serve with the green beans on the side.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Mexican Zucchini Bowl

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
LEAN GROUND BEEF*	4 OUNCES	4 OUNCES	8 OUNCES
RED BELL PEPPER	1 CUP DICED	1 CUP DICED	1 CUP DICED
RED ONION	2 TABLESPOONS MINCED	2 TABLESPOONS MINCED	1/4 CUP MINCED
MUSHROOMS	1/2 CUP SLICED	1 CUP SLICED	1 CUP SLICED
GARLIC	2 TEASPOONS MINCED	2 1/2 TEASPOONS MINCED	4 TEASPOONS MINCED
SEA SALT	1 TEASPOON	1 1/2 TEASPOONS	2 TEASPOONS
GROUND PEPPER	1/2 TEASPOON	3/4 TEASPOON	1 TEASPOON
CHILI POWDER	1 TABLESPOON	1 1/2 TABLESPOONS	2 TABLESPOONS
RED PEPPER FLAKES (OPTIONAL)	1/4 TEASPOON	1/4 TEASPOON	1/2 TEASPOON
GROUND CUMIN	1 TEASPOON	1 1/2 TEASPOONS	2 TEASPOONS
BLACK BEANS, CANNED (OR DRIED THAT YOU HAVE ALREADY SOAKED AND COOKED)	1/2 CUP DRAINED AND RINSED	1/2 CUP DRAINED AND RINSED	1/2 CUP DRAINED AND RINSED
ZUCCHINI	1 CUP DICED	2 CUPS DICED	2 CUPS DICED

In a large nonstick skillet, combine the ground beef, bell pepper, onion, mushrooms, garlic, salt, and black pepper and cook over medium heat until the meat is lightly browned. Add the chili powder, red pepper flakes, if using, cumin, black beans, and zucchini. Cover and cook for about 10 minutes, until the zucchini is cooked through but still firm. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Sweet Potato–Shrimp Cooked Salad

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
YELLOW ONION	1/4 CUP THINLY SLICED	1/2 CUP THINLY SLICED	1/2 CUP THINLY SLICED
GARLIC	1 TEASPOON MINCED	2 TEASPOONS MINCED	2 TEASPOONS MINCED
GROUND CUMIN	1/2 TEASPOON	1/2 TEASPOON	1/2 TEASPOON
SWEET POTATO	1/2 CUP CUBED	1/2 CUP CUBED	1/2 CUP CUBED
SHRIMP,* RAW, FRESH OR DEFROSTED, PEELED (ANY SIZE)	4 OUNCES	4 OUNCES	8 OUNCES
BABY KALE OR SPINACH	2 CUPS	3 1/2 CUPS	3 1/2 CUPS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED

1. In a medium nonstick skillet, add the onion. Cook over medium heat until it is softened and golden, about 8 minutes.
2. Add the garlic and cumin and cook for about 30 seconds. Add the sweet potato and cook until fork-tender, about 10 minutes depending on the size of your cubes. If needed, add a few tablespoons of water to help cook the sweet potato.
3. Add the shrimp and cook for 2 to 3 minutes, or until it turns pink. Reduce the heat to low and add the kale. Cook, stirring, until wilted. Season with salt and pepper and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Lemon Salmon with Wild Rice

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
SALMON*	4 OUNCES	4 OUNCES	8 OUNCES
GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
DILL, FRESH OR DRIED	1/2 TEASPOON	1/2 TEASPOON	1 TEASPOON
LEMON, SLICED	1/2	1/2	1
ASPARAGUS	2 CUPS OF 1-INCH PIECES	4 CUPS OF 1-INCH PIECES	4 CUPS OF 1-INCH PIECES
WILD RICE	1/2 CUP	1/2 CUP	1/2 CUP

1. Preheat the broiler on high. Position an oven rack 4 to 5 inches from the heat source. Line a baking sheet with aluminum foil.
2. Place the salmon on the prepared baking sheet. Season the fish with the pepper and dill, and top with the lemon slices. Broil for 10 minutes, or until the fish is opaque and flakes easily with a fork.
3. While the salmon is cooking, steam the asparagus in a steamer or in a steamer basket over boiling water until crisp-tender, about 8 minutes, depending on the thickness of your asparagus.
4. Serve over the wild rice with the asparagus alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Curried Quinoa with Seasoned Pork Medallions

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
PORK MEDALLIONS*	4 OUNCES	4 OUNCES	8 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
QUINOA, RINSED	3 TABLESPOONS	3 TABLESPOONS	3 TABLESPOONS
LEMON ZEST	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
FRESH LEMON JUICE	1 TEASPOON	1 TEASPOON	1 TEASPOON
CURRY POWDER	1/3 TEASPOON	1/3 TEASPOON	1/3 TEASPOON
BABY SPINACH	2 CUPS	4 CUPS	4 CUPS
SCALLIONS	1 TABLESPOON CHOPPED	1 TABLESPOON CHOPPED	1 TABLESPOON CHOPPED

1. Preheat a grill to medium or heat a grill pan over medium heat.
2. Season the pork with salt and pepper to your preference. Grill for about 5 minutes on each side, or until the internal temperature registers 145°F on an instant-read thermometer.
3. Meanwhile, cook the quinoa according to the package directions, until light and fluffy. Let cool until warm to the touch, then stir in the lemon zest, lemon juice, and curry powder and season with salt and pepper.
4. Put the spinach in a large bowl or on a plate. Top with the quinoa. Place the pork medallions on top of the quinoa and garnish with the scallions.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

DINNERS, PART 2

Pistachio Pork with Broccoli

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	2 TEASPOONS	2 TEASPOONS	2 TEASPOONS
BALSAMIC VINEGAR	¾ TEASPOON	¾ TEASPOON	1 ¼ TEASPOONS
ONION	2 TABLESPOONS MINCED	2 TABLESPOONS MINCED	¼ CUP MINCED
GARLIC	1 TEASPOON MINCED	1 TEASPOON MINCED	2 TEASPOONS MINCED
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
WATER	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
PISTACHIOS	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED
FRESH CHIVES	1 TEASPOON MINCED	1 TEASPOON MINCED	2 TEASPOONS MINCED
FRESH PARSLEY	1 TEASPOON MINCED	1 TEASPOON MINCED	2 TEASPOONS MINCED
FRESH MINT	1 TEASPOON MINCED	1 TEASPOON MINCED	2 TEASPOONS MINCED
FRESH CILANTRO, CHOPPED	1 TEASPOON	1 TEASPOON	2 TEASPOONS
BROCCOLI FLORETS	2 CUPS	4 CUPS	4 CUPS
PORK CHOP, THICK-CUT*	4 OUNCES	4 OUNCES	8 OUNCES

1. Heat a grill to medium-high or heat a grill pan over medium-high heat.
2. In a medium bowl, whisk together the oil, vinegar, onion, garlic, salt, pepper, and water. Stir in the pistachios, chives, parsley, mint, and cilantro.
3. Steam the broccoli florets in a steamer or in a steamer basket over boiling water until crisp-tender and bright green, about 5 minutes.

4. Lightly oil the grill grate. Grill the pork chop, basting it frequently with half the pistachio marinade; set the other half aside. Grill for 6 to 7 minutes per side, depending on the thickness of the chop, until browned and an instant-read thermometer inserted into the thickest part registers 140°F.
5. Transfer the chop to a plate and drizzle with the reserved pistachio marinade and broccoli. Season with salt and pepper and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Rainbow Chicken and Veggies

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
BONELESS, SKINLESS CHICKEN BREAST,* CHOPPED	4 OUNCES	4 OUNCES	8 OUNCES
BELL PEPPER (RED, YELLOW, OR ORANGE)	¾ CUP CHOPPED	1 ¼ CUPS CHOPPED	1 ¼ CUPS CHOPPED
RED ONION, CHOPPED	¼	¼	½
ZUCCHINI	½ CUP CHOPPED	1 CUP CHOPPED	1 CUP CHOPPED
BROCCOLI FLORETS	¾ CUP	2 CUPS	2 CUPS
OLIVE OIL	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
SEA SALT	¼ TEASPOON	½ TEASPOON	½ TEASPOON
GROUND PEPPER	¼ TEASPOON	½ TEASPOON	½ TEASPOON
ITALIAN SEASONING	½ TEASPOON	1 TEASPOON	1 TEASPOON
PAPRIKA	⅛ TEASPOON	¼ TEASPOON	¼ TEASPOON

1. Preheat the oven to 500°F.
2. Place the chicken, bell pepper, onion, zucchini, and broccoli in a medium roasting dish or rimmed baking sheet. Add the oil, salt, pepper, Italian seasoning, and paprika. Toss to combine. Bake for 15 minutes, or until the veggies are charred and the chicken is cooked through. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Grilled Steak with Avocado Salsa

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
AVOCADO, DICED	1/4	1/4	1/4
RED ONION	2 TABLESPOONS MINCED	2 TABLESPOONS MINCED	2 TABLESPOONS MINCED
JALAPEÑO	1 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED
FRESH CILANTRO	3/4 TEASPOON CHOPPED	3/4 TEASPOON CHOPPED	3/4 TEASPOON CHOPPED
FRESH LIME JUICE	3/4 TEASPOON	3/4 TEASPOON	3/4 TEASPOON
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
OLIVE OIL	1 TEASPOON	1 TEASPOON	1 TEASPOON
STEAK*	4 OUNCES	4 OUNCES	8 OUNCES
CAJUN SEASONING	1 TEASPOON	1 TEASPOON	1 TEASPOON
MIXED GREENS	2 CUPS	4 CUPS	4 CUPS
LIME WEDGES	GARNISH	GARNISH	GARNISH

1. In a small bowl, mix the avocado, onion, jalapeño, cilantro, and lime juice and season with salt and pepper to taste. Stir to combine.
2. In a heavy-bottomed skillet, heat the oil over medium-high heat. Add the steak, season with the Cajun seasoning, and cook until slightly blackened, then flip and repeat on the second side, cooking for about 3 to 4 minutes per side for medium-rare, depending on how thick your steak is. When the steak is finished, remove it from the heat and let it rest for 5 minutes.
3. Arrange the greens on a plate. Slice the steak, place it over the greens, and top with the avocado salsa. Garnish with the lime wedges.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Italian Sausage with Roasted Veggies

