

28-Day Metabolic Jumpstart Phase 3 – Less Than 20 Pounds

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

BREAKFAST

Protein

- (1) 1 Omega-3 egg + 3 egg whites & 2 turkey bacon
- (2) 20 g. protein powder
- (3) 20 g. hemp seeds

Vegetable

- (1) lg. handful spinach
- (2) 8 spears asparagus
- (3) 1-1/2 c. broccoli

Fat

- (1) 1 egg yolks already included w/eggs
- (2) 1/4 cup avocado slices
- (3) 1 Tbs. chia seeds

Drink: Green tea with 1/2 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) 3 oz. chicken breast
- (2) 3 oz. turkey breast
- (3) 3 oz. salmon

Vegetable

- (choose 1)** 1-1/2 cup spinach, watercress, Romaine, or butter lettuce
- (choose 3)** broccoli, carrots, tomatoes, cucumbers, bell peppers, onions, or radishes

Fat

2 tsp. of either 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 1/2 lemon (squeezed). Sweeten with Stevia (optional).

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

AFTER WORKOUT

Protein

- (1) 14 g. pea or rice protein shake
- (2) 14 g. hemp protein shake
- (3) 2 oz. tuna (in water)

Vegetable

- (1) 1/2 of a 6-inch banana
- (2) 1/2 small apple
- (3) 1 fig or plum

Starch

- (1) 3/4 cup cooked amaranth
- (2) 3/4 cup cooked quinoa
- (3) 3/4 cup brown rice

IMPORTANT: Eat this meal after a strenuous workout twice per week.

Drink: Green tea with 1/2 lemon (squeezed). Sweeten with Stevia (optional).

Supplements: Take per directions and as recommended.

DINNER

Protein

- (1) 3 oz. chicken or turkey breast
- (2) 3 oz. mackerel, salmon, or halibut
- (3) 3 oz. shrimp
- (4) 3 oz. crab or clams

Vegetable

- (choose 1 cooked item)** 1/2 cup 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

2 tsp. of either olive oil or flaxseed oil – mix with apple cider, balsamic, or wine vinegar & choice of spices

Drink: Water or herbal tea.

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

SNACK

Protein

- (1) 14 g. pea or rice protein shake
- (2) 14 g. hemp protein shake
- (3) 2 oz. tuna (in water)

Fruit

- (1) 1/3 cup blueberries
- (2) 1/2 cup raspberries
- (3) 3/4 cup strawberries

Fat

- (1) 1 Tbs. chia seeds
- (2) 1 Tbs. walnuts
- (3) 1 tsp. almond butter

Drink: Water or herbal tea.

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