



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Phase 1

STARCH, WHEAT, SOY, PEANUT, AND COW'S
MILK ELIMINATION



1800 Calorie Meal Plans
WEEK FOUR

Healthy, delicious recipes created for
the Metabolic Code® Diet Plan

Shopping List

1 container MCD-approved vegan vanilla protein powder
<i>Produce: To help avoid produce spoilage, you may want to purchase produce twice during the week. We made a few notes of items needed later in the week.</i>
Fruits:
1 1/4 cup organic blueberries
1 extra small & 1 medium banana
2 cups organic blackberries
1 small organic nectarine
1 large organic pear
1 medium organic peach (or frozen slices)
3/4 cup fresh or frozen pineapple, or 1/2 cup canned
<i>Lettuce: You can purchase 1-2 types of dark, leafy greens and/or spinach twice a week for salads to limit spoilage. They are all healthy!</i>
Vegetables:
5 cups cauliflower florets
3 large organic cucumbers
6 cups organic baby carrots
1 large organic red pepper
1 1/2 medium organic green peppers
6 cups organic cherry tomatoes
2 medium organic tomatoes
1 bunch asparagus
1 cup organic broccoli or ready-to-go bag
1 avocado
2 large sweet onions
1 small red onion
5 cloves garlic
2 1/4 cups organic celery
1 cup mushrooms
1 cup shredded cabbage
1 cup parsnips
1-2 stalks green onion, chopped (optional)
1-2 tbsp. fresh cilantro, chopped (optional)
Fresh thyme, a few sprigs
3 cups bagged organic salad

8 cups organic romaine lettuce
6 cups organic green/red leaf lettuce
7 cups organic baby spinach
2 cups bagged salad mix with veggies
Refrigerated:
1 half gallon unsweetened plain almond milk
1 half gallon unsweetened vanilla almond milk
1 cup unsweetened coconut milk
1 bag Daiya dairy-free cheddar shreds
5 organic eggs
Organic butter
2- 10 oz. containers hummus
1 small container guacamole
2 cups salsa
1 tbsp. fresh orange juice (optional)
Refrigerated Meats:
3 oz. nitrate-free turkey bacon
5 oz. premium nitrate-free deli chicken
7 oz. organic prairie center cut boneless pork chops
1 oz. Canadian bacon
19 oz. grass fed ground beef
7 oz. cod
1 1/2 link fire-roasted red pepper sausage by Applegate Farms
7 oz. shrimp, raw
5 oz. oven roasted premium deli turkey
13 oz. organic chicken breast, boneless, skinless
7 oz. grass fed sirloin steak
9 oz. uncured lean fresh ham
Frozen Foods:
1/4 cup pineapple chunks
1/4 cup frozen mango
2 cups organic frozen Chinese vegetable
2 cups frozen green beans

Nuts: (Buy any quantity you want. You will need them each week.)
1 bag almonds, pecans, pistachios, walnuts
1 bag flaxseeds and/or chia seeds, sunflower seeds
1 jar almond butter, cashew butter
General Grocery:
5 oz. canned wild-caught albacore tuna, in water
5 oz. canned wild-caught salmon
Garlic powder
2 tsp. taco seasoning (or chili powder, cumin, dash salt and pepper, no MSG)
Stevia, optional
Pumpkin spice
Chili powder
Cayenne pepper
Dried dill weed
Honey
Blueberry Pecan + Fiber Kind Bar
Balsamic vinegar
1 tsp. sesame seed kernels
Coconut Secret, Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce
Dijon mustard
1/3 cup canned pumpkin, plain
2 olives
Olive oil cooking spray
1 tbsp. peanut oil
Organic extra virgin olive oil
Organic olive oil mayonnaise
Newman's Own Organic Lite Balsamic Dressing
1/2 cup seasoned black beans
1/2 cup black beans (or just use the seasoned black beans)
1/2 cup Great Northern beans
1 1/2 cup garbanzo beans
1/2 cup kidney beans
1 1/2 cup Organic Curried Red Lentil Soup by Pacific Foods

