



METABOLIC RESET PROGRAM

A Smarter Way to Lose Weight
and Keep It Off

WEEK 2 BEGINNER GUIDE



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METABOLIC RESET PROGRAM

WEEK 1 SHOPPING LIST



PROTEIN

- Eggs, Chicken
- Dry fish, Fresh fish
- Goat meat, Beef
- Unsweetened Greek yogurt
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VEGETABLES

- Cabbage, Cucumber
- Lettuce, tomatoes
- Carrots, green beans, bell
- peppers
- Ugu, spinach or similar)
- Okra

FRUITS

- Banana
- Watermelon
- Avocado
-
-

SPICES

- Pepper, Onions
- Garlic, Ginger
- Cooking oil (olive oil or
- similar)
- Seasoning/spices for
- soups and stir fry

RECOMMENDED SWALLOWS

- Oatmeal swallow
- Yellow garri
- Plantain swallow
- Yam swallow
- Amala

RECOMMENDED OILS

- Palm oil
- Coconut oil
- Avocado oil
- Olive oil
- Butter

METABOLIC RESET PROGRAM

WEEK 2 MEAL PLAN



Monday

BREAKFAST (10AM-12PM)

**2 cooked eggs
and cucumber**

LUNCH (2-4PM)

Chicken salad

DINNER (6-8PM)

**Soup of choice
WITHOUT swallow**

Tuesday

BREAKFAST

**Vegetable omelette
and unsweetened
cocoa.**

LUNCH

Fruit salad and nuts

DINNER

**Cabbage stir fry
and protein**

Wednesday

BREAKFAST

½ avocado

LUNCH

**2 medium sized yam,
vegetable sauce and
protein**

DINNER

**Sauteed fish
and vegetables.**

Thursday

BREAKFAST

**1 cucumber and 20
nuts**

LUNCH

**1 cup Beans
porridge, fish and
a serving of
watermelon**

DINNER

**Grilled chicken
and cucumber**

Friday

BREAKFAST

**Garden eggs and
20 nuts**

LUNCH

**Soup of choice
with COMPLIANT
swallow**

DINNER

**Fresh fish
pepper soup**

Saturday

BREAKFAST

**Avocado-egg
toast**

LUNCH

**Healthy meal of
choice**

DINNER

**½ cup
Unsweetened
Greek yogurt and
nuts**

Sunday

BREAKFAST

**Detox/ green tea/
black tea/ ACV/
Black coffee**

LUNCH

**Brown rice,
vegetable sauce
and protein**

DINNER

**Grilled fish and
cucumber**



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 1)



BREAKFAST OPTIONS

- | | |
|------------------|----------------------------|
| Main menu | 2 cooked eggs and cucumber |
| Option 1 | Fasting liquids |
| Option 2 | Fasting liquids |

LUNCH OPTIONS

- | | |
|------------------|-----------------------------------|
| Main menu | Chicken salad |
| Option 1 | Mixed vegetable sauce and protein |
| Option 2 | Avocado-egg salad |

DINNER OPTIONS

- | | |
|------------------|--------------------------------|
| Main menu | Soup of choice WITHOUT swallow |
| Option 1 | Fresh fish/chicken pepper soup |
| Option 2 | Grilled fish and coleslaw |

EATING OUT OPTION

- | | |
|------------------|--------------------------------|
| BREAKFAST | Fasting liquids |
| LUNCH | Chicken salad |
| DINNER | Soup of choice WITHOUT swallow |

QUICK MEAL OPTION

- | | |
|------------------|--------------------------------|
| BREAKFAST | Fasting liquids |
| LUNCH | Chicken salad |
| DINNER | Fresh fish/chicken pepper soup |



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 2)



BREAKFAST OPTIONS

- Main menu** Vegetable omelette and unsweetened cocoa
- Option 1** 2 cooked eggs and vegetable sauce
- Option 2** Sauteed fish and cucumber

LUNCH OPTIONS

- Main menu** Fruit salad and nuts
- Option 1** Mango, Greek yogurt and cucumber smoothie
- Option 2** ½ cup Unsweetened Greek yogurt, banana and nuts

DINNER OPTIONS

- Main menu** Cabbage stir fry and protein
- Option 1** Vegetable soup and protein WITHOUT swallow
- Option 2** Grilled chicken and coleslaw

EATING OUT OPTION

- Breakfast** 2 Boiled eggs and 1 medium cucumber.
- Lunch** Fruit salad and nuts
- Dinner** Grilled chicken and coleslaw

