

21 Day Metabolic Optimizer Meal Plan (Pick 1 from each meal)

Breakfast Options						
1	2	3	4	5	6	7
Panera Bread Power Breakfast Egg Bowl with Steak	½ cup cottage cheese w/ ½ cup strawberries, sprinkled with flax meal	1 cup of Kashi Go Lean Cereal, ¼ cup thawed frozen raspberries, 1/8 cup of raw walnuts, 1 tbsp of chia seeds	1 cup Fage unflavored yogurt w/ ½ cup berries sprinkled w/ cinnamon	2 egg whites, 1 egg omelet w/ tomatoes and broccoli	Myoplex Lite or Muscle Milk Lite Ready to Drink Shake Any flavor	½ cup steel cut oatmeal made with milk or water w/ ¼ cup almonds and ½ cup berries, 1 tbsp of chia seeds

Tweak portion sizes in your online food journal to meet your daily caloric and nutrient targets.

Snack Options (Mid-morning and/or late afternoon)						
1	2	3	4	5	6	7
Ostrim Ostrich Jerkey Plain Flavor	1 medium apple w/ 2 TBSP All Natural peanut butter – PB2	½ cup almonds w/ 1 cup berries	2 oz grilled chicken w/ 1 cup cut green vegetables	1 serving Danon Light-n-Fit Greek Yogurt (any flavor)	NuGo Slim or Quest Protein Bars	Tuna lettuce wrap. ½ can of tuna with 1 tbsp. of mayo and mixed veg

Lunch/Dinner Options

1	2	3	4	5	6	7
Panera Bread Power Mediterranean Chicken	3-4 oz grilled chicken w/ a spinach salad, oil and vinegar, add vegetables and fruit to salad	3-4 oz grilled or baked salmon w/ sautéed tomatoes and spinach	3-5 oz lean beef or turkey meatballs w/ spaghetti squash and broiled brussel sprouts	4-5 oz baked tilapia w/ tomatoes, mushrooms, and lemon juice w/ sautéed zucchini in olive oil	3-4 oz sautéed lean ground turkey in olive oil w/ 1 cup butternut squash and 1 cup broccoli	Subway Roast Beef Salad

Beverages: 8 – 8 oz glasses of water per day (minimum). Unsweetened Green Tea and 1-2 (8 oz) cups of black coffee with unsweetened soy milk allowed. Nothing else!!

Lean Proteins	Vegetables	Fruits
Chicken breast, Lean ground beef, Lean ground turkey, Salmon, Tilapia, London Broil, Turkey breast Vegetarian Options: Tempeh, Edamame, Tofu, Seitan, Veggie Burgers, Texturized Veggie Protein	Spinach, Broccoli, Green peppers, Brussel sprouts, Green cabbage, Tomatoes, Mushrooms, Zucchini, Spaghetti Squash	Strawberries, Blueberries, Blackberries, Raspberries, Grapefruit, Oranges, Granny Smith Apples

Feel free to substitute various vegetables with other vegetables, fruits, and lean proteins, with other options listed within this plan. And throw convention to the side you can have breakfast for dinner and vice versa.