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Monday	Blueberry Banana Flax Protein Shake	Pear Slices and Pistachios	Deli Chicken Lettuce Roll-Ups with Guacamole, and Spinach Salad with Garbanzo Beans, Sliced Almonds, and Vinaigrette	Sweet Red Pepper Strips with Hummus	Honey-Dijon Pork Chops, Mashed Garlic Cauliflower, and Steamed Asparagus and Carrots
Tuesday	Turkey Bacon BLT Lettuce Roll Ups, and Orange Slices	Blueberries and Walnuts	Salmon Salad with Spinach and Cherry Tomatoes, and Cucumber Slices Dipped in Hummus	Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds	Spicy Taco Salad with Black Beans, Avocado, and Dairy Free Cheddar Cheese
Wednesday	Mango, Pineapple, Coconut, and Flax Protein Shake	Nectarine Slices with Pecans	Spicy Beef Lettuce Wraps with Avocado, and Asparagus and Zucchini with Hummus	Baby Carrots and Cashew Butter	Shrimp Stir Fry with Sesame Seeds, and Mixed Veggie Salad with Garbanzo Beans and Balsamic Dressing
Thursday	Dairy Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Pear	Pineapple with Sliced Almonds	Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad with Kidney Beans, Sunflower Seeds, and Balsamic Dressing	Cucumber Slices Dipped in Guacamole	Fish Lettuce Tacos with Guacamole, and Seasoned Black Beans
Friday	Pumpkin Spice Flax Protein Shake	Blueberry Pecan + Fiber Kind Bar	Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo, and Spinach Salad with Garbanzo Beans and Dressing	Celery with Hummus	Baked Herb Chicken with Roasted Vegetables
Saturday	Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage, and Blackberries	Banana Slices and Cashew Butter	Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette	Cherry Tomatoes and Cucumber with Walnuts	Steak Fajitas with Sautéed Bell Pepper and Onions, Guacamole, and Dairy Free Cheddar Cheese, and Seasoned Black Beans
Sunday	Peach and Flax Protein Shake	Blackberries and Almonds	Tuna Salad with Dill, Curried Red Lentil Soup, and Beets	Baby Carrots and Red Pepper Slices with Hummus	Baked Ham, Sautéed Green Beans, and Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

MONDAY

**Breakfast:****Blueberry Banana Flax Protein Shake****Ingredients:**

- 1 cup unsweetened plain almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1/3 cup organic blueberries
- 1/3 medium (7" long) banana
- 1 tbsp. organic ground flaxseeds

Directions:

Add ingredients and ice, if desired, to blender and blend to desired consistency.

**A.M. Snack:****Pear Slices and Pistachios**

- ½ large organic pear
- ½ oz. (1/8 cup) pistachio nuts

**Lunch:****Deli Chicken Lettuce Roll-Ups with Guacamole, and Spinach Salad with Sliced Almonds and Balsamic Vinaigrette****Deli Chicken Lettuce Roll-Ups with Guacamole****Ingredients:**

- 3 outer leaves, organic green leaf lettuce
- 5oz. premium, nitrate-free chicken breast deli meat
- 3 slices organic tomato
- 2 tbsp. guacamole

Directions:

Place lettuce leaves on a plate, add chicken and a tomato slice to each leaf, spread each with guacamole, roll up, and enjoy.

Spinach Salad with Garbanzo Beans, Sliced Almonds, and Balsamic Vinaigrette**Ingredients:**

- 2 cups organic baby spinach
- 1 cup halved organic cherry tomatoes
- 1/2 cup chopped organic broccoli
- 6 pieces chopped organic baby carrots
- ½ cup sliced organic cucumber
- ½ cup garbanzo beans
- ½ oz. (1/8 cup) sliced almonds
- 1 tbsp. organic extra virgin olive oil
- 1 tbsp. organic balsamic vinegar

Directions:

Wash veggies, arrange in serving bowl, top with beans and sliced almonds, and drizzle with oil and vinegar.

MONDAY



P.M. Snack:

Sweet Red Pepper Strips with Hummus

Ingredients:

1 cup organic red pepper, sliced
1/3 cup hummus

Directions:

Dip red pepper strips in hummus and enjoy.



