

- Protein supports metabolism and muscle preservation
- Fat stabilizes cortisol and blood sugar
- Warm cooked vegetables support digestion and bile flow
- Omega-3 fats support inflammation balance
- Protein improves satiety and metabolic rate
- Warm broth supports digestion/adrenals
- Protein before evening helps blood sugar overnight
- Mineral-rich vegetables support hydration and electrolytes

Daily Metabolic Framework

Target: ~800–1,000 calories depending on height, and weight

Protein: 90–110g

Healthy fats: Moderate

Carbs: Low-to-moderate from vegetables + small fruit portions

Meal Structure

Each meal includes:

- Animal protein
- Healthy fat
- 2 vegetables
- Herbs/spices
- Optional small fruit serving
- 3-Meals+2 snacks - Metabolic Fat + Protein Plan

Breakfast (250-300 calories)

Snack (100-150 calories)

Lunch (~350 calories)

Dinner (250-300 calories)

Best Metabolic Foods to Rotate:

Proteins

- Chicken breast
- Turkey
- Eggs
- Salmon
- Sardines

- Lean beef
- Tuna
- Cottage cheese
- Healthy Fats
- Olive oil
- Avocado
- Grass-fed butter
- Tallow
- Coconut oil (small amounts)

Low-Calorie Vegetables

- Zucchini
- Spinach
- Broccoli
- Asparagus
- Kale
- Cauliflower
- Celery
- Cabbage

Supportive Spices

- Ginger
- Turmeric
- Cinnamon
- Rosemary
- Thyme
- Parsley

These can support digestion, circulation, blood sugar balance, and satiety.

Important Metabolic Notes

- Prioritize protein at every meal
- Avoid skipping hydration/electrolytes
- Walk or move after meals (vibrational plate is a great option)
- Sleep adequately
- Avoid long periods of fasting while calories are this low
- Simple Daily Rhythm

Morning

Protein breakfast within 60 minutes of waking

Warm water or mineral-rich electrolytes

Snack-

150cals or less (fat, or protein)

Midday

Largest meal at lunch

Snack

150cals or less (fruit, veggie, protein, or fat)

Evening

Light protein-based dinner

Gentle walk

No heavy snacking (for for low calorie, low sugar snacks and desserts, click here)

7-Day Metabolic Fat-Loss Meal Plan

Goal: Support fat loss, stable blood sugar, satiety, and metabolism while staying around 800–1,000 calories daily.

Day 1

Breakfast - Turkey spinach scramble

-1 whole egg

-Zucchini sautéed in olive oil

(Adding spices and herbs listed are highly recommended)

Snack-

-1 cup of cottage cheese with seasoning

Lunch- Grilled salmon

-Asparagus + broccoli

-Lemon and dill

Snack-

1 Rice cake with peanut butter

Dinner- Chicken vegetable soup (I suggest making enough to store)

Kale, celery, cauliflower

Bone broth base

Treat- Choose one from the list provided below

Day 2

Breakfast- Egg white + whole egg scramble

-1 ½ cups egg whites

-Mushrooms + spinach

-Small avocado slice

-Spices

Snack- Celery and peanut butter

-3 celery sticks

-2tbsp peanut butter

Lunch- Tuna lettuce wraps, or salad

-2 cups of tuna fish

-Cucumber + celery

-3 cherry tomatoes

-Olive oil drizzle

-Lemon squeeze

-Spices

Dinner- Lean beef, or turkey bowl

-1 ½ cup ground beef/turkey

-½ avocado

-2Tbsp Pico de gaio

-1Tbsp greek yogurt

Treat- Choose one from the list provided below

Day 3

Breakfast- Egg and avocado salad

-2 eggs

-¼ of an avocado

-2Tbsp pico de gaio

-1Tbsp GReek yogurt

-Herbal tea

Snack- Handful of Almonds

- 20-30 almonds

Lunch- Sardines or tuna over arugula

-Cucumber + lemon

-3 cherry tomatoes

-Olive oil

Dinner- Chicken cabbage soup

-4oz chicken

-1 cup cabbage

-2 cups broth

-Garlic + rosemary

Treat- Choose one from the list provided below

Day 4

Breakfast- Protein smoothie

- Unsweetened almond milk
- Protein powder
- Cinnamon
- Chia seeds

Snack- Avocado and cottage cheese

- 1/2 avocado
- 3Tbsp cottage cheese
- Herbs+spices

Lunch- Salmon salad bowl

- 1.5 cups of salmon
- Mixed greens
- Radish + asparagus

Snack- Banana and peanut butter

- 1 banana
- 2Tbsp peanut butter
- Dash of cinnamon

Dinner- Turkey zucchini skillet

- 1.5 cups of ground turkey
- 1 cup of cut up zucchini
- Herbs + olive oil

Treat- Choose one from the list provided below

Day 5

Breakfast- Soft boiled eggs

- 2 hard boiled eggs
- 1 cup of Spinach sauté
- 1/2 cup of Small berries

Snack- Cucumber and Tzatziki

-1/2 cucumber

-2Tbsp of Tzatziki sauce (or greek yogurt and lemon juice)