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
CARROT COINS	½ CUP VERY THINLY SLICED	1 CUP VERY THINLY SLICED	1 CUP VERY THINLY SLICED
ZUCCHINI ROUNDS	½ CUP THICKLY SLICED	1 CUP THICKLY SLICED	1 CUP THICKLY SLICED
BROCCOLI	½ CUP CHOPPED	1 CUP CHOPPED	1 CUP CHOPPED
CAULIFLOWER	½ CUP CHOPPED	1 CUP CHOPPED	1 CUP CHOPPED
ONION	¼ CUP THINLY SLICED	½ CUP THINLY SLICED	1 CUP THINLY SLICED
ITALIAN CHICKEN SAUSAGE,* NITRATE-FREE, NO SUGAR ADDED	4 OUNCES	4 OUNCES	8 OUNCES
FRESH BASIL	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
OREGANO, FRESH OR DRIED	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
FRESH PARSLEY, CHOPPED	1 TEASPOON, PLUS A PINCH	2 TEASPOONS, PLUS A PINCH	2 TEASPOONS, PLUS A PINCH
GARLIC POWDER	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
DRIED THYME	¼ TEASPOON	½ TEASPOON	½ TEASPOON
RED PEPPER FLAKES (OPTIONAL)	PINCH	¼ TEASPOON	¼ TEASPOON
SEA SALT	½ TEASPOON	½ TEASPOON	½ TEASPOON
GROUND PEPPER	¼ TEASPOON	¼ TEASPOON	¼ TEASPOON
OLIVE OIL	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper.
2. Spread all the veggies and the sausage over the prepared baking sheet. In a small bowl, combine the basil, oregano, parsley, garlic powder, thyme, red pepper flakes (if using), salt, black pepper, and olive oil. Stir to combine. Pour the seasoning mixture over the veggies and sausage and toss to coat. Roast for 15 minutes. Toss the veggies and sausage and roast for 10 to 20 minutes more, or until the veggies are crisp-tender and the sausage is cooked through.
3. Remove from the oven and garnish with the punch of parsley. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Chili-Coconut-Lime Chicken with Cauliflower Rice

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
COCONUT, UNSWEETENED SHREDDED OR FLAKED OR CHOPPED FRESH	1/4 CUP	1/4 CUP	1/4 CUP
WATER	1/4 CUP, PLUS MORE IF NEEDED	1/4 CUP, PLUS MORE IF NEEDED	1/4 CUP, PLUS MORE IF NEEDED
RED PEPPER FLAKES	PINCH	PINCH	PINCH
LIME, JUICED	3/4	1	1
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
BONELESS, SKINLESS CHICKEN BREAST*	4 OUNCES	4 OUNCES	8 OUNCES
COCONUT OIL	2 TEASPOONS	2 TEASPOONS	2 TEASPOONS
CAULIFLOWER RICE**	2 CUPS	4 CUPS	4 CUPS
FRESH CILANTRO	1 TABLESPOON CHOPPED	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED

1. In a blender, combine the coconut and water and blend until liquid, adding a little more water if necessary. In a zip-top bag, combine half the coconut mixture, red pepper flakes, lime juice, and salt and black pepper to taste, seal the bag, and shake gently to combine. Add the chicken, seal, and shake to coat. Marinate the chicken in the refrigerator for 30 minutes to 1 hour, or up to overnight.
2. When ready to cook, heat a grill to medium-high, heat a grill pan over medium-high heat, or preheat the broiler.
3. Drain the chicken and discard the marinade. Grill or broil the chicken for 4 to 5 minutes on the first side, then 3 to 4 minutes on the second side, depending on its size, until cooked through. Transfer to a plate and let rest for 5 minutes.
4. In a very large skillet, melt the coconut oil over medium-high heat. Add the cauliflower rice, season with salt and black pepper, and

cook, stirring, until tender, 5 to 7 minutes. Stir in the lime juice and add the remaining coconut-water mixture. Add the cilantro and stir to combine.

5. Pile the cauliflower mixture onto a plate and top with the chicken. Serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

**Many stores sell riced cauliflower in the produce section. If you'd like to make your own, pulse cauliflower florets in a food processor until broken down into rice-size pieces but not mushy.

Lemon Chicken Fettuccine

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
SPAGHETTI SQUASH	1	1	1
OLIVE OIL	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
BONELESS, SKINLESS CHICKEN BREAST,* CUBED	4 OUNCES	4 OUNCES	8 OUNCES
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
RED BELL PEPPER	1/2 CUP SLICED	1/2 CUP SLICED	1/2 CUP SLICED
MUSHROOMS	4 OUNCES SLICED	4 OUNCES SLICED	4 OUNCES SLICED
FRESH PARSLEY	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED	2 TABLESPOONS CHOPPED
LEMON, JUICED	1/4	1/2	1/2
GARLIC	1/2 TEASPOON MINCED	1 TEASPOON MINCED	1 TEASPOON MINCED

1. Preheat the oven to 400°F.
2. Prick the squash all over with a fork and microwave for 5 minutes to soften it. Cut it in half lengthwise, scoop out the seeds, and put the halves in a baking dish, cut-side down. Add 1 tablespoon water and bake for about 40 minutes, or until the squash is tender. Use a fork to scrape the flesh of the squash into long, thin “noodles.” You’ll need 1 1/2 cups for Meal Map A, or 3 cups for Meal Maps B and C. (You will have more than the amount you need for this recipe, but you could double or triple the recipe, or save the remaining squash to use in another recipe, such as the Spaghetti Squash Stir-Fry on page 188.)
3. In a large skillet, heat 1 tablespoon of the oil over medium heat. Season the chicken with salt and black pepper, add it to the pan, and cook, stirring occasionally, until browned on all sides. Add the bell pepper, mushrooms, and parsley and cook, stirring frequently, for 3 to 4 minutes, until the chicken is cooked through. Add the spaghetti squash noodles and cook, stirring frequently, until heated through. Transfer to a plate.

4. In a medium bowl, combine the remaining $\frac{1}{2}$ tablespoon (or 1 tablespoon for Meal Maps B and C) oil, the lemon juice, and the garlic, season with salt and pepper, and stir until thoroughly mixed.

5. Drizzle the dressing over the pasta mixture and serve.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Almond-Crusted Cod with Ginger Spinach

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	1 1/2 TABLESPOONS	1 1/2 TABLESPOONS	1 1/2 TABLESPOONS
BABY SPINACH	2 CUPS	4 CUPS	4 CUPS
FRESH GINGER, PEELED AND GRATED	1/8 INCH PIECE	1/4 INCH PIECE	1/4 INCH PIECE
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
COD FILLET*	4 OUNCES	4 OUNCES	8 OUNCES
ALMOND MEAL	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
FRESH CILANTRO LEAVES	GARNISH	GARNISH	GARNISH
LIME WEDGES	GARNISH	GARNISH	GARNISH

1. In a large nonstick skillet, heat 1/2 tablespoon of the oil over medium heat. Add the spinach and cook, stirring occasionally, until wilted, 1 to 2 minutes. Set the spinach aside on a plate and wipe out the pan.
2. In the same pan, heat 1/2 tablespoon of the oil over medium-high heat. Add the ginger and cook, stirring occasionally, for 1 to 2 minutes, or until fragrant. Stir in the spinach and cook for about 1 minute. Season with salt and pepper, transfer to a serving dish, cover to keep warm, and set aside. Wipe out the pan.
3. Pat the cod fillet dry with paper towels and season with salt and pepper on both sides. Place the almond flour on a plate. Coat one side of the fillet in the almond meal.
4. In the same pan, heat the remaining 1/2 tablespoon oil over medium-high heat. Add the cod, coated-side down, and cook for 3 to 4 minutes or until golden brown. Flip and cook on the second side for 3 to 4 minutes more, until golden brown and cooked through.
5. Transfer the cod to a serving dish and garnish with the cilantro and lime wedges. Serve with the ginger spinach alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Spaghetti Squash Frittata

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
SPAGHETTI SQUASH	1	1	1
EGGS*	2	2	2
EGG WHITES*	2	2	2
COCONUT OIL	2 TEASPOONS	2 TEASPOONS	2 TEASPOONS
GARLIC	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED
RED BELL PEPPER	1/4 CUP CHOPPED	1/2 CUP CHOPPED	1/2 CUP CHOPPED
RED ONION	1/2 CUP CHOPPED	1/2 CUP CHOPPED	1/2 CUP CHOPPED
JALAPEÑO	1/2 TEASPOON MINCED	1/2 TEASPOON MINCED	1 TEASPOON MINCED
SPINACH	1/2 CUP	1 1/2 CUPS	1 1/2 CUPS
SEA SALT AND GROUND PEPPER	AS NEEDED	AS NEEDED	AS NEEDED
AVOCADO, SLICED	1/4	1/4	1/4
TURKEY BACON,* NITRATE-FREE	NONE	NONE	4 SLICES

1. Preheat the oven to 400°F.
2. Prick the squash all over with a fork and microwave for 5 minutes to soften it. Cut it in half lengthwise, scoop out the seeds, and put the halves in a baking dish, cut-side down. Add 1 tablespoon water and bake for about 40 minutes, or until the squash is tender. Using a fork, scrape the flesh of the squash into long, thin “noodles.” Reduce the oven temperature to 350°F.
3. In a medium bowl, combine the eggs, egg whites, and 1 1/4 cups of the spaghetti squash noodles for Meal Map A or 1 1/2 cups for Meal Maps B and C. Set aside. (You will have more than the amount you need for this recipe, but you could double or triple the recipe, or save the remaining squash to use in another recipe, such as the Spaghetti Squash Stir-Fry on page 188.)
4. In a small oven-safe skillet, melt 1 teaspoon of the coconut oil over medium heat. Add the garlic, bell pepper, onion, jalapeño, and spinach

and cook, stirring occasionally, until the onion and pepper are soft, about 5 minutes. Stir the spinach-pepper mixture into the egg-squash mixture, season with the salt and black pepper, and stir until everything is well incorporated.

5. Coat the same skillet with the remaining 1 teaspoon coconut oil and pour the entire mixture into the skillet. Bake for 20 minutes, or until cooked through in the middle. Remove from the oven and carefully slide the frittata onto a plate using a spatula.

