

MET-Rx 180^o
TRANSFORMING EVERY BODY™



NUTRITION GUIDE



**NUTRITIONAL COMPANION
FOR THE MET-RX 180™
WORKOUT PROGRAM**

(Consult this guide only after reading the MET-Rx 180™ Fitness Guide)



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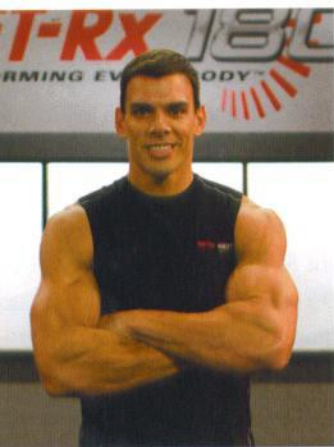


**“GOOD NUTRITION
IS THE KEY
TO A BETTER
LOOKING BODY,
GOOD HEALTH
AND LONGEVITY.”**

— Frank Sepe

WELCOME TO THE MET-Rx 180™ TRANSFORMING YOUR BODY NUTRITION GUIDE

FOREWORD BY FRANK SEPE



All nutritional plans are not created equally. What is the difference between this plan and others? MET-Rx® is one of the most recognized brands in the sports nutrition industry. For 20 years they have been on the cutting-edge of sports nutrition with a diverse range of products engineered for the next generation of athletes. Now the leaders in the industry bring you The *MET-Rx 180™ Transforming Every Body™* nutritional plan. *MET-Rx 180* created this nutritional and supplement plan to specifically help you achieve your personal health and fitness goals. This is not an unsustainable low-calorie starvation or fad diet. This plan was designed to help you achieve a better looking body but more importantly a healthier body. Think of it as part of your new way of life. This

plan along with your new *MET-Rx 180* fitness regimen is going to help you transform your body in ways that you didn't think were possible. Read through the guide and easily calculate your daily caloric intake to meet your personal goals. Go through the easy-to-follow nutritional plans, they are broken into three 30-day phases; conditioning, shaping and definition. Each phase will give you meal plans, recipes and tips that will help support your *MET-Rx 180* workout routines and of course your ultimate goal... your transformation.

I have been on what I like to call the "front lines" of the fitness industry for close to 20 years now and believe me when I tell you that if you want a fitter and healthier body then you cannot blindly go through the day without a specific plan of attack.

The *MET-Rx 180* nutritional and fitness plan work hand in hand. You will not get the results you are after if you do not make eating healthy and exercising a part of your daily routine. We took the guess-work out of what you need to do to achieve a fitter and healthier body. Now it's up to you to give your all to the program.

Take it one day at a time, when you get up in the morning, don't overwhelm yourself. Tell yourself all you have to do is eat healthy or complete your goals for that day. Then, the next morning, do it all over again. Instead of looking into the future and worrying about two weeks from now, just take it day by day. Good Luck on completing the *MET-Rx 180 Transforming Every Body* 90-day program. I hope that you reach your goals and that these 90-days lead to a lifetime of eating healthier and exercising on a consistent basis.



KRISTIN SCHIERENBECK, MS, CNS



A PASSION FOR NUTRITION INSPIRED BY DANCE

Since 2004, Kristin Schierenbeck has worked as a nutritionist and expert advisor for MET-Rx Sports Nutrition. When MET-Rx approached her to help ensure the nutrition guide was at the highest standard that one would expect from MET-Rx, she proudly accepted the opportunity. Ms. Schierenbeck's career in nutrition grew out of her love of dance and it was her work as a professional dancer in New York that brought to light the importance of the connection between good nutrition, fitness and athletic performance. She saw first hand how proper diet and supplementation resulted in improvements in performance and applied this knowledge to help other dancers and athletes. As

a former dancer and teacher, she had the opportunity to work closely with other professionals using sports nutrition, fitness training, injury prevention and treatment to strengthen and improve performance.

CERTIFICATIONS AND DEGREES

Ms. Schierenbeck is a graduate of the State University of New York College at Brockport with a Bachelor of Science in Health Science and Dance and holds a Masters Degree in Human Nutrition from the University of Bridgeport. She is an active member of the American College of Nutrition (ACN) and a Certified Member of the American Nutraceutical Association (ANA).

DEPTH OF EXPERIENCE

Since 1996, Kristin has worked in the alternative medicine and dietary supplement industry including research, regulatory, quality control, marketing and sales. She has assisted chiropractors, medical doctors, physical therapists and athletic trainers with many different aspects of nutrition and dietary supplement protocol. In addition, she has written several articles on nutrition and the quality and use of dietary supplements. It is because her passion for nutrition, depth of experience and continued effort to keep abreast of the latest findings in clinical nutrition, that Kristin continues her work as a MET-Rx Sports Nutrition Specialist.

AN APPROACH TO NUTRITION THAT LEADS TO SUCCESS IN LIFE

As a Certified Nutrition Specialist, Kristin has counseled, encouraged and inspired individuals of all ages with weight management, sports nutrition, and injury prevention and treatment. Working closely with medical doctors, Kristin has helped create nutrition and dietary supplement protocols to maximize health. As a nutritionist Kristin believes in setting realistic goals based on lifestyle and culture.



NUTRITIONAL COMPANION FOR THE MET-Rx 180 PROGRAM PLAN

INTRODUCTION

Since 1991, MET-Rx Engineered Nutrition™ revolutionized the sport nutrition industry. MET-Rx continues to be on the cutting-edge of sports nutrition with a diverse range of products engineered for the next generation of athletes.

The *MET-Rx 180 Program* is a custom-made, fitness and nutrition plan that has exactly what you're looking for if you are serious about your fitness goals.

This 90-day program will change your body, in a way that may not have been possible in previous years. New developments in sports nutrition have fostered the development of this metamorphosing plan.

The *MET-Rx 180 Program* isn't one of those hard to follow or tedious exercise and/or eating plans. This step-by-step plan is comprehensive and easy to follow while offering inspiring results. It focuses on three ways to change your body forever by focusing on these key components: Shaping Your Nutrition, Shaping Your Body, and Shaping Your Lifestyle. This companion book focuses on the first component, Shaping Your Nutrition. This is a key element in your success. It not only simply explains cutting edge nutritional strategy and planning, it also shows how to effectively integrate the *MET-Rx 180* products and workouts.

This book was written to help you achieve your goals of looking and feeling better with a common sense approach to fitness and health. We will also provide you with the necessary tools you need to help make positive changes in your appearance, health, and overall well-being.

We all want simple answers to difficult questions like what, when and why I should eat this or that – and what I should keep off my fork forever. We will discuss topics including why some diet plans don't work, meal planning, and implementing *MET-Rx 180* products into your daily regimen. We will also provide you with enough information so that you can put together your own personalized nutritional program that will guide you for a lifetime. Losing weight and achieving a more muscular or toned physique should not mean you have to take products you are unsure of or deprive your body of the healthy nutrients it needs. We advocate combining a solid healthy eating plan with a good training program; you will live a healthier and fitter lifestyle.

FOOD FOR THOUGHT

When you're planning your program, try and make it as easy as possible. If you have a job where you don't have the ability to eat whole foods then make sure you have your *MET-Rx 180* shakes and bars with you. Again, it is all about planning and you have to personalize your plan to coincide with your lifestyle. Focus on getting all of your meals in throughout the day. It's important that you incorporate the right foods into your plan. Eating small meals along with the *MET-Rx 180* products or other appropriate foods usually every two to three hours will keep your glucose levels more constant and help deter hunger. Eating consistent meals also helps convince your body's regulatory systems that you're not starving. This program is designed to provide you enough protein to help build lean muscle, enough carbs to fuel your busy schedule, and enough fats to keep your body functioning properly.



MET-Rx 180 is a revolutionary workout program created specifically for you. Using cutting edge exercise techniques and state of the art nutrition- *MET-Rx 180* is designed to provide results. *MET-Rx 180* helps you shape your body with quality, results-oriented products that fulfill the appetite your body needs for balanced nutrition and physical fitness.

Those who use state-of-the-art nutrition and workout to achieve their goals — choose *MET-Rx 180*. And for those who never accept limits of their mind, body or spirit — we are *MET-Rx*®.



Superior Quality Protein:

MET-Rx 180 TruLean™ combines slow acting casein protein with milk protein, which is a natural source of whey and casein for fast and slow digesting properties to provide the protein your body needs to support lean muscle throughout your day.*

TruLean™ includes:

- 38 gram protein blend including slow acting proteins for sustained muscle support*
- 3 grams of L-Glutamine, an important amino acid for daily exercise*
- 25 essential vitamins and minerals*
- Formulated without Hydrogenated Oils, which means 0 grams trans fats.
- Low fat to support a lean, healthy body
- 17- 20 grams* of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.*
- Aspartame free
- No added sugar**
- Gluten free
- 97% lactose free

CATEGORY: LEAN MASS & STRENGTH

MET-Rx 180 TRANSFORMING EVERY BODY

**TRULEAN™ MEAL REPLACEMENT SHAKE
PROTEIN POWDER; NATURALLY &
ARTIFICIALLY FLAVORED**

TruLean™ is a healthy meal with a complete protein blend and 25 essential vitamins & minerals to help support lean muscle.* It can be used as a meal replacement or one of several small meals throughout the day to support your nutritional needs. TruLean is designed to help you stick to the *MET-Rx 180 Program* when life gets busy.

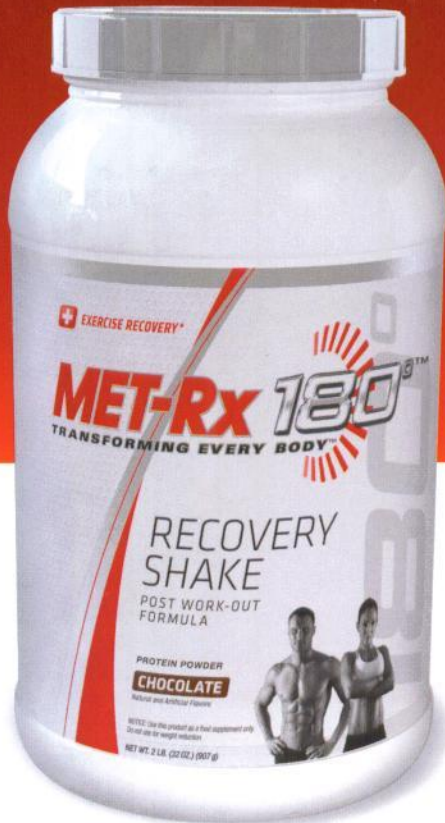
Why should I take this?

- Calcium and Vitamin D for strong bones.* Calcium is the primary mineral for bones and is used to form bone structure.* Vitamin D helps your body utilize calcium.*
- B vitamins for nutrient metabolism.*
- Vitamins and minerals for a healthy immune system such as C, D, & Zinc.*
- Protein is important for muscle. The amino acids within protein are used by your body to replenish your protein levels and to help maintain and even build muscle when used in conjunction with resistance training and a balanced diet.*

◇ Depending on flavor

◇◇ Not a low calorie food. Some sugar naturally occurs in ingredients. See nutrition facts panel for sugar and calorie content. Visit MYMETRX.com for information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



CATEGORY: EXERCISE RECOVERY

MET-RX 180 TRANSFORMING EVERY BODY

**RECOVERY SHAKE
POST WORK-OUT FORMULA PROTEIN POWDER;
NATURALLY AND ARTIFICIALLY FLAVORED;**

FLAVORS: VANILLA, CHOCOLATE

The *MET-Rx 180 Recovery Shake* is the perfect ending to a grueling workout. After intense exercise, your body is exhausted and low in certain critical nutrients. That is why it is important to recharge and refuel your body after each workout with the right amount of protein, carbohydrates, electrolytes, and vitamins and minerals so that you can retain the benefits from every workout session and help you achieve your goals!*

It can sometimes be difficult to receive the right amount of nutrition you need for recovery from meals alone. The *MET-Rx 180 Recovery Shake* is a simple and effective addition to your daily regimen. This all-in-one recovery formula has the balanced blend of nutrients you need for recovery, while being low in fat, refreshing and delicious!*

Engineered Protein Blend:

The *MET-Rx 180 Recovery Shake* formula is a combination of fast and slow proteins resulting in a longer absorption rate, allowing extended amino acid delivery to your muscles.* This helps ensure that you're getting the most out of all the hard work and energy you're putting into your workouts!*

Recovery Shake includes:

- 15g Protein
- Vitamins and minerals for nutrient metabolism*
- Branched Chain Amino Acids from protein to provide highly bioavailable fuel*
- Top quality complex carbs to keep your mind energized*

Why should I take this?

- Supports exercises recovery*
- Replenish muscle glycogen after your workouts*
- Provides electrolytes which can be lost through sweat and which are important for rehydration after exercise*
- Provides complete protein sources with all of the essential amino acids needed by your body to support protein synthesis and overall health*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



CATEGORY: DAILY NUTRITION

MET-RX 180 TRANSFORMING EVERY BODY

HIGH PROTEIN BAR

**NATURALLY FLAVORED FLAVORS:
PEANUT BUTTER, CHEWY CHOCOLATE CHIP, CHOCOLATE DELUXE**

The MET-Rx 180 Protein Bar is a delicious source of protein when you don't have time to make a shake or prepare a meal. It is also a convenient and satisfying snack to help fuel your body at any time. Put it in your gym bag, briefcase or office drawer!

- 20g of Protein
- 16-18g Carbohydrates*
- 2-3g Sugar*
- 4.5-6g Fat*

Helps Fuel Your Body

Specially designed to deliver high quality nutrition between meals while you are on the MET-Rx 180 Program, these specially formulated nutrition bars deliver:

- A balanced ratio of carbohydrates, proteins and fats to support fitness
- 0g trans fat
- Supports energy levels in between meals
- Excellent source of protein to support lean muscle[^]
- A good source of over 10 vitamins and minerals

Support your body shaping goals... even when you are on the go with The MET-Rx 180 High Protein Bar.

*Depending on flavor

[^]Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.



CATEGORY:
DAILY NUTRITION

MET-RX 180
TRANSFORMING EVERY BODY

ESSENTIAL MULTI
DAILY MULTIVITAMIN
90 TABLETS

CATEGORY:
SPECIALTY SUPPLEMENT

MET-RX 180
TRANSFORMING EVERY BODY

ACTIVE MULTI PACK
COMPLETE NUTRITIONAL
SYSTEM FOR WOMEN
30-DAY SUPPLEMENT PACKETS

CATEGORY:
SPECIALTY SUPPLEMENT

MET-RX 180
TRANSFORMING EVERY BODY

ACTIVE MULTI PACK
COMPLETE NUTRITIONAL
SYSTEM FOR MEN
30-DAY SUPPLEMENT PACKETS

WHEN TO TAKE: At the start of your day, preferably with a healthy breakfast.

The *MET-Rx 180 Essential Multi* is a multi-vitamin designed specifically for active people on this program. Proper supplementation may be helpful because your body will be under physical stress. Do not let poor nutrition keep you from reaching your goals... because what is on the *INSIDE* effects how you feel and look on the outside.

As you make your transformation, you want to eat healthy. Consider supplementing your diet with a vitamin designed specifically to support the *MET-Rx 180 Program*. The *MET-Rx 180 Essential Multi* features:

- B vitamins for energy metabolism*
- Vitamin C & D for immune function*
- Vitamin E for antioxidant support*
- Over 20 vital nutrients that contribute to your overall health and well being*

Staying well nourished is important as you transform your body. So take the *MET-Rx 180 Essential Multi* vitamin daily and give your body the nutrition it needs to make the *MET-Rx 180* transformation.

WHEN TO TAKE: At the start of your day, preferably with a healthy breakfast.

An elite vitamin and mineral formula designed to support women who are following the *MET-Rx 180 Program*. *MET-Rx 180 Women's Active Multi Pack* helps support and maintain heart, circulatory, energy metabolism, and bone health.* Each pack is enhanced with Omega-3 fatty acids for circulatory health, Calcium and Magnesium to reinforce bone strength, and features specialized blends not found in ordinary multis.*

MET-Rx 180 WOMEN'S ACTIVE MULTI PACKS HELP SUPPORT:

- Energy Metabolism*
- Hair, Skin & Nails*
- Heart & Circulatory Health*
- Bone & Joint Health*

With *MET-Rx 180 Active Multi Packs*... you can count on being properly nourished and ready for your next *MET-Rx 180* Workout.

WHEN TO TAKE: At the start of your day, preferably with a healthy breakfast.

An elite vitamin and mineral formula designed to support men who are following the *MET-Rx 180 Program*. *MET-Rx 180 Men's Active Multi Pack* helps support and maintain heart, circulatory, energy metabolism and immune health.* Each pack is enhanced with Omega 3 fatty acids for circulatory health and features a specialized blend not found in ordinary multis.*

MET-Rx 180 MEN'S ACTIVE MULTI PACKS HELP SUPPORT:

- Mens Health*
- Energy Metabolism*
- Antioxidant and Eye Support*
- Heart & Circulatory Health*

With *MET-Rx 180 Active Multi Packs*... you can count on being properly nourished and ready for your next *MET-Rx 180* Workout.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



WHAT YOU NEED TO KNOW

BACKGROUND

Since the beginning of sports nutrition research, carbohydrates have been in the spotlight. The beginning of meal planning for athletics centered around repeating what successful athletes were eating in order to emulate their results. This resulted in a high carbohydrate, high calorie meal plan that was consumed in frequent small meals, spread through the day. Many Olympic and professional athletes have had great success by introducing and even increasing high carb foods. Since the early 1970's, controlling high intakes of carbs has been known to be beneficial for weight management and overall health. It has even been written that carbohydrates are a non-essential nutrient, meaning that humans are quite capable of living without them. Yet, a runner knows there is an advantage to carb-load before a race and therefore benefits from increased consumption. So what is the truth, carbs or no carbs? In spite of the introduction of high carb foods that were low fat or fat free, in the '80's and '90's, obesity rates continue to climb. The amount of fit people in the world continues to decrease while our top athletes continue to break world records in all areas of sports. Why?

