

Break Free Metabolism Reset Plan

	Carbohydrates	Meat Protein	Fats	Milk Protein	Fruits	Vegetables	
<p style="text-align: center;">CARBOHYDRATES</p> <ul style="list-style-type: none"> Cooked rice Cooked pasta Cooked cereal Dry cereal (unsweetened) Sweetened cereal Crackers 1 sl. Bread 1 Small muffin English muffin 1 small tortilla Pita bread Couscous Corn Peas Mashed potato Med baked or sweet potato Granola Pancake/1sl French toast/1 Waffle Wheat germ Graham crackers Croutons 				<p style="text-align: center;">MEAT PROTEIN</p> <ul style="list-style-type: none"> Cooked beef, poultry, fish Egg Cooked beans (black, kidney, chickpeas, lentils, refried beans) Tofu Cooked Tempeh Seeds/nuts (almonds, walnuts, sunflower, etc) Soy or Bean burger Lentil or Bean soup equivalent 			
<p style="text-align: center;">FATS</p> <ul style="list-style-type: none"> Oil (canola, olive, soybean, safflower) Soft margarine or butter Mayonnaise Cream cheese Salad dressing (regular) Sour cream Bacon Olives Nuts/seeds (almonds, sunflower, peanuts, walnuts) Avocado Nut butter 				<p style="text-align: center;">MILK PROTEIN</p> <ul style="list-style-type: none"> Milk Yogurt Hard cheese (cheddar, mozzarella, parmesan, cheddar) Shredded cheese Sliced processed cheese (American) Ricotta cheese Cottage cheese 			
<p style="text-align: center;">FRUIT</p> <ul style="list-style-type: none"> Fresh piece fruit Applesauce Canned fruit Dried fruit (raisins, prunes, apricots) 				<p style="text-align: center;">VEGETABLES</p> <ul style="list-style-type: none"> Cooked vegetables Raw vegetables Lettuce Garden salad Vegetable Juice 			

Meal Structure

Example of Timed Meals

Breakfast (within one hour of waking) 8am

Carbohydrates

Fat

Protein (Use Milk or Meat Protein)

Snack: (within 3 hours of breakfast) 10:30am

Fruit

Protein

Lunch: (within 2 hours of snack) 12:30pm

Carbohydrates

Protein (Use Milk or Meat Protein)

Fats

Vegetable

Snack: within 3 hours of lunch: 3:30pm

Fruit

Fat

Dinner: within 3 hours of snack: 6:30pm

Carbohydrates

Protein (Use Milk or Meat Protein)

Fats

Vegetable

Goals:

- 1. Eating is not a time to multi task. Be present. Enjoy your food**
- 2. Give your body next two weeks to be fed on a regular basis. It needs to learn to trust you too.**
- 3. Eliminate physical hunger getting too strong to make it easier to identify and work on emotional hunger**
- 4. Portion sizes don't matter. We are not counting calories. This is about balanced meals with all three macronutrients to hold you the longest between meals.**
- 5. You may already be doing this, if so we can start talking about the foods that keep you satisfied longest and hunger cues.**
- 6. This plan is extra important if you eat light meals then feel starving at dinner or graze all day.**