Mashed Garlic Cauliflower

Ingredients:

4 cups cauliflower florets
1 tsp. organic butter
Dash garlic powder
Salt and pepper

Directions:

Fill a large pot with salted water, and bring to a boil. Add cauliflower and cook until very tender or about 10 minutes. Keeping about 1/4 cup of the cooking water, drain cauliflower and move it to a food processor. (If you do not have a food processor, you can use a potato masher.) Add butter, cooking water, and garlic powder in small amounts, and puree until smooth. Season with salt and pepper and serve.



Dinner:

Honey-Dijon Pork Chops, Mashed Garlic Cauliflower, and Steamed Asparagus and Carrots

Honey-Dijon Pork Chops

Ingredients:

1 tsp. organic extra virgin olive oil
7 oz. organic prairie center cut boneless pork chops
1 tsp. Dijon mustard
½ tsp. honey

Directions:

Heat a skillet over medium heat. When hot, add oil, then pork chop, and cook for about 3 minutes per side. Meanwhile, mix mustard and honey together in a little bowl. When cooked through and meat is no longer pink inside, remove from heat, top with honey mustard, and serve.

Steamed Asparagus and Carrots

Ingredients:

10 spears organic asparagus
1 cup organic baby carrots

Directions:

Wash veggies. Break off light colored ends of asparagus. Heat large non-stick skillet over medium heat. Add a little water to cover the bottom, and add veggies when hot. Cover and allow to cook. Veggies are cooked when asparagus is bright green and veggies are tender. Season to taste and serve.

TUES-

**Breakfast:**

Turkey Bacon BLT Lettuce Roll Ups, and Orange Slices

Ingredients:

3 slices turkey bacon
 3 outer leaves, organic green leaf lettuce
 3 medium slices organic tomato
 1 tsp. olive oil mayonnaise

Directions:

Cook turkey bacon according to package directions. Lay out lettuce leaves, then add bacon, tomato, and 1/3 tsp. mayo to each leaf, and roll up.

Serve with: 1 small orange, sliced

**A.M. Snack:**

Blueberries and Walnuts

Ingredients:

¾ cup organic blueberries
 ½ oz. (1/8 cup) walnuts

Enjoy!

**Lunch:**

Salmon Salad with Spinach and Cherry Tomatoes, and Cucumber Slices Dipped in Hummus

Salmon Salad with Spinach and Cherry Tomatoes**Ingredients:**

2 cups organic baby spinach
 1 cup halved organic cherry tomatoes
 5 oz. canned wild-caught salmon
 2 tsp. organic extra virgin olive oil
 1 tbsp. organic balsamic vinegar

Directions:

Place spinach and tomatoes in a serving bowl. Top with salmon and drizzle with oil and vinegar.

Cucumber Slices Dipped in Hummus**Ingredients:**

1 large sliced organic cucumber, season to taste
 1/3 cup hummus

Directions:

Dip cucumber slices in hummus and enjoy.

TUESDAY



P.M. Snack:

Zucchini Spears and Cauliflower Dipped in Balsamic Dressing with Sunflower Seeds

Ingredients:

2 cups zucchini spears (raw or lightly steamed)
1 cup cauliflower
2 tbsp. Newman's Own Lite Organic Balsamic Dressing
½ oz. (1/8 cup) sunflower seeds

Directions:

Dip veggies in dressing, and enjoy with sunflower seeds.



Dinner:

Spicy Taco Salad with Black Beans, Avocado, and Dairy Free Cheddar Cheese

Ingredients:

7 oz. grass fed ground beef*
1 cup salsa, divided
1 tsp. taco seasoning (or chili powder, cumin, dash salt and pepper, no MSG)
3 cups organic chopped green leaf lettuce
½ cup black beans (plain or seasoned)
1 oz. (¼ cup) Daiya dairy free cheddar shreds
4 tbsp. avocado

Directions:

In a skillet over medium heat, brown ground beef until cooked through. Add ½ cup salsa and taco seasoning, mix, and heat. Meanwhile, on a serving plate or large bowl, add lettuce. When meat is done, spoon it on top of lettuce, and top with black beans, cheese, avocado, and the remaining salsa.