ANSWER

Each individual has a varying metabolic ability to oxidize carbohydrate or store it. An athlete has the ability to process and use carbohydrates more efficiently than sedentary people. Athletes also have an increased capacity to store carbs as glycogen rather than fat. Gary Taubs, researcher, claims that carbohydrates and insulin are responsible for the obesity epidemic in America¹. Dr. Atkins, the founder of the Atkins Diet² also agrees that heart health and weight loss can be achieved through greatly reducing carbohydrates. Dr. Dean Ornish, nationally known cardiologist³ and Dr. Kenneth Cooper, Founder of the Cooper Institute⁴ and responsible for adding the word

“aerobic” to our vocabulary promote a high carbohydrate, low fat diet for heart health. The reason for this contradiction is because of three variables.

- 1. GENETICS** - Research has yet to isolate specific physical characteristics that determine a greater oxidative capacity of carbohydrate but subjective evaluation and family history have gotten us closer than ever before.
- 2. FITNESS LEVEL** - Athletes can eat more calories and more carbohydrates, storing more as glycogen as opposed to fat. Sedentary people burn fewer calories and have less muscle mass making it easier to over eat and store carbs as fat.
- 3. FOOD CHOICES** - Processed carbohydrates are less likely to contain other nutrients that help metabolize and assimilate carbohydrates into the body. Whole grains, fresh fruits and fresh vegetables maintain a balance of fiber and nutrients that support overall health.

Therefore, all these experts are correct. Individuals who have a certain combination of these variables will benefit from a lower carbohydrate diet while others will benefit from a higher carb ratio. The challenge is: determining the correct amount of carbs for your body today, and then also deciding when to change that amount as it's warranted.

Even though nutrient timing and glycogen loading are the primary factors in successful sports nutrition planning, calorie distribution is usually addressed first. This is based on the commonly accepted calorie balancing equation stating that if you eat less total calories than burned, the deficit will cause fat loss and if you eat more than you burn, you will gain. Opponents of calorie counting say that



this just doesn't work. They have witnessed or experienced eating at a calorie deficit and not losing weight. The reason for this is a variance in the way people process those calories. Food consists of both nutrients and calories. Some of the calories we eat do not get burned for energy. Proteins, fats and even carbohydrate in the form of glycogen, can become part of our body rather than part of the calorie balancing equation. That is why it is absolutely essential that we determine both daily calories needs and the distribution of those calories across the day and proportionately by macronutrient (a.k.a protein, carbohydrate and fat).

RESEARCH REGARDING OUR NUTRITION PLAN

Although eating a variety of food in proper proportions and in moderation is the soundest nutritional plan, some people may have food allergies or dislikes that limit variety. It is our position that including a variety of protein sources is best for health and fitness. This nutrition plan recommends fish and chicken as a main protein source but, we must consider that eating too much of the same foods, even if they are nutritious may actually negatively affect health.

CARBOHYDRATES

Carbohydrates provide an excellent source of fuel for the body. Many systems of the body depend greatly on the breakdown of carbohydrates into glucose (blood sugar). All carbohydrates eventually break down into glucose, high glycemic carbohydrates break down more quickly, and once the body has more sugar in the blood than what it needs, it may store the excess in the fat reserve. This storage over time will further increase the amount of stored body fat.

PROTEIN

Protein is the main building block for muscle tissue, and is also an important component of ligaments, tendons, and bones. Protein consumption should be around 25% to 40% of your overall daily caloric intake. This will ensure that you maintain and build

the lean muscle mass required to reach your goal. Excess protein calories, once broken down into simpler forms, can be stored into body fats just as carbohydrates can. Carefully choose protein sources low in saturated fat.

FAT

Quality fats are an important component to the body's make up. The best sources of fats are essential fats. "Essential" means our body needs them and cannot make them on its own, so they must be ingested in our foods or by supplementation. These fats include omega 3 and omega 6 fatty acids.



WATER

Water is the most important catalyst in your body. It is involved in the majority of the chemical reactions responsible for life. It is essential that you maintain a consistent supply by drinking it frequently throughout the day. Tap water or bottle water is not recommended. We recommend drinking water that is purified by a filtration system that does not completely remove minerals. It is best to drink water shortly after being filtered. There are several satisfactory home filtration systems available. The chlorine in unfiltered tap water may negatively affect your health. Most bottled water is poorly filtered municipal tap water that has been stored in plastic for weeks before drinking. Also, bottled water may be depleted of magnesium and calcium, minerals known to have positive health benefits.

A good estimate of your daily water requirements is to drink at least eight cups of water, daily. Drink throughout the day and especially during exercise. Do not have more than sixteen ounces with each meal more than this will dilute the digestive process.



CHEATING

Everyone eventually deviates from the plan. There will come a time when you will eat differently than you planned. It's not possible to eat healthy one hundred percent of the time. Are you going to go to a birthday party and not have a piece (or a few bites) of that cake? Are you going to celebrate Thanksgiving without indulging in some of Mom's apple pie? The point is that these "cheat" days shouldn't be the norm, you shouldn't make unhealthy eating part of your daily routine anymore. Many nutritional programs encourage eating bad foods once a week. We suggest that you stay on your program for at least the first 30 days of the program, before you allow yourself to cheat occasionally. You need to get in the groove of eating healthy before you entertain cheating.

Get into a rhythm with your eating plan and give 100% effort when it comes to eating clean. It's important to progress on your program because progression breeds confidence and will keep you motivated to keep going. You will eventually get to the point where you will get to know your body very well and can have the not-so-healthy foods in moderation without them affecting you in a negative way. And you might not even like the way these cheat foods make you feel after you eat them now.



PRE-WORKOUT NUTRITION

Proper nutrition is very important before a workout. It is a mistake to think you don't need to worry about it because you're just starting out on an exercise program. Proper nutrition before a workout is just as important for a beginner as it is for an advanced trainer. Even though your fitness levels are different; your goals are the same. Both parties want to get the most out of a workout. You will not reach your maximum potential if you don't eat correctly before you exercise.

We suggest you eat a meal or drink a shake one to two hours before you workout. A meal consisting of protein and moderate carbs will do the trick. Don't gorge on a pound of pasta or have a 36-ounce steak. It isn't necessary. Stick to eggs and oatmeal or a *MET-Rx 180* shake with a piece of fruit as a perfect pre-workout meal. *MET-Rx 180* has numerous pre-workout supplements available at MYMETRX.com that contain nutrients designed to support your body as you work out. Check it out.

POST-WORKOUT NUTRITION

It's crucial that you have a quick meal no less than 30 minutes after you're done working out. You want to replenish your glycogen stores, stop protein breakdown and increase protein synthesis. You need to replenish yourself with a meal that contains both protein and carbohydrates. Your post-workout meal should approximately contain anywhere from a 2:1 ratio of carbs:protein to a 3:1 ratio of carbs:protein depending on your carb sensitivity and your ability to store glycogen. Post-workout meals should have quick high glycemic index carbs and quickly digested proteins. Whey protein is a great post workout drink as it is a fast digesting protein and one of the best sources of protein around. A whey protein shake with a piece of fruit would be a fast and easy solution to a post workout meal. Other options for post-workout would be mixed nuts with raisins, a serving of cottage cheese or a serving of Greek yogurt. There are various supplements that are available on metrx.com to help you as well such as BCAA's, creatine, dextrose, anti-oxidants and glutamine to name a few.



KEEP IT SIMPLE

To make it easy, you can train an hour or two after breakfast, lunch or dinner and follow it up with a *MET-Rx 180* protein shake and a piece of fruit (see the recipes provided).

ADJUSTMENT

It's normal to have to adjust your nutritional plan. For example, if you begin to lose a lot of weight quickly then that's a sign you will have to increase the amount of calories you are eating. Losing weight is great, but if you lose too fast, you will lose muscle in the process and we all know how difficult it is to put muscle on, so the last thing you want to do is lose it. You may also be someone who is carb sensitive. If you have been 100% strict on your training and nutritional plan and aren't losing inches or body fat then you might find that you need to lower the amount of carbohydrates you're eating. The only way you will find the perfect plan for yourself is starting with the initial program and making adjustments along the way. There is no plan that will be 100% picture perfect for you. Your lifestyle, fitness level, body, body responses plus food likes and dislikes will have to be factored in when trying to find what works best for you. If things aren't going as planned, re-assess, even if you are in the middle of a phase.

REMEMBER!

The more meticulous you are with your record keeping, the better you will be at figuring out what is and what's not working for you. So make sure you're writing everything down. If you forget to write down a meal here and there, it makes it extremely difficult to make the proper adjustments to your plan. Input the info to your smartphone and then put it into your computer. We have so much technology available to us these days that you shouldn't have any excuses.

THE NEXT STEP

Before you start the workout portion of your program, make sure that you have your nutritional plan all figured out. If you are going to use them, the *MET-Rx 180* products should be at your disposal and all the necessary food you need to begin the program should be in your kitchen. Plus, if you are going to eat out then you should have a list of restaurants that serve the food on your plan. Leave no stone unturned and make sure all of your bases are covered in order to make this program a success.

We put together a *MET-Rx 180 Program* checklist as a quick reminder of what you need to do. Go over the list now. If you have the nutritional part of the program down, it's time to go to the last part of the program and start training!

MET-Rx 180 WORKOUT PROGRAM CHECKLIST

- Write your plan down. You should have 7 days of your nutritional plan down in your book in advance.
- Write out a food shopping list and get foods you need for your program.
- Plan ahead; prepare food the night before to accommodate your ever-changing schedule.
- Eat small meals throughout the day — every 2 to 3 hours.
- Watch your portions; don't overeat. If you can't measure food then use your fist as a measurement for how much protein or carbs you will be consuming with each meal.
- Each food meal should contain a combination of healthy protein, carbohydrates and fats.
- Drink at least eight cups of water a day.
- Consider using *MET-Rx 180* bars and shakes to complement your nutritional plan. Go to MYMETRX.com for product information.
- Record everything you eat.
- Adjust your nutritional plan accordingly. It is only through trial and error that you will come up with a plan that will meet all of your expectations.



OVERVIEW

The first 30 days: *Conditioning Phase* helps to re-set your “carb sensitivity” or your ability to replenish and store glycogen, recovering and preparing for your next workout, eating protein dominant meals without sacrificing muscle due to carb depletion or protein reamination.

The second 30 days: *Shaping Phase* prevents plateaus by changing your nutrition to improve your glycogen storing capacity while simultaneously burning body fat.

The last 30 days: *Definition Phase* brings your body to peak condition, to achieve a lean body while maintaining high performance.

Finally, the *Maintenance Phase* determines your set point calories and lifetime ratio of macronutrients to maintain fitness and health, long term.

DETERMINING YOUR DAILY CALORIES

Take these tests online at MYMETRX.com and have our interactive software calculate your profile for you!

Calculating your calories is based on your physical attributes, lifestyle and goals. Once you determine your

daily needs, simply choose meals from the meal plan that total your daily caloric intake goal.

In order to simplify the process, we have assumed the following lifestyle factors to be constant:

We assume that you will be following the *MET-Rx 180 Program* workout plan, getting 6-8 hrs of sleep a night and following an 8-10 hour work day, 5 days a week with 2 weekend days. How active you are in the day also affects your metabolism. The more you move, the more you burn. Short bouts of activity evenly spread throughout the day reminds your metabolism to stay active. This means you can make your body burn more calories even when you are sitting down. Being active makes you burn more calories even when you are not exercising and those are the calories that cumulatively effect fat loss. So make a conscious effort to be active!

If you sleep less, workout more or work more vigorously, or work longer hours, your calories may need to be increased. Pick one of the three following formulas that best fits your fitness level.

IF YOU ARE:

MOSTLY SEDENTARY:

You sit for much of the day, and work out moderately.

Fat loss Calories = $\{[7 \times (\text{weight in lbs.}) + 500] \times (1.4 \text{ for men or } 1.3 \text{ for women})\} - 688$
Maintenance Calories = $\{[8.5 \times (\text{weight in lbs.}) + 500] \times (1.4 \text{ for men or } 1.3 \text{ for women})\} - 188$
Muscle Gain Calories = $\{[9 \times (\text{weight in lbs.}) + 500] \times (1.4 \text{ for men or } 1.3 \text{ for women})\} + 312$

How to do the math: Multiply your weight by 7 to lose, 8.5 to maintain or 9 to gain. Add 500. Take the total thus far and multiply it by 1.4 if male or 1.3 if female. Last subtract or add based on your personal goal. These are the target number of daily calories you should consume.

MODERATELY ACTIVE:

You are somewhat active, and move throughout the day and exercise regularly.

Fat loss Calories = $\{[7 \times (\text{weight in lbs.}) + 500] \times (1.6 \text{ for men or } 1.5 \text{ for women})\} - 488$
Maintenance Calories = $\{[8.5 \times (\text{weight in lbs.}) + 500] \times (1.6 \text{ for men or } 1.5 \text{ for women})\}$
Muscle Gain Calories = $\{[9 \times (\text{weight in lbs.}) + 500] \times (1.6 \text{ for men or } 1.5 \text{ for women})\} + 512$

How to do the math: Multiply your weight by 7 to lose, 8.5 to maintain or 9 to gain. Add 500. Take the total thus far and multiply it by 1.6 if male or 1.5 if female. Last subtract or add based on your personal goal. These are the target numbers of daily calories you should consume.

VERY ACTIVE:

You have a job that keeps you on your feet and moving most of the day, and you exercise regularly

Fat loss Calories = $\{[7 \times (\text{weight in lbs.}) + 500] \times (1.7 \text{ for men or } 1.6 \text{ for women})\} - 262$
Maintenance Calories = $\{[8.5 \times (\text{weight in lbs.}) + 500] \times (1.7 \text{ for men or } 1.6 \text{ for women})\} + 226$
Muscle Gain Calories = $\{[9 \times (\text{weight in lbs.}) + 500] \times (1.7 \text{ for men or } 1.6 \text{ for women})\} + 750$

How to do the math: Multiply your weight by 7 to lose, 8.5 to maintain or 9 to gain. Add 500. Take the total thus far and multiply it by 1.7 if male or 1.6 if female. Last subtract or add based on your personal goal. These are the target number of daily calories you should consume.

REFER TO THE CHART BELOW TO DETERMINE YOUR DAILY MEAL FORMULA, AND THEN CHOOSE FROM THE MEALS LAID OUT FOR YOU IN THE MEAL PLAN TO REACH THIS DAILY INTAKE GOAL.

CALORIE GOAL:	DAILY MEAL PLAN:
1200 CAL	Three 300 calorie meals, one 200 calorie snack, and one 100 calorie snack.
1300 CAL	Three 300 calorie meals, and two 200 calorie snacks.
1400 CAL	Two 300 calorie meals, one 400 calorie meal and two 200 calorie snacks.
1500 CAL	One 300 calorie meal, two 400 calorie meals and two 200 calorie snacks.
1600 CAL	Three 400 calorie meals, and two 200 calorie snacks.
1700 CAL	Two 400 calorie meals, one 500 calorie meal and two 200 calorie snacks.
1800 CAL	One 400 calorie meal, two 500 calorie meals and two 200 calorie snacks.
1900 CAL	Three 500 calorie meals and two 200 calorie snacks.
2000 CAL	Three 500 calorie meals, two calorie snacks and one 100 calorie snack.
2100 CAL	Three 500 calorie meals and three 200 calorie snacks.
2200 CAL	Three 500 calorie meals, three 200 calorie snacks and one 100 calorie snack (7 meals).
2300 CAL	Three 500 calorie meals and four 200 calorie snacks (7 meals).
2400 CAL	Three 500 calorie meals, one 300 calorie meal and three 200 calorie snacks (7 meals).
2500 CAL	Three 500 calorie meals, one 400 calorie meal and three 200 calorie snacks (7 meals).

▶ 500 calorie meals can be made by adding 1 half of or 1 whole protein bar to the meal. Be sure to use the same ratio bar as the meal.



Chocolate Peanut Butter



Chocolate Deluxe



Chewy Chocolate Chip

NOW THAT YOU HAVE YOUR APPROXIMATE TOTAL CALORIES PER DAY, YOUR NUMBER OF MEALS AND RELATIVE MEAL SIZES, WE NEED TO DETERMINE THE RATIO OF THOSE MEALS DURING THE DIFFERENT PHASES OF THE MET-RX 180 WORKOUT PROGRAM MEAL PLAN.

MET-Rx 180 PROGRAM CONDITIONING PHASE

The first 30 day *Conditioning Phase* resets your “carb sensitivity” or your ability to replenish and store glycogen, recovering and preparing for your next workout by eating a consistent ratio of protein dominant meals for one month.

