

28-Day Metabolic Jumpstart Phase 1 – All Weight Categories

Choose only one food item where more than one choice is given.

BREAKFAST

Protein

- (1) Omega-3 eggs + turkey bacon
- (2) protein powder
- (3) hemp seeds

Vegetable

- (1) spinach
- (2) asparagus
- (3) tomatoes

Fat

- (1) egg yolk already included w/egg
- (2) avocado slices
- (3) chia seeds

Drink: Green tea with ½ lemon (squeezed). Sweeten with Stevia (optional).

Fish Oil: Take 1 Tbs. quality fish oil.

Multi-Vitamin & Supplements: Take per directions and as recommended.

LUNCH

Protein

- (1) chicken
- (2) turkey
- (3) tuna in water

Vegetable

- (choose 1)** spinach, watercress, Romaine, or butter lettuce
- (choose 3)** broccoli, carrots, tomatoes, cucumbers, bell peppers, onions, or radishes

Fat

olive oil or flaxseed oil – mix with with apple cider, balsamic, or red wine vinegar & choice of spices

Note: Make a salad with greens, vegetables, and oil and vinegar dressing. Use your favorite spices.

Drink: Green tea with ½ lemon (squeezed). Sweeten with Stevia (optional).

Multi-Vitamin & Supplements: Take per directions and as recommended.

SNACK

Protein

- (1) pea protein shake
- (2) hemp protein shake
- (3) rice protein shake

Fruit

- (1) small apple
- (2) small pear
- (3) small banana

Fat

- (1) walnuts
- (2) pecans
- (3) almonds

Drink: Green tea with ½ lemon (squeezed). Sweeten with Stevia (optional).

Supplements: Take per directions and as recommended.

DINNER

Protein

- (1) chicken
- (2) turkey
- (3) fish
- (4) shellfish

Vegetable

- (choose 1 cooked item)** kale, collards collards, or turnip greens
- (make small side salad by choosing 3)** Romaine or butter lettuce, spinach, broccoli, carrots, tomatoes, cucumbers, peppers, onions

Fat

- (1) olive oil or flaxseed oil + vinegar + spices
- (2) avocado slices
- (3) olives

Drink: Water or herbal tea.

Multi-Vitamin & Supplements: Take per directions and as recommended.

SNACK

Protein

- (1) pea protein shake
- (2) hemp protein shake
- (3) rice protein shake

Fruit

- (1) blueberries
- (2) raspberries
- (3) strawberries

Fat

- (1) chia seeds
- (2) walnuts
- (3) almond butter

Drink: Water or herbal tea.

Multi-Vitamin & Supplements: Take per directions and as recommended.

28-Day Metabolic Jumpstart Food Exchange List – All Phases

PROTEINS

If you don't like any protein choices on your menu plan, you may exchange it with a food on one of the following lists. Tier 1 includes your best choices for proteins. Tier 2 is your second best. Be sure that your serving size is equivalent to the serving size on your menu plan. One ounce equates to about 7 grams of protein for meats, poultry, fish, and seafood. Be sure to check your food label for serving sizes for proteins included on the plant and protein powder columns.

Note on Protein Powders: Limit to two meals or snacks per day.

Poultry	Fish	Seafood	Plant	Protein Powder
Organic	Wild-Caught	Salt-Water	Organic	Organic
Egg Whites Chicken Turkey	Anchovies Halibut Herring Lobster Mackerel Sablefish Salmon Sardines Swordfish Trout Tuna Whitefish	Caviar Clams Lobster Mollusks Mussels Oysters Roe Scallops Shrimp Squid	Chlorella Hemp Hearts Hemp Seeds Spirulina	Brown Rice Protein Hemp Protein Pea Protein

28-Day Metabolic Jumpstart Food Exchange List – All Phases

VEGETABLES

Exchange vegetables from your menu plan for your favorites on this list.

Note on Greens: Be sure to get at least two servings of greens in your diet each day as this will help heal your metabolism and also help you lose body fat.

Note on Organic Foods: Due to heavy pesticides used on certain vegetable crops, we prefer that you opt for organic with the **bolded green** items.

