

7-Day Metabolism Reset and Menu Plans!

In many popular diet books, “Calories don’t count” is a frequently repeated theme and “you can eat as much as you like” is an often repeated promise. Other programs recommend that you count “portions” rather than calories. Still others say you must keep a strict accounting of everything you eat. Who is right?

Well, trying to count every single calorie - in the literal sense - is probably not realistic or necessary as a lifestyle for the long term (all the number crunching can drive you crazy, for one thing!)

Yet any diet program that says you can “eat all you want and still lose weight” is one you should avoid because that is one of the biggest lies in the business.

The truth is, that line is a bunch of baloney designed to make a diet sound easier to follow. Anything that sounds like work, such as counting calories, eating less or exercising, tends to scare away potential customers.

The law of calorie balance is an unbreakable law of physics: *Energy in versus energy out dictates whether you will gain, lose or maintain your weight. Period.*

I believe it's very important to develop a respect for portion control and the law of calorie balance.

I also believe it's an important part of nutrition education to learn how many calories are in the foods you eat on a regular basis. This is a skill, and you can let go of the calorie counting in time...once you learn this skill! (We don’t want to live counting calories or using a food app!!)



The law of calorie balance says:

To maintain your weight, you must consume the same number of calories you burn. To gain weight (and add muscle), you must consume more calories than you burn. To lose weight, you must consume fewer calories than you burn.

If you only count portions or if you haven't the slightest idea how many calories you're eating, it's a lot more likely that you'll eat more than you realize.

So how do you balance practicality and realistic expectations with a nutrition program that gets results? Here's a solution that's a happy medium between strict calorie counting and guessing.

Create Your Own Menu Plans

Create a day menu using an EXCEL spreadsheet or your favorite nutrition software. Make sure you've covered the nutritional bases of quality protein, healthy fats and healthy carbs. ***And put in the total caloric count that you need to maintain / lose weight, depending on your goal.***

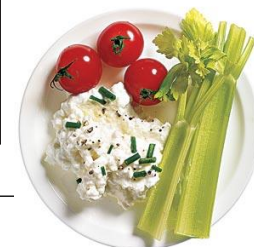


Once you have your daily menu, print it, stick it on your refrigerator (and/or in your daily planner) and you now have an eating "goal" for the day, including your caloric target. So rather than having to write down every calorie from every morsel of food you eat for the rest of your life, your menu plan serves as a daily goal and guideline. **Build your repertoire of daily menu plans this way.** (Most people eat the same 10-11 foods, and I find eating similar foods creates much more success in healthy weight loss. There's no surprises!) This way you get to be creative, and you have an abundance of healthy daily menus at your hands. Fast, easy, and you don't have to think about counting.

If you get bored eating the same thing every day, you can create multiple menus, or just exchange foods using your primary menu as a template.

Using this meal planning method, you really only need to "count calories" ONCE when you create your menus, not every day. After you've got a knack for calories from this initial discipline of menu planning, then you can estimate portions in the future and get a pretty good (and more educated) ballpark figure.

Your 7 Day Metabolism Reset Eating Plan



What's it all about?

The *7-day Metabolism Reset Eating Plan* is where I suggest all new clients start, because it is easy and it's all set out for you, with proper portions, macro amounts, meal counts and timing for the 40+ woman, and is within the accepted calorie counts that most 40+ women will fall into (unless they are into super training, or have exceptionally hot metabolisms, which is rare. If this is you, we will talk!

Your Individualised Food Plan that I will construct for you, will also have your suggested portions, timing, macro's and calorie counts in there, but until that is constructed, this 7-day Metabolism reset is a great place to start while you are waiting...

OR, you can go right into the *Menu Plan offerings* in this document as well...if you don't wish to do the Reset. Or you can blend them too..

Either way, rest assured that either choice will help detoxify your body, will alkaline your body, and will strengthen your metabolism and food habits, because the real magic is in the use of Whole Foods (no detox kits or fancy supplements required), at least 90% whole foods, which most people have moved away from. Whole foods eating also help to 'reset' your palate, because we are in a society where we crave (and are addicted to), the *layering effect* of fat, sugar and salt (fast food and processed foods). THIS is the biggest problem facing people's food habits today. So our Whole Foods dictate, while it may sound boring (can you ever have a piece of chocolate cake again? Or drink wine? Of course? But it won't be your norm, and in time, and with diligence, you won't miss it! I Promise!), this is where we are headed! And in time, you will learn to Love eating this way!