Lunch- **Chicken lettuce wraps**

-1/3 cup Avocado

-1/4 cup Cucumber

Dinner- **White fish and veggies**

-4-6oz white fish

-1/2 cup Roasted broccoli

-1/2 cup Cauliflower mash

Treat- **Choose one from the list provided below**

Day 6

Breakfast- **Turkey breakfast bowl**

-1.5 cups of ground turkey

-1/4 cup Kale + mushrooms

Snack- **Apple and peanut butter**

-1/2 apple

-2Tbsp peanut butter

Lunch- **Lean beef or turkey salad**

-1 1/2 cup of ground beef or turkey

-1Tbsp Olive oil/vinaigrette

-1/2 cup Steamed asparagus

Snack- **Grapes**

-2 cups of grapes

Dinner- **Bone broth soup**

-4oz chicken

-1 cup vegetables

-2 cups of broth

Treat- **Choose one from the list provided below**

Day 7

Breakfast- Egg and veggie scramble

- 2 eggs
- 1/2 cup Spinach + herbs

Snack- Blueberries

- 1 cup blueberries

Lunch- Salmon bowl

- 4oz salmon
- 2 cups Roasted vegetables

Snack- Almonds

- 20-30 almonds

Dinner- Turkey soup

- 3/4 cups turkey
 - 1 1/2 cup Cabbage + celery + garlic
- Higher-Fat Ketogenic Version

Treat- Choose one from the list provided below

For deeper ketosis and appetite regulation:

Increase

- Avocado
- Olive oil
- Grass-fed butter
- Coconut oil
- Salmon
- Sardines
- Egg yolks
- Reduce
- Fruit
- Higher-carb vegetables
- Protein portions slightly (too much protein can reduce ketosis)

Breakfast

- Eggs cooked in butter
- Avocado
- Spinach

Lunch

Salmon salad with olive oil

Dinner

Ground beef bowl with cauliflower mash

Women's Hormone-Supportive Metabolic Plan

Very low-calorie dieting can stress hormones in women, so this version supports:

- Thyroid
- Adrenals
- Progesterone balance
- Blood sugar stability
- Important Additions
- Minerals
- Sea salt
- Magnesium-rich greens
- Potassium foods
- Bone broth
- Healthy Fats
- Hormones require fat production support:
- Olive oil
- Egg yolks
- Wild salmon
- Avocado
- Nervous System Support
- Eat consistently
- Avoid excessive fasting
- Morning sunlight
- Gentle movement
- Prioritize sleep

Best Hormone-Supportive Foods

- Wild Salmon
- Avocado
- Eggs
- Bone Broth
- Leafy greens
- Pumpkin seeds

Fat-Loss Grocery List

Proteins

- Chicken breast

- Lean turkey
- Eggs
- Wild salmon
- Tuna
- Sardines
- Lean beef
- White fish

Healthy Fats

- Olive oil
- Avocados
- Grass-fed butter
- Coconut oil
- Chia seeds
- Rice Cakes

Vegetables

- Spinach
- Kale
- Broccoli
- Asparagus
- Zucchini
- Cauliflower
- Cabbage
- Celery
- Green beans
- Cucumbers

Herbs & Spices

- Turmeric
- Ginger
- Cinnamon
- Garlic
- Rosemary
- Parsley
- Thyme

Drinks

- Herbal tea
- Electrolytes (I recommend <https://amzn.to/42ow8Dg>)
- Mineral water (Trace minerals with magnesium I recommend to add to your water <https://amzn.to/3Fgl02Z>)
- Green tea

Minerals recommended: <https://theonglobal.com/products/alpha-bios?ref=CorpOrphan>

Healthy, low calorie treat recipes

<https://www.cellularhealthandbeauty.com/about-1-16>

Metabolic Support Tips

To preserve metabolism while losing fat:

- Prioritize protein first
- Walk after meals, or use a vibrational plate
- Resistance train 2–3x weekly
- Avoid chronic stress
- Keep nervous system regulated
- Sleep before 11 PM
- Stay hydrated with minerals