**Metabolic Rehab Program**

**Sample Meal Plan**

The following is an example meal plan for a 150-lb woman in the first 2 weeks of the program (10 x BW = daily calories), so this person is consuming about 1500 calories, in a 20-40-40 ratio of carb-fat-protein:

300 calories from carb (~75g)
600 calories from protein (~150g)
600 calories from fat (~67g)

Your meal plan may look different; this is simply an example. You can use it or not.

**Meal #1:** 2 options (choose 1):
- 4 egg whites + 1 whole egg, 2 slices turkey bacon, 1 cup blueberries
- Protein shake: 1 scoop rice/pea blend protein powder, 8 oz unsweetened almond milk, 2 TB natural peanut butter, ice to desired thickness, blend

**Meal #2:** 2 options (choose 1):
- Large mixed greens salad (3-4 cups dry), 1 grilled chicken breast on top, 1 TB balsamic vinegar, 1 TB olive oil, 1 medium apple
- 1 can water-packed tuna, 10-12 asparagus spears, ½ cup brown rice (cooked)

**Meal #3:** 2 options (choose 1):
- ½ cup raw almonds, 4 hard-boiled egg whites
- 1 Ultra Low-Carb PB Chocolate bar (Metabolic Effect bar)

**Meal #4:** 2 options (choose 1):
- 6 oz salmon filet, 2 cups broccoli, ½ sweet potato w/ cinnamon
- 1 cup grass-fed beef (cooked), sautéed with onions & peppers, ½ avocado, 2 TB salsa