Enjoy! And know that you are building cellular health and vitality with every bite!

Karen's 7 day Metabolism Re-set Eating Plan

The **Re-set Recipe Plan** wakes up your metabolism, clears away debris, resets your palate, and sets the stage for better eating! We *eat in season*, a BIG part of what we do in all my programs. You can use this plan for just 7 days, or continue on for longer, swapping in some of the Menu Plans found in this package. The reset's purpose is to get you into *structured eating*, 90% whole foods, proper portions and timing.

This Reset uses **protein powder**, but if you want to, swap it out for another food that has 20+ gms protein). Powders vary, but I prefer whey *isolate*). Drink **lemon and warm water** every a.m. 20 minutes before food or coffee. It cleanses the blood stream and lymph nodes!

1. Re-Set Protein Breakfast - 300-350 cal

- ½ cup dry oatmeal / quinoa (pre-ready oatmeal packs are fine) – cook, then blend in.
- 1 scoop protein powder (add *warm* water or almond milk for easier mixing)
- ½ cup berries (*no tropical fruits*)
- 1 TBSP ground flax, hemp or chia (optional, no granola please)
- 1 TBSP flax oil or fish oil (optional)

Fat burner: *Optional.* 1-2 tablets of *Vogel Thyroid Support* first a.m., to support your thyroid & metabolism. (If on thyroid meds, check with your doctor).



2. Snack – 1 apple with 1 TBSP nut butter - 200 cal

3. Re-set Shake #2 – Lunch 300-350 cal – Or choose a meal from your menu plan (below)

- 1 scoop whey protein isolate or other protein powder - 20-25 gms protein (read your labels)
- 1 cup berries (*no tropicals please*)
- ½-1 C yogurt – (if dairy isn't an issue)
- Water, 1-2 cups (or half water, half almond milk)
- 1 TBSP ground flax, hemp or chia



4. Protein+ Dinner – to be finished 2-3 hrs before bed – 350-450 calories

- 3-4 ounces lean animal protein (fish, meat, chicken, turkey) – weigh it or use the palm view.
- 2 cups steamed veggies – butter or oil is fine. **NO RAW** veggies.
- ½ cup cooked rice or potato or quinoa (do NOT fear your carbs!)



TOTAL calories 1250-1500

Our Golden Rules:

- No artificials, diet pop or anything 'diet'
- No alcohol. (1-2 glasses on the weekend is fine...will chat...)
- No snacking after dinner!
- LOTS of water (pure water, please), 1-3 liters, 30 minutes away from eating.

Note: You may still have a cup of coffee in the am. It helps with digestion and has many health benefits!

Building a Meal

BREAKFAST: Choose ONE of the following

- **1 cup cooked oatmeal** (145), ½ cup almond milk (30), 1 cup berries (rasp, blue, black, straw or mix) (80), 1 TBSP brown sugar or honey (65) = **320 calories**
- **Protein shake** – 1 cup almond milk (30), 1 cup water, 1 scoop EDGE protein powder (120), ½ cup berries (40) 1 TBSP peanut butter or Udo's / Flax oil (120), 1 TBSP flax powder or granola (50) = **360 calories**
- **3 Scrambled egg whites + 1 yolk** (110), ½ cup cooked brown or basmati rice (80), 1 slice heavy bread with 1 TBSP butter (100), ½ grapefruit (40) = **330 calories**

LUNCH: Choose ONE of the following

- **Lunch Wrap:** 1 *Healthy Way* Wrap or other (150), ¼ serving of egg salad filling** (113), 1 small piece of fruit (apple, pear) (80) = **343 calories**
- **1 cup Amy's Lentil Vegetable Soup** (120) (+ 4 oz chicken added – 180), 8 pieces raw veggies (carrot, peppers, cucumber, celery,) (app. 50) = **350 calories**
- **½ cup low fat cottage cheese (80)**, ½ cup plain (organic) yogurt, (80) ½ cup mixed berries (40), 2 TBSP **Kashi** cereal (found in most grocery stores) = **320 cal**