CONDITIONING PHASE MEAL RATIO:

40% Protein, 30% Carbs and 30% Fat

Conditioning Phase daily calories: _____

Conditioning Phase number of meals: _____

Conditioning Phase meal calorie totals: _____

These are the percentages for your overall daily nutrient intake during the *Conditioning Phase*. For the next 30 days, consistently eat these calories and ratios with the goal of minimizing the likelihood you store food as fat and

stabilizing food metabolism.

It is essential that you eat consistently during this phase.

This means:

- Drinking water with meals and at least 8 oz. between every meal.
- Evenly distributing meals and snacks throughout the day so that there is close to the same time span between each time you eat.
- Minimize restaurant eating and stick closely to the meals provided.

Eating reliably during this phase will prepare your body for the next crucial phase, the *Shaping Phase*, you will gradually increase your body’s ability to absorb carbohydrate into the muscle for use during exercise while continuing to burn body fat.

MET-Rx 180 PROGRAM SHAPING PHASE

The second 30 day *Shaping Phase* prevents plateaus by changing your nutrition to improve your glycogen storing capacity while simultaneously burning body fat. After 30 days of conditioning, it is more likely you can subjectively measure your carb sensitivity. That is why it is time to Re-test! Go back to the beginning and re-evaluate your calories. Most likely one or more of these variables has changed in the last month:

Your weight because of changes in muscle and fat.

Your lifestyle (sedentary, moderate or active) because of a change in your schedule, job or the amount you exercise.

Your goals: you may have become lean enough, gained enough muscle or arrived at your goal body composition early. In most cases, your goals will remain the same as in the *Conditioning Phase* but you'd have the option to change them.

SHAPING PHASE MEAL RATIO:

40% Protein, 40% Carbs and 20% Fat

Shaping Phase daily calories: _____

Shaping Phase number of meals: _____

Shaping Phase meal calorie totals: _____

These are the percentages for your overall daily nutrient intake during the *Shaping Phase*. For the next 30 days, consistently eat these calories and ratios with the goal of increasing macronutrient metabolism. The result should be an increased glycogen storing capacity, increased performance and an increased ability to use fat as fuel. It is essential that you eat consistently during this phase. This means:

- Drinking more water with meals and 12 oz. between every meal.
- Evenly distributing meals and snacks throughout the day, choosing pre and post workout meals around your workout that are the high in carbohydrate.
- Eat one or two meals a week that are not on the meal plan but close to the calories and ratios determined by your *Shaping Phase*.

Eating your ratios during this phase will prepare your body for the next crucial phase, the *Definition Phase*, you will gradually increase your body's ability to define your muscle while continuing to burn body fat.

MET-Rx 180 PROGRAM DEFINITION PHASE

The third, 30 day *Definition Phase* brings your body to peak condition, finding your leanest point while maintaining high performance. After 30 days of shaping, it is more likely you will see noticeable changes in your body composition. For this reason, we can now capitalize on what we have learned over the last 60 days to maximize simultaneous muscle gain and fat loss. Go back to the beginning and re-evaluate your calories. Most likely one or more of these variables has changed in the last month:

Your weight because of changes in muscle and fat.

Your lifestyle (sedentary, moderate or active) because of a change in your schedule, job or the amount you exercise.

Your goals: you may have become lean enough, gained enough muscle or arrived at your goal body composition early. In most cases, your goals will remain the same as in the *Conditioning Phase* but you do have the option to change them.

DEFINITION PHASE MEAL RATIO:

30% Protein, 50% Carbs and 20% Fat

Definition Phase daily calories: _____

Definition Phase number of meals: _____

Definition Phase meal calorie totals: _____

Varying proportions of carbohydrates over different days has been shown to raise the ability to store glycogen even at a calorie deficit. This is commonly referred to as carb cycling or carb loading. Therefore, this phase will be defined by increasing carbohydrate ratio in meals for your last 30 days.

It is essential that you eat the correct ratio each day during this phase. This means:

- Drinking more water with meals and 16 oz. between every meal.
- Evenly distributing meals and snacks throughout the day, choosing pre and post workout meals around your workout that are the high in carbohydrate.
- After 2 [30 day phases] of eating the calculated ratio meals, in this phase, it is best to have one day a week that is different. On the last day of each week of the *Definition* phase [preferably a weekend day], eat a day of meals using the calculated calories and ratios determined by your *Shaping* phase, the second phase of the program. This will help prevent early adaptation to the eating plan and thus, prevent plateaus.

Eating your ratios during this phase will prepare your body for the final phase, the *Maintenance Phase*, which will help to gradually make your changes permanent.



MET-Rx 180 PROGRAM MAINTENANCE

Finally, the *Maintenance Phase* determines your set point calories and lifetime ratio of macronutrients to maintain fitness and health, long term.

Regardless of what recipes you choose to eat, the factors that determine long-term success in fitness and performance are centered on meeting nutrient needs and calorie needs without surplus or deficit. These needs are met based on what is accomplished during different times throughout the day, not the sum of the day's calorie expenditure or nutrient requirement. Therefore, in order to establish a balance in your body and maintain your new fitness level, it is important to find the number of calories and nutrients that will solidify your results.

After 90 days of diligence on the *MET-Rx 180 Program*, it should be obvious your body has made significant changes. For this reason, we can now capitalize on what we have learned over the last 3 months to maximize your fitness results. Go back to page 3 and re-evaluate your calories. Most likely one or more of these variables has changed in the last month:

- Your weight because of changes in muscle and fat.
- Your lifestyle (sedentary, moderate or active) because of a change in your schedule, job or the amount you exercise.
- Your goals: it is time for maintenance. Even if you have further to go, it is best for your body to establish a new metabolic rate after 90 days of adjustment, rather than continuing further.
- Finally, choose the ratio that gave you the best results during the phase you ate that ratio.

Maintenance Phase daily calories: _____

Maintenance Phase number of meals: _____

Maintenance Phase Meal calorie totals: _____

Varying proportions of carbohydrates over different days has been shown to raise the ability to store glycogen even at a calorie deficit (can they provide this research). This is commonly referred to as carb cycling or carb loading. Therefore, this phase will be defined by increasing carbohydrate ratio in meals for your last 30 days.

It is essential that you eat the correct ratio each day during this phase. This means:

- Drinking more water with meals and 16 oz. between every meal.
- Evenly distributing meals and snacks throughout the day, choosing pre and post workout meals around your workout that are the high in carbohydrate.
- After 2 [30 day phases] of eating the calculated ratio meals, in this phase, it is best to have one day a week that is different. On the last day of each week of the *Definition* phase [preferably a weekend day], eat a day of meals using the calculated calories and ratios determined by your *Shaping* phase, the second phase of the program. This will help prevent early adaptation to the eating plan and thus, prevent plateaus

Eating your ratios during this phase will prepare your body for the final phase, the *Maintenance Phase*, which will help to gradually make your changes permanent.





COMPENSATING FOR DISLIKES AND FOOD ALLERGIES

If you have allergies, foods you do not like or you have simply run out of an item, here is a list of exchanges or replacements you can use to customize your meal plan to your needs. There are foods listed here that are not on your food plan. This accounts for

times when you may be out at a restaurant or a guest in someone's home. Use this as a guide to substitute or portion meals with food that you may have available as an alternative. Some name brands are suggested for convenience, but may not be available in your area.

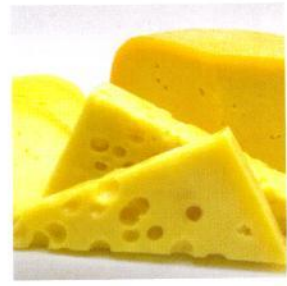


MEAT/FISH/EGGS

All the items in the left column equal one (1) serving of meat, fish or eggs and may be interchanged or exchanged with items in the right column.

- 1 oz. chicken breast
- 1 oz. turkey breast
- 1 oz. of canned tuna in water
- 1 oz. shrimp
- 1 oz. tilapia
- 1 oz. salmon
- ¾ oz. lean red meat (sirloin or flank)
- 1 oz. lean pork tenderloin
- 1 egg or 3 egg whites

- 1/3 cup low fat cottage cheese
- ¼ cup beans
- 1 oz. fermented tofu, silken, lite firm
- 1 oz. edamame
- 1 oz. fermented tofu, silken, lite firm
- ¼ cup lentils, cooked
- ¾ oz. quinoa, cooked
- 1 oz. lentils, cooked
- 1 oz. fermented tofu, silken, lite soft or medium



DAIRY

All the items in the left column equal one (1) serving of dairy and may be interchanged or exchanged with items in the right column.

- 1 oz. low fat cheese
- ½ cup low fat cottage cheese
- ½ cup low fat yogurt
- 1 cup non fat yogurt
- 1 cup skim milk

- 1 oz. rice cheese
- 2 cups almond milk



NUTS/SEEDS

All the items in the left column equal one (1) serving of nuts or seeds and may be interchanged or exchanged with items in the right column.

- 1 oz. almonds
- 1 oz. walnuts
- 1 oz. sunflower seeds
- 1 Tbsp. peanut butter

- ½ avocado
- 1 ½ Tbsp. butter
- 1 Tbsp. extra virgin olive oil



FRUITS

All the items in the left column equal one (1) serving of fruit and may be interchanged or exchanged with items in the right column.

- 1 apple
- 2 apricots
- ½ banana
- ½ cup berries (blueberries, strawberries, blackberries or raspberries)
- 15 to 20 cherries
- 15 to 20 grapes
- 2 kiwis
- ½ mango
- 1 cup melon (cantaloupe, honeydew or watermelon)
- 1 orange
- ½ papaya
- 1 pear
- ½ cup pineapple
- 2 small plums

- 1 cup carrots
- 1 cup green beans
- 1 cup eggplant
- 1 cup cucumbers
- 1 cup broccoli
- 1 medium beet
- 1 cup spinach, kale, or collard greens
- ½ cup corn
- 1 cup zucchini
- 1 bell pepper
- 2 cups green peas
- 1 cup carrots
- ½ cup cooked peas
- 2 large tomatoes (or 8 cherry tomatoes)

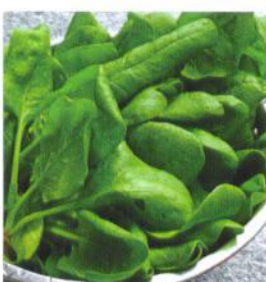
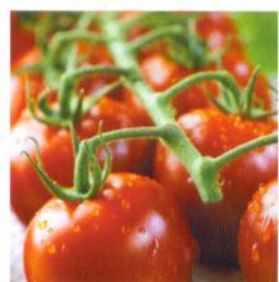


BREADS/ GRAINS/ STARCHES

All the items in the left column equal one (1) serving of bread, grain or starch and may be interchanged or exchanged with items in the right column.

- 1/3 cup cooked barley
- 1 slice whole-grain bread
- 1/2 cup couscous
- 1 small whole-grain dinner roll
- 1 whole wheat English muffin
- 1/2 cup whole-grain orzo
- 1/2 cup of whole wheat pasta
- 2/3 cup green peas
- 1 whole wheat pita
- 1 small baked potato
- 1 small baked sweet potato
- 1 cup cold cereal, no sugar added
- 1 cup of wheat farina

- 1/3 cup cooked brown rice
- 1/4 cup quinoa, cooked
- 1/2 cup brown rice
- 1 medium sweet potato
- 1/2 cup cooked quinoa
- 1/2 cup brown rice pasta
- 2/3 cup carrots
- 3/4 cup cooked lentils
- 2/3 cup cooked wild rice
- 2/3 cup cooked brown rice
- 1/4 cup dry steel cut oats
- 1 cup steel cut oats



VEGETABLES

All the items in the left column equal one (1) serving of vegetable and may be interchanged or exchanged with items in the right column.

- 12 asparagus spears
- 1 cup of steamed bell peppers (or 2 cups raw)
- 1 cup steamed Brussels sprouts
- 1 cup cooked broccoli (or 2 cups raw)
- 1/3 cup corn or 1 corn on the cob
- 1 cup of sliced cucumber
- 1 cup of cooked green beans
- 1 cup of cooked mushrooms (or 2 cups raw)
- 3/4 cup cooked pea pods
- 1/3 cup cooked peas
- 3 cups of salad greens
- 1 cup cooked spinach (or 2 cups raw)
- 1 whole tomato (or 4 cherry tomatoes)
- 1 cup of cooked zucchini

- 1 peach
- 1 orange or grapefruit
- 1/2 banana
- 15-20 cherries, or 1/2 cup grapes
- 1 small apple
- 1 cup tomatoes
- 1 apricot
- 1/2 cup strawberries
- 1/2 mango
- 1/2 cup pineapple
- 1 cup watermelon
- 2 kiwis
- 1 plum
- 1 apricot



EATING ON THE GO

QUICK AND GRAB AND GO IDEAS FOR NUTRITIONAL SNACK MEALS

You can use a *MET-Rx 180* product incorporated into the snacks as listed in this plan. In addition to the snacks listed use these additional snacks for a quick adaptation.

- 10 almonds with a whole piece of fruit and 2 oz. low fat string cheese.
- 1 oz. low fat string cheese with 2 oz. of turkey and 10 strawberries
- $\frac{3}{4}$ cup low fat cottage cheese with 3 whole wheat crackers
- $\frac{3}{4}$ cup edamame beans, with $\frac{1}{2}$ cup of blueberries
- 2 oz. canned chicken (in hurry only) in water with half a whole wheat pita
- 2 oz. of low fat tofu, baked with 1 tsp low sodium teriyaki sauce, and a medium apple
- One, 6 oz. Greek yogurt with $\frac{1}{2}$ scoop of vanilla protein powder and a pear
- 2 oz. smoked salmon on 3 whole wheat crackers
- 2 oz. sliced turkey wrapped around 6 baby carrots and 10 grapes

ALCOHOL

Some research has shown alcohol consumption consistently leads to weight gain. Some studies have found that drinking beer or spirits, for instance, increases waist-to-hip ratio, while some have found no relationship at all. One study showed that among female twins, body fat actually decreases with increasing alcohol consumption. Other researchers have also found that heavy drinking reduces body fat, but still others point to evidence that it raises the risk of becoming overweight or obese. There may never be a simple answer, since there are so many variables.

“Here’s the problem with all alcoholic beverages, and the reason I recommend refraining from alcohol

consumption on the diet. Alcohol, whenever taken in, is the first fuel to burn. While that’s going on, your body will not burn fat. This does not stop the weight loss, it simply postpones it, since the alcohol does not store as glycogen, you immediately go back into ketosis/lipolysis after the alcohol is used up.”⁴

Drinking alcoholic beverages during this plan is considered outside the plan. If you drink, drink to minimize the negative impact of the alcohol. Lowest calorie impact would be a mixed drink using water or another calorie free mixer. Alcoholic beverages that have the highest nutritional value but, more calories are red wine and dark beer.



HEALTHY FAST FOOD OPTIONS

SOME TIPS:

- Always eliminate mayonnaise, cheeses, croutons, fatty meats, sauces and/or dressings.
- When ordering salads, request only low fat dressing on the side.
- Order steamed veggies with no butter or oil.
- Avoid fried foods or added margarine and/or butter.
- No matter where you are, you can order a garden salad and a plain grilled chicken sandwich – get rid of part or the entire bun and put the chicken on the salad!
- Food that is blackened, broiled, grilled, poached, or steamed, is your best choice of preparation methods.
- Stay away from the soda - water is your best option!

One objective of the program is to teach you how to plan ahead and pack food for when you're in a hurry; this way, you'll always have healthy options available to you. However, we realize that this habit can take a while to adopt, so the following is a list of suggestions so you can learn to make better choices on the go. These values listed below may change, check with the restaurant for their most current nutritional information.

BEST FOOD OPTIONS (By order of caloric value)

CALORIES (KCAL)

FAT (G)

FIBER (G)

APPLEBEE'S® (Applebee's is a registered Trademark of Applebee's IP, LLC.)