6. Top with the sliced avocado and serve. For Meal Map C, serve with the turkey bacon alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Nutty Chicken

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
PECANS	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
ALMONDS	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
FRESH BASIL LEAVES	2	2	2
DRIED THYME	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
DRIED MARJORAM	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
EGG WHITES*	1	1	1
BONELESS, SKINLESS CHICKEN BREAST* CUT INTO STRIPS	4 OUNCES	4 OUNCES	8 OUNCES
GREEN BEANS	2 CUPS	2 CUPS	2 CUPS
ZUCCHINI	NONE	2 CUPS	2 CUPS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a food processor, combine the pecans, almonds, basil, thyme, marjoram, and salt and pepper to taste. Pulse until the mixture is fully combined, moist, and well chopped. Spread the mixture on a plate. Put the egg white in a bowl. Dip the chicken in the egg white to coat, letting any excess drip back into the bowl, then dip it into the nut mixture, completely covering the chicken. Put the coated chicken on the prepared baking sheet. If some of the nut mixture falls off, pat it back on the chicken. Bake for 30 minutes, or until the chicken reaches an internal temperature of 160°F.
3. When the chicken is cooking, steam the green beans (and zucchini if you are following Meal Map B or C) in a steamer or in a steamer basket over boiling water until crisp-tender, about 6 minutes.
4. Serve the chicken with the steamed green beans and, for Meal Maps B and C, zucchini alongside.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Ginger-Citrus Salmon

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
OLIVE OIL	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
BIRCH XYLITOL (OPTIONAL)	1 TEASPOON	1 TEASPOON	1 TEASPOON
FRESH GINGER	1/2 TEASPOON GRATED	1/2 TEASPOON GRATED	1/2 TEASPOON GRATED
FRESH LIME OR LEMON JUICE	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS
SEA SALT	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED	1/2 TEASPOON, PLUS MORE AS NEEDED
GROUND PEPPER	1/4 TEASPOON	1/4 TEASPOON	1/4 TEASPOON
SALMON FILLET*	4 OUNCES	4 OUNCES	8 OUNCES
BROCCOLI FLORETS	2 CUPS	2 CUPS	2 CUPS
MIXED RED BELL PEPPER AND MUSHROOMS	NONE	2 CUPS SLICED	2 CUPS SLICED

1. In a small bowl, whisk together the oil, birch xylitol, if using, ginger, lime or lemon juice, salt, and black pepper. Pour the marinade into a zip-top bag and add the salmon. Seal the bag and shake to coat the fish. Marinate in the refrigerator for at least 30 minutes or up to overnight, making sure the flesh side of the salmon is soaking in the marinade.
2. When ready to cook, preheat the broiler. Line a baking sheet with parchment paper.
3. Remove the salmon from the bag, reserving the marinade, and place it on the prepared baking sheet skin-side down. Drizzle the marinade over the fish and broil for about 10 minutes, or until the salmon is almost cooked through.
4. While the salmon is cooking, steam the broccoli (and bell pepper-mushroom mixture if you are following Meal Map B or C) in a steamer or steamer basket over boiling water until crisp-tender, about 5 minutes.
5. Transfer to a plate. Serve with the broccoli and, for Meal Maps B and C, the bell pepper and mushrooms.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

Spaghetti Squash Stir-Fry

SERVES 1

INGREDIENTS	MEAL MAP A	MEAL MAP B	MEAL MAP C
SPAGHETTI SQUASH	1	1	1
OLIVE OIL	1 TABLESPOON	1 TABLESPOON	1 TABLESPOON
BONELESS, SKINLESS CHICKEN BREAST,* CUT INTO BITE-SIZE PIECES	4 OUNCES	4 OUNCES	8 OUNCES
GREEN BEANS	½ CUP HALVED	½ CUP HALVED	½ CUP HALVED
BELL PEPPER	¼ CUP DICED	½ CUP DICED	½ CUP DICED
SCALLIONS	¼ CUP DICED	½ CUP DICED	½ CUP DICED
RED PEPPER FLAKES	PINCH	PINCH	PINCH
ZUCCHINI	¼ CUP SLICED	½ CUP SLICED	½ CUP SLICED
SEA SALT	¼ TEASPOON	½ TEASPOON	½ TEASPOON
PARSLEY, FRESH	1 TEASPOON	2 TEASPOONS	2 TEASPOONS
BASIL, FRESH	¼ TEASPOON	½ TEASPOON	½ TEASPOON
SAGE, FRESH OR DRIED	¼ TEASPOON	½ TEASPOON	½ TEASPOON
RAW CASHEWS HALVES OR PIECES	2 TABLESPOONS	2 TABLESPOONS	2 TABLESPOONS

1. Preheat the oven to 400°F.
2. Prick the squash all over with a fork and microwave for 5 minutes to soften it. Cut it in half lengthwise, scoop out the seeds, and put the halves in a baking dish, cut-side down. Add 1 tablespoon water and bake for about 40 minutes, or until the squash is tender. Use a fork to scrape the flesh of the squash into long, thin “noodles.” Put 1 cup for Meal Map A, or 2 cups for Meal Maps B or C, on a plate and set aside. You will have more than the amount you need for this recipe, but you could double or triple the recipe, or save the remaining squash to use in another recipe, such as the Spaghetti Squash Frittata on page 184.)
3. In a large skillet, heat the oil over medium heat. Add the chicken and green beans, cover, and cook for 3 to 5 minutes. Open the lid and stir. Add the bell pepper, scallions, and red pepper flakes, cover, and cook for 3 to 5 minutes. Open the lid and stir. Add the zucchini, salt, parsley, basil, and sage. Stir to combine everything. Cover and cook until

the chicken is cooked through and the vegetables are tender but not mushy, about 8 minutes.

4. To serve, pour the chicken-vegetable mixture over the spaghetti squash and garnish with the cashews.

*If you don't eat any animal products, you may substitute any vegetarian protein from the Metabolism Revolution Food List on page 56.

**FREE FOOD RECIPES:
ANY DAY, ANY TIME, IN ANY AMOUNT**

Chocolate Mug Cake

SERVES 1

1 egg white
1 ½ tablespoons raw cacao powder
1 ½ tablespoons birch xylitol
4 drops of pure vanilla extract
Dash of sea salt (optional)

1. Put the egg white in a mug and whisk well, then add the cacao, birch xylitol, and vanilla and whisk well to combine.
2. Microwave for 45 to 60 seconds on 50% power. Sprinkle with the sea salt, if desired, and serve.

Note: Mixing all the ingredients in a blender bottle then pouring into a mug works well, too.

You can also bake the mug cake at 350°F for 12 to 15 minutes. Just be sure the mug you use is oven-safe.

Limeade Slushy

SERVES 2

1 lime, peeled

1/2 teaspoon lime zest

3 packets pure stevia

1 cup water

2 cups crushed ice

Put all the ingredients in a blender, adding the ice last. Blend until smooth and serve.

Easy Lemon Meringues

MAKES 32; SERVES 2

2 large fresh egg whites
1 teaspoon fresh lemon juice
½ cup birch xylitol

1. Preheat the oven to 225°F. Line two baking sheets with parchment paper. Fit a pastry bag with a ½-inch round or star tip (or you can just use a zip-top plastic bag).
2. In a medium bowl using a handheld mixer, beat the egg whites and lemon juice until the whites hold stiff peaks. Beat in the xylitol, 1 tablespoon at a time. Continue beating until the xylitol has fully dissolved (when you rub a bit of the meringue between your fingers, you shouldn't feel any xylitol crystals) and the meringue is very stiff and glossy.
3. Transfer the meringue to the pastry bag (or transfer it to a zip-top plastic bag and snip off a small piece of one corner). Holding the bag perpendicular to the baking sheet, pipe mounds about 2 inches high. Bake for 2 hours, then turn the oven off and leave the meringues in the warm oven overnight. If they're still sticky in the morning, leave them in the oven (or in another dry place) until they are dry. Store any leftovers in an airtight container on the counter for up to two days.

Lemonade Ice Pops

SERVES 6

2 ½ cups cold water

½ cup fresh lemon juice

Pure stevia or birch xylitol (we used 1 ½ tablespoons stevia)

1. Combine the cold water and lemon juice. Sweeten with the stevia or xylitol to taste. Divide the mixture among six ½-cup ice pop molds. Freeze for about 1 hour.
2. Take the pops out of the freezer. Scrape and stir any ice crystals that have formed. Add the ice pop sticks and freeze the pops for 3 to 4 hours more, until solid.

FAST METABOLISM 4 LIFE MASTER FOOD LIST

VEGETABLES:

minimum 2 cups raw = 1 portion

Artichokes	Leafy greens, all types (lettuces, spinach, kale, etc.)
Asparagus	Leeks
Bamboo shoots	Mushrooms
Beans, all types (green, yellow, wax, and legumes), except soy	Okra
Beets, all types	Onions, all types
Broccoli, all types	Parsnips
Brussels sprouts	Peppers, all types
Cabbage, all types	Radishes, all types
Cactus	Rhubarb
Carrots	Rutabaga
Cauliflower	Sea vegetables/seaweeds, all types
Celery, all types	Snow peas
Cucumbers, all types	Spinach
Cultured/fermented veggies, all types	Spirulina
Eggplant	Sprouts, all types
Fennel	Squash, all types
Fiddleheads (coiled fern leaves)	Sweet potatoes
Grape leaves	Taro
Hearts of palm	Tomatillos
Jerusalem artichoke	Tomatoes
Jicama	Turnips, all types
Kale	Wheatgrass
Kohlrabi	Yucca

FRUITS (FRESH OR FROZEN):

1 to 1 ½ cups or pieces = 1 portion

Apples, all types	Jackfruit
Apricots	Kiwi
Berries, all types	Kumquats
Cherimoya	Lemons
Cherries	Limes
Dragon fruit	Loquats
Figs, fresh only	Lychee
Grapefruit	Mangoes
Guavas	Melons, all type

Nectarines	Pluots
Oranges, all types	Pomegranates
Papayas	Pomelo
Passion fruit	Prickly pears
Peaches	Quince
Pears, all types	Star fruit
Persimmons	Tamarind
Pineapple	Ugli fruit
Plums	

COMPLEX CARBS:

¼ to ⅔ cup cooked, or 1 slice or piece = 1 portion

Amaranth	Oats (old-fashioned, steel-cut)
Barley, all types	Pasta made from all approved grains
Buckwheat	Quinoa
Einkorn	Rice, all types except white
Farro	Rye
Flours made from all approved grains	Sorghum
Freekah	Spelt
Kamut	Sprouted wheat
Milks made from all approved grains (like oat milk)	Tapioca
Millet	Teff
	Wheat berries (sprouted)

ANIMAL PROTEIN:

4 to 5 ounces, 2 eggs = 1 portion

Beef	Frog legs
Buffalo	Gelatin
Chicken	Jerky, all types (nitrate-free)
Collagen	Lamb
Cornish game hen	Mollusks, all types
Crustaceans, all types	Organ meats, all types
Cured lean meats, all types (nitrate-free)	Pork, all types
Deli meats, all types (nitrate-free)	Rabbit
Eggs	Turkey, all types
Escargot	Wild game, all types
Fish, all types (wild-caught, raw, smoked, canned)	

VEGETABLE PROTEIN:

Beans/legumes, all types, except green peas, peanuts, and soy (although vegans who are at their ideal weight and not currently experiencing hormonal issues may choose to eat fermented soy only, on occasion—see more about soy on page 235)

Lentils, all types, $\frac{1}{4}$ – $\frac{1}{2}$ cup cooked
Vegetable protein powders (such as from pea, brown rice, etc.—*not soy*), made according to package directions

HEALTHY FATS

Avocado, $\frac{1}{4}$ – $\frac{1}{2}$

Cacao butter, 1–2 tbsp

Coconut, fresh or dried (unsweetened), 1–2 tbsp

Hummus, $\frac{1}{4}$ – $\frac{1}{2}$ cup

Mayonnaise (made with avocado, olive, safflower, or sunflower oil), 1–2 tbsp

Oils (avocado, coconut, grapeseed, olive, sesame, sunflower, safflower), 1–2 tbsp

Olives, all types, 8–10

Raw nuts and seeds, all types (including nut flours, raw nut butters, milks, cheeses, and yogurts), 1–2 tbsp

Brazil Nuts and Macadamia Nuts: Green-Lighted

Those of you in my community may recall that I used to say that all raw nuts and seeds were okay, *except Brazil nuts and macadamia nuts*. The reason for this was that it was almost impossible to find either of these nuts in raw form. I didn't want people to miss the importance of eating nuts raw, so I left them off the list. Today, however, probably because the health benefits of raw nuts and seeds have become so much more known, you *can* find raw Brazil and macadamia nuts. Therefore, they are officially back on the list. Just remember: *raw nuts and seeds only*. (Note that all true nuts in their *raw state* are just fine 4 Life, but that does not include peanuts. Peanuts are still a big no—they are actually legumes, not nuts, and I don't ever recommend eating them because they often contain a mold that converts to aflatoxin, a toxic compound linked to liver cancer.)