DINNER: Choose ONE of the following

- **4 oz Grilled chicken breast** (180), 1 small yam (120), 1 tsp butter (50), 1 cup cooked brown/wild/basmati rice (150) = **500 calories**
- **4 oz grilled codfish** (150), 1 small sweet potato (120), 2 cups salad with organic greens, ½ green pepper, ½ avocado, 1 TBSP dressing (250) = **520 calories**
- **4 oz buffalo burger** (no bun!) – see your *Clean Zone Cookbook* for recipe, ½ sliced avocado, ½ sliced tomato, drizzled with balsamic vinegar, sprinkled with parmesan and sea salt = **500 calories**

Snack ideas (under 200 calories)

- 15 almonds
- 1 apple, 1 pear, 1 grapefruit with 1 oz cheese
- ½ cup yogurt with ¼ cup berries
- ½ cup cottage cheese with ¼ cup berries
- 1 oz feta cheese with 1 Wasa cracker
- 15 grapes
- 10 strawberries
- 1 scoop flavoured protein powder and 1 cup almond milk
- 1/3 wrap with 1 TBSP nut butter inside
- 1 TBSP hummus with 5 min carrot sticks
- 1 TBSP nut butter on Wasa or 2 rice crackers

MENU PLAN IDEAS

If you eat 3-4 times a day, minus a snack. (Remember, only snack if you feel 'tolerable' hunger. And I would always suggest a little protein in that snack..yogurt, or whatever. To snack on only carbs can upset your blood sugars).

BREAKFAST: ½ cup oatmeal, 1 Tbsp flaxseed, 1 Tbsp sunflower seeds, ¼ cup raspberries, 2 scrambled egg whites = 349 calories

SNACK: shake: 1 scoop protein powder, 1 cup Almond milk, ½ cup blueberries, 1 Tbsp flax seed = 247 calories

LUNCH: Baked Tilapia, ½ sweet potato, ½ cup sliced cucumbers, ½ cup sliced tomatoes = 228 calories

DINNER: 4 oz grilled chicken breast, steamed asparagus, ½ cup quinoa = 564 calories

Daily total = 1421 calories



BREAKFAST: breakfast burrito: 4 egg whites scrambled, 1 whole wheat tortilla, 2Tbsp Salsa, 1 cup mixed berries on the side = 332 calories

SNACK: 1 apple, 2 Tbsp almond butter = 268 calories

LUNCH: 2 cups Spinach topped with 4oz's left over chicken from night before, tomato, cucumber, sprouts, = 280 calories

SNACK: 1 cup nonfat plain yogurt sweetened with a few drops of Stevia and 1 peach sliced up = 220 calories

DINNER: 4 oz grilled lamb chops, 1 cup steamed green beans, salad with fat free dressing = 500 calories

Daily total = 1600 calories



MENU PLAN IDEAS

BREAKFAST: ½ cup oatmeal, 1 poached egg, 2 Tbsp Flaxseed, ½ cup berries = 323 calories

SNACK: 3 Tbsp Hummus with raw veggies = 120 calories

LUNCH: Salad: 6 oz albacore tuna, ½ whole wheat pita bread, 4 stalks celery, ½ medium cucumber, ½ cup peppers, salad greens, 2 Tbsp Newmans Own Red Wine Vinegar and Olive Oil dressing = 392 calories

DINNER: Taco Salad – lettuce, tomatoes, peppers, salsa, onions, ¾ pinto beans, 2 oz lean ground turkey or ground bison, 1 oz low fat cheese = 449 calories

Daily total = 1287



BREAKFAST: Breakfast shake: 1 scoop protein powder, 1 cup Almond milk, ½ cup blue berries, 1 banana, 1 Tbsp flax seed = 337 calories

SNACK: 1 apple with 2 tbsp almond butter = 265 calories

LUNCH: 1 whole wheat tortilla, 3 oz lean ground turkey or bison left over from dinner, lettuce, tomatoes and salsa = 410 calories

SNACK: ½ cup low fat cottage cheese, ½ cup fresh blueberries = 153 calories

DINNER: 3 oz grilled pork loin chop, steamed broccoli, ½ sweet potato = 293 calories

Daily total = 1458 calories



Summary TIPS: I don't count calories, as I know what works for me and what I'm getting, and in time, you will too!