Low Fat Medium Blackened Chicken Salad	287	2.8	6
Low Fat Veggie Quesadilla	344	8	3
Low Fat Medium Asian Chicken Salad	370	6	7
Low Fat Full Size Blackened Chicken Salad	411	4.9	11
Low Fat Chicken Fajita Quesadilla	518	11	2
Low Fat Lemon Chicken Pasta	528	11	8
Low Fat Chicken Souper Bowl	566	8.3	NA
Low Fat Garlic Chicken Pasta	587	8.2	9
Low Fat Full Size Asian Chicken Salad	623	8.7	14

ARBY'S® (Arby's® is a registered trademark of Arby's IP Holder Trust)

Beef Stock Au Jus	10	0	0
Arby's Sauce	15	0.2	0
Low Fat Italian Dressing	20	1	0
Side Salad	23	0.3	2
Reduced Calorie Buttermilk Ranch Dressing	50	0	0
Old-Fashioned Chicken Noodle Soup	80	2	1
Lumberjack Mixed Vegetable Soup	90	4	1
Roast Chicken Salad	149	2	5
Roast Turkey Deluxe Sandwich	260	7	4
Roast Chicken Deluxe Sandwich	276	6	4
Roast Beef Deluxe Sandwich	296	10	6
Plain Baked Potato	355	0.3	7

BEST FOOD OPTIONS (By order of caloric value)	CALORIES (KCAL)	FAT (G)	FIBER (G)
BURGER KING® (Burger King® is a registered trademark of Burger King Corporation.)			
Side Salad	25	0	2
Light Italian Dressing	35	3	0
Fat Free Ranch Dressing	40	0	0
Grilled Chicken Caesar Salad	230	7	3
BK Veggie	310	7	4
Santa Fe Chicken Baguette	380	4	4
Savory Mustard Chicken Baguette	380	4.5	3
Smoky BBQ Chicken Baguette	380	4	4
CARL'S JR.® (Carl's Jr.® is a registered trademark of Carl Kapcher Enterprises, Inc.)			
Fat Free French Dressing	60	0	0
Fat Free Italian Dressing	15	0	0
Garden Salad-to-Go	50	2.5	2
Char grilled Chicken Salad-to-Go	200	7	3
BBQ Chicken Sandwich	280	3	2
Jr. Hamburger	30	13	1
CHILI'S® GRILL & BAR (Chili's® and design is a registered trademark of Bunker International Payroll Company L.P.)			
Guiltless Chicken Salad w/dressing	272	5	6
Guiltless Chicken Sandwich	27	9	18
Guiltless Chicken Platter	563	9	12
Chicken Pita	597	9	NA
DEL TACO® (Del Taco® is a Registered trademark of Del Taco LLC.)			
Rice Cup	150	2	1
Soft Taco	160	8	1
Chicken Soft Taco	210	12	1
Tostada	210	9	6
Breakfast Burrito	250	11	1
Spicy Jack Quesadilla	250	12	1
Beans 'n Cheese Cup	260	3	16
Quesadilla	260	12	1
Red Burrito	270	8	6
Hamburger	280	9	3
Green Burrito	280	8	6
Big Fat Taco	320	11	3
Big Fat Chicken Taco	340	13	3
Regular Red Burrito	390	12	11
Regular Green Burrito	400	12	10
JACK IN THE BOX® (Jack In The Box® is a registered trademark of Jack In The Box Inc.)			
Low Calorie Italian Dressing	25	1.5	0
Low Fat Balsamic Dressing	40	2	0
Side Salad	50	3	1.1
Garden Chicken Salad	200	9	3
Breakfast Jack	280	12	1
Hamburger	280	12	2

BEST FOOD OPTIONS (By order of caloric value) **CALORIES (KCAL)** **FAT (G)** **FIBER (G)**

KOO KOO ROO® (Koo Koo Roo® and design is a registered trademark of Luby's Fuddrucker's Restaurant LLC.)

Tossed Salad	16	0.2	1.2
Steamed Vegetables	38	0.3	3.2
Cucumber Salad	41	0.2	1.9
Italian Vegetable	47	2.2	2
Koo Koo Roo Slaw	55	2	NA
Cantaloupe & Honeydew	50	0.3	0.9
Tangy Tomato Salad	60	3.9	1.4
Green Beans	62	2.9	3.6
Butternut Squash	66	0.1	2.5
Chicken Noodle Soup	71	3.2	0.3
Ten Vegetable Soup	94	2.2	4.1
Kernel Corn	106	0.6	2.5
BBQ Vinaigrette Dressing	101	4	0.0
Chicken Tortilla Soup	112	5.8	3.6
House Salad	113	3.9	5.1
Black Beans	125	2.6	6.3
Lentil Salad	175	5	NA
One Original Chicken Breast	187	5.5	0.0
Sliced Turkey Breast	182	2	0.0
Baked Yam	197	0.2	6.6
Spicy Ginger Garlic Bowl (no sauce)	485	6.1	1.9

MCDONALDS® (McDonald's® is a registered trademark of McDonald's Corporation)

Side Salad	15	0	1
LF Balsamic Vinaigrette	40	3	0.0
Grilled Chicken Salad Deluxe	120	1.5	2
Grilled Chicken Caesar Salad	200	6.0	3
Hamburger	280	10	2

OLIVE GARDEN® (Olive Garden® is registered trademark trademark of Darden Concepts, Inc.)

Penne Arrabiata	410	11	NA
Linguine Alla Marinara	450	9	NA
Chicken Giardino	460	8	NA
Grilled Chicken Capri	500	9	NA

PANDA EXPRESS® (Panda Express® is a registered trademark of Panda Restaurant Group Inc.)

Mixed Vegetables	70	3	1
Chicken w/ Mushrooms	130	7	2
Beef w/ Broccoli	150	8	1
Beef w/ String Beans	170	9	2
Chicken w/ String Beans	170	8	3
Black Pepper Chicken	180	10	2
Chicken Egg Roll	190	8	3
Spicy Chicken w/ Peanuts	200	7	4
Mandarin Chicken	250	9	2
8 oz. Steamed Rice	330	0	2

BEST FOOD OPTIONS (By order of caloric value)	CALORIES (KCAL)	FAT (G)	FIBER (G)
PICK UP STIX® (Pick Up Stix® is a registered trademark of stix holdings LLC.)			
Chicken Rice Bowl	400	6	NA
RUBIO'S® (Rubio's a-Go-Go® is a service mark of Rubio's Restaurants, Inc.)			
Serrano Grape Dressing	10	0	0
HealthMex Chicken Taco	170	2.5	2
HealthMex Chicken Salad	180	3	5
HealthMex Taco w/ Grilled Fish	180	3	2
HealthMex Veggie Burrito	470	8	17
STARBUCKS® (Starbucks® is a registered trademark of Starbucks Corporation.)			
Grande Coffee w/ Nonfat Milk	10	0	0
Grande Nonfat Café Americano	15	0	0
Grande Nonfat Cappuccino	80	0	0
Grande Nonfat Café Au Lait	90	0	0
Flavored Sugar Free Syrup	0	0	0
Chocolate Hazelnut Biscotti	110	5	1
Vanilla Almond Biscotti	110	5	1
Grande Nonfat Latte	130	0	0
SUBWAY® (Subway® is a registered trademark of Doctor's Associated Inc.)			
Fat Free Italian Dressing	35	0	0
Garden Salad	60	1	5
Salad w/ Turkey	110	2	5
Salad w/ Ham	120	3	5
Salad w/ Roast Beef	130	3	5
Salad w/ Chicken	160	3.5	5
Mediterranean Chicken Salad	70	4.5	5
6" Veggie Delight	230	3	4
6" Savory Turkey Breast	280	4.5	4
6" Ham Sandwich	290	5	4
6" Roast Beef	290	5	4
6" Savory Turkey Breast & Ham	290	5	4
6" Oven Roasted Chicken Breast	330	5	5
6" Turkey Breast, Ham & Roast Beef	320	6	4
TACO BELL® (Taco Bell® is a registered trademark of Taco Bell Corp.)			
Fresco-Style Soft Chicken Taco	170	4	2
Fresco-Style Chicken Gordita Supreme	230	6	2
Fresco-Style Chicken Enchirito	250	5	5
WENDY'S® (Wendy's® is a registered trademark of Oldemark LLC.)			
Side Salad*	35	0	3
Caesar Side Salad	70	4.5	1
LF Ranch Dressing	100	8	1
Mandarin Chicken Salad (No almonds, rice noodles)	190	3	3
Small Chili	200	5	5
Potato w/ Broccoli (no cheese, sour cream)	290	0	8
Grilled Chicken Sandwich	300	6	2



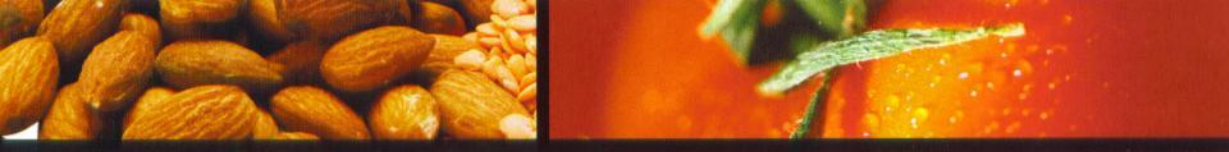
BIG LIST OF DOs AND DON'Ts

DOs:

- **DO** drink more water. The range, depending upon the individual, is ideally between 90-128 ounces of water per day.
- **DO** consider taking an essential oil along with a *MET-Rx 180 Essential Multi* vitamin that together complete your fat-soluble and water-soluble nutrient needs, especially if you've cut out or reduced most dietary fats.
- **DO** eat every 3 hours, 5-6 small meals a day - NO SKIPPING OR SNACKING!
- **DO** eat organic food as much as possible!
- **DO** follow the exercise programs as closely as possible.
- **DO** take the time to treat your body to a good stretch and at least one day off a week. LISTEN TO YOUR BODY!
- **DO** try to limit the amount of fruit you eat to 1-2 pieces per day, and always add in a protein source to slow the digestion process.
- **DO** choose lean protein sources when eating out, such as chicken, fish or turkey, and request that it be grilled, baked, poached or steamed, with sauce on the side; have a large salad with non-fat or low-fat dressing on the side (or just balsamic vinegar); drink 2 large glasses of water before your meal; limit alcohol to one drink; make sure to say no to cheese, butter, or any type of white sauce; choose brown rice or plain baked potato instead of bread.
- **DO** try to plan what you're going to eat each day and what you need to bring with you, the night before - avoid making poor meal choices or going on food binges because of lack of planning!
- **DO** take bottled water, healthy snacks, and essential nutrients on trips away from home.
- **DO** slow down and savor every bite. It may take approximately 20 minutes to register that your body has been fed.
- **DO** keep track of everything that you eat. This can help identify "trigger times" where you are more susceptible to overeating; i.e. mid-afternoon? What did you eat for lunch that day? Don't lie or omit any foods!
- **DO** practice portion control! This is probably the most important aspect of all! Bigger is definitely NOT better. Do put away leftovers for tomorrow before you sit down to eat your meal. This will prevent you from the temptation of going back for a second helping. Calories do add up. Pay attention to your food choices and your serving sizes. Make sure that you are only eating a portion equal to ONE serving size.

EXAMPLES OF SERVING SIZES: Your fist or a baseball = fruits and vegetables,
 Deck of cards = meat, poultry or fish
 Golf ball or large egg = 1/4 cup of nuts or dried fruits

- **DO** invest in a food scale. Take the guesswork out of portions.
- **DO** think small. Use salad plates and petite silverware!
- **DO** forget your parent's advice to clean your plate! Eat only until full and then stop. Chew slowly.
- **DO** - Everyday think of eating all the colors of the rainbow.
 - ▶ **RED** (strawberries, cherries, red peppers, tomatoes, goji berries, raspberries, tomato)
 - ▶ **ORANGE** (carrots, pumpkin, butternut squash, sweet potatoes)
 - ▶ **YELLOW** (squash, lemons, pineapple)
 - ▶ **GREEN** (spinach, kale, asparagus, Brussels sprouts, broccoli, kiwi fruit, avocado)
 - ▶ **BLUE** (blueberries)
 - ▶ **PURPLE** (eggplant, purple cabbage, beets, plums)



DON'Ts:

- **DON'T** try to make up for skipped workouts or over-eating by going crazy with the cardio - your body doesn't work that way.
- **DON'T** ignore physical pains or problems; make sure to schedule an appointment with your physician before embarking on a new fitness and nutrition program.
- **DON'T** overdo it on salad dressing – lightly drizzle on low-fat dressing or olive oil, and always have a restaurant bring it on the side so you can see how much is being used.
- **DON'T** eat 2-3 hours before going to bed. **DON'T** drink more than 1 beverage with caffeine a day.
- **DON'T** consume more than 20-30 grams of fat per day, and limit your saturated fat to 10% of your total daily fat intake.

WHAT IS IN THE FOOD YOU'RE BUYING?

All food packages have food labels. This is a good thing as they provide consumers with a ton of useful information about the foods they eat. Unfortunately, there is so much information packed on to a food label, trying to make sense of it all can sometimes be frustrating. Sure, we get the idea of calories per serving and fat, but what about the rest of the label. Is it important? Should we care? The short answer to that is “yes”, we should.

A common misconception is that only people who are dieting need to be conscious about food labels because they need to carefully monitor what they eat. While true, they are not the only people who should be reading labels. Anyone committed to nutritious and healthy eating cannot do so without reading labels. Otherwise, how do you know what is going into your body and the impact it will have on your health?

That is why we are going to take a closer look at food labels, and how to read them, using an example of a food label that the FDA has broken down into easy to analyze pieces.

SECTION 1 - SERVING SIZE. This section and section 2 are probably the two easiest sections to understand. Consequently, they are the two sections people will usually glance at when picking up a food. In this section, you are able to figure out what the serving size is for a product. The serving size is standardized so you can compare similar foods, and influences the number of calories and nutrient amounts contained in a particular food.

SECTION 2 - CALORIES. Section 2 provides the number of calories in a serving, as well as the calories from fat in a serving. Whether you are trying to lose weight, or simply maintain your weight, knowing how much energy (calories) you are going to get from a single serving is important. Just remember, if a label reads calorie-free, it doesn't necessarily mean it has zero calories. Products can claim to be calorie-free but still contain up to 5 calories in a serving. A product can claim to be sugar free, but still contain up to 0.5 grams of sugar per serving.

Sample Label for
Peanut Butter

Nutrition Facts	
Serving Size 2 Tbsp (32g) Serving Per Container 42	
Amount Per Serving	
Calories 190	Calories from Fat 140
%Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 10%	Niacin 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

1 - Serving Size
2 - Calories
3 - Fiber
4 - Nutrients Needed
5 - Footnote
6 - Nutrient to Limit
7 - Percent Daily Value



SECTION 3 – FIBER. Fiber is an important component of a healthy diet, as it aids in the digestion process from start to finish. A health meal plan should allow for 25 to 30 grams of fiber a day. Unfortunately, most Americans eat less than half of that. High in fiber foods are considered those that have 5 grams or more of fiber. A good source of fiber is one that contains between 2.5 and 4.9 grams of fiber.

SECTION 4 – NUTRIENTS NEEDED. This is where things often start becoming a little confusing and people's eyes begin to glaze over. Fortunately, there is a quick and easy way to figure this section out. Limit those things we know are bad: fats, cholesterol and sodium, as too much of these can negatively affect your health. Instead, focus on trying to get more of the nutrients listed in Section 4; vitamins, calcium, and iron because these can definitely improve your health and even reduce the risks of some chronic health problems and diseases.

People looking for specific foods to support a specific diet approach will likely spend more time reviewing the information in this section, ensuring they get the vital nutrients they needed.

SECTION 5 – FOOTNOTE. Like in a book, most people tend to gloss over the footnotes, but there is important information in this section, which allows you to make food comparisons. The footnote provides you with the Daily Value (DV) for each nutrient listed on the label. DVs are what the health experts recommend for levels

of intake, and are generally based on a 2,000 and 2,500-calorie diet. For example, someone following a 2,000-calorie diet should consume less than 65g of total fat a day. Knowing this, allows you to determine if you really want to eat this food, as just one serving contains 12 grams of fat in one serving.

SECTION 6 – NUTRIENTS TO LIMIT. Just as there are important nutrients you should get more of (Section 4), there are not-so good nutrients you need to limit. Fats, especially saturated fats, cholesterol and sodium should be closely monitored to ensure success.

SECTION 7 – PERCENT DAILY VALUE (%DV). The information provided here helps you to quickly determine if a food is high or low in a particular nutrient. If you are comparing two products, it's a great way to make a quick comparison without pulling out a calculator to do so! It is however important to note that the DV in the %DV section is based on a 2,000-calorie daily diet only. If you are on a different daily calorie plan, then you will obviously need to adjust this information to suit your personal needs.

Food labels can help you decipher the myriad of food options out there, and ensure that you are choosing the right foods. If you are not used to reading food labels, it may take some time to get the hang of it. However, you will be surprised at how quickly you will be able to figure it all out, and will soon find yourself carefully scrutinizing all the foods you eat, and that is as it should be.

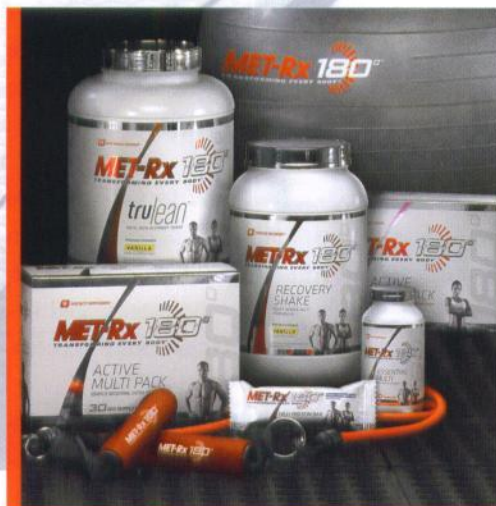
FDA NUTRITION CLAIM DEFINITIONS

A few helpful insights to keep in mind regarding claims found on food labels:

- **LOW CALORIE:** 40 calories or less per serving. Synonyms for low include "little," "few," and "low".
- **LIGHT/ LITE:** 1/3 fewer calories or 50% less fat than the standard referenced food.
- **FAT FREE:** less than half a gram of fat per serving.
- **LOW FAT:** 3 grams or less fat per serving.
- **REDUCED FAT:** 25% less fat than the appropriate reference food.
- **FEWER OR LESS CALORIES:** At least 25% fewer calories than the appropriate reference food.



GROCERY LIST



MET-Rx 180 Products*

- MET-Rx 180 Trulean™ Vanilla
- MET-Rx 180 Trulean™ Chocolate
- MET-Rx 180 Recovery Shake Vanilla
- MET-Rx 180 Recovery Shake Chocolate
- MET-Rx 180 High Protein Bar, Chewy Chocolate Chip
- MET-Rx 180 High Protein Bar, Chocolate Peanut Butter
- MET-Rx 180 High Protein Bar, Chocolate Deluxe
- MET-Rx 180 Essential Multi
- MET-Rx 180 Men's ActiveMulti Pack
- MET-Rx 180 Women's ActiveMulti Pack

* Read all label directions and warnings before use.