*TIME-SAVING TIP:

Cook an extra 5 oz. of beef with an extra ½ cup salsa for tomorrow's lunch, Spicy Beef Lettuce Wraps.

WEDNESDAY

**Breakfast:**

Mango, Pineapple, Coconut, and Flax Protein Shake

Ingredients:

1 cup unsweetened coconut milk
 1 serving MCD-approved vanilla vegan protein powder
 ¼ cup pineapple chunks
 ¼ cup frozen mango
 1 tbsp. ground flaxseeds

Directions:

Pour all ingredients into blender, with ice, if desired, and blend to desired consistency.

TIME-SAVING TIP:

To simplify your shake, if desired, you may choose to add just ONE kind of fruit. Just choose your fruit and use the following serving size guide: 1/2 small OR 1/2 cup cubed mango; OR 3/4 fresh or frozen pineapple.

**A.M. Snack:**

Nectarine Slices with Pecans

1 small organic nectarine
 ½ oz. (1/8 cup) pecans

**Lunch:**

Spicy Beef Lettuce Wraps with Avocado, and Asparagus and Zucchini with Hummus

Spicy Beef Lettuce Wraps with Avocado**Ingredients:**

6 oz. grass fed ground beef, raw*
 1/2 cup salsa, divided
 1 tsp. taco seasoning (no MSG)
 4 large organic lettuce leaves
 4 tbsp. avocado, cubed

Directions:

Heat a skillet over medium heat, brown ground beef until cooked through. Add salsa and taco seasoning, mix, and heat. Divide ground beef by four, place in the lettuce leaves, top with avocado, and roll up.

***TIME-SAVING TIP:**

If you had "Spicy Taco Salad with Black Beans" last night and made extra meat for lunch today, just heat and divide ground beef by four, place in the lettuce leaves, top with avocado, and roll up.

Asparagus and Zucchini with Hummus**Ingredients:**

5 spears asparagus
 1 small zucchini, speared
 1/3 cup hummus

Directions:

Dip washed veggies in hummus and enjoy.

WEDNESDAY

**P.M. Snack:****Baby Carrots and Cashew Butter****Ingredients:**

2 cups organic baby carrots

1 tbsp. cashew butter

Directions:

Dip carrots in cashew butter and enjoy.

Mixed Veggie Salad with Garbanzo Beans and Balsamic Dressing
Ingredients:

2 cups bagged salad mix with veggies

½ cup garbanzo beans

2 tbsp. Newman's Own lite organic balsamic dressing

Directions:

Add washed salad to serving bowl, top with beans, and drizzle with dressing.

**Dinner:****Shrimp Stir Fry with Sesame Seeds, and Mixed Veggie Salad with Balsamic Dressing****Shrimp Stir Fry with Sesame Seeds****Ingredients:**

1 tsp. sesame seed kernels

1 tbsp. peanut oil

2 cups organic frozen Chinese vegetables (no edamame until Phase 2)

7 oz. shrimp, raw

1 tbsp. Coconut Secret, Raw Coconut Aminos Teriyaki seasoning sauce

1 tbsp. fresh orange juice (optional)

1-2 stalks green onion, chopped (optional)

1-2 tbsp. fresh cilantro, chopped (optional)

Optional seasonings: minced garlic and ginger and red pepper flakes

Directions:

Toast sesame seeds in skillet over medium-high heat, stirring constantly until fragrant. Remove from pan and set aside. Add oil to pan. Add vegetables to skillet and stir-fry until tender, but not completely done. Add a little water as needed to avoid the veggies sticking to the pan. Add shrimp, and stir fry with vegetables until cooked through. Add coconut aminos sauce, and if desired, orange juice, salt, and pepper to taste. Add other optional seasonings, if desired. Cook for 1-2 more minutes. Sprinkle with chopped green onion and cilantro (if desired, for a flavorful and healthy detoxing addition), and sesame seeds, and serve.