HERBS, SPICES, CONDIMENTS, AND MISCELLANEOUS FOODS:

Unlimited

Agar	Ketchup (no corn syrup or sugar added)
Arrowroot powder	Liquid smoke
Baking powder	Maca powder
Baking soda	Mustard, all types
Bragg Liquid Aminos	Nutritional yeast
Brewer's yeast	Pepper
Broth and stock, all types (homemade or no sugar added)	Pickles (no sugar added)
Carob (unsweetened)	Raw cacao powder and nibs
Chile paste	Salsa
Coconut aminos	Sea salt
Coconut water	Spices, all types
Coffee substitutes (Dandy Blend, Pero)	Sweeteners, natural (birch-based xylitol, coconut sugar, pure maple syrup, molasses, 100% pure monk fruit/lo han, palm sugar, raw honey, 100% pure stevia)
Cream of tartar	Tamari
Herbs, all types	Vinegars, all types
Extracts, pure, all types (alcohol-free)	Water chestnuts
Flavorings and infusions, natural, all types (alcohol-free)	Xanthan gum (non-corn-based)
Guar gum	Zest/peels (citrus)
Herbal teas (caffeine-free)	
Hot sauce, all types (no sugar added)	

4 LIFE SPECIALTY RECIPES

You can continue to relish any of the Metabolism Revolution recipes you love from chapter 6 while on the 4 Life plan, but you can also expand your horizons with recipes that incorporate new ingredients on the expanded 4 Life Master Food List . These recipes take advantage of those foods. Enjoy your new bounty of options.

4 LIFE BREAKFASTS

Blueberry, Avocado, and Coconut Smoothie

SERVES 1

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup coconut kefir

A few ice cubes

1 cup spinach, stems removed

1 cup blueberries

$\frac{1}{4}$ avocado

Raw cacao nibs

Blend all the ingredients together. Thin with more water if it's too thick, and serve.

Breakfast Banana–Chocolate Chip Bread

SERVES 6

Contains Foods to Ponder: bananas, cocoa powder (optional)

3 overripe small bananas

3 large eggs

¼ cup canned full-fat coconut milk

½ teaspoon pure vanilla extract

2 tablespoons pure maple syrup

½ cup coconut flour

3 tablespoons tapioca flour

2 tablespoons unsweetened cacao or cocoa powder

½ teaspoon baking soda

½ teaspoon baking powder

Pinch of sea salt

¼ cup raw cacao nibs

1. Preheat the oven to 350°F. Line an 9 x 5-inch loaf pan with parchment paper. (You can use a smaller loaf pan if you like a taller loaf, or you could use three muffin tins or ramekins for individual servings.)
2. In a large bowl, mash two of the bananas well and whisk in the eggs, coconut milk, vanilla, and maple syrup.
3. In a smaller bowl, combine the coconut flour, tapioca flour, cacao, if using, baking soda, baking powder, and salt.
4. Fold the dry ingredients into the wet ingredients and stir until everything is fully combined.
5. Cut the third banana into small pieces and fold them into the batter along with the cacao nibs.
6. Pour the mixture into the prepared loaf pan and spread it evenly. Bake for 55 to 60 minutes, until golden brown and a toothpick inserted near the center comes out clean.
7. Remove from the oven and allow to cool completely before cutting into 6 pieces. Wrap any leftovers well and store in the refrigerator for up to 2 days.

Polka-Dot Sweet Potato Bars

SERVES 6

$\frac{2}{3}$ cup mashed cooked sweet potato

1 large egg

1 tablespoon coconut oil, melted

1 tablespoon pure maple syrup

2 teaspoons pure vanilla extract

$\frac{3}{4}$ cup almond flour or almond meal

$\frac{3}{4}$ teaspoon baking powder

$\frac{3}{4}$ cup blueberries

1. Preheat the oven to 350°F. Line a 9 x 5-inch loaf pan with parchment paper.
2. In a medium bowl, combine the sweet potato, egg, coconut oil, maple syrup, and vanilla. Whisk with a fork until the mixture looks uniform.
3. In a separate bowl, whisk together the almond flour and baking powder, then stir into the sweet potato mixture until fully combined.
4. Pour the batter into the prepared pan and smooth out the top. Arrange the blueberries on top of the batter, pressing them in just slightly.
5. Bake for 35 to 40 minutes, or until the middle is set. Let cool completely before cutting into 6 pieces. Wrap any leftovers well and store in the refrigerator for up to 2 days.

Nutty Pear Toast

SERVES 1

1 slice sprouted-grain bread

1 tablespoon raw almond butter

½ fresh pear, cored and sliced

1 teaspoon raw honey

1 tablespoon chopped raw almonds or walnuts

Sprinkle of ground cinnamon

Toast the bread as you like it. Spread the almond butter over the toast, top with the pear slices, drizzle with the honey, and sprinkle with the chopped nuts and cinnamon.

Egg and Avocado Breakfast Bowl

SERVES 2

2 scallions, thinly sliced
1 cup cooked quinoa or brown rice
1 teaspoon rice vinegar (unsweetened)
Sea salt and ground pepper
1 tablespoon coconut oil
4 eggs
½ avocado, sliced (optional)
Chili sauce (optional)
½ large or 2 snack-size nori sheets,
cut into thin strips, for garnish

1. In a small bowl, mix together the scallions, quinoa, and vinegar and season with salt and pepper.
2. In a medium nonstick skillet, melt the coconut oil over medium-high heat. Crack the eggs into the skillet, season with salt and pepper, and cook until done to your liking.
3. Divide the quinoa mixture between two bowls. Top each bowl with two eggs and garnish with avocado slices and chili sauce, if desired. Garnish with the nori strips.

Spicy Huevos Rancheros

SERVES 2

3 tablespoons safflower oil

4 scallions, white and light green parts, thinly sliced

1 garlic clove, minced

1 jalapeño or ½ Anaheim pepper, finely chopped (optional; if you don't like it spicy, add ¼ cup finely chopped green bell pepper)

1 (14.5-ounce) can fire-roasted diced tomatoes

1 cup chopped fresh spinach

¼ cup chopped fresh cilantro

2 (6-inch) sprouted-grain tortillas

2 eggs (any size)

Toppings (use however many of these you want in whatever amount you want): red and/or green salsa, guacamole, chopped tomatoes

1. Preheat the oven to 375°F.
2. In a medium skillet, heat 2 tablespoons of the safflower oil over medium heat. Add the scallions, garlic, and jalapeño, if using, and cook, stirring continuously, until softened, about 3 minutes. Add the tomatoes, spinach, and cilantro and bring the sauce to a boil. Reduce the heat to medium-low and cover. Cook, stirring occasionally, for about 10 minutes.
3. Meanwhile, put the tortillas in the oven, directly on the rack, and heat just until crisp—this should only take about 10 minutes, more or less, depending on how moist your tortillas are.
4. In a separate nonstick skillet, heat the remaining 1 tablespoon oil over medium heat. Carefully crack the eggs into the skillet and cook them until done to your liking.
5. Remove the tortillas from the oven and put each on a plate. Top each tortilla with half the sauce and an egg. Garnish with any of the desired toppings.

4 LIFE LUNCHES

Tapas Chickpeas with Green Olives

SERVES 4

2 tablespoons safflower oil
1 small red onion, minced
4 garlic cloves, minced
1 (14-ounce) can diced tomatoes
1 tablespoon tomato paste
 $\frac{2}{3}$ cup vegetable broth or fish stock
1 tablespoon red wine vinegar
1 teaspoon smoked or regular paprika
1 teaspoon sea salt
 $\frac{1}{2}$ teaspoon ground pepper
4 sprouted-grain tortillas
1 (14-ounce) can chickpeas, drained and rinsed
 $\frac{1}{2}$ cup green olives, pitted and sliced
1 tablespoon extra-virgin olive oil
Juice of 1 lemon
 $\frac{1}{4}$ cup chopped fresh parsley

1. In a medium skillet, heat the safflower oil over medium heat. Add the onion and cook, stirring, until soft, about 5 minutes, then add the garlic and cook for 2 minutes more. Stir in the diced tomatoes, tomato paste, broth, vinegar, paprika, salt, and pepper. Cover and simmer, stirring occasionally to avoid sticking, for about 15 minutes.

2. Meanwhile, preheat the oven to 400°F.

3. Cut the tortillas into quarters and arrange them on a baking sheet. Toast in the oven until crisp, about 10 minutes (depending on how moist the tortillas are).

4. Uncover the tomato mixture and stir in the chickpeas. Cover and simmer for 5 minutes, or until the chickpeas are heated through. Stir in the olives. Put the mixture in a bowl and drizzle with the olive oil and lemon juice. Sprinkle the parsley over the top and serve with the toasted tortilla wedges (you could also just eat it with a spoon).

Blackened Salmon with Wild Rice

SERVES 4

¼ cup paprika
1 teaspoon cayenne pepper
1 ½ teaspoons thyme, fresh or dried
¾ teaspoon garlic powder
1 teaspoon sea salt
3 ½ tablespoons olive oil
Juice of 1 lemon
4 (6-ounce) salmon fillets
2 cups cooked wild rice
⅓ cup finely chopped fresh parsley
1 lemon, cut into wedges

1. Preheat the oven to 400°F.
2. In a shallow dish (big enough to dip the salmon fillets into), combine the paprika, cayenne, thyme, garlic powder, and ¾ teaspoon of the salt.
3. In a separate shallow dish, combine 2 ½ tablespoons of the oil and the lemon juice. Dip each salmon fillet into the lemon-oil mixture to coat both sides, then coat both sides with the spices.
4. Heat a large oven-safe skillet over medium-high heat. Cook the salmon until blackened, 2 minutes per side.
5. Transfer the pan to the oven and bake for 5 to 8 minutes (depending on the thickness of your fillets), or until the salmon is almost opaque in the center.
6. In a small bowl, combine the wild rice, parsley, remaining 1 tablespoon oil, and remaining ¼ teaspoon salt.
7. Serve the salmon with the rice and lemon wedges alongside.