Dairy/Milks

- Almond Milk
- Coconut Water
- Egg Whites
- Low Fat Cheddar Cheese
- Low Fat Cottage Cheese
- Nonfat Greek Yogurt
- Nonfat Milk
- Part Skim Mozzarella
- Whole Eggs

Meats/Poultry/Fish

- Chicken Breast (Cooked)
- Chicken Breast (Raw)
- Halibut
- Lean Ground Turkey Breast (Ground)
- Lean Top Sirloin
- Atlantic Salmon
- Shrimp
- Tilapia
- Tuna (Canned)
- Pumpnickel Rolls
- Quinoa
- Sesame Oil
- Walnuts
- Thin Yellow Corn Tortillas
- Whole Wheat Flour
- Whole Wheat Linguini
- Whole Wheat Pitas
- Whole Wheat Tortillas

Fruit

- Apples
- Bananas
- Blackberries
- Blueberries
- Cherries
- Fresh Orange Juice
- Fresh Thai Coconut
- Grapefruit
- Oranges
- Peaches
- Pineapple
- Raspberries
- Seedless Grapes
- Strawberries

Nuts/Legumes/Grains/Fats

- Almond Butter
- Almonds
- Black Beans
- Brown Rice
- Flaxseed Oil
- Flaxseeds
- Garbanzo Beans
- Kidney Beans
- Oats
- Extra Virgin Olive Oil
- Peanut Butter (Natural)
- Pine Nuts
- Pinto Beans





Vegetables

- Avocado
- Broccoli
- Carrots
- Cherry Tomatoes
- Cilantro
- Cucumbers
- Dill (Fresh)
- Dried Seaweed
- Garlic Cloves (Fresh)
- Grape Tomatoes
- Green Bell Peppers
- Green Leaf Lettuce
- Green Peas (Frozen)
- Onions
- Red Bell Peppers

- Red Potatoes
- Romaine Lettuce
- Spinach
- Tomatoes (Medium)
- Yellow Corn Kernels
- Zucchini

- Lemons
- Low Sodium Chicken Broth
- Low Sodium Soy Sauce
- Marinara Sauce
- Red Pepper Flakes
- Red Wine Vinegar
- Salt Free Herb Seasoning
- Stewed Tomatoes
- Wasabi Paste

Canned/Spices/Condiments

- Balsamic Vinegar
- Beef Broth
- Chili Powder
- Chunky Salsa
- Cinnamon
- Cornstarch
- Green Chilies (Canned)
- Honey

We also recommend you take a balanced multivitamin every day to help ensure you are receiving all the nutrients your body requires. Go to www.MYMETRX.com for information on our multivitamins.

FOOD PREPARATION GUIDELINES

Additional spices and non-calorie, natural food additives can be added to each meal in order to enhance taste and influence flavor. Additives that are artificial, contain greater than 200 mg of sodium or more than 2 grams of fat per serving may negatively influence results and are not recommended.

Preparing components of these meals in multiple servings or “family style” has been used successfully in this program from its origins starting with our test group. Be mindful of any additional cooking additives, as their impact should be considered by dividing total amount used by the number of servings the family recipe yields.





ADDITIONAL COOKING SUGGESTIONS:

- Our oatmeal (old fashioned oats or steel cut oats) is simply stove top cooked with water with a dash of salt in the water, and cinnamon can be used and topped with flaxseed oil, ground flaxseed, or a 7-nut mix.
- Our Atlantic salmon dinners are baked and prepared with 1 tsp. of flax oil, or extra virgin olive oil.
- Our yams are simply baked and then topped with cinnamon.
- Our quinoa has a pinch of salt and pepper.
- Our eggs are scrambled or poached; larger servings of egg whites or whole eggs are best in an omelet, cooked with extra virgin olive oil spray with a dash of salt and pepper.
- Our albacore tuna is mixed with extra virgin olive oil and a pinch of salt, and pepper.

PREPARING YOUR PROTEIN:

Chicken is best prepared “family style” so multiple serving can be made at once. Use the following ingredients to marinade and then grill or bake your chicken.

Simple Marinade

- 1 Tbsp. fresh minced garlic
- 2 tsp. ground oregano
- 2 tsp. ground cumin
- 1 tsp. ground sage
- 2 tsp. kosher salt
- 2 tsp. ground coarse pepper
- 1 Tbsp. extra virgin olive oil
- 2 pounds of skinless chicken breast

DIRECTIONS: Mix all the ingredients. Add chicken, marinate overnight.

For our fish, we only use garlic, salt, pepper and olive oil in the above list. Then we grill the halibut or bake the salmon.

MET-Rx® Flavorful Rice, Cooked “Family Style”

- 8 cups of cooked brown rice
- 1 cup of fresh minced white onions
- 2 cups of fresh crushed tomatoes
- 1 Tbsp. fresh minced garlic
- ½ Tbsp. ground oregano
- ½ Tbsp. ground cumin
- ½ Tbsp. ground sage
- 2 tsp. kosher salt
- 2 tsp. ground coarse pepper
- 2 Tbsp. extra virgin olive oil

DIRECTIONS: Mix all the ingredients together and bake until rice is soft and flavorful.

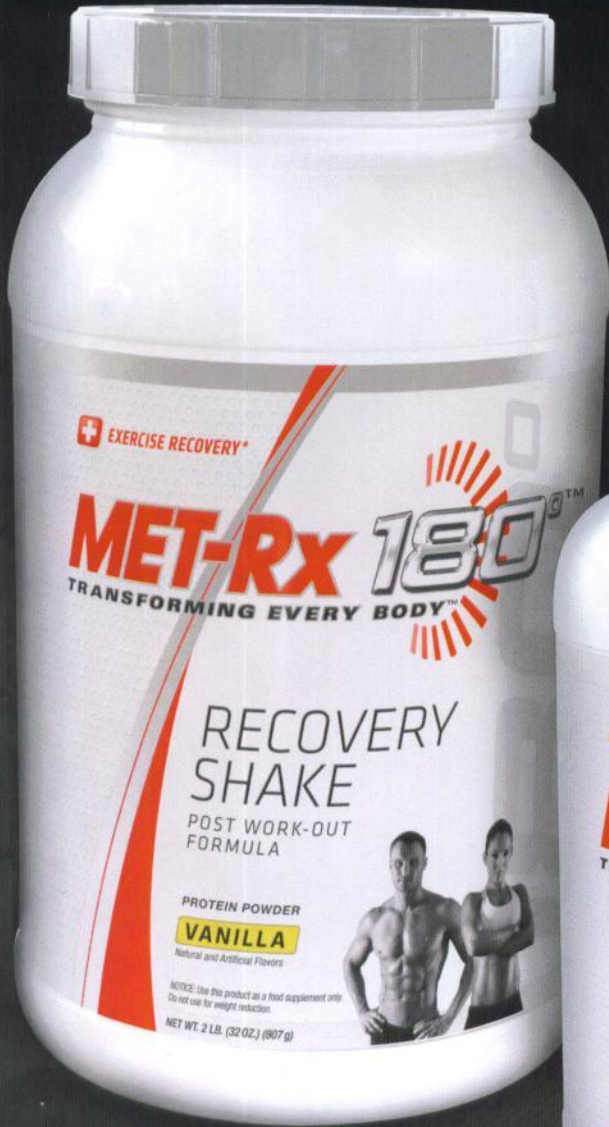




MET-Rx 180 THE MEALS

Recipes will appear in more than one phase with different portions for simplicity and to show the power of portion combinations of food to invoke change. Minor changes make a big difference in continued results.

RECOVERY SHAKE



TRULEAN™ MEAL REPLACEMENT





▶ PROTEIN DOMINANT PRE-WORKOUT MEALS

Pre-Workout Meal 1

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 tsp. peanut butter
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 278 (Protein 56% Carbs 30% Fat 14%)

Pre-Workout Meal 2

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup nonfat milk
- 1 tsp. peanut butter

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 361 (Protein 53% Carbs 36% Fat 11%)

Pre-Workout Meal 3

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup coconut water
- 3 almonds

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 316 (Protein 51% Carbs 37% Fat 12%)

Pre-Workout Meal 4

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 tsp. peanut butter
- 1 cup nonfat milk

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 361 (Protein 53% Carbs 36% Fat 11%)

Pre-Workout Meal 5

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 tsp. peanut butter
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 268 (Protein 60% Carbs 27% Fat 13%)

▶ PROTEIN DOMINANT POST-WORKOUT MEALS

Post-Workout Meal 1

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup seedless grapes
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 260 (Protein 23% Carbs 70% Fat 6%)

Post-Workout Meal 2

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup strawberries
- 1 orange
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 258 (Protein 25% Carbs 67% Fat 8%)

Post-Workout Meal 3

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup peach slices
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 216 (Protein 29% Carbs 64% Fat 7%)

Post-Workout Meal 4

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 medium apple
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 215 (Protein 27% Carbs 66% Fat 9%)

Post-Workout Meal 5

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup blueberries
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 232 (Protein 26% Carbs 67% Fat 8%)

PROTEIN DOMINANT PRE/POST-WORKOUT MEALS
MET-RX 180 CONDITIONING PHASE

All calories are approximate values.



▶ PROTEIN DOMINANT SNACKS

Chocolate Almond Shake

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup almond milk
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 230 (Protein 28% Carbs 54% Fat 18%)

Chocolate Covered Banana Shake

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 medium banana
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 350 (Protein 19% Carbs 75% Fat 6%)

Coconut Crème Shake

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup fresh coconut water
- 1/4 cup fresh Thai coconut meat or 1/5 cup shredded dried coconut
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 267 (Protein 24% Carbs 48% Fat 28%)

Creamy Chocolate Shake with Grapes

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup grapes, seedless
- 8 almonds
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 315 (Protein 21% Carbs 60% Fat 19%)

Creamy Vanilla Shake

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup nonfat milk
- 1 Tbsp. ground flaxseed

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 270 (Protein 33% Carbs 52% Fat 15%)



▶ PROTEIN DOMINANT SNACKS (CONTINUED)

Extreme Chocolate Shake

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup nonfat milk
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 233 (Protein 40% Carbs 53% Fat 7%)

Peanutty Butter Shake

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1/2 Tbsp. Peanut butter, smooth style
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 197 (Protein 32% Carbs 43% Fat 25%)

Pineapple Upside-Down Cake Shake

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup fresh pineapple
- 1 cup fresh coconut water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 270 (Protein 24% Carbs 69% Fat 7%)

Strawberries and Crème Shake

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup strawberries
- 1/2 Tbsp. almond butter

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 248 (Protein 27% Carbs 52% Fat 21%)

MET-RX 180 CONDITIONING PHASE



► PROTEIN DOMINANT BREAKFASTS

Berry Oat Smoothie 1

- 1/2 cup strawberries
- 1/4 cup cooked oatmeal
- 1 scoop MET-Rx 180 Recovery Chocolate
- 3/4 Tbsp. flaxseed oil
- 5 cooked egg whites
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth. Cook egg whites in pan without additional ingredients.

CALORIES: 379 (Protein 40% Carbs 30% Fat 30%)

Breakfast Power Smoothie

- 6 ounces nonfat Greek yogurt
- 1/4 cup fresh squeezed orange juice
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 3/4 Tbsp. extra virgin olive oil
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth.

CALORIES: 384 (Protein 40% Carbs 30% Fat 30%)

Breakfast Rice Pudding 1

- 1/4 cup cooked brown rice
- 4 egg whites
- 1 tsp. cinnamon
- 1 Tbsp. flaxseed oil
- 3/4 scoop MET-Rx 180 Recovery Vanilla

DIRECTIONS: Combine all ingredients in small oven safe bowl. Bake on 350 degrees for 12-14 minutes, just until center is not runny.

CALORIES: 487 (Protein 40% Carbs 30% Fat 30%)

Cottage Cheese and Oats

- 1 tsp. lemon juice with 8 oz. green or black tea
- 1 cup oatmeal
- 1 hard-boiled egg
- 2/3 cup low fat cottage cheese

DIRECTIONS: Cook oatmeal according to package. Boil eggs and serve cold. Serve cottage cheese on the side with tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)



► PROTEIN DOMINANT BREAKFASTS (CONTINUED)

Greek Yogurt and Oatmeal 1

- 1/2 cup oatmeal
- 1/2 tsp. flaxseed oil
- 6 ounces plain nonfat Greek yogurt
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Prepare oatmeal according to package. Serve with Greek yogurt on top drizzled with flax oil. Serve with tea with lemon on the side.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Greek Yogurt and Oatmeal 2

- 1 cup oatmeal
- 1 Tbsp. flaxseed oil
- 8 ounces plain nonfat Greek yogurt
- 1 tsp. lemon juice with 8 oz. green or black tea

DIRECTIONS: Prepare oatmeal according to package. Serve with Greek yogurt on top drizzled with flax oil. Serve with tea with lemon on side.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Morning Crepes 1

- 1 egg white
- 1 Tbsp. almond butter
- 1/2 cup blueberries
- 1 scoop MET-Rx 180 Trulean™ Chocolate

DIRECTIONS: Combine egg whites and 1 scoop MET-Rx 180 Trulean™ Chocolate. Heat up small griddle or pan. When hot, add thin layer of egg mixture to pan. Cook just until not runny, forming your crepe. Meanwhile, combine banana, blueberries and almond butter, just until mixed. Add to cooked crepes and fold over.

CALORIES: 401 (Protein 45% Carbs 32% Fat 22%)

Oatmeal and Eggs with Cottage Cheese

- 1 cup oatmeal
- 3 hard-boiled eggs
- 3/4 cups low fat cottage cheese
- 1 tsp. lemon juice with 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Boil eggs and serve cold. Serve cottage cheese on side with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT BREAKFASTS

(CONTINUED)

Oats and Eggs 1

- 1 cup old fashion oatmeal
- 1 hard-boiled egg
- $\frac{2}{3}$ cup plain nonfat Greek yogurt
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Boil eggs and serve them cold. Serve with Greek yogurt on top of oatmeal or on the side with tea with lemon.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Oats and Eggs 2

- 1 cup old fashion oatmeal
- 3 hard-boiled eggs
- $\frac{3}{4}$ cup plain nonfat yogurt
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Boil eggs and serve them cold. Serve with Greek yogurt on top of oatmeal or on the side with tea with lemon.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Power Packed Breakfast

- 1 cup old fashion oatmeal
- 1 hard-boiled egg
- $\frac{2}{3}$ cup low fat cottage cheese
- 16 ounces water
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Prepare oatmeal according to package directions. Boil eggs and serve cold. Serve cottage cheese and tea with lemon on the side.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Power Packed Oats

- 1 cup old fashion oatmeal
- 3 hard-boiled eggs
- $\frac{3}{4}$ cup low fat cottage cheese
- 16 ounces water
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Prepare oatmeal according to package directions. Boil eggs and serve cold. Serve cottage cheese and tea with lemon on the side.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT BREAKFASTS

(CONTINUED)

Protein Oatmeal Breakfast 1

- 1/4 cup oats
- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 Tbsp. flaxseed oil
- 3 egg whites

DIRECTIONS: Cook oats according to package. After cooked, add MET-Rx meal replacement and drizzle Flaxseed oil. Cook egg whites and serve on the side.

CALORIES: 484 (Protein 40% Carbs 30% Fat 30%)

Spinach Frittata 1

- 1 cup raw spinach
- 7 egg whites
- 1 whole egg
- 4 Tbsp. chunky salsa
- 1 3/4 cup pineapple
- 1/2 Tbsp. extra virgin olive oil

DIRECTIONS: In small skillet, cook egg whites and whole egg with spinach. Remove from skillet and top with salsa. Serve pineapple on the side.

CALORIES: 235 (Protein 52% Carbs 28% Fat 20%)

Strawberry Greek Yogurt Oatmeal 1

- 1/2 cup old fashion oatmeal
- 8 ounces nonfat vanilla Greek yogurt
- 1 cup strawberries
- 1 tsp. ground flaxseed
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Add Greek yogurt, strawberries and ground flaxseeds to top of oats. Serve with tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Strawberry Greek Yogurt Oatmeal 2

- 1 cup old fashion oatmeal
- 10 ounces nonfat vanilla Greek yogurt
- 1 cup strawberries
- 2 tsp. ground flaxseed
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Add Greek yogurt, strawberries and ground flaxseeds to top of oats. Serve with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

MET-Rx 180 CONDITIONING PHASE



▶ PROTEIN DOMINANT LUNCHES

Baked Salmon Pouch

- 5 ounces of Atlantic salmon or white fish
- 2 cups of steamed broccoli, asparagus, squash or zucchini
- 1/3 cup of cooked brown rice
- 1/2 tsp. extra virgin olive oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Place salmon or fish, broccoli, asparagus, squash or zucchini into a folded foil pouch or folded parchment paper. Drizzle with lemon juice and olive oil. Bake at 350 degrees for 20-25 minutes. Serve with brown rice on the side and tea with lemon.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Blackberry Salmon Salad 1

- 4 ounces Atlantic salmon
- 1/2 cup cooked or canned garbanzo beans
- 2 cups green leaf lettuce, chopped
- 1/4 cup carrots, chopped
- 1/4 cup cherry tomatoes
- 1/4 cup blackberries
- 1 Tbsp. balsamic vinegar
- 1/2 Tbsp. extra virgin olive oil
- 4 egg whites

DIRECTIONS: Grill or bake salmon. Combine all other ingredients, and toss with balsamic vinegar. Top salad with salmon fillet. Cook egg whites in pan and serve on side.

