



~ 7 Day Metabolism boosting meal plan ~

DAY 1

7am: *(or when rising)* – Warm water with ½ squeezed fresh lemon for a natural astringent effect

8am: Oatmeal egg white pancake

10am: 8 baby carrots + 2 tsp. of hummus

12pm: Mixed Greens Salad topped with Marinated Tofu

- 2 cups of mixed greens
- Artichoke hearts
- Cherry tomatoes
- 1 ounce of soft goat's cheese
- 4-5oz of tofu (marinate in soy sauce and lightly pan fry over medium heat, allow to cool and add to your salad)
- Sweet onions, thinly sliced
- Handful of fresh chopped basil
- Drizzle with 1 tbsp of balsamic vinegar + 1 tbsp of olive oil

3pm: ½ banana sliced over ½ cup of Greek yogurt

6:30pm: "Pasta" with Meat sauce

- 3-5 oz ground turkey (sautéed with some olive oil)
- Sugar free tomato sauce (read labels)
- 2-3 mushrooms, sliced
- Zucchini noodles (slice thinly, julienne style)
- 2 tsp of olive oil
- Sauté ground meat in 1 tsp of olive oil until cooked. Add tomato sauce and mushrooms and simmer for 10 minutes.
- While that is simmering, sauté zucchini noodles in 1 tsp of olive until softened.
- Place zucchini noodles on a plate and top with meat sauce.

Metabolic Plan

JL Elias



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