Garden Turkey Sausage Skillet

SERVES 2

1/2 pound ground turkey sausage
1/2 yellow onion, diced
2 garlic cloves, minced
1 cup bite-size pieces zucchini
1 cup bite-size pieces fresh green beans
1 red bell pepper, cut into bite-size pieces
1 (14-ounce) can diced tomatoes
1 teaspoon dried oregano
1 teaspoon sea salt
1/4 teaspoon ground pepper
1/2 cup cherry tomatoes, quartered
1/2 avocado, cut into cubes

1. Heat a large nonstick skillet over medium-high heat. Add the turkey sausage and onion and cook, breaking up the sausage with a wooden spoon as it cooks, until the sausage is fully cooked and the onion is soft. Add the garlic, stir, and cook for 2 minutes more.
2. Add the zucchini, green beans, bell pepper, tomatoes, oregano, salt, and pepper. Stir until everything is well mixed and cook until the vegetables are tender and brightly colored, about 8 minutes more.
3. Divide the mixture between two plates and top each one with half the cherry tomatoes and half the avocado. Serve immediately.

Warm Butternut Squash White Bean Salad

SERVES 4

1/4 cup olive oil
1/4 cup white wine vinegar or champagne vinegar
2 garlic cloves, minced
1 teaspoon sea salt
1/2 teaspoon smoked paprika or chili powder
**1 medium butternut squash, peeled, seeded,
and cut into 3/4-inch cubes**
1 tablespoon safflower oil
1 (14-ounce) can white beans, drained and rinsed
1/4 cup raw walnut pieces
8 cups fresh spinach, baby kale, or spring greens

1. Preheat the oven to 425°F.
2. In a small bowl, whisk together the olive oil, vinegar, garlic, salt, and paprika. Set aside.
3. Toss the butternut squash with the safflower oil and spread it over a rimmed baking sheet. Bake until the squash is tender and easily pierced with a fork, about 30 minutes. Transfer the squash to a bowl and immediately add the white beans and the dressing. Toss until everything is fully combined and the beans are warm.
4. Stir in the walnuts and serve over the salad greens.

Tuscan Lunch Soup

SERVES 3

1 tablespoon safflower oil
1 green bell pepper, minced
1 small white onion, minced
2 teaspoons sea salt
1 teaspoon ground pepper
6 garlic cloves, minced
6 slim carrots, sliced
4 cups vegetable broth, plus more as needed
1 (8-ounce) can crushed tomatoes
1 teaspoon dried oregano
½ teaspoon dried thyme
1 (15-ounce) can fava beans or cannellini beans, drained and rinsed
3 cups coarsely chopped kale leaves
2 slices sprouted-grain bread, toasted

1. In a Dutch oven or heavy-bottomed saucepan, heat the safflower oil over medium heat. Add the bell pepper, onion, 1 teaspoon of the salt, and the black pepper. Cook, stirring, until the vegetables are softened, about 8 minutes. Stir in the garlic and cook for 2 minutes more. Stir in the carrots and cook, stirring often, for 8 minutes more.

2. Add the broth, tomatoes, oregano, thyme, and remaining 1 teaspoon salt. Stir everything together and cover. Cook for about 30 minutes, stirring every 5 to 10 minutes to prevent sticking. If the mixture looks dry, add a little more broth or water. After 30 minutes, stir in the beans and kale. Cook, stirring, for 5 minutes more to warm the beans and wilt the kale.

3. Break the toast into bite-size pieces and divide it among four bowls. Ladle the soup over the toast and serve immediately.

Slow Cooker Lentil Power Soup

SERVES 8

2 cups dried green lentils, picked through for stones and rinsed
8 cups vegetable broth
4 celery stalks, finely chopped
4 carrots, thinly sliced
2 leeks, white and light green parts only, thinly sliced and rinsed well
1 yellow onion, chopped
1 (14-ounce) can crushed tomatoes
4 garlic cloves, minced
1 dried bay leaf
2 teaspoons sea salt, plus more as needed
2 teaspoons ground cumin
4 fresh basil leaves, finely chopped
½ teaspoon dried thyme
½ teaspoon smoked paprika
½ teaspoon ground pepper, plus more as needed
4 cups baby spinach
Juice of 1 lemon

1. In a slow cooker or large saucepan, combine all the ingredients except the spinach and lemon juice. Cover and cook on low for about 8 hours (if using a saucepan, cover and cook over low heat for about 4 hours). About 15 minutes before serving, stir in the spinach and lemon juice. Taste and season with additional salt and pepper as needed.

2. Serve warm. This soup will keep in an airtight container in the refrigerator for up to 3 days, or freeze in individual portions for quick meals for later.

Creamy Cauliflower Soup

SERVES 4

6 cups vegetable or chicken broth

1 head cauliflower, cored and chopped into bite-size pieces

1 yellow onion, diced

4 carrots, chopped

2 celery stalks, minced

4 garlic cloves, minced

2 tablespoons minced fresh parsley

2 teaspoons sea salt

1 teaspoon ground thyme

½ teaspoon ground pepper

4 cups coarsely chopped kale leaves

1. In a large saucepan, combine all the ingredients except the kale. Bring to a simmer over medium-high heat, then reduce the heat to medium. Cover and simmer for about 30 minutes, or until all the vegetables are tender.

2. Carefully ladle about half the soup into a blender and blend on low to puree (be careful when blending hot liquids). Return the blended soup to the pot. Stir in the kale and cook for 10 minutes more, or until the kale is wilted.

3. Serve hot. This soup will keep in an airtight container in the refrigerator for up to 3 days, or freeze in individual portions to have an easy meal later.

Smothered Burritos

SERVES 8

1/2 cup olive oil
5 tablespoons almond flour
1/3 cup chili powder
2 (8-ounce) cans tomato sauce
2 cups water
1/2 teaspoon ground cumin
1/2 teaspoon raw cacao powder
1/2 teaspoon garlic powder
1/2 teaspoon onion salt
Dash of sea salt

1 (5-pound) pork roast (bone-in) or loin
Sprouted-grain tortillas

Garnishes: fresh cilantro, jalapeño, radishes, avocado, olives, shredded lettuce, almond cheese, and tomato

1. Preheat the oven to 325°F.
2. In a medium saucepan, heat the olive oil over medium heat. Sprinkle the flour and chili powder over the oil and quickly begin to stir. Scrape around the edges of the pan so that all the flour gets incorporated. Simmer for 2 minutes. Slowly add the tomato sauce, water, cumin, cacao powder, garlic powder, onion salt, and sea salt and whisk to combine everything.
3. Simmer over medium heat for 10 minutes. The mixture will reduce and thicken slightly. Remove from the heat and set the enchilada sauce aside.
4. Trim the fat (if any) from the roast. Place the roast in a large slow cooker. Pour all the enchilada sauce over the top. Cover and cook on low for 8 hours, until the pork easily pulls apart with two forks. Scoop out the meat using a slotted spoon. Make sure all the meat is off the

bone (if there is one), grabbing any remaining meat with tongs. Shred the meat.

5. Place 4 ounces of the shredded pork in the middle of a tortilla, add your favorite garnishes, and fold/roll into a burrito. Ladle some sauce from the slow cooker over the top, sprinkle with additional garnishes, and serve.

Baby Bok Stir-Fry

SERVES 2

1 tablespoon grapeseed oil
½ pound ground chicken
1 scallion, chopped, plus more for serving
2 teaspoons grated fresh ginger
2 garlic cloves, finely minced
12 ounces baby bok choy, cut in half
1 tablespoon water
2 teaspoons tamari
2 teaspoons toasted sesame oil
Sesame seeds, for serving

1. In a wok or large sauté pan, heat the grapeseed oil over high heat. Add the ground chicken and cook, stirring, until browned but not fully cooked through. Reduce the heat to medium-high and add the scallion, ginger, and garlic. Cook, stirring, for 30 seconds, or until fragrant.
2. Add the bok choy and water and toss well to coat with the aromatics. Cover the wok. Cook for 2 minutes, or until the bok choy is crisp-tender. Add the tamari and sesame oil and toss well for 30 seconds. The baby bok choy should be just tender in the stem but not too soft. Sprinkle with the sesame seeds and more scallion and serve.

Sweet-and-Sour Salmon

SERVES 2

1 garlic clove, minced

½ teaspoon minced fresh ginger

2 tablespoons tamari

2 tablespoons apple cider vinegar

12 ounces salmon fillet, cut into 2 portions

2 tablespoons raw honey

Pickled ginger slices, for garnish

A few cilantro sprigs, for garnish

1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. In a bowl, combine the garlic, ginger, tamari, and vinegar. Add the salmon and let marinate for 30 minutes. Put the salmon on the prepared baking sheet, reserving the remaining marinade. Bake for about 15 minutes.
3. Meanwhile, pour the marinade into a small saucepan and bring it to a boil over medium-high heat. Reduce the heat to medium and simmer for about 10 minutes, until the marinade has reduced by half. Remove from the heat.
4. Divide the salmon between two plates. Stir the honey into the marinade and drizzle it over the salmon. Garnish with the pickled ginger and sprigs of cilantro.

Roast Pork with Roots and Fruits

SERVES 4

4 tablespoons safflower oil
1 (16-ounce) pork tenderloin
1 tablespoon dried rosemary
2 ¼ teaspoons sea salt
1 teaspoon ground pepper
¼ teaspoon ground nutmeg
1 pear, cored and cut into bite-size cubes
1 apple, cored and cut into bite-size cubes
2 sweet potatoes, cut into bite-size cubes
1 yellow onion, cut into bite-size cubes
1 parsnip, peeled and cut into bite-size cubes
6 garlic cloves, root ends sliced off, unpeeled
1 tablespoon olive oil

1. Preheat the oven to 350°F. Grease the bottom of a 9 x 13-inch roasting or baking pan with 2 tablespoons of the safflower oil.
2. Put the pork in the pan and rub it all over with the remaining 2 tablespoons safflower oil.
3. In a small bowl, mix 2 teaspoons of the salt, the pepper, and the nutmeg. Sprinkle half the mixture over the pork and rub it in to coat. Place the pear, apple, sweet potatoes, onion, parsnip, and garlic around the pork and sprinkle with the remaining salt mixture. Bake for 30 minutes.
4. Remove the pork from the oven. Remove the garlic cloves (use tongs to avoid getting burned) and tent the pan with foil. Let rest for about 10 minutes.
5. When the garlic is cool enough to handle, squeeze the roasted garlic into a small bowl. Mix with the olive oil and remaining ¼ teaspoon salt.
6. Slice the pork into ½-inch-thick pieces and place it on a platter (or individual plates). Drizzle with the garlic oil and surround it with the roasted vegetables and fruits. Serve immediately.