CALORIES: 404 (Protein 40% Carbs 30% Fat 30%)

Broccoli Beef 1

- 5 ounces lean top sirloin with fat trimmed off, sliced thin
- 1 cup broccoli, chopped
- 1/2 Tbsp. soy sauce
- 1 tsp. cornstarch
- 1/4 cup beef broth
- 1/2 tsp. red pepper flakes
- 1/2 tsp. sesame oil
- 1/4 cup carrots, chopped thinly
- 1/4 cup cooked brown rice

DIRECTIONS: Combine soy sauce, cornstarch, beef broth, and red pepper flakes. Whisk together until mixed thoroughly. Sauté broccoli, carrots, and beef in sesame oil for approx. 6 minutes. Add soy sauce mixture and cook for another 2 minutes, or until thickened. Serve brown rice with Broccoli Beef mixture on top.

CALORIES: 476 (Protein 40% Carbs 30% Fat 30%)

PROTEIN DOMINANT LUNCHES
MET-RX 180 CONDITIONING PHASE



▶ PROTEIN DOMINANT LUNCHES

(CONTINUED)

Chicken Tortilla Soup 1

- 4 ounces grilled chicken breast, chopped
- 1 yellow corn tortilla, cut into 1-inch squares
- 1/2 cup stewed tomatoes
- 1 cup low sodium chicken broth
- 1/4 cup onions, chopped
- 1 small can chopped green chilies
- 1/4 cup cilantro, chopped
- 1/2 tsp. chili powder
- 1/2 ounce low fat cheddar cheese, shredded
- 1/2 Tbsp. extra virgin olive oil

DIRECTIONS: Add all ingredients except tortilla and cheese. Cook soup on medium heat for approx. 20 minutes. Add tortilla pieces and cheese to top of soup.

CALORIES: 388 (Protein 40% Carbs 30% Fat 30%)

Chicken with Cottage Cheese and Berries 1

- 2 ounces cooked chicken breast
- 8 ounces low fat cottage cheese
- 13 almonds
- 1 cup strawberries
- 1/2 cup blueberries
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Grill or bake chicken breast. Place almonds and berries on top of cottage cheese. Serve along side chicken breast. Serve tea with meal.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Chicken with Cottage Cheese and Berries 2

- 4 ounces cooked chicken breast
- 1 cup low fat cottage cheese
- 18 almonds
- 1 cup strawberries
- 1/2 cup blueberries
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Grill or bake chicken breast. Place almonds and berries on top of cottage cheese. Serve along side chicken breast. Serve tea with lemon with meal.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT LUNCHES

(CONTINUED)

Fish Tacos 1

- 4 ounces halibut
- 2 yellow corn tortillas, extra thin
- 1/4 cup yellow corn kernels
- 4 Tbsp. chunky salsa
- 1/4 cup cilantro
- 4 thin slices avocado
- 1/2 Tbsp. extra virgin olive oil

DIRECTIONS: Grill or bake halibut. Combine corn, and cilantro. Place black bean mixture inside 2 corn tortillas. Top with grilled or baked halibut. Add salsa and avocado slices.

CALORIES: 370 (Protein 40% Carbs 30% Fat 30%)

Grilled Fish with Cinnamon Yams 1

- 5 ounces Atlantic salmon or white fish
- 2 cups steamed broccoli
- 1/2 cup cooked yams
- 1 tsp. cinnamon
- 1 tsp. ground flaxseed
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Grill fish. Steam broccoli. Bake yams. Remove yams from skin and mash with fork. Add cinnamon to yams and mix into yams. Add ground flaxseed. Serve with tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Grilled Fish with Cinnamon Yams 2

- 6 ounces Atlantic salmon or white fish
- 2 cups of steamed broccoli
- 3/4 cup cooked yams
- 1 tsp. cinnamon
- 2 tsp. ground flaxseed
- 1 tsp. lemon juice with 8 oz. green or black tea

DIRECTIONS: Grill fish. Steam broccoli. Bake yams. Remove yams from skin and mash with fork. Add cinnamon to yams and mix into yams. Add ground flaxseed. Serve with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Grilled Garlic Chicken with Green Beans 1

- 4 ounces chicken breast
- 3 cloves garlic
- 2 cups green beans
- 1 tsp. ground flaxseed

DIRECTIONS: Mince garlic. Rub into chicken breast. Grill chicken or bake. Serve with green beans sprinkled with ground flaxseeds.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT LUNCHES

(CONTINUED)

Grilled Garlic Chicken with Green Beans 2

- 6 ounces chicken breast
- 3 cloves garlic
- 2 cups green beans
- 2 Tbsp. ground flaxseed

DIRECTIONS: Mince garlic. Rub into chicken breast. Grill chicken or bake. Serve with green beans sprinkled with ground flaxseeds.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Shrimp Po' Boy 1

- 6 ounces shrimp, cooked and chilled
- (1) 2½ inch pumpernickel roll
- ¾ Tbsp. extra virgin olive oil
- ½ ounce lemon juice
- 1 Tbsp. fresh dill, chopped finely
- ¼ cup onions, minced
- 3 cloves garlic, minced
- 3 slices tomato

DIRECTIONS: Chop shrimp into bite-size pieces. Add olive oil, lemon juice, dill, onions, and garlic to shrimp. Stir until combined. Add Shrimp mixture to inside of pumpernickel roll. Add tomato slices on top.

CALORIES: 430 (Protein 40% Carbs 30% Fat 30%)

Sweet and Sour Chicken 1

- 6 ounces cooked sliced chicken breast
- 1 ounce fresh squeezed orange juice
- 1 tsp. cornstarch
- ¼ cup onions, chopped
- ½ tsp. red pepper flakes
- ¼ tsp. salt
- ¼ cup green bell pepper, chopped
- ¼ cup cooked brown rice
- 1 Tbsp. extra virgin olive oil

DIRECTIONS: Place orange juice, cornstarch, salt and red pepper flakes in small bowl. Whisk together till completely combined. Sauté green bell peppers and onions with olive oil. Add chicken breast and cook just until heated through. Add orange juice mixture and cook until sauce thickens. Place cooked brown rice on plate and top with chicken mixture.

CALORIES: 465 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT LUNCHES (CONTINUED)

Rosemary Chicken Salad 1

- 6 ounces chicken breast
- Chopped fresh rosemary to taste
- 1/2 tomato, sliced
- 2 cups shredded lettuce
- 1/2 Tbsp. extra virgin olive oil
- 1/2 cup cooked brown rice

DIRECTIONS: Sprinkle rosemary onto chicken breast and rub in. Grill or bake chicken breast. Chop chicken and serve over shredded lettuce with tomato and brown rice. Drizzle with olive oil and vinegar if you prefer.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Rosemary Chicken Salad 2

- 8 ounces chicken breast
- Chopped fresh rosemary to taste
- 1/2 tomato, sliced
- 2 cups shredded lettuce
- 1 Tbsp. extra virgin olive oil
- 1 cup cooked brown rice

DIRECTIONS: Sprinkle rosemary onto chicken breast and rub in. Grill or bake chicken breast. Chop chicken and serve over shredded lettuce with tomato and brown rice. Drizzle with olive oil and vinegar if you prefer.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)





▶ PROTEIN DOMINANT DINNERS

Baked Fish and Potatoes 1

- 5½ ounces tilapia
- 1 small red skinned potato
- ¾ Tbsp. extra virgin olive oil
- Salt free Herb Seasoning (optional)

DIRECTIONS: Bake potato for 25 minutes on 350 degrees. Half way through baking time, add tilapia with herb seasoning and bake 12 minutes with potato. Take out of oven and let rest for 5 minutes. Top off baked potato with olive oil.

CALORIES: 343 (Protein 40% Carbs 30% Fat 30%)

Baked Fish and Quinoa Pouches 1

- 5 ounces of Atlantic salmon or white fish
- 2 cups zucchini
- 2 Tbsp. chopped fresh basil
- ¼ small onion cut into slices
- ¼ cup cooked quinoa
- ½ tsp. extra virgin olive oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Make pouch with tinfoil or parchment paper. Place salmon, onions, zucchini, and basil in pouch. Close up pouch and bake on 350 degrees for 20-25 minutes. Cook quinoa according to package. Drizzle olive oil on top. Serve with tea or water.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Baked Fish and Quinoa Pouches 2

- 6 ounces of Atlantic salmon or white fish
- 2 cups of zucchini
- 2 Tbsps. chopped fresh basil
- ¼ small onion cut into slices
- ¼ cup quinoa
- 1 tsp. extra virgin olive oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Make pouch with tinfoil or parchment paper. Place salmon, onions, zucchini, and basil in pouch. Close up pouch and bake on 350 degrees for 20-25 minutes. Cook quinoa according to package. Drizzle olive oil on top. Serve with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Chicken and Quinoa with Veggies 1

- 4 ounces chicken breast
- 1 cup broccoli
- 6 ounces edamame
- ¼ cup cooked quinoa
- 1 tsp. extra virgin olive oil

DIRECTIONS: Cook quinoa according to package. Grill or bake chicken. Serve with steamed broccoli and edamame on side with olive oil drizzled on top.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

MET-RX 180 CONDITIONING PHASE
 PROTEIN DOMINANT DINNERS



▶ PROTEIN DOMINANT DINNERS

(CONTINUED)

Chicken and Quinoa with Veggies 2

- 6 ounces chicken breast
- 2 cups broccoli
- 6 ounces edamame
- 1/4 cup cooked quinoa
- 1/2 Tbsp. extra virgin olive oil

DIRECTIONS: Cook quinoa according to package. Grill or bake chicken. Serve with steamed broccoli and edamame on side with olive oil drizzled on top.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Chicken and Vegetable Kabobs 1

- 4 ounces cubed chicken breast
- 1/2 cup chopped onions
- 1/2 cup chopped green peppers
- 1/2 cup chopped mushrooms
- 1/4 cup cooked quinoa
- 1 tsp. extra virgin olive oil

DIRECTIONS: Chop chicken into 1-inch chunks. Cut all veggies into 1-inch chunks. Put chicken and veggies onto skewers alternating each one. Serve with cooked quinoa drizzled with olive oil.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Chicken and Vegetable Kabobs 2

- 6 ounces chopped chicken breast
- 1/2 cup chopped onions
- 1/2 cup chopped green peppers
- 1/2 cup chopped mushrooms
- 1/4 cup cooked quinoa
- 1 1/2 tsps. extra virgin olive oil

DIRECTIONS: Chop chicken into 1-inch chunks. Cut all veggies into 1-inch chunks. Put chicken and veggies onto skewers alternating each one. Serve with cooked quinoa drizzled with olive oil.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Chicken Linguini 1

- 5 ounces cooked chicken breast, sliced
- 1/4 cup cooked whole-wheat linguini or other pasta
- 1/2 cup marinara sauce
- 1/4 cup onions, chopped
- 1 medium zucchini, chopped
- 1/4 cup red bell peppers, chopped
- 1/2 Tbsp. extra virgin olive oil

DIRECTIONS: In small pan, sauté onions, bell peppers, and zucchini with olive oil just until al dente. Add cooked chicken breast and marinara sauce and cook just until heated through. Top linguini with chicken marinara sauce.

CALORIES: 385 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT DINNERS

(CONTINUED)

Dill Salmon and Veggies 1

- 5 ounces Atlantic salmon
- 1 Tbsp. chopped fresh dill
- 3 slices of lemon
- 2 cups of grilled asparagus
- 1/3 cup cooked brown rice
- 1/2 tsp. flaxseed oil

DIRECTIONS: Rub fresh dill and lemon onto salmon. Grill or bake skin side down with lemon slices on top. Serve with cooked brown rice and grilled asparagus. Drizzle flax oil onto asparagus and rice.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Dill Salmon and Veggies 2

- 6 ounces Atlantic salmon
- 1 Tbsp. chopped fresh dill
- 3 slices of lemon
- 2 cups grilled asparagus
- 1/2 cup cooked brown rice
- 1 tsp. flaxseed oil

DIRECTIONS: Rub fresh dill and lemon onto salmon. Grill or bake skin side down with lemon slices on top. Serve with cooked brown rice and grilled asparagus. Drizzle flax oil onto asparagus and rice.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Sushi Salad 1

- 1/4 cup cooked brown rice
- 1/2 tsp. wasabi paste
- 1 tsp. soy sauce
- 1 tsp. red wine vinegar
- 1/3 Tbsp. honey
- 1/2 cup cucumber, chopped
- 1 sheet dried seaweed, sliced thinly
- 1/4 cup carrots, shredded
- 6 ounces cooked shrimp, chilled
- 1/3 cup avocado
- 2 cups baby spinach

DIRECTIONS: Combine wasabi paste, soy sauce, honey and vinegar and whisk until mixed thoroughly. In separate bowl, combine cucumber, carrots, brown rice, spinach and shrimp. Toss salad with soy sauce mixture. Top with sliced avocado.

CALORIES: 448 (Protein 40% Carbs 30% Fat 30%)

MET-RX 180 CONDITIONING PHASE



Grilled Salmon with Salt Free Herbs 1

- 5 ounces of Atlantic salmon or white fish
- Salt free herb seasoning
- 2 cups of steamed broccoli
- 1/2 cup cooked yams
- 1/2 tsp. extra virgin olive oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Sprinkle salmon or fish with salt free herb seasoning. Grill or bake fish with yams. Steam broccoli. Drizzle yams with olive oil. Serve with tea with lemon.

CALORIES: 350 (Protein 40% Carbs 30% Fat 30%)

Grilled Salmon with Salt Free Herbs 2

- 6 ounces of Atlantic salmon or white fish
- Salt free herb seasoning
- 2 cups of steamed broccoli
- 3/4 cup cooked yams
- 1 tsp. extra virgin olive oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Sprinkle salmon or fish with salt free herb seasoning. Grill or bake fish with yams. Steam broccoli. Drizzle yams with olive oil. Serve with tea with lemon.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)



▶ PROTEIN DOMINANT DINNERS

(CONTINUED)

Tuna Quinoa Salad 1

- ¼ cup cooked quinoa, chilled
- 4½ ounces tuna, canned in water
- ½ cup cherry or grape tomatoes
- 1 Tbsp. red wine vinegar
- ¼ cup broccoli, chopped
- 20 pine nuts
- ¼ Tbsp. extra virgin olive oil
- Salt and pepper to taste

DIRECTIONS: Combine chilled quinoa with tuna, tomatoes, broccoli and pine nuts. Add salt and pepper and drizzle vinegar on top. Serve chilled.

CALORIES: 299 (Protein 51% Carbs 28% Fat 21%)

Turkey Burritos 1

- 5 ounces cooked extra lean ground turkey
- 1 whole wheat tortilla
- ½ Tbsp. extra virgin olive oil
- 4 Tbsp. chunky salsa
- ½ cup romaine lettuce, shredded

DIRECTIONS: Add all ingredients to tortilla and wrap up.

CALORIES: 333 (Protein 40% Carbs 30% Fat 30%)

Turkey Pizza Pockets 1

- 4 ounces extra lean ground turkey breast
- ½ large whole wheat pita
- ½ ounce part skim mozzarella, shredded
- ¼ cup marinara sauce
- ½ Tbsp. extra virgin olive oil

DIRECTIONS: Cook ground turkey breast in small pan until thoroughly cooked. Add cooked turkey to inside of pita. Top with cheese and marinara sauce.

