



METABOLIC RESET PROGRAM

A Smarter Way to Lose Weight
and Keep It Off

WEEK 1 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

- Apples
- 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 1 MEAL PLAN



Monday	<p>BREAKFAST (10AM-12PM)</p> <p>Vegetable omelette</p>	<p>LUNCH (2-4PM)</p> <p>Cabbage stir fry and chicken</p>	<p>DINNER (6-8PM)</p> <p>Dry fish pepper soup</p>
Tuesday	<p>BREAKFAST</p> <p>Vegetable salad</p>	<p>LUNCH</p> <p>Okro or Vegetable soup WITHOUT swallow</p>	<p>DINNER</p> <p>Sauteed fish and cucumber</p>
Wednesday	<p>BREAKFAST</p> <p>2 cooked eggs and vegetable sauce</p>	<p>LUNCH</p> <p>½ cup Unsweetened Greek yogurt, apple and nuts</p>	<p>DINNER</p> <p>Goat meat pepper soup</p>
Thursday	<p>BREAKFAST</p> <p>1 cucumber and 20 nuts</p>	<p>LUNCH</p> <p>1 cup moi moi and a serving of watermelon</p>	<p>DINNER</p> <p>Sauteed beef and stir fried vegetables</p>
Friday	<p>BREAKFAST</p> <p>½ avocado and 2 eggs</p>	<p>LUNCH</p> <p>Soup of choice with COMPLIANT swallow</p>	<p>DINNER</p> <p>Chiicken pepper soup</p>
Saturday	<p>BREAKFAST</p> <p>½ cup Unsweetened yogurt and nut.</p>	<p>LUNCH</p> <p>Healthy meal of choice</p>	<p>DINNER</p> <p>Cabbage -beef stir fry</p>
Sunday	<p>BREAKFAST</p> <p>Fasting liquids</p>	<p>LUNCH</p> <p>Brown rice, vegetable sauce and protein</p>	<p>DINNER</p> <p>Grilled fish and cucumber</p>



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 1)



BREAKFAST OPTIONS

- Main menu** Vegetable omelette
- Option 1** 2 boiled eggs and 1 cucumber
- Option 2** 1 Grilled medium chicken/fish and cucumber

LUNCH OPTIONS

- Main menu** Cabbage stir fry and chicken
- Option 1** Mixed vegetable sauce and protein
- Option 2** Avocado-egg salad

DINNER OPTIONS

- Main menu** Dry fish pepper soup
- Option 1** Fresh fish/chicken pepper soup
- Option 2** Grilled fish and coleslaw

EATING OUT OPTION

- BREAKFAST** 2 boiled eggs and 1 cucumber
- LUNCH** Avocado-egg salad /Chicken salad
- DINNER** Grilled fish and coleslaw

QUICK MEAL OPTION

- BREAKFAST** Vegetable omelette
- LUNCH** Avocado-egg salad
- DINNER** Fresh fish/chicken pepper soup



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 2)



BREAKFAST OPTIONS

Main menu	Vegetable- egg salad
Option 1	Chicken salad
Option 2	Sauteed fish and cucumber

LUNCH OPTIONS

Main menu	Vegetable okro soup WITHOUT swallow
Option 1	Cabbage-chicken stir-fry
Option 2	Sauteed chicken and vegetable sauce,

DINNER OPTIONS

Main menu	Sauteed fish and cucumber
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	Vegetable okro soup WITHOUT swallow
Dinner	Grilled fish and chicken

QUICK MEAL OPTION

Breakfast	2 Boiled eggs and 1 medium cucumber.
Lunch	Sauteed chicken and vegetable sauce,
Dinner	Grilled fish and chicken



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 3)



BREAKFAST OPTIONS

Main menu	2 cooked eggs and vegetable sauce
Option 1	½ avocado and 2 eggs
Option 2	Cucumber and 1 med piece of grilled fish

LUNCH OPTIONS

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

DINNER OPTIONS

Main menu	Goat meat pepper soup
Option 1	Grilled fish and coleslaw
Option 2	Vegetable fish sauce

EATING OUT OPTION

Breakfast	Cucumber and 1 med piece of grilled fish
Lunch	Fruit salad and nuts
Dinner	Grilled fish and coleslaw

QUICK MEAL OPTION

Breakfast	½ avocado and 2 eggs
Lunch	½ cup Unsweetened Greek yogurt, apple and nuts
Dinner	Goat meat pepper soup



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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	Vegetable omelette and unsweetened cocoa

LUNCH OPTIONS

Main menu	1 cup moi moi and a serving of watermelon
Option 1	1 cup beans porridge 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	Grilled fish/chicken and cole slaw

QUICK MEAL OPTION

Breakfast	Garden eggs and 20 nuts
Lunch	1 cup beans porridge and a serving of watermelon
Dinner	Sauteed beef and stir fried vegetables



METABOLIC RESET PROGRAM

WEEK I FLEXIBLE MEAL GUIDE (DAY 5)



BREAKFAST OPTIONS

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|-----------|---|
| Main menu | 1/2 avocado and 2 eggs |
| Option 1 | 1/2 cup Unsweetened yogurt and nuts |
| Option 2 | 1 medium cucumber and 20 pieces of nuts |

LUNCH OPTIONS

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

DINNER OPTIONS

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

EATING OUT OPTION

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|-----------|---|
| Breakfast | 1 medium cucumber and 20 pieces of nuts |
| Lunch | Jollof rice and vegetable sauce. |
| Dinner | Grilled Chicken, Fish or Goat meat |

QUICK MEAL OPTION

- | | |
|-----------|---------------------------------------|
| Breakfast | 1/2 cup Unsweetened yogurt and nuts |
| 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	½ cup Unsweetened yogurt and nuts
Option 1	2 eggs and vegetable sauce
Option 2	Vegetable egg salad

LUNCH OPTIONS

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

DINNER OPTIONS

Main menu	Cabbage -beef stir fry.
Option 1	Grilled protein and cucumber
Option 2	Okro soup and protein

EATING OUT OPTION

Breakfast	2 boiled eggs and cucumber
Lunch	Healthy meal of choice
Dinner	Grilled protein and cucumber

QUICK MEAL OPTION

Breakfast	½ cup Unsweetened yogurt and nuts.
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