

Meal Planning: Getting Started

Weight Loss - **Week 1**



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Like any diet, you'll need to take just a little time to plan ahead. The most important steps in getting ready for the Metabolic Code™ Diet are (1) to review recipes you want to try for the week (2) make a list and (3) grocery shop. We have made our meal plans and recipes as simple as possible, so the time commitment is minimized. It just takes a few tricks to get the eating plan down and get into this new way of eating. Many people like breaking out of their rut with the new food ideas.



*Don't worry if you don't know how to cook.
Start somewhere. Learn meal-assembly.*

Time Saving Meal Tips:

- The most important step is to stock up on proteins and vegetables. You can use some frozen vegetable (steamer bags) and precooked chicken, turkey, and shrimp.
- Precut veggies and salads are a time saver. Tip: use a grocer's salad bar, it can be less expensive than bagged salads.
- Take advantage of spices. They have a long shelf life and can transform basic proteins and veggies, to give you an infinite variety of tastes.
- Batch cook for the entire week. Make soups, stews, crockpot meals. Example: double portions of taco-seasoned turkey for taco salad one day and lettuce wraps the next.





Time Saving Meal Tips: (continued)

- Use pantry items you probably already have on hand such as mustard, vinegar and spices.
- Keep basics on hand, like olive oil, chicken stock, sea salt and pepper or garlic pepper blend.
- Keep emergency super easy recipes handy that you can use in a pinch. Example: rotisserie chicken and bagged salad, with frozen green bean steamer bags.
- Think about seafood. A piece of fish can be broiled in the oven and done in under 10 minutes. Sprinkle with seafood-specific seasoning like Old Bay or Cajun seasoning blends.
- Use the weeks of recipes available in the Metabolic Code Diet portal. Keep looking for ideas.



Ask your low carb diet friends and co-workers what they make for dinner. You might need to change an ingredient or two, but you it could give you good food ideas.

Think globally about flavor: what's in a Greek Salad? Make your version without the feta in Phase 1, but using black olives, red onions, cucumbers and tomatoes and making a Greek salad dressing with red wine vinegar, fresh lemon juice, dried oregano, and extra-virgin olive oil.

What spices are used in Mexican or Caribbean food? Borrow these to dress up your meats and veggies.

Sample Evening Meals or Evening Meal Examples

Stop at the store on the way home to get ingredients for some meals to eat right away. Then you can go on the diet portal you were signed up for today, to get yourself really going. Tips: Lettuce wraps are FAST, so plan these on a night you are getting home late and make soup on the weekend when it has time to simmer. As you work at meal planning you will sharpen your ability to estimate your weekly menu portions to prevent waste.

Monday:	Flank Steak Fajitas with Onions, Green and Red Peppers
Tuesday:	Baked Italian Codfish with Green Beans
Wednesday:	Taco Lettuce Wraps in Cabbage or Lettuce Leaves
Thursday:	Pork Chops with Baked Apple Topping
Friday:	Girls or Guys Night Out (order buffalo grilled chicken with celery)
Saturday:	Chicken Vegetable Soup
Sunday:	Crab Stuffed Mushrooms with Asparagus



Grocery Shopping List:

To save time, grocery shop during off hours (in the evening after dinner or during lunch break). Often times the shelves will be better stocked and checkout time will be quicker than the busy weekend and dinner hours. Shopping at the same store routinely can also save time due to knowing where to find items.



Proteins	Produce	Other
Flank Steak	Onions (x2 extra for soup)	Chicken Broth
Frozen Cod Filets	Green and Red Peppers	Veggie Parmesan Cheese
Ground Turkey	Green Beans (fresh or frozen)	Taco Seasoning (chili powder and cumin)
Pork Chops	Cabbage Leaves (Savoy)	Extra Virgin Olive Oil
Chicken (whole, chicken breasts or precooked)	Organic Apple	Salad Spring Mix (or other favorite Mustard)
Beef (ground, grass fed or ground bison)	Soup Veggies (Kale, Carrots, Celery, Cabbage)	Balsamic Lite Dressing (Newman's Own)
Crab Meat (canned)	Mushrooms (white button)	Olive oil or organic mayonnaise
Eggs	Asparagus	Chia Seeds
Nuts and seeds	Broccoli	Coconut Aminos (gluten free and soy free) or Tamari sauce (not soy free but gluten free)
Canned beans, (organic if possible.)	Romaine Lettuce	
Protein powder	Fruit for protein shakes (frozen or fresh)	

Note: Recipes are suggestions. You don't have to use every ingredient. For example, if a recipe calls for fresh scallions and you can't find any, you can use garlic or regular onions. OR if a recipe calls for green peppers and you don't like them, you can leave them out.