CALORIES: 342 (Protein 40% Carbs 30% Fat 30%)

MET-RX 180 CONDITIONING PHASE



▶ BALANCED PRE-WORKOUT MEALS

Pre-Workout Meal 1

- 1 scoop MET-Rx Trulean™ Vanilla
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 290 (Protein 53% Carbs 28% Fat 21%)

Pre-Workout Meal 2

- 1 scoop MET-Rx Trulean™ Vanilla
- 1 cup nonfat milk
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 373 (Protein 50% Carbs 34% Fat 16%)

Pre-Workout Meal 3

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup coconut water
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 335 (Protein 47% Carbs 34% Fat 19%)

Pre-Workout Meal 4

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 tsp. flaxseed oil
- 1 cup nonfat milk
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 373 (Protein 50% Carbs 34% Fat 16%)

Pre-Workout Meal 5

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 290 (Protein 53% Carbs 28% Fat 21%)

BALANCED PRE-WORKOUT MEALS

MET-RX 180 SHAPING PHASE



▶ **BALANCED POST-WORKOUT MEALS**

Post-Workout Meal 1

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup seedless grapes
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 260 (Protein 23% Carbs 70% Fat 7%)

Post-Workout Meal 2

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup strawberries
- 1 orange
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 258 (Protein 25% Carbs 67% Fat 8%)

Post-Workout Meal 3

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup peach slices
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 216 (Protein 29% Carbs 64% Fat 7%)

Post-Workout Meal 4

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 medium apple
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 215 (Protein 27% Carbs 66% Fat 9%)

Post-Workout Meal 5

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup blueberries
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 232 (Protein 26% Carbs 67% Fat 8%)



▶ BALANCED SNACKS

Banana Cake Shake

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 medium banana, peeled
- 1 tsp. flaxseed oil
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 394 (Protein 40% Carbs 44% Fat 16%)

Blueberry Almond Vanilla Shake

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup water
- 1 cup blueberries
- ½ Tbsp. almond butter
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 381 (Protein 43% Carbs 42% Fat 15%)

Chewy Chocolate Chip Bar

- 1 MET-Rx 180 High Protein Bar Chewy Chocolate Chip Bar

CALORIES: 200 (Protein 40% Carbs 36% Fat 24%)

Chocolate Almond Banana Shake

- ½ scoop MET-Rx 180 Trulean™ Chocolate
- 1 medium banana
- 8 almonds
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 291 (Protein 39% Carbs 40% Fat 21%)

Chocolate Covered Cherry Shake

- ½ scoop MET-Rx 180 Trulean™ Chocolate
- 1 cup cherries, pits removed
- 1 tsp. flaxseed oil
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 353 (Protein 44% Carbs 38% Fat 18%)

BALANCED SNACKS
MET-RX 180 SHAPING PHASE



▶ BALANCED SNACKS

(CONTINUED)

Chocolate Deluxe Bar

- 1 MET-Rx 180 High Protein Bar Chocolate Deluxe
- 1/2 cup low fat cottage cheese
- 1 cup strawberries

CALORIES: 315 (Protein 40% Carbs 35% Fat 25%)

Chocolate Raspberry Torte Shake

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 cup raspberries
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 343 (Protein 45% Carbs 35% Fat 20%)

Chocolate Peanut Butter Banana Shake

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 medium banana, peeled
- 1/2 Tbsp. peanut butter, creamy
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 391 (Protein 42% Carbs 43% Fat 15%)

Chocolate Peanut Butter Bar

- 1 MET-Rx 180 High Protein Bar Chocolate Peanut Butter

CALORIES: 190 (Protein 42% Carbs 35% Fat 28%)

Chocolate Shake with Peaches on the Side

- 1/2 scoop MET-Rx 180 Trulean™ Chocolate
- 1 medium peach, sliced
- 1/2 Tbsp. flaxseed oil
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth, or serve peaches on the side.

CALORIES: 348 (Protein 45% Carbs 31% Fat 24%)



▶ BALANCED SNACKS

(CONTINUED)

Chocolate Walnut Shake

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 medium apple
- 5 walnut halves
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 264 (Protein 41% Carbs 33% Fat 26%)

Orange Dream Cake Shake

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 valencia orange, peeled
- 1/3 tsp. flaxseed oil
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 348 (Protein 44% Carbs 36% Fat 20%)

Thick and Creamy Vanana Shake

- 1/2 scoop MET-Rx 180 Trulean™ Vanilla
- 1 tsp. flax oil
- 1 medium banana, peeled
- 1/2 Tbsp. extra virgin olive oil
- 1/2 cup nonfat Greek yogurt
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 389 (Protein 31% Carbs 40% Fat 29%)



MET-RX 180 SHAPING PHASE



▶ BALANCED BREAKFASTS

Berry Oat Smoothie 2

- 1/2 cup strawberries
- 1/4 cup cooked oatmeal
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 Tbsp. ground flaxseed
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth.

CALORIES: 387 (Protein 43% Carbs 41% Fat 16%)

Breakfast Power Smoothie 2

- 6 ounces nonfat Greek yogurt
- 1/2 cup fresh squeezed orange juice
- 1/2 grapefruit, peeled
- 3/4 scoop MET-Rx 180 Trulean™ Vanilla
- 1/2 Tbsp. extra virgin olive oil
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth.

CALORIES: 428 (Protein 39% Carbs 41% Fat 18%)

Breakfast Rice Pudding 2

- 1/3 cup cooked brown rice
- 1/2 cup almond milk
- 3 egg whites
- 1 tsp. cinnamon
- 1 tsp. ground flaxseed
- 3/4 scoop MET-Rx 180 Trulean™ Vanilla
- 1 tsp. flaxseed oil

DIRECTIONS: Combine all ingredients in small oven safe bowl. Bake on 350 degrees for 12-14 minutes, just until center is not runny.

CALORIES: 405 (Protein 40% Carbs 41% Fat 19%)

Egg Whites and Oatmeal

- 1/2 cup old fashion oatmeal
- 3 ounces nonfat vanilla Greek yogurt
- 6 egg whites
- 1/2 Tbsp. flaxseed oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with Greek yogurt on top sprinkled with flax oil. Cook egg whites in separate pan. Serve along side oatmeal and water or tea.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

BALANCED BREAKFASTS
MET-Rx 180 SHAPING PHASE



▶ BALANCED BREAKFASTS (CONTINUED)

Egg Whites, Oats, and Greek Yogurt

- $\frac{2}{3}$ cup old fashion oatmeal
- $1\frac{1}{2}$ ounces nonfat Greek yogurt vanilla
- 8 egg whites
- $\frac{1}{2}$ Tbsp. flaxseed oil
- 1 tsp. lemon juice, 8 ounce green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with Greek yogurt on top sprinkled with flax oil. Cook egg whites in separate pan. Serve along side oatmeal and water or tea with lemon.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Greek Yogurt Topped Oatmeal

- $\frac{1}{2}$ cup old fashion oatmeal
- 3 ounces nonfat vanilla Greek yogurt
- 6 egg whites
- $\frac{1}{2}$ Tbsp. flaxseed oil
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Cook eggs to your liking without adding ingredients. Serve with Greek yogurt on top and tea with lemon.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Morning Crepes 2

- 5 egg whites
- 1 Tbsp. almond butter
- 1 cup blueberries
- $\frac{1}{3}$ scoop MET-Rx 180 Trulean™ Chocolate
- $\frac{1}{5}$ cup whole wheat flour

DIRECTIONS: Combine egg whites and MET-Rx 180™ Trulean and flour. Heat up small griddle or pan. When hot, add thin layer of egg mixture to pan. Cook just until not runny, forming your crepe. Meanwhile, combine banana, blueberries and almond butter, just until mixed. Add to cooked crepes and fold over.

CALORIES: 374 (Protein 37% Carbs 40% Fat 23%)

Oatmeal and Eggs with Salsa 1

- 1 cup cooked oats
- 1 whole egg
- 1 egg white
- 2 Tbsp. salsa
- $\frac{1}{2}$ cup fat free vanilla Greek yogurt
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oats according to package. Add Greek yogurt to top of oats. Cook eggs and egg whites in pan. Serve with salsa on top along side oatmeal. Serve with tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)



▶ **BALANCED BREAKFASTS**
(CONTINUED)

Oatmeal and Eggs with Salsa 2

- 1 cup cooked oats
- 2 whole eggs
- 2 egg whites
- 2 Tbsp. salsa
- 3/4 cup fat free vanilla Greek yogurt
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oats according to package. Add Greek yogurt to top of oats. Cook eggs and egg whites in pan. Serve with salsa on top along side oatmeal. Serve with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Oatmeal and Spanish Omelet

- 6 egg whites
- 1 whole egg
- 4 Tbsp. salsa
- 1/2 cup old fashion oatmeal
- 1/2 cup strawberries
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Add all eggs to sauté pan and cook. Add salsa to top of cooked eggs. Serve oatmeal and strawberries along side eggs and tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Oats and Greek Yogurt 1

- 1 cup old fashion oatmeal
- 8 ounces nonfat vanilla Greek yogurt
- 16 ounces water
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Top oatmeal with Greek yogurt. Serve with tea with lemon or water.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Oats and Greek Yogurt 2

- 1 1/2 cup old fashion oatmeal
- 10 ounces nonfat vanilla Greek yogurt
- 16 ounces water
- 1 tsp. lemon juice, 8 oz. green or black tea

DIRECTIONS: Cook oatmeal according to package. Top oatmeal with Greek yogurt. Serve with tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

MET-RX 180 SHAPING PHASE



▶ BALANCED BREAKFASTS

(CONTINUED)

Oats Egg Whites and Vanilla Greek Yogurt

- $\frac{2}{3}$ cup old fashion oatmeal
- 1 $\frac{1}{2}$ ounces nonfat Greek yogurt vanilla
- 8 egg whites
- 1 tsp. lemon juice, 8 ounce green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with Greek yogurt on top sprinkled with flax oil. Cook egg whites in separate pan. Serve along side oatmeal and water or tea.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Omelet and Oatmeal

- 8 egg whites
- 1 whole egg
- 4 Tbsp. salsa
- $\frac{2}{3}$ cup cooked oatmeal
- 1 cup strawberries

DIRECTIONS: Cook oatmeal according to package. Add all eggs to sauté pan and cook. Add salsa to top of cooked eggs. Serve oatmeal and strawberries along side eggs and tea with lemon or water.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Protein Oatmeal Breakfast 2

- $\frac{1}{4}$ cup oats
- $\frac{3}{4}$ scoop MET-Rx 180 Trulean™ Vanilla
- $\frac{1}{4}$ Tbsp. flaxseed oil

DIRECTIONS: Cook oats according to package. After cooked, add MET-Rx 180 Trulean™ and drizzle Flaxseed oil.

CALORIES: 293 (Protein 42% Carbs 38% Fat 18%)

Spinach Frittata 2

- 1 cup raw spinach
- 7 egg whites
- 1 whole egg
- 4 Tbsp. chunky salsa
- $\frac{1}{2}$ cup pineapple
- 1 medium apple

DIRECTIONS: In small skillet, cook egg whites and whole egg with spinach. Remove from skillet and top with Salsa. Serve pineapple and apple on side.

CALORIES: 288 (Protein 42% Carbs 40% Fat 17%)

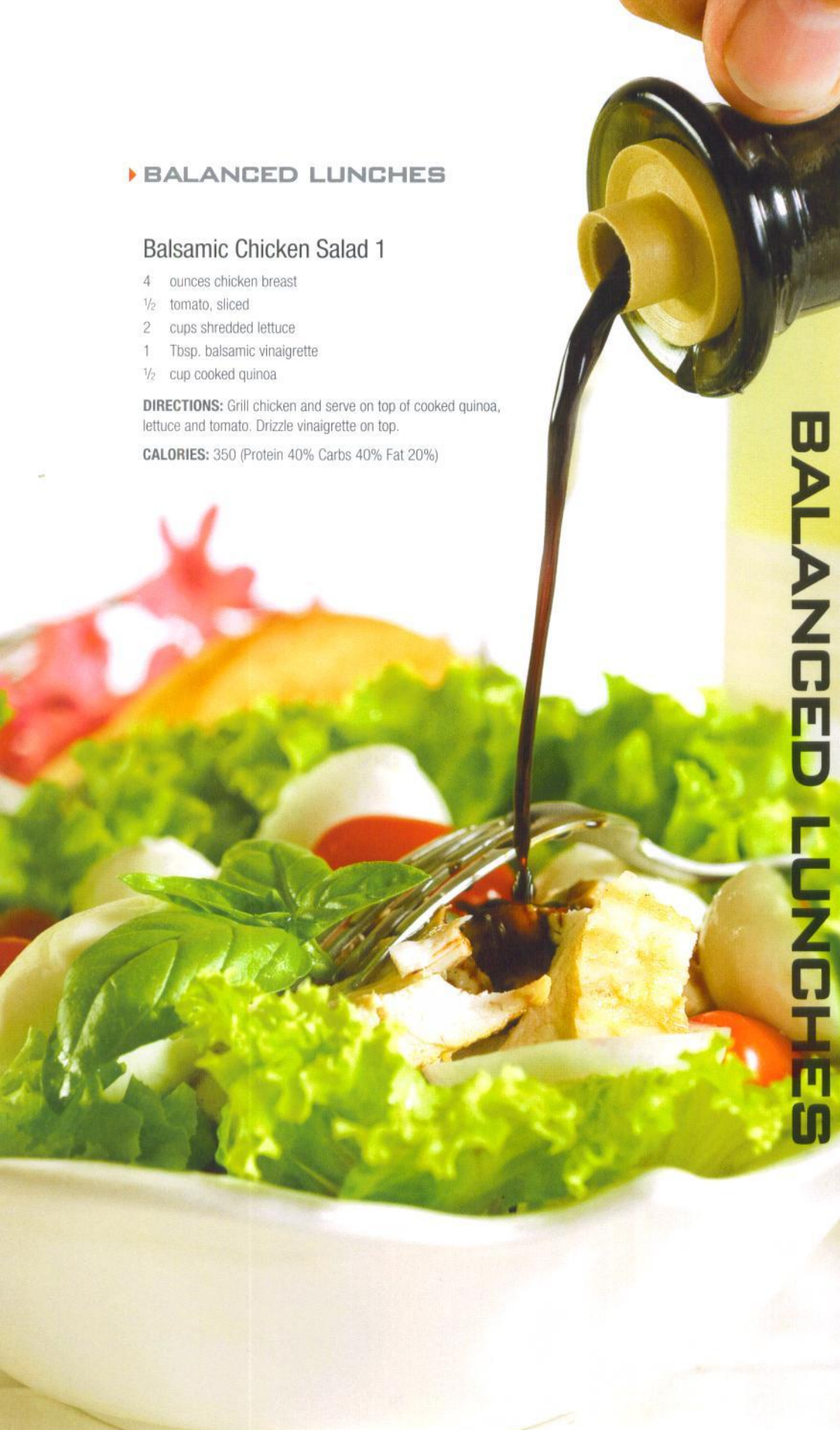
▶ **BALANCED LUNCHES**

Balsamic Chicken Salad 1

- 4 ounces chicken breast
- ½ tomato, sliced
- 2 cups shredded lettuce
- 1 Tbsp. balsamic vinaigrette
- ½ cup cooked quinoa

DIRECTIONS: Grill chicken and serve on top of cooked quinoa, lettuce and tomato. Drizzle vinaigrette on top.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)



BALANCED LUNCHES

MET-RX 180 SHAPING PHASE



▶ BALANCED LUNCHES

(CONTINUED)

Balsamic Chicken Salad 2

- 6 ounces chicken breast
- ½ tomato, sliced
- 2 cups shredded lettuce
- 1 Tbsp. balsamic vinaigrette
- ⅔ cup cooked quinoa

DIRECTIONS: Grill Chicken and serve on top of cooked quinoa, lettuce and tomato. Drizzle vinaigrette on top.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Blackberry Salmon Salad 2

- 4 ounces Atlantic salmon
- ⅓ cup cooked or canned garbanzo beans
- 2 cups green leaf lettuce, chopped
- ¼ cup carrots, chopped
- ¼ cup cherry tomatoes
- ¼ cup blackberries
- 1 Tbsp. balsamic vinegar

DIRECTIONS: Grill or bake salmon. Combine all other ingredients, and toss with balsamic vinegar. Top off salad with salmon fillet.

CALORIES: 317 (Protein 37% Carbs 39% Fat 24%)

Broccoli Beef 2

- 3 ounces lean top sirloin with fat trimmed off, sliced thin
- 1 cup broccoli, chopped
- ½ Tbsp. soy sauce
- 1 tsp. cornstarch
- ¼ cup beef broth
- ½ tsp. red pepper flakes
- ½ tsp. sesame oil
- ¼ cup carrots, chopped thinly
- ⅓ cup cooked brown rice

DIRECTIONS: Combine soy sauce, cornstarch, beef broth, and red pepper flakes. Whisk together until mixed thoroughly. Sauté broccoli, carrots, and beef in sesame oil for approx. 6 minutes. Add soy sauce mixture and cook for another 2 minutes, or until thickened. Serve brown rice with Broccoli Beef mixture on top.

CALORIES: 331 (Protein 39% Carbs 38% Fat 23%)



▶ **BALANCED LUNCHES**

(CONTINUED)

Brown Rice and Herbed Chicken 1

- 6 ounces chicken breast
- Salt free herb seasoning
- 2 cups mixed veggies
- 1/2 cup cooked brown rice
- 1/4 tsp. extra virgin olive oil

DIRECTIONS: Rub salt free herb seasoning all over chicken breast. Grill or bake chicken. Serve with steamed mixed veggies and cooked brown rice, drizzled with olive oil.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Brown Rice and Herbed Chicken 2

- 6 ounces chicken breast
- Salt free herb seasoning
- 2 cups mixed veggies
- 2/3 cup cooked brown rice
- 1/2 tsp. extra virgin olive oil

DIRECTIONS: Rub salt free herb seasoning all over chicken breast. Grill or bake chicken. Serve with steamed mixed veggies and cooked brown rice, drizzled with olive oil.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Chicken and Veggies

- 4 ounces chicken breast
- 2 cups green beans
- 1 Tbsp. extra virgin olive oil

DIRECTIONS: Grill chicken. Steam green beans. Drizzle olive oil on green beans.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Chicken Quinoa Salad 1

- 4 ounces chicken breast
- 1/2 tomato, sliced
- 2 cups shredded lettuce
- 1 Tbsp. balsamic vinaigrette
- 1/4 cup cooked quinoa

DIRECTIONS: Grill Chicken and serve on top of cooked quinoa, lettuce and tomato. Drizzle vinaigrette on top.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

MET-RX 180 SHAPING PHASE



▶ BALANCED LUNCHES

(CONTINUED)

Chicken Tortilla Soup 2

- 3 ounces grilled chicken breast, chopped
- 1 yellow corn tortilla, cut into 1-inch squares
- 1/2 cup stewed tomatoes
- 1/3 cup yellow corn kernels
- 1 cup low sodium chicken broth
- 1/4 cup onions, chopped
- 1 small can chopped green chilis
- 1/4 cup cilantro, chopped
- 1/2 tsp. chili powder
- 1/2 ounce low fat cheddar cheese, shredded

DIRECTIONS: Add all ingredients except tortilla and cheese. Cook soup on medium heat for approx. 20 minutes. Add tortilla pieces and cheese to top of soup.