Tamari-Ginger Steamed Halibut with Veggies

SERVES 4

1/4 cup tamari
1/4 cup fresh lime juice
1 tablespoon minced fresh ginger
2 1/2 teaspoons minced seeded jalapeño (about 1 small)
1/2 cup shredded carrot
1/4 cup diagonally cut scallions
1 cup sugar snap peas, trimmed
1 cup thinly sliced shiitake mushrooms (about 2 ounces)
1 cup red bell pepper strips (about 1 large)
4 (6-ounce) skinless halibut fillets
8 ounces buckwheat soba noodles
4 tablespoons chopped fresh cilantro

1. Preheat the oven to 425°F.
2. In a wide, shallow dish (big enough to dip the halibut fillets in), whisk together the tamari, lime juice, ginger, and jalapeño and set aside.
3. Tear off four 16 x 12-inch sheets of heavy-duty aluminum foil and fold each in half crosswise. Open the foil and divide the carrot, scallions, snap peas, mushrooms, and bell pepper evenly among the foil sheets.
4. Dip the halibut fillets into the tamari mixture, turning to coat evenly. Place one fillet on each mound of veggies. Spoon the remaining tamari mixture evenly over each serving. Fold the foil over the halibut and veggies and tightly seal the edges. Place the packets on a baking sheet and bake for 13 minutes.
5. Meanwhile, cook the soba noodles according to the package directions, omitting any salt and fat indicated in the directions. Drain and rinse the soba noodles under cold water.
6. Remove the foil packets from the oven and let them stand for 3 minutes.
7. Place 1 cup of the soba noodles on each of four plates and top each with the contents of a foil packet. Sprinkle each serving with 1 tablespoon of cilantro. Serve immediately.

Chipotle Pork Chops

SERVES 4

1 tablespoon chili powder

1 teaspoon paprika

½ teaspoon ground cumin

1 teaspoon ground chipotle

½ teaspoon coarse sea salt

1 garlic clove, minced

4 boneless center-cut pork chops, ¾ to 1 inch thick

2 tablespoons olive oil, or a little more as needed

1 cup canned full-fat coconut milk

1 teaspoon liquid smoke

¼ cup chopped fresh cilantro (optional)

Juice of 1 lime (optional)

1. Heat a large skillet over medium-high heat.
2. In a bowl, combine the chili powder, paprika, cumin, ½ teaspoon of the chipotle, the salt, and the garlic. Brush each pork chop with some of the olive oil, leaving enough for the pan. Rub the pork chops with the spices to coat completely.
3. Coat the skillet with the remaining olive oil and add the pork chops. Cook for 5 minutes per side, or until an instant-read thermometer inserted into the center registers 145°F and the center is only slightly pink. Reduce the heat to low.
4. In a blender or food processor, combine the coconut milk, liquid smoke, cilantro, and remaining ½ teaspoon chipotle and blend until smooth.
5. Pour the sauce over the pork chops. Plate the chops and garnish with the lime juice and extra cilantro, if desired, and serve hot.

Chimichurri Stuffed Salad

SERVES 8

1/4 cup olive oil
5 garlic cloves, minced
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh parsley
1/2 teaspoon sea salt, plus more as needed
1/2 teaspoon ground pepper, plus more as needed
Pinch of red pepper flakes
2 pounds flank steak, butterflied
2 hard-boiled eggs, quartered
1/2 green bell pepper, sliced
1/2 red bell pepper, sliced
16 cups mixed salad greens

1. Preheat a grill to medium high or preheat the broiler.
2. In a small bowl, mix together the oil, garlic, cilantro, parsley, salt, black pepper, and red pepper flakes. Put the steak on a platter and pour the mixture over the steak, brushing it evenly over the entire surface.
3. Arrange the quartered eggs in three rows across the flank steak at different intervals. Repeat with the sliced bell peppers. Carefully roll up the meat to enclose the filling. Tie the roll with kitchen twine in a few places to hold it together. Season the outside of the roll generously with salt and black pepper.
4. Grill or broil the roll for about 20 minutes, rotating it every 5 minutes. Remove from the grill or broiler and let rest for 15 minutes.
5. Slice the roll, discarding the kitchen twine, and serve over the mixed greens.

Shrimp and Noodle Bowl

SERVES 4

1 tablespoon toasted sesame oil
2 teaspoons grated fresh ginger
2 garlic cloves, minced
1/4 cup coconut aminos
1 tablespoon rice vinegar (unsweetened)
6 cups chicken broth
2 cups sliced baby bella (cremini) mushrooms
4 scallions, sliced
1 teaspoon sea salt
4 cups very thinly sliced green cabbage (or use coleslaw mix)
4 cups cooked soba noodles
24 ounces shrimp (any size)

For garnish:

Fresh bean sprouts
Avocado cubes
Chopped fresh cilantro leaves
Very thinly sliced fresh jalapeño
Chopped raw almonds or walnuts
Your favorite hot sauce

1. In a large saucepan, heat the sesame oil over medium-high heat. Add the ginger and garlic and cook, stirring, for 1 minute. Add the coconut aminos, vinegar, and broth. Increase the heat to high and bring to a boil. Reduce the heat to low and simmer, uncovered, for 5 minutes. Add the mushrooms and simmer for 10 minutes more. Stir in the scallions and salt and remove from the heat.

2. Meanwhile, fill a separate pot with water. Bring to a boil over high heat and add the cabbage. Cook for 5 minutes. Stir in the cooked soba noodles and the shrimp. Boil for 2 to 3 minutes more, or until the shrimp are pink. Drain.

3. Divide the noodles, cabbage, and shrimp among four bowls. Ladle the broth into the bowls and garnish with the desired toppings.

Sweet-and-Spicy Meatballs

SERVES 4

2 teaspoons safflower oil
1 pound ground turkey and/or chicken
½ onion, finely chopped
½ cup finely chopped mango
2 garlic cloves, minced
1 tablespoon chopped fresh cilantro
1 tablespoon minced jalapeño
(remove the seeds and ribs for less heat)
2 eggs
½ cup almond flour or coconut flour
(or use Fast Metabolism Baking Mix)
1 teaspoon ground cumin
1 teaspoon sea salt
1 teaspoon ground chipotle or smoked paprika
½ teaspoon ground pepper

1. Preheat the oven to 375°F. Lightly grease a rimmed baking sheet with the safflower oil.
2. Combine all the ingredients in a large bowl and mix well with clean hands. Form into 1-inch balls and arrange in a single layer on the prepared baking sheet. Bake for 20 minutes, or until the meatballs are golden brown and cooked through. Serve hot or enjoy them cold out of the refrigerator as a snack. They will keep in the fridge for up to 2 days, and they also freeze nicely.

4 LIFE DESSERTS

One-Ingredient Banana Ice Cream

SERVES 2

Contains Foods to Ponder: banana

1 very ripe large banana

**Mix-ins of choice, like raw cacao nibs, almond butter,
chopped raw nuts, honey, or ground cinnamon**

1. Peel the banana and slice it. Put it in a zip-top bag, seal, and freeze for at least 2 hours or up to overnight.
2. Put the banana pieces in a small food processor or high-speed blender and blend until the texture resembles soft-serve ice cream. This takes a while, so keep going if you think it's not happening. Add any mix-ins and blend for another few seconds.
3. Transfer to an airtight container and freeze until solid for a more traditional texture, or eat immediately for a softer texture.

No-Bake Gingerbread Cookies

MAKES 18 COOKIES

Contains Foods to Ponder: dates

1/4 cup almond meal
1/4 cup buckwheat groats
3/4 cup gluten-free rolled oats
1 tablespoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon pure vanilla extract
1/4 teaspoon ground cloves
1 1/4 cups packed pitted dates
1 tablespoon coconut sugar (optional)

1. Combine all the ingredients except the dates and coconut sugar in a high-speed blender or food processor and blend until the mixture has a fine consistency, like flour.
2. Add half the dates and blend until well combined, then add the remaining dates and blend until you have a uniform dough.
3. Scoop out rounds of dough about 1 tablespoon in size and roll them into balls, or flatten them with a rolling pin and use a cookie cutter to make desired shapes.
4. Roll the balls in the coconut sugar, if using, or sprinkle the sugar on top of the cookies.
5. For extra chewiness, place the cookies on dehydrator sheets and dehydrate at 115°F for 2 hours. Store in an airtight container on the counter for up to 2 days, or freeze leftovers for later.

Banana Sushi Roll

SERVES 1

Contains Foods to Ponder: bananas

1 firm banana, peeled

2 tablespoons almond or other raw nut butter

1 tablespoon unsweetened shredded coconut

1 tablespoon raw cacao nibs

Spread the banana with the nut butter. Slice it crosswise into bite-size pieces. Roll each piece in the coconut, then in the cacao nibs, pressing them in so they stick. Serve immediately.

Tropical Paradise Chia Pudding

SERVES 2

1 cup canned full-fat coconut milk

½ cup diced fresh or frozen mango

¼ cup chia seeds

**4 drops Metabolism Sweet or other pure liquid stevia,
or 2 teaspoons pure maple syrup**

1 teaspoon lemon zest

1 tablespoon unsweetened coconut flakes

1. In a medium bowl, stir together the coconut milk, mango, chia seeds, stevia, and lemon zest. Cover and refrigerate overnight.
2. In the morning, stir and top with the coconut flakes.

Cacao-Glazed Coin Cookies

MAKES 12 COOKIES

For the cookies

1 ½ teaspoons coconut oil, melted
1 tablespoon unsweetened almond milk
22 drops Metabolism Sweet or other pure liquid stevia
¾ teaspoon pure vanilla extract
¾ cup plus 2 tablespoons almond flour
2 tablespoons raw cacao powder
⅛ teaspoon sea salt
⅛ teaspoon baking soda

For the glaze

1 tablespoon coconut butter, melted
1 teaspoon coconut oil, melted
⅛ teaspoon pure vanilla extract
6 drops pure liquid stevia, or to taste
1 ½ teaspoons raw cacao powder

1. Make the cookies: In a medium bowl, combine the coconut oil, almond milk, stevia, and vanilla and stir to combine.
2. In a separate bowl, stir together the almond flour, cacao powder, salt, and baking soda.
3. Add the wet ingredients to the dry ingredients and stir well, breaking up clumps as you stir, until you can form the dough into a ball with your hands. Flatten the dough ball into a disk, wrap it in plastic wrap, and refrigerate for 10 minutes.
4. Preheat the oven to 325°F. Line a baking sheet with parchment paper.
5. Place the chilled dough ball between two sheets of parchment paper and roll it out to ¼ inch thick. Cut 2-inch circles out of the dough

with a cookie or biscuit cutter, transfer to the prepared baking sheet, and freeze for 20 minutes.

6. Bake the cookies for 10 minutes. Remove from the oven and let the cookies cool completely on the baking sheet.

7. Make the glaze: In a small bowl, stir all the glaze ingredients together until smooth.

8. Using a teaspoon, spread a little bit of glaze on each cooled cookie. Store these cookies in an airtight container for up to 2 days, or freeze for later.

Cool and Creamy Mint-Chip Mousse

SERVES 9

1 (14.5-ounce) can full-fat unsweetened coconut milk

½ cup birch xylitol

1 ½ teaspoons pure peppermint extract

1 teaspoon pure vanilla extract

Pinch of sea salt

¼ cup coconut butter, melted

2 ripe avocados

¼ cup raw cacao nibs

1. In a blender, combine the coconut milk, birch xylitol, peppermint extract, vanilla, and salt. Blend to combine.
2. Add the melted coconut butter and the avocados. Blend until creamy.
3. In individual dishes, layer about ¼ cup of the mousse, followed by a scant teaspoon of the cacao nibs, followed by another ¼ cup of the mousse. Garnish with a final sprinkle of cacao nibs.
4. Refrigerate for about 10 minutes before serving. (It's best to serve this right away on the day you make it, since the avocados will gradually lose their green color and turn brown as they oxidize.)