Greens		Cruciferous		Other	
Collards	1/2 cup	Broccoli, cooked	1/2 cup	Artichoke	1
Grape Leaves	1/4 cup	Broccoli, raw	1-1/2 cup	Asparagus	8
Kale	3/4 cup	Broccoli Raab	1/2 cup	Beet	1/2 cup
Lettuce	1-1/2 cup	Brussels Sprouts	1/2 cup	Bell Pepper, cook	1/2 cup
Mustard	1-1/2 cup	Cabbage, cooked	1 cup	Bell Pepper, raw	1 cup
Romaine	1-1/2 cup	Cabbage, raw	1-1/2 cup	Carrot, cooked	1/2 cup
Spinach	3/4 cup	Cauliflower	1 cup	Carrot (baby), raw	6 large
Spinach, frozen	3/4 cup			Celery	2
Turnip	1 cup			Chili Pepper	1-1/2
				Cucumber	1-1/2 c.
				Eggplant	3/4 cup
				Green Beans	3/4 cup
				Jalapeno Pepper	8
				Leek	1 cup
				Mushroom	3/4 cup
				Mushroom, raw	1-1/2 c.
				Okra	3/4 cup
				Onion, cooked	1/4 cup
				Onion, raw	1/2 cup
				Pumpkin	2/3 cup
				Radish	1-1/2 c.
				Rhubarb	1-1/4 c.
				Salsa (low sodium)	1/2 cup
				Scallion	4 large
				Squash/Zucchini	1 cup
				Squash, Winter	1/3 cup
				Sugar Snap Peas	2 oz.
				Tomato	1 cup
				Tomatoes, Cherry	6
				Tomatoes, Grape	8
				Tomato, Juice	1/2 cup
				Tomato, Sauce	1/2 cup
				Tomato, Stewed	1/2 cup
				V8 Juice (low sod.)	1/2 cup

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FRUITS

If you find a favorite fruit you can't live without, you may replace the one on your menu plan with it only if it's on the list.

Note on Berries: Due to the nature of berries, you'll receive mega benefits for weight loss by including one to two servings in your daily menu plan.

Note on Organic Foods: Due to heavy pesticides used on certain vegetable crops, we prefer that you opt for organic with the **bolded green** items.

Berries		Citrus		Other	
Blackberries	1/2 cup	Grapefruit	1/2	Apple, small	1/2
Blueberries	1/3 cup	Lemon	1	Applesauce, Nat.	1/3 cup
Cranberries	2/3 cup	Lime	1/2	Apricot	2
Elderberries	1/3 cup	Mandarin	1/2	Banana, 6-inch	1/2
Raspberries	1/2 cup	Nectarine	1/2	Cantaloupe	1/2
Strawberries	3/4 cup	Orange, small	1/2	Cherry	7
Strawberries	5 large	Tangerine	1/2	Fig	1
				Grapes	10
				Honeydew	1/2 cup
				Kiwi	1/2
				Mango	1/4 cup
				Papaya	1/2 cup
				Peach, small	1/2
				Pear	1/3 cup
				Pear, Asian	1/2 cup
				Pineapple	1/2 cup
				Plum	1
				*Prune	1

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STARCHES

Starchy Carbs are for Phase 3 only! All exchange items are gluten-free, and all items are in cooked serving sizes.

Note on How Many Starches to Eat: While the starchy carbs on our list below are healthy options, eating too many can cause you to fail on a diet. Therefore, we want you to limit them. Eat them only twice per week after a strenuous workout for weight loss.

Grains	Beans	Peas	Lentils
<u>½ cup</u>	<u>½ cup</u>	<u>½ cup</u>	<u>½ cup</u>
Amaranth Buckwheat Millet Oat Bran Oats (Old Fashioned) Oats, Steel Cut Quinoa Rice, Black Rice, Brown Rice, Sprouted Rice, Wehani Rice, Wild Teff	Black Great Northern Kidney Lima Navy Orca Pinto Small Red	Chickpeas Garbanzos Garden Sweet Green Varieties	Begula Black Brown Green Macachiadros Red

FATS

You may exchange any fat servings on your menu plan with food items on the following list.

Butter	Oils	Nuts & Seed	Other
<u>1 tsp.</u>	<u>1 tsp.</u>	<u>1 Tbs.</u>	<u>see below</u>
Almond Cashew Sesame Tahini	Avocado, pure Coconut, virgin Olive, virgin Fish, pure Flax, organic Hemp	Almonds Beechnuts Black Walnuts Brazil Nuts Cashews Chia Seeds Flaxseeds Hazelnuts Hickory Nuts Macadamias Pecans Pine Nuts Pistachios Pumpkin Seeds Radish Seeds Sesame Seeds Sunflower Seeds Walnuts	Avocado – ¼ cup Coconut (unsweet) – ¼ cup Egg Yolk – 1 Mayo (olive oil) – 1 Tbs. Olives – 1 oz.