THURSDAY



Breakfast:

Dairy Free Cheddar Cheese Egg Scramble with Canadian Bacon, and Pear

Ingredients:

- 1 oz. Canadian bacon
- 2 sprays olive oil cooking spray
- 2 large organic eggs
- 1/4 cup unsweetened almond milk
- 1 oz. (1/4 cup) Daiya dairy and casein-free cheddar cheese

Heat Canadian bacon on both sides in a skillet over medium heat with a little water for a few minutes, until hot. Remove from pan and cover with a paper towel to keep warm. Meanwhile, in a mixing bowl, add eggs, milk, and desired seasonings, and scramble. Pour egg mixture into skillet and cook, stirring frequently, until just before eggs are set. Add cheese and mix in, allowing it to melt. Enjoy eggs with bacon.

TIME-SAVING TIP:

Heat Canadian bacon in the microwave for about 20 seconds, or until hot. Spray a medium size microwave safe bowl. Add egg, milk, and desired seasonings, and scramble. Add cheese and stir. Place a paper towel over bowl, and microwave eggs for 1 minute. Then check to see if it needs a little more time to cook through. Serve with bacon.

Serve with: 1/2 large organic pear



A.M. Snack:

Pineapple with Sliced Almonds

- 3/4 cup fresh or frozen pineapple, or 1/2 cup canned
- 1/2 oz. (1/8 cup) sliced almonds

Top pineapple with sliced almonds, and enjoy.



Lunch:

Lean Hamburger on Lettuce Leaf with Tomato, and a Garden Salad with Kidney Beans, Sunflower Seeds, and Balsamic Dressing

Lean Hamburger on Lettuce Leaf with Tomato

Ingredients:

- 5 oz. grass fed ground beef
- 3 organic romaine lettuce leaves
- 2 tsp. organic olive oil mayonnaise
- 1/2 medium sliced organic tomato

Directions:

Cook burger to desired doneness. Place two lettuce leaves on serving plate. Top with burger, remaining lettuce leaf, mayonnaise, and tomato, and enjoy.

Garden Salad with Kidney Beans, Sunflower Seeds, and Balsamic Dressing

Ingredients:

- 2 cups organic romaine
- 1/2 cup organic cherry tomatoes
- 2 medium slices red onion, chopped
- 1 cup organic red pepper, chopped
- 1/2 cup kidney beans, drained and rinsed
- 1/2 oz. (1/8 cup) sunflower seeds
- 2 tbsp. Newman's Own organic lite balsamic dressing

Directions:

Add lettuce to serving bowl, top with veggies and seeds, and drizzle with dressing.

TIME-SAVING TIP:

To save time chopping veggies, you could purchase a bag of prepared salad greens with pre-chopped mixed veggies included. Be sure to eat a serving size of 3-4 cups.

THURSDAY

**P.M. Snack:****Cucumber Slices Dipped in Guacamole****Ingredients:**

2 cups organic cucumber

2 tbsp. guacamole

Directions:

Dip cucumber slices in guacamole and enjoy.

**Dinner:****Fish Lettuce Tacos with Guacamole, and Seasoned Black Beans****Ingredients:**

7 oz. cod

1-2 dashes each: sea salt and black pepper

1 tsp. organic extra virgin olive oil

3 outer leaves, organic red leaf lettuce

½ cup salsa

2 tbsp. guacamole

1 cup shredded cabbage

lime wedge, optional

Directions:

Rub cod with sea salt and pepper. Heat oil in pan over medium heat. Cook cod on both sides and remove from pan when the fish flakes easily with a fork. Wash red leaf lettuce leaves and pat dry. Place 1/3 cod in each leaf. Add salsa, guacamole, and cabbage to each leaf, roll up into a taco, and enjoy.

Serve with: ½ cup organic seasoned black beans, heated

FRIDAY



Breakfast:

Pumpkin Spice Flax Protein Shake

Ingredients:

1 cup unsweetened vanilla almond milk
 1 serving MCD-approved vanilla vegan protein powder
 1 extra small or ½ medium banana
 1/3 cup canned pumpkin, plain
 1 tsp. pumpkin spice
 1 tbsp. ground flaxseed
 1-2 cups ice
 Stevia, if desired



Directions:

Place all ingredients in a blender and blend until desired consistency. (Tip: For a thicker shake, peel and freeze banana ahead of time.)