Fermented Salsa

MAKES ABOUT 2 QUARTS

3 pounds tomatoes, chopped

1 red onion, chopped

2 jalapeños, minced

1 cup chopped fresh cilantro

4 garlic cloves, minced

Juice of 2 limes

1 1/2 tablespoons sea salt

2 teaspoons ground cumin

1. Combine all the ingredients in a large bowl.
2. Transfer to clean glass jars (leave some room at the top) and cover the jars with a few layers of cheesecloth secured with twine or a rubber band. Leave the salsa on the counter for 2 to 3 days, then screw the lids on tightly and refrigerate. The flavor will continue to intensify in the fridge.
3. Use the salsa as a topping for meats or veggies, or simply eat it on its own. It will keep in the fridge for up to two weeks. It also freezes nicely.

Homemade Beef Jerky

SERVES 4

1 pound organic beef round steak

¼ cup tamari

Juice of 1 lime or lemon

½ teaspoon onion salt

¼ teaspoon garlic powder

¼ teaspoon ground pepper

⅛ teaspoon sea salt

⅛ teaspoon red pepper flakes

1. Trim and discard any fat from the meat. Cut the meat into strips about 5 inches long and ½ inch wide.
2. In a large zip-top plastic bag, combine the tamari, lime juice, onion salt, garlic powder, black pepper, salt, and red pepper flakes. Add the meat to the bag, seal, and toss to coat. Marinate in the refrigerator for at least 8 hours or up to overnight.
3. Drain the meat and discard the marinade. Put the meat on dehydrator sheets (if you have a dehydrator), or line two baking sheets with aluminum foil, set wire racks over the top, and arrange the meat ¼ inch apart on the racks.
4. If you have a dehydrator, dehydrate the meat for [TK].
5. If using the oven, preheat the oven to 200°F. Bake the meat, uncovered, for 6 to 7 hours, or until dry and leathery. Remove from the oven and let cool completely.
6. Store the jerky in an airtight container in the refrigerator for up to a week, or freeze it.

4 LIFE THERAPEUTIC/REMEDY/REPAIR RECIPES, FOR WHEN LIFE HAPPENS

Wild Week Repair Smoothie

SERVES 1

Contains Foods to Ponder: dates

Whether you've been stressed out, overworked, or having a ball at a resort or on a cruise, or you're emerging from a decadent holiday weekend of overindulgence, this smoothie will put you right again. Even good times are stressful, and this is just the repair you need. This smoothie is a dream for your adrenals.

1/4 cup raw sunflower or pumpkin seeds

1 to 2 cups spinach, kale, or arugula

**3/4 cup unsweetened coconut milk, rice milk,
or almond milk, plus more as needed**

1/2 cup water

4 or 5 ice cubes

1/4 cup frozen cranberries

1/4 avocado

1 heaping tablespoon maca

1 tablespoon coconut vinegar or apple cider vinegar

1 unsulfured Medjool date, pitted, or 1 dried fig

2 teaspoons raw cacao powder

2 teaspoons chia seeds

In a blender, pulse the sunflower seeds until they just form a fine powder. Add the remaining ingredients and blend until smooth. Thin with additional water or nondairy milk if desired. Enjoy immediately.

Turmeric Milk

SERVES 2

This golden milk is a delicious, calming before-bed treat that is particularly good if you have pain or inflammation. Turmeric is a powerful anti-inflammatory. Don't skip the pepper—it helps your body absorb the beneficial compounds in the turmeric more efficiently.

2 cups canned full-fat coconut milk or any unsweetened nut milk

1 teaspoon ground turmeric

¼ teaspoon ground pepper

1 (1-inch) piece fresh ginger, peeled and sliced

Raw honey (optional)

1. In a saucepan, whisk together the coconut milk, turmeric, pepper, and ginger. Heat over medium heat until it starts to bubble. Reduce the heat to low and simmer for about 5 minutes.
2. Strain the golden milk into two mugs, add the honey, if desired, and stir. Enjoy immediately.

Chia Elixir

SERVES 1

This elixir is for those queasy tummy or sour stomach days. It corrects pH and absorbs excess acid.

1 tablespoon chia seeds

Juice of ½ lemon

1 tablespoon apple cider vinegar

1 ½ cups warm water

Mix all the ingredients together in a glass. Let stand, stirring occasionally, for 5 to 10 minutes, or until the chia seeds have gelled. Drink up.

Gut-Healing Bone Broth

MAKES ABOUT 12 CUPS

If you have chronic digestive issues, I recommend sipping on this bone broth often and using it as a base for soups you make at home. This is also good for temporary tummy troubles.

4 pounds beef bones

3 bay leaves

1 ½ cups carrots

6 garlic cloves

1 ½ cups sliced leeks

1 onion

3 sprigs rosemary

1 teaspoon whole black peppercorns

2 tablespoons apple cider vinegar

12 cups water

1. Combine all the ingredients in a slow cooker, cover, and cook on low for 6 to 24 hours. Strain the broth, discarding the solids.
2. Drink some immediately and/or freeze the remainder in airtight containers so you always have bone broth on hand to make soup or to make your tummy feel better. It will keep for up to a week in the fridge.

Stress and Anxiety Lemonade

SERVES 12

This lemonade is perfect for relieving anxiety. When you are feeling overwhelmed, have a glass of this. Preferably out on the porch on a beautiful day, but sipping it on the run helps, too.

12 cups water

1 cup raw honey

1 tablespoon culinary-grade dried lavender flowers

Juice of 6 lemons

1. In a large saucepan, combine 6 cups of the water and honey and bring to a boil, stirring to dissolve the honey. Remove from the heat and add the lavender. Cover and let stand for 1 hour. Chill the remaining six cups of water.
2. Strain into a pitcher, discarding the lavender. Stir in the chilled water and the lemon juice. Serve over ice.

PB & J Comfort Food

SERVES 1

This recipe is a surprising remedy for leg cramps . . . and any time you want to feel like a kid again (but without the junk food). And another surprise—you are home-making this jam in about 2 seconds. (But make it the day before.)

2 cups berries, any kind

3 tablespoons raw honey

2 to 3 tablespoons chia seeds

2 tablespoons almond butter

1 slice Ezekiel bread, cut in half

1. In a blender, combine the berries, honey, and chia seeds (use 2 tablespoons for a slightly thinner jam, or 3 tablespoons for a thicker jam). Blend until well combined, transfer to an airtight container, and refrigerate overnight. The chia will gel and set the fruit puree.
2. Spread the chia berry jam on one half of the bread (you won't use it all) and spread the almond butter on the other half. Put the halves together and boom . . . time warp.

Bad Day Mug Cake

SERVES 1

Just one of those crappy days? Cheer yourself up with this chocolaty, minty, crunchy mug cake. Life will seem a whole lot better. This recipe is similar to the Chocolate Mug Cake, but with the refreshing and cheerful addition of mint.

1 egg white

1 ½ tablespoons raw cacao powder

1 ½ tablespoons birch xylitol

1 tablespoon raw cacao nibs

2 drops of pure mint extract

Dash of sea salt (optional)

1. Put the egg white in a mug and whisk well, then whisk in the cacao powder, birch xylitol, cacao nibs, and mint extract and salt, if using.
2. Microwave for 45 to 60 seconds on 50% power.

Note: Mixing all the ingredients into a blender bottle then pouring into a mug works well, too.

You can also bake this at 350°F for 12 to 15 minutes. Just be sure the mug you use is oven-safe.

A Margarita Accidentally Fell into My Mouth Soup

SERVES 8

This recipe will help your liver detox the day after drinking alcohol. It's the best hangover remedy I know.

4 medium zucchini, sliced

1 pound green beans, trimmed and cut in half

2 celery stalks, chopped

Leaves from 2 big bunches parsley, coarsely chopped

**Bouquet garni: 1 sprig each of thyme, rosemary, and tarragon,
tied together with kitchen twine (optional)**

4 cups spring water

Sea salt and black pepper

Combine the vegetables, herb bundle, and water in a large saucepan and bring to a boil. Cover, reduce the heat to low, and simmer for about 30 minutes. Remove the herb bundle. Season with salt and pepper to taste. Eat as is, or puree in a blender.

SUPER-SIMPLE SUPPORTED PLAN FOR MEAL MAP A: DIANA (Recipes start on page 123.)

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (MONDAY—THURSDAY)	METABOLISM MEAL REPLACEMENT SHAKE: 1 1/2 SCOOPS	ORANGE	METABOLISM MEAL REPLACEMENT SHAKE: 1 1/2 SCOOPS	BERRIES	STEAK AND QUINOA BOWL
PART 2 (FRIDAY—SUNDAY)	METABOLISM MEAL REPLACEMENT SHAKE: 1 1/2 SCOOPS	APPLE WITH ALMOND BUTTER (IN TRAVEL- FRIENDLY PACKETS)	METABOLISM MEAL REPLACEMENT SHAKE: 1 1/2 SCOOPS	NITRATE-FREE JERKY AND RAW PISTACHIOS	RAINBOW CHICKEN AND VEGGIES

SUPER-SIMPLE SUPPORTED PLAN FOR MEAL MAP B: DAVID (Recipes start on page 123.)

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (MONDAY—WEDNESDAY)	METABOLISM MEAL REPLACEMENT SHAKE: 2 SCOOPS	APPLE	METABOLISM MEAL REPLACEMENT SHAKE: 2 SCOOPS	PEAR	LEMON-BASIL PORK WITH WILD RICE
PART 2 (THURSDAY—SUNDAY)	METABOLISM MEAL RE- PLACEMENT SHAKE: 2 SCOOPS	NITRATE-FREE TURKEY DELI MEAT AND OLIVES	METABOLISM MEAL REPLACEMENT SHAKE: 2 SCOOPS	BACON CHIPS AND GUACAMOLE	SAUSAGE WITH ROASTED VEGGIES

SUPER-SIMPLE SUPPORTED PLAN FOR MEAL MAP C: SALLY (Recipes start on page 123.)

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (MONDAY—WEDNESDAY)	METABOLISM MEAL REPLACEMENT SHAKE: 2 SCOOPS	BLUEBERRIES	METABOLISM MEAL RE- PLACEMENT SHAKE: 2 SCOOPS	STRAWBERRIES	CHICKEN AND BLACK BEAN TACOS
PART 2 (THURSDAY—SUNDAY)	METABOLISM MEAL REPLACEMENT SHAKE: 2 SCOOPS	NITRATE-FREE TURKEY DELI MEAT AND SLICED AVOCADO	METABOLISM MEAL RE- PLACEMENT SHAKE: 2 SCOOPS	HUMMUS AND CELERY	GINGER-CITRUS SALMON

SUPPLEMENTARY MATERIAL

Here are all the at-a-glance and blank meal maps for the Metabolism Revolution plan, the Metabolism Revolution Food List, the Fast Metabolism 4 Life Meal Maps with exercise recommendations, and the FMD 4 Life Master Food List, for your easy reference.

