

The Metabolic Reset Program

Daily Food Plan:

Animal Protein: Limit to 2 servings for women, 3 servings for men

Vegetarian Protein: At least 1/2 cup, but enjoy unlimited servings

Vegetables: AT LEAST 1 pound daily, ideally 1 1/2 to 2 lbs.

Fruit: Unlimited (avoid canned fruits)

Fats: 1 serving

Raw nuts: Unlimited

NO dairy products, NO grains, No junk food, NO added sugar and NO artificial sweeteners

Select only foods within these categories to meet your daily food plan requirements:

Animal & Seafood Protein

Serving Size 3-4 ounces

Best

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Anchovy	Halibut	Scallops
Bass	Herring	Shrimp
Buffalo (bison)	Lamb	Snapper
Catfish	Liver	Trout
Chicken	Lobster	Tuna
Chicken Sausage	Mackerel	Turkey
Clams	Mahi-Mahi	Turkey Sausage
Cod	Mussels	Venison
Cornish Hen	Orange Roughy	Whitefish
Crab	Perch	
Duck	Pheasant	
Eggs (2 eggs)	Pork	
Flounder	Quail	
Goose	Salmon	
Grouper	Sardines	

Vegetarian Protein - Beans, Lentils & Peas

Serving Size 1/2 cup cooked

black beans	navy beans
chick peas/ Garbanzo's	pinto beans
great northern beans	roman beans
kidney beans	soybeans*
lentils	split peas
lima beans	white beans

Unlimited

*Limit soybeans to one serving daily

At least 1/2 cup/day

Vegetables

Enjoy fresh or frozen vegetables.
If canned pick options without any added ingredients

At least 1 lb

Artichokes	Cucumber	Peas
Arugula	Daikon	Peppers, green
Asparagus	Eggplant	Peppers, red
Bamboo shoots	Endive	Peppers, yellow
Beans, Green	Fennel	Radicchio
Bok Choy	Kale	Scallions
Broccoli	Lettuce, Bibb	Shallots
Broccoflower	Lettuce, Red Leaf	Spinach
Brussels Sprouts	Lettuce, Romaine	Swiss Chard
Cabbage	Lettuce, Boston	Tomato
Carrots	Mushrooms	Turnips
Cauliflower	Okra	Water chestnuts
Celery	Onion	Zucchini
Collard Greens		

Fruits

Apples	Grapes	Plantains
Apricots	Guava	Plums
Bananas	Honeydew	Pomegranates
Blackberries	Kiwi	Prunes
Blueberries	Kiumquats	Raspberries
Boysenberries	Lemons	Rhubarb
Cantaloupe	Limes	Starfruit
Cherries	Mangos	Strawberries
Clementines	Nectarines	Tangerines
Coconut	Oranges	Watermelon
Cranberries	Papayas	
Currants	Persimmons	
Figs	Peaches	
Gooseberries	Pears	
Grapefruit	Pineapple	

Unlimited

Nuts & Seeds

Choose all natural nut butters & nuts/seeds which do not contain added oils. Look for "raw" or "natural" options

Almonds	Chestnuts	Pine nuts
Almond Butter	Macadamia nuts	Pumpkin seeds
Almond Milk	Peanuts	Sunflower seeds
(un-sweetened)	Peanut butter	Walnuts
Cashews	Pecans	

Unlimited ← Raw/Natural
Dry Roasted

Fats Serving size = 1 tablespoon
Oils should be *cold pressed*

- Amish Butter
- Coconut Oil, Unrefined
- Extra Virgin Olive Oil
- Palm Oil

1 tbsp