A.M. Snack:

Blueberry Pecan + Fiber Kind Bar



Lunch:

Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo, and Spinach Salad with Garbanzo Beans and Balsamic Dressing

Deli Turkey Breast Lettuce Roll-Ups with Tomato and Mayo

Ingredients:

4 outer leaves, organic green leaf lettuce
 5 oz. premium deli turkey breast
 4 slices organic tomato
 2 tsp. olive oil mayonnaise

Directions:

Place lettuce leaves on a plate, add turkey and a tomato slice to each leaf, spread each with mayo, roll up, and enjoy.

Spinach Salad with Garbanzo Beans and Balsamic Dressing

Ingredients:

2 cups organic baby spinach
 1 cup halved organic cherry tomatoes
 1/2 cup chopped organic broccoli
 6 pieces chopped organic baby carrots
 ½ cup sliced organic cucumber
 ½ cup garbanzo beans
 2 tbsp. Newman's Own lite organic balsamic dressing

Directions:

Add washed spinach and veggies to serving bowl, top with beans, and drizzle with dressing.



P.M. Snack:

Celery with Hummus

Ingredients:

2 cups organic celery, strips
1/3 cup hummus

Directions:

Dip celery in hummus and enjoy.

Roasted Vegetables

Ingredients:

2 cups organic carrots, peeled and cut in 1 inch pieces
1 cup parsnips, peeled and cut in 1 inch pieces
1 medium onion, cut in wedges
5 cloves garlic, peeled
2 tsp. extra virgin olive oil
A few sprigs of fresh thyme
Salt and pepper
1-2 sprays cooking oil

Directions:

Preheat oven to 365 degrees F. In a mixing bowl, toss veggies with oil, thyme, salt, and pepper. Spray a rimmed baking sheet with cooking spray, add veggies (spread out, so not touching each other), and place in the oven for about 30 minutes, or until veggies are tender and a little browned, or desired texture.



Dinner:

Baked Herb Chicken with Roasted Vegetables

For a one “pot” dinner, you can add the vegetables into the same baking dish with the chicken. This will make a delicious “comfort food” meal. Just add some water or broth to cover the bottom of the baking dish, drizzle with oil, and add seasonings.

Baked Herb Chicken

Ingredients:

7 oz. boneless, skinless, organic chicken breast*
1 tsp. extra virgin olive oil
Salt and pepper
Fresh thyme, a few sprigs

Directions:

Preheat oven to 365 degrees F. Brush chicken breast with oil, and add salt and pepper on all sides, and place in an oven-safe dish. Place a few sprigs of thyme on top of chicken, and put in the oven and bake for about 20 min. Chicken is done when there are no signs of pink or translucent flesh when you cut through the middle, or when the internal temperature is at least 165 degrees F.

*TIME-SAVING TIP:

Bake an extra 6 oz. chicken breast for tomorrow's lunch: “Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette.”



SATURDAY



Breakfast:

Spinach and Mushroom Egg Scramble with Fire-Roasted Red Pepper Sausage, and Blackberries

Ingredients:

½ link organic fire roasted red pepper sausage by Applegate Farms
2 organic eggs
¼ cup unsweetened almond milk
1-2 sprays cooking oil
1 cup organic baby spinach
1 cup mushrooms, sliced

Directions:

Heat skillet on medium heat and cook sausage. Scramble eggs with milk in a medium bowl and season to taste. Remove sausage from pan when done, and spray with cooking oil. Sauté mushrooms until tender. Add eggs and spinach, cook, and stir until set. Season to taste and serve.

Serve with: 1 cup organic blackberries



A.M. Snack:

Banana Slices and Cashew Butter

1 extra small banana, sliced
1 tbsp. cashew butter

Dip banana slices in cashew butter and enjoy.



Lunch:

Grilled Chicken Salad with Olives, White Beans, and Balsamic Vinaigrette

Ingredients:

2 cups organic romaine or other dark-leaf lettuce
5 oz. organic boneless, skinless, chicken breast, cooked
½ cup canned organic white beans
½ organic sliced organic green pepper
½ cup halved organic cherry tomatoes
2 sliced olives
1 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar

Directions:

Use cooked chicken, OR season 6 oz. raw chicken to taste, grill or roast until thoroughly cooked. Arrange lettuce in serving bowl. Slice veggies, layer chicken, beans, peppers, tomatoes, and olives. Top with oil and vinegar.