QUICK MEAL OPTION

- Breakfast** Vegetable omelette and unsweetened cocoa
- Lunch** ½ cup Unsweetened Greek yogurt, banana and nuts
- Dinner** Vegetable soup and protein WITHOUT swallow



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 3)



BREAKFAST OPTIONS

Main menu	1/2 avocado
Option 1	Fasting liquids
Option 2	Fasting liquids

LUNCH OPTIONS

Main menu	2 medium sized yam, vegetable sauce and protein
Option 1	1 Unripe plantain porridge and protein
Option 2	1 medium sweet potato, vegetable sauce and protein

DINNER OPTIONS

Main menu	Sauteed fish and vegetables.
Option 1	Grilled chicken and coleslaw
Option 2	Vegetable fish sauce

EATING OUT OPTION

Breakfast	Fasting liquids
Lunch	Grilled plantain and protein
Dinner	Grilled chicken and coleslaw

QUICK MEAL OPTION

Breakfast	Fasting liquids
Lunch	1 Unripe plantain porridge and protein
Dinner	Vegetable fish sauce.



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WEEK I FLEXIBLE MEAL GUIDE (DAY 4)



BREAKFAST OPTIONS

Main menu	1 cucumber and 20 nuts
Option 1	Garden eggs and 20 nuts
Option 2	1/2 avocado and 20 nuts

LUNCH OPTIONS

Main menu	1 cup Beans porridge and fish and a serving of watermelon
Option 1	1 cup moi moi and a serving of watermelon
Option 2	1 cup breadfruit porridge and a serving of watermelon

DINNER OPTIONS

Main menu	Sauteed beef and stir fried vegetables
Option 1	Grilled fish/chicken and cole slaw
Option 2	Chicken salad

EATING OUT OPTION

Breakfast	1 cucumber and 20 nuts
Lunch	1 cup moi moi and a serving of watermelon
Dinner	Chicken salad

QUICK MEAL OPTION

Breakfast	Garden eggs and 20 nuts
Lunch	1 cup beans porridge and a serving of watermelon
Dinner	Chicken salad



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 5)



BREAKFAST OPTIONS

Main menu	Garden eggs and 20 nuts
Option 1	Fasting liquids
Option 2	Fasting liquids

LUNCH OPTIONS

Main menu	Soup of choice with COMPLIANT swallow
Option 1	Jollof rice and vegetable sauce.
Option 2	Yam and vegetable fish sauce.

DINNER OPTIONS

Main menu	Chicken pepper soup
Option 1	Fish, Goat meat or dry fish peppersoup
Option 2	Cabbage-chicken stir fry

EATING OUT OPTION

Breakfast	Fasting liquids
Lunch	Jollof rice and vegetable sauce.
Dinner	Grilled Chicken, Fish or Goat meat

QUICK MEAL OPTION

Breakfast	Fasting liquids
Lunch	Soup of choice with COMPLIANT swallow
Dinner	Grilled Chicken, Fish or Goat meat



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 6)



BREAKFAST OPTIONS

Main menu	Avocado-egg toast
Option 1	2 eggs and vegetable sauce
Option 2	Vegetable omelette

LUNCH OPTIONS

Main menu	Healthy meal of choice
Option 1	Healthy meal of choice
Option 2	Healthy meal of choice

DINNER OPTIONS

Main menu	½ cup Unsweetened Greek yogurt and nuts
Option 1	Grilled protein and cucumber
Option 2	Okro soup and protein

EATING OUT OPTION

Breakfast	2 eggs and cucumber
Lunch	Healthy meal of choice
Dinner	½ cup Unsweetened Greek yogurt and nuts

QUICK MEAL OPTION

Breakfast	Vegetable omelette
Lunch	Healthy meal of choice
Dinner	Okro soup and protein

METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 7)



BREAKFAST OPTIONS

Main menu	Fasting liquids
Option 1	Fasting liquids
Option 2	Fasting liquids

LUNCH OPTIONS

Main menu	1 cup Brown rice, vegetable sauce and protein
Option 1	1cup bulgar wheat, vegetable sauce and protein.
Option 2	1 cup wheat penne pasta, vegetable sauce and protein.

DINNER OPTIONS

Main menu	Grilled fish and cucumber
Option 1	Sauteed fish and vegetable sauce
Option 2	Fresh fish pepper soup

EATING OUT OPTION

Breakfast	Fasting liquids
Lunch	Rice, vegetable sauce and protein
Dinner	Grilled fish and cucumber

QUICK MEAL OPTION

Breakfast	Fasting liquids
Lunch	Wheat pasta, vegetable sauce and protein
Dinner	Fresh fish pepper soup