Meal Map A (Metabolic Intervention Score 10 or greater)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	THURSDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	FRIDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SATURDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SUNDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A (Metabolic Intervention Score 10 or greater)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		
	THURSDAY		RECIPE: OR 1 P: 1 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 1 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map A

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	FRIDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SATURDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		
	SUNDAY		RECIPE: OR 1 P: 1 V: 1 F:	1 F: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 1 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B (Metabolic Intervention Score 7 to 9)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B (Metabolic Intervention Score 7 to 9)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 1 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 1 F:	1 F:	RECIPE: OR 1 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map B

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 1 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 1 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C (Metabolic Intervention Score 6 or less)

Week One—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C

Week One—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C (Metabolic Intervention Score 6 or less)

Week Two—Part 1

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 1	MONDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	TUESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		
	WEDNESDAY		RECIPE: OR 2 P: 2 V: 1 F: 1 G OR CC:	1 F:	RECIPE: OR 1 P: 2 V: 2 F:	2 F:	RECIPE: OR 2 P: 2 V: 1 CC:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

Meal Map C

Week Two—Part 2

		A.M. WEIGHT	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OZ. OF WATER PER DAY	EXERCISE
PART 2	THURSDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	FRIDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SATURDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		
	SUNDAY		RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:	1 P: 1 HF:	RECIPE: OR 2 P: 2 V: 1 HF:		

KEY: P = Protein V = Veggie F = Fruit CC = Complex Carb G = Grain-Based Carb HF = Healthy Fat and Oils

METABOLISM REVOLUTION EXERCISE AT A GLANCE

Meal Map A Recommended Exercise

- **Cardio:** 3 or 4 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** No weight lifting during the 14-day program.
- **Metabolic Intervention Exercises:** : Minimum of 1 time per week.

Meal Map B Recommended Exercise

- **Cardio:** 2 or 3 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** 1 time per week, focusing on 3 major muscle groups for each session.
- **Metabolic Intervention Exercises:** Minimum of 1 time per week.

Meal Map C Recommended Exercise

- **Cardio:** 2 or 3 times per week, to raise your heart rate to between 120 and 140 beats per minute for 20 to 35 minutes for each session.
- **Weights:** 2 times per week, focusing on 3 major muscle groups for each session.
- **Metabolic Intervention Exercises:** Minimum of 2 times per week.

METABOLISM REVOLUTION FOOD LIST

FREE FOODS

These can be incorporated into any meal at any time in unlimited quantities.

100% monk fruit/lo han	Lemons
100% pure stevia	Limes
Birch xylitol	Mustard, pure (no additives)
Celery	Onions
Dried or fresh herbs and spices	Pepper: Black, red pepper flakes
Egg whites	Raw cacao powder
Garlic	Sea salt
Ginger	Vinegar, pure (no additives)
Horseradish	

FRUITS: 1 CUP = 1 PORTION

These can be fresh or frozen, and served in combination.

Apples	Nectarines
Berries, all	Oranges
Cherries	Peaches
Grapefruit	Pears
Mangoes	Pineapple
Melons, all	Plums

VEGETABLES: 2 CUPS RAW = 1 PORTION

These can be fresh or frozen; served raw or cooked; and served in combination.

Asparagus	Mixed leafy greens and lettuces
Beets, all	Mushrooms, all
Broccoli/Broccolini	Onions, all
Cabbage	Peppers, all
Carrots	Radishes
Cauliflower	Squashes, all
Cucumbers	
Green beans, yellow beans, wax beans	

NON-GRAIN-BASED COMPLEX CARBS: 1/2 CUP COOKED = 1 PORTION

Beans/legumes (except peanuts, green peas, or soy)	Sweet potato/yams
Quinoa	Wild rice

GRAINS: 1/2 CUP COOKED = 1 PORTION

Brown rice	Oats
Buckwheat	Spelt
Kamut	

PROTEINS: 4 OUNCES RAW OR 2 EGGS = 1 PORTION

Organic, free-range, and antibiotic-free is preferred. Select nitrate-free, with no additives, sugars, or preservatives.

Beef	Lamb
Buffalo	Pork
Chicken	Shrimp
Eggs, whole	Turkey
Fish, wild-caught	Wild game

VEGETARIAN PROTEINS

Edamame, 3/4 cup (shelled)	Tempeh, 4 ounces raw
Legumes, 3/4 cup cooked (such as lentils, black beans, white beans, refried beans, etc.— <i>no peanuts</i>)	
Mushrooms, any type, 3 cups (raw)	

HEALTHY FAT

These can be served in combination.

Avocado, 1/4 medium	Raw coconut meat, 1/4 cup
Hummus, 1/4 cup	Mayonnaise (made with approved oils), 2 tablespoons
Nut and seed butters, from raw nuts and seeds only, 2 tablespoons	
Nuts and seeds, raw only, 1/4 cup	
Oils: avocado, coconut, grapeseed, olive, safflower, sunflower, walnut oil, 2 tablespoons	
Olives, 8 to 10	

FAST METABOLISM 4 LIFE HEALTHY NUTRITION AND EXERCISE PLAN TEMPLATE

BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER	OPTIONAL EVENING SNACK	EXERCISE
FRUIT	VEGGIE	FAT/ PROTEIN	VEGGIE	FAT/ PROTEIN	VEGGIE	CARDIO (2X/WK)
FAT/ PROTEIN	FAT/ PROTEIN	VEGGIE	FAT/ PROTEIN	VEGGIE	FAT/ PROTEIN	WEIGHT LIFTING (2X/WK)
COMPLEX CARB		FRUIT		OPTIONAL COMPLEX CARB		MIE (1X/ WK)
VEGGIE						REST DAY (2X/WK)

FMD LIFE MASTER FOOD LIST

VEGETABLES:

1 serving = minimum 2 cups raw

Artichokes	Cultured/fermented veggies, all types
Asparagus	Eggplant
Bamboo shoots	Fennel
Beans, all types (green, yellow, wax, and legumes), except soy	Fiddleheads (coiled fern leaves)
Beets, all types	Grape leaves
Broccoli, all types	Hearts of palm
Brussels sprouts	Jerusalem artichoke
Cabbage, all types	Jicama
Cactus	Kale
Carrots	Kohlrabi
Cauliflower	Leafy greens, all types (lettuces, spinach, kale, etc.)
Celery, all types	Leeks
Cucumbers, all types	Mushrooms

Okra	Spirulina
Onions, all types	Sprouts, all types
Parsnips	Squash, all types
Peppers, all types	Sweet potatoes
Radishes, all types	Taro
Rhubarb	Tomatillos
Rutabaga	Tomatoes
Sea vegetables/seaweeds, all types	Turnips, all types
Snow peas	Wheatgrass
Spinach	Yucca

FRUITS (FRESH OR FROZEN):

1 serving = 1 to 1 ½ cups or pieces

Apples, all types	Nectarines
Apricots	Oranges, all types
Berries, all types	Papayas
Cherimoya	Passion fruits
Cherries	Peaches
Dragon fruit	Pears, all types
Figs, fresh only	Persimmons
Grapefruit	Pineapple
Guavas	Plums
Jackfruit	Pluots
Kiwi	Pomegranates
Kumquats	Pomelo
Lemons	Prickly pears
Limes	Quince
Loquats	Star fruits
Lychees	Tamarind
Mangoes	Ugli fruit
Melons, all types	

COMPLEX CARBS

1 serving = 1/4 to 2/3 cup cooked, or 1 slice or piece

Amaranth	Oats (old-fashioned, steel-cut)
Barley, all types	Pasta made from all approved grains
Buckwheat	Quinoa
Einkorn	Rice, all types except white
Farro	Rye
Flours made from all approved grains	Sorghum
Freekah	Spelt
Kamut	Sprouted wheat
Milks made from all approved grains (like oat milk)	Tapioca
Millet	Teff
	Wheat berries (sprouted)

ANIMAL PROTEIN

1 serving = 4 to 5 ounces, or 2 eggs

Beef	Frog legs
Buffalo	Gelatin
Chicken	Jerky, all types (nitrate-free)
Collagen	Lamb
Cornish game hen	Mollusks, all types
Crustaceans, all types	Organ meats, all types
Cured lean meats, all types (nitrate-free)	Pork, all types
Deli meats, all types (nitrate-free)	Rabbit
Eggs	Turkey, all types
Escargot	Wild game, all types
Fish, all types (wild-caught, raw, smoked, canned)	

VEGETABLE PROTEIN

1 serving = 1/4 to 1/2 cup cooked, protein powder according to package directions

Beans/legumes, all types except green peas, peanuts, and soy (although vegans who are at their ideal weight and not currently experiencing hormonal issues may choose to eat fermented soy only, on occasion—see more about soy on page 235)	Lentils, all types Vegetable protein powders (such as from pea, brown rice, etc.— <i>not</i> soy)
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HEALTHY FATS

Avocado, ¼ to ½	Olives, all types, 8 to 10
Cacao butter, 1 to 2 tablespoons	Raw nuts and seeds, all types (including nut flours, raw nut butters, milks, cheeses, and yogurts), ¼ to ½ cup nuts or seeds;
Coconut, fresh or dried (unsweetened), ¼ to ½ cup	1 to 2 tablespoons nut butters
Hummus, ¼ to ½ cup	
Mayonnaise (avocado, olive, safflower, sunflower), 1 to 2 tablespoons	
Oils (avocado, coconut, grapeseed, olive, sesame, sunflower, safflower), 1 to 2 tablespoons	

HERBS, SPICES, CONDIMENTS, AND MISCELLANEOUS FOODS

Serving size is unlimited

Agar	Pepper
Arrowroot powder	Pickles (no sugar added)
Baking powder	Raw cacao powder and nibs
Baking soda	Salsa
Bragg Liquid Aminos	Sea salt
Brewer's yeast	Spices, all types
Broth and stock, all types (homemade or no sugar)	Sweeteners, natural (birch-based xylitol, coconut sugar, pure maple syrup, molasses, 100% pure monk fruit/lo han, palm sugar, raw honey, 100% pure stevia)
Carob (unsweetened)	Tamari
Chile paste	Vinegars, all types
Coconut aminos	Water chestnuts
Coconut water	Xanthan gum (non-corn based)
Coffee substitutes (Dandy Blend, Pero)	Zest/peels (citrus)
Cream of tartar	
Herbs, all types	
Extracts, natural, all types (alcohol-free)	
Flavorings and infusions, natural, all types (alcohol-free)	
Guar gum	
Herbal teas (caffeine-free)	
Hot sauce, all types (no sugar added)	
Ketchup (no corn syrup or sugar added)	
Liquid smoke	
Maca powder	
Mustard, all types	
Nutritional yeast	