SATURDAY

**P.M. Snack:****Cherry Tomatoes and Cucumber with Walnuts**

1 cup organic cherry tomatoes

1 cup sliced organic cucumber

½ oz. (1/8 cup) walnuts

Slice and season veggies to taste, and enjoy with walnuts.

**Dinner:****Steak Fajitas with Sautéed Bell Pepper and Onions, Guacamole, and Dairy Free Cheddar Cheese, and Seasoned Black Beans****Ingredients:**

1/3 tsp. chili powder

Dash cayenne pepper (optional, for spice)

Sea salt

Black pepper

7 oz. grass fed sirloin steak

2 tsp. extra virgin olive oil

1 medium organic bell pepper, cut into strips

1 cup onion, sliced

2 tbsp. guacamole

1 oz. (¼ cup) Daiya dairy-free cheddar shreds

Directions:

In a small bowl, stir together seasonings, sprinkle over the steak. Heat a large skillet over medium heat. Add the 1 tsp. oil and the steak, tent with foil and cook for 4 minutes on each side; transfer to a cutting board, tent with foil and let rest 5 minutes before thinly slicing.

In the same skillet, add remaining oil, bell peppers, and onion. Season with salt and pepper. Cook, stirring, over medium heat until crisp-tender (about 5 minutes). Add the sliced steak to vegetables and serve with guacamole and cheese.

Serve with: ½ cup seasoned black beans, heated



SUNDAY

**Breakfast:****Peach and Flax Protein Shake****Ingredients:**

- 1 cup unsweetened vanilla almond milk
- 1 serving MCD-approved vanilla vegan protein powder
- 1 medium organic peach, frozen preferred
- 1 tbsp. ground flaxseeds

Directions:

Place all ingredients into a blender, with ice, if desired, and blend to desired consistency.

**A.M. Snack:****Blackberries and Almonds**

- 1 cup organic blackberries
- 1/2 oz. (1/8 cup) almonds

**Lunch:****Tuna Salad with Dill, Curried Red Lentil Soup, and Beets****Ingredients:**

- 5 oz. canned albacore tuna, in water, drained
- 1/4 cup chopped organic celery
- 1 tbsp. organic olive oil mayonnaise
- 1/4 tsp. dried dill weed
- 2 cups organic romaine lettuce

Directions:

In a small bowl, combine tuna, celery, mayonnaise, and dill. Season to taste with salt and pepper. Place lettuce on serving dish and top with tuna salad.

Serve with:

- 1 1/2 cup Organic Curried Red Lentil Soup by Pacific Foods, heated
- 1 cup canned beets

**P.M. Snack:****Baby Carrots and Red Pepper Slices with Hummus**

- 2 cups organic baby carrots
- 1 cup organic red pepper slices
- 1/3 cup hummus

Dip carrots and red pepper slices in hummus and enjoy.

SUNDAY



Dinner:

Baked Ham, Sautéed Green Beans, and Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

Baked Ham

Ingredients:

6 oz. uncured lean fresh ham (3 oz. precooked)
1-2 sprays cooking oil

Directions:

Grill or bake ham to your desired doneness and serve.



Sautéed Green Beans

Ingredients:

Olive oil cooking spray
2 cups frozen green beans

Directions:

Heat a skillet over medium heat, then spray with cooking spray. Add green beans and sauté, stirring often. Add a little water to avoid sticking. Season to taste.

Spring Mix Salad with Hard-Boiled Egg and Balsamic Vinaigrette

Ingredients:

2 cups organic spring mix
1 cup organic cherry tomatoes, halved
1 hard-boiled organic egg, diced
¼ cup sliced organic red onion
1 tbsp. extra virgin olive oil
1 tbsp. balsamic vinegar

Directions:

Place washed spring mix in serving bowl. Add tomatoes, egg, and red onion. Drizzle with oil and vinegar.



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Metabolic Code® Diet Disclaimer: Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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