I eat around 1200-1600 calories a day. I don't eat out a lot (dangerous) or grab stuff on the run (more dangerous). This has become an intuitive process for me, because I've been at it so long now, but I DID THE WORK: I learned how much I was eating, and I had to learn what portions, REAL portions looked like.

But at first, you NEED to count calories and learn your portion sizes (what does 3 or 4 ounces of meat look like??).

And know your current calories...don't cut more than 20% at a time...cut, and stay at the lower level for a few weeks to give your body a chance to adapt. Then cut again...aim for 1200-1700 a day.

Most people usually eat the same 9 or 10 foods day in day out. I love oatmeal, steel cut oats, shakes, chicken, fish, stir fries, steak, burgers, loads of salad with berries and nuts, and veggies like broccoli, cauliflower, kale, carrots, peppers, asparagus.

I don't eat pasta (makes me full, sleepy) and I don't often eat bread (same thing, and it sucks up caloric valuable room that I'd rather use for other foods). I have 2-4 glasses of wine a week, because I make room for it. I compromise, as necessary.

I eat more on big training days (my body tells me to, like on Legs or Back day), and cut back on lesser activity days. I don't pencil this in, I just naturally do it because my body tells me so.





WEIGHT LOSS TIP: Don't make the mistake of overindulging, then looking at yourself or your weight the next morning and *think you got away with it*...it takes about 48-72 hours for it to show up on your body, so count 2-3 from when you overindulged and you'll likely see it and feel it. So if you are going to weigh yourself wait 3 days (72 hours), when your weight will stabilize.

Also, when you really overindulge, it increases your stomach's capacity by 25% and it takes **7 days** for your stomach to go back to its regular size. Food for thought!

And it can take **10 days** for your hunger cues to stabilize too, after a calorie cut. So stay consistent and patient!

Food Swaps

Refresh up your daily diet by switching out the foods in the plan with some of the choices below. Remember to keep portion sizes consistent so your nutrient intake and calorie count stay on track during each phase.

	Food	Portion	Calories	Protein	Carbs	Fat
POULTRY*	Chicken (boneless, skinless)	4 oz	100	23g	0	2g
	Turkey (boneless, skinless)	4 oz	120	28g	0	1g
FISH*	Tilapia 	4 oz	108	23g	0	2g
	Pollock	4 oz	104	22g	0	1g
	Haddock 	4 oz	98	21g	0	1g
	Cod	4 oz	93	20g	0	1g
	Sole/Flounder	4 oz	103	21g	0	1g
CARBS*	Brown rice 	½ cup	108	3g	2g	1g
	Sweet potato 	4 oz	86	2g	20g	0
	Yam	4 oz	132	2g	31g	0
VEGGIES*	Asparagus 	1 cup	40	4g	7g	0
	Broccoli 	1 cup	55	4g	11g	1g
	Spinach 	1 cup	41	5g	7g	1g
	Brussels sprouts 	1 cup	56	4g	11g	1g
	Green beans (uncooked)	1 cup	31	2g	7g	0

*Measured uncooked. *Measured cooked, unless otherwise stated.

Menu plans should never be written in stone, in fact, science shows that after time, many clients drop off the healthy eating bandwagon because the food choices are too restrictive, or it's not the way the client likes to eat. And they want some variety, too!

While it's worthwhile to lay out menu plans for a client, it's always good to encourage the client to take ownership of their food choices, because this is what life and eating is all about – having ownership over your choices. Choice equals freedom (and compliance)!

So feel free to 'swap' out your foods, for those that you like, and remember to always maintain the macro amounts your coach has set out for you. They are there for a reason!

And eat according to Mother Nature....real foods build metabolism, healthy gut flora, strong digestion, strong immune system, level blood sugars, strong bones, shapely muscle, and remove toxins and debris. PLUS you are less hungry and you have fewer cravings! Bonus!