CALORIES: 336 (Protein 40% Carbs 41% Fat 19%)

Chicken Quinoa Salad 2

- 6 ounces chicken breast
- 1/2 tomato, sliced
- 2 cups shredded lettuce
- 1 Tbsp. balsamic vinaigrette
- 1/4 cup quinoa (cooked)

DIRECTIONS: Grill chicken and serve on top of cooked quinoa, lettuce and tomato. Drizzle vinaigrette on top.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Chicken and Veggies with Cinnamon Yams

- 4 ounces chicken breast
- 2 cups green beans
- 1 cup yams
- 2 tsp. cinnamon

DIRECTIONS: Grill chicken. Steam green beans. Bake yams and remove from skin. Mash with fork and add cinnamon. Mix into yams.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Fish Tacos 2

- 4 ounces halibut
- 2 yellow corn tortillas, extra thin
- 1/4 cup yellow corn kernels
- 4 Tbsp. chunky salsa
- 1/4 cup cilantro
- 4 thin slices avocado

DIRECTIONS: Grill or bake halibut. Combine corn, and cilantro. Place black bean mixture in 2 corn tortillas. Top with grilled or baked halibut. Add salsa and avocado slices.

CALORIES: 248 (Protein 45% Carbs 40% Fat 15%)



▶ **BALANCED LUNCHES**
(CONTINUED)

Shrimp Po' Boy 2

- 4 ounces shrimp, cooked and chilled
- (1) 2 1/2 inch pumpernickel roll
- 1 tsp. extra virgin olive oil
- 1/2 ounce lemon juice
- 1 Tbsp. fresh dill, chopped finely
- 1/4 cup onions, minced
- 3 cloves garlic, minced
- 3 slices tomato
- 1/4 cup frozen green peas, thawed

DIRECTIONS: Chop shrimp into bite-size pieces. Add olive oil, lemon juice, dill, onions, garlic, and green peas to shrimp. Stir until combined. Add Shrimp mixture to inside of pumpernickel roll. Add tomato slices on top.

CALORIES: 334 (Protein 37% Carbs 40% Fat 23%)

Sweet and Sour Chicken 2

- 4 ounces chicken breast, sliced
- 1 ounce fresh squeezed orange juice
- 1 tsp. cornstarch
- 1/4 cup onions, chopped
- 1/2 tsp. red pepper flakes
- 1/4 tsp. salt
- 1/4 cup green bell pepper, chopped
- 1/3 cup cooked brown rice
- 1 tsp. extra virgin olive oil

DIRECTIONS: Place orange juice, cornstarch, salt and red pepper flakes in small bowl. Whisk together till completely combined. Sauté green bell peppers and onions with olive oil. Add chicken breast and cook just until heated through. Add orange juice mixture and cook until sauce thickens. Place cooked brown rice on plate and top with chicken mixture.

CALORIES: 332 (Protein 40% Carbs 40% Fat 20%)





▶ BALANCED DINNERS

Baked Fish and Potatoes 2

- 3½ ounces tilapia
- ¾ small red skinned potato
- 1 tsp. extra virgin olive oil
- Salt free herb seasoning (optional)

DIRECTIONS: Bake potato for 25 minutes on 350 degrees. Half way through baking time, add tilapia with herb seasoning and bake 12 minutes with potato. Take out of oven and let rest for 5 minutes. Top baked potato with olive oil.

CALORIES: 214 (Protein 40% Carbs 38% Fat 22%)

Chicken and Vegetable Kabobs 3

- 3 ounces chopped chicken breast
- ½ cup chopped onions
- ½ cup chopped green peppers
- ½ cup chopped mushrooms
- ½ cup cooked quinoa

DIRECTIONS: Chop chicken into 1-inch chunks. Cut all veggies into 1-inch chunks. Put chicken and veggies onto skewers alternating each one. Serve with cooked quinoa.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Chicken and Vegetable Kabobs 4

- 4 ounces chopped chicken breast
- ½ cup chopped onions
- ½ cup chopped green peppers
- ½ cup chopped mushrooms
- ⅔ cup cooked quinoa

DIRECTIONS: Chop chicken into 1-inch chunks. Cut all veggies into 1-inch chunks. Put chicken and veggies onto skewers alternating each one. Serve with cooked quinoa.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Chicken and Veggies with Baked Yams

- 4 ounces chicken breast
- 2 cups broccoli, (steamed)
- 2 garlic cloves
- ½ cup cooked yams
- 1 tsp. lemon zest
- 1 Tbsp. lemon juice

DIRECTIONS: Mince garlic and spread on chicken breast. Bake chicken with yam in 350-degree oven for approx. 30 minutes. Steam broccoli and toss with lemon zest and juice. Serve with baked chicken and yams.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

BALANCED DINNERS
MET-RX 180 SHAPING PHASE



▶ BALANCED DINNERS

(CONTINUED)

Chicken Linguini

- 3 ounces cooked chicken breast, sliced
- 1/3 cup cooked whole-wheat linguini or other pasta
- 1/2 cup marinara sauce
- 1/4 cup onions, chopped
- 1 medium zucchini, chopped
- 1/4 cup red bell peppers, chopped
- 1/2 tsp. extra virgin olive oil

DIRECTIONS: In small pan, sauté onions, bell peppers, and zucchini with olive oil just until al dente. Add cooked chicken breast and marinara sauce and cook just until heated through. Top linguini with chicken marinara sauce.

CALORIES: 286 (Protein 38% Carbs 41% Fat 21%)

Dill Salmon and Veggies 2

- 6 ounces Atlantic salmon
- 1 Tbsp. chopped fresh dill
- 3 slices of lemon
- 2 cups grilled asparagus
- 1/2 cup cooked brown rice
- 1 tsp. flax oil

DIRECTIONS: Rub fresh dill and lemon onto salmon. Grill or bake skin side down with lemon slices on top. Serve with cooked brown rice and grilled asparagus. Drizzle flax oil onto asparagus and rice.

CALORIES: 450 (Protein 40% Carbs 30% Fat 30%)

Fish with Lime and Greek Quinoa 1

- 6 ounces whitefish
- 3 lime slices
- 2 cups baby spinach
- 1/2 cup chopped tomatoes
- 2 tsp. capers
- 1/2 cup cooked quinoa

DIRECTIONS: Grill fish with lime slices on top. Add cooked quinoa, capers, chopped tomatoes and baby spinach to sauté pan. Cook just until heated.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Fish with Lime and Greek Quinoa 2

- 8 ounces whitefish
- 3 lime slices
- 2 cups baby spinach
- 1/2 cup chopped tomatoes
- 2 tsp. capers
- 2/3 cup cooked quinoa

DIRECTIONS: Grill fish with lime slices on top. Add cooked quinoa, capers, chopped tomatoes and baby spinach to sauté pan. Cook just until heated through.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)



▶ **BALANCED DINNERS**
(CONTINUED)

Grilled Dill Fish and Veggies 2

- 3 ounces Atlantic salmon
- 1 Tbsp. fresh dill, chopped
- 12 spears of grilled asparagus
- 1/2 cup cooked brown rice

DIRECTIONS: Grill or bake fish with dill. Grill or bake asparagus spears. Serve with cooked brown rice on side.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Garlic Chicken and Lemon Broccoli with Baked Yams

- 6 ounces chicken breast
- 2 cups broccoli, steamed
- 2 garlic cloves
- 3/4 yams
- 1 tsp. lemon zest
- 1 Tbsp. lemon juice

DIRECTIONS: Mince garlic and spread on chicken breast. Bake chicken with yam in 350-degree oven for approx. 30 minutes. Steam Broccoli and toss with lemon zest and juice. Serve with baked chicken and yams.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)

Grilled Fish with Greek Brown Rice Sauté 1

- 5 ounces whitefish
- 2 cups baby spinach
- 1/2 cup chopped tomatoes
- 1/2 cup chopped brown rice
- 1/4 tsp. extra virgin olive oil

DIRECTIONS: Grill or bake fish. Add cooked brown rice, spinach and tomatoes with olive oil to sauté pan. Cook just until heated through. Serve fish along side rice sauté.

CALORIES: 350 (Protein 40% Carbs 40% Fat 20%)

Grilled Fish with Greek Brown Rice Sauté 2

- 6 ounces whitefish
- 2 cups baby spinach
- 1/2 cup chopped tomatoes
- 2/3 cup cooked brown rice
- 1/2 tsp. extra virgin olive oil

DIRECTIONS: Grill or bake fish. Add cooked brown rice, spinach and tomatoes with olive oil to sauté pan. Cook just until heated through. Serve fish along side rice sauté.

CALORIES: 450 (Protein 40% Carbs 40% Fat 20%)



▶ BALANCED DINNERS

(CONTINUED)

Sushi Salad 2

- 1/4 cup cooked brown rice
- 1/2 tsp. wasabi paste
- 1 tsp. soy sauce
- 1 tsp. red wine vinegar
- 1/3 Tbsp. honey
- 1/2 cup cucumber, chopped
- 1 sheet dried seaweed, sliced thinly
- 1/4 cup carrots, shredded
- 5 ounces cooked shrimp, chilled
- 4 thin slices avocado
- 2 cups baby spinach

DIRECTIONS: Combine wasabi paste, soy sauce, honey and vinegar and whisk until mixed thoroughly. In separate bowl, combine cucumber, carrots, brown rice, spinach and shrimp. Toss salad with Soy sauce mixture and sliced avocado.

CALORIES: 327 (Protein 42% Carbs 41% Fat 17%)

Turkey Burritos 2

- 4 ounces cooked extra lean ground turkey
- 1 whole wheat tortilla
- 1/3 cup cooked or canned pinto beans
- 1/2 tsp. extra virgin olive oil
- 4 Tbsp. chunky salsa
- 1/2 cup romaine lettuce, shredded

DIRECTIONS: Add all ingredients to tortilla and wrap up.

CALORIES: 332 (Protein 40% Carbs 41% Fat 19%)

Tuna Quinoa Salad 2

- 1/2 cup quinoa (cooked), chilled
- 1 4 ounces tuna, canned in water
- 1/2 cup cherry or grape tomatoes
- 1 Tbsp. red wine vinegar
- 1/4 cup broccoli, chopped
- 20 pine nuts
- Salt and pepper to taste

DIRECTIONS: Combine chilled quinoa with tuna, tomatoes, broccoli and pine nuts. Add salt and pepper and drizzle vinegar on top. Serve chilled.

CALORIES: 354 (Protein 40% Carbs 40% Fat 20%)

Turkey Pizza Pockets 2

- 3 ounces extra lean ground turkey breast
- 1 large whole wheat pita
- 1/2 ounce part skim mozzarella, shredded
- 1/4 cup marinara sauce

DIRECTIONS: Cook ground turkey breast in small pan until thoroughly cooked. Add cooked turkey to inside of pita. Top with cheese and marinara sauce.

CALORIES: 295 (Protein 39% Carbs 42% Fat 19%)



▶ CARB DOMINANT PRE-WORKOUT MEALS

Pre-Workout Meal 1

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 2 capsules flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 266 (Protein 57% Carbs 30% Fat 12%)

Pre-Workout Meal 2

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup nonfat milk
- 1 tsp. flaxseed oil

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 349 (Protein 53% Carbs 36% Fat 11%)

Pre-Workout Meal 3

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 cup coconut water
- 1 tsp. almond butter

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 320 (Protein 51% Carbs 37% Fat 12%)

Pre-Workout Meal 4

- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 tsp. flaxseed oil
- 1 cup nonfat milk

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 373 (Protein 50% Carbs 34% Fat 16%)

Pre-Workout Meal 5

- 1 scoop MET-Rx 180 Trulean™ Chocolate
- 1 tsp. flaxseed oil
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 266 (Protein 57% Carbs 30% Fat 12%)

MET-Rx 180 DEFINITION PHASE
CARB DOMINANT PRE-WORKOUT MEALS



▶ CARB DOMINANT POST-WORKOUT MEALS

Post-Workout Meal 1

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup seedless grapes
- 1 cup water

Directions: Add all ingredients to blender and blend until smooth.

Calories: 260 (Protein 23% Carbs 70% Fat 7%)

Post-Workout Meal 2

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup strawberries
- 1 orange
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 286 (Protein 22% Carbs 69% Fat 9%)

Post-Workout Meal 3

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup peach slices
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 216 (Protein 28% Carbs 63% Fat 9%)

Post-Workout Meal 4

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 medium apple
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 221 (Protein 25% Carbs 67% Fat 8%)

Post-Workout Meal 5

- 1 scoop MET-Rx 180 Recovery Vanilla
- 1 cup blueberries
- 1 cup water

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 232 (Protein 26% Carbs 66% Fat 8%)

CARB DOMINANT POST-WORKOUT MEALS

MET-RX 180 DEFINITION PHASE



▶ CARB DOMINANT SNACKS

Chocolate Chip 1

- 1 MET-Rx 180 High Protein Bar Chewy Chocolate Chip
- 1 cup seedless grapes
- 1 6 ounces Nonfat, Greek yogurt

CALORIES: 369 (Protein 36% Carbs 53% Fat 11%)

Chocolate Chip 2

- ½ MET-Rx 180 High Protein Bar Chewy Chocolate Chip
- 1 cup fat free milk
- 1 medium banana

CALORIES: 273 (Protein 50% Carbs 40% Fat 10%)

Chocolate Deluxe 1

- 1 MET-Rx 180 High Protein Bar Chocolate Deluxe
- 1 medium apple
- 1 6 ounce plain Greek yogurt

CALORIES: 335 (Protein 42% Carbs 46% Fat 12%)

Chocolate Deluxe 2

- ½ MET-Rx 180 High Protein Bar Chocolate Deluxe
- 1 cup almond milk
- 1 cup peach slices

CALORIES: 325 (Protein 28% Carbs 52% Fat 20%)

Chocolate Deluxe 3

- 1 MET-Rx 180 High Protein Bar Chocolate Deluxe

CALORIES: 180 (Protein 45% Carbs 37% Fat 23%)

Chocolate Deluxe 4

- 1 MET-Rx 180 High Protein Bar Chocolate Deluxe
- 1 medium apple

CALORIES: 245 (Protein 33% Carbs 53% Fat 17%)

Chocolate Deluxe 5

- 1 MET-Rx 180 High Protein Bar Chocolate Deluxe
- 1 cup almond milk

CALORIES: 259 (Protein 31% Carbs 44% Fat 25%)





▶ CARB DOMINANT SNACKS (CONTINUED)

Chocolate Peanut Butter 1

- 1 MET-Rx 180 High Protein Bar Chocolate Peanut Butter
- 1 cup strawberries

CALORIES: 238 (Protein 35% Carbs 46% Fat 24%)

Chocolate Peanut Butter 2

- 1 MET-Rx- 180 High Protein Bar Chocolate Peanut Butter
- 1 cup blueberries

CALORIES: 272 (Protein 30% Carbs 50% Fat 20%)

Chocolate Peanut Butter Banana Shake

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 medium banana, peeled
- 1 tsp. extra virgin olive oil
- 1 cup water
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 269 (Protein 30% Carbs 50% Fat 20%)

Extra Creamy Chocolate Peanut Butter Banana Shake

- 1 scoop MET-Rx 180 Recovery Chocolate
- 1 cup almond milk
- 1 tsp. peanut butter
- 1/2 banana, peeled
- Ice (optional)

DIRECTIONS: Add all ingredients to blender and blend until smooth.

CALORIES: 261 (Protein 32% Carbs 47% Fat 19%)

MET-RX 180 DEFINITION PHASE





▶ CARB DOMINANT BREAKFASTS

Berry Oat Smoothie 3

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/4 cup cooked oatmeal
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 Tbsp. ground flaxseed
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth.

CALORIES: 304 (Protein 31% Carbs 52% Fat 17%)

Breakfast Power Smoothie

- 6 ounces nonfat Greek yogurt
- 3/4 cup fresh squeezed orange juice
- 1/2 grapefruit, peeled
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1/2 Tbsp. extra virgin olive oil
- Ice (optional)

DIRECTIONS: Add all ingredients to blender with a handful of ice (optional). Blend together until smooth.

CALORIES: 393 (Protein 34% Carbs 47% Fat 19%)

Breakfast Rice Pudding 3

- 1/2 cup cooked brown rice
- 1/2 cup almond milk
- 2 egg whites
- 1 tsp. cinnamon
- 1 tsp. ground flaxseed
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- 1 tsp. flax oil

DIRECTIONS: Combine all ingredients in small oven safe bowl. Bake on 350 degrees for 12-14 minutes, just until center is not runny.

CALORIES: 360 (Protein 31% Carbs 48% Fat 21%)

Morning Crepes 3

- 3 egg whites
- 1 Tbsp. almond butter
- 1 cup blueberries
- 2/3 cup MET-Rx 180 Trulean™ Chocolate
- 1/2 banana, sliced

DIRECTIONS: Combine egg whites and MET-Rx 180 TruLean™. Heat up small griddle or pan. When hot, add thin layer of egg mixture to pan. Cook just until not runny, forming your crepe. Meanwhile, combine banana, blueberries and almond butter, just until mixed. Add to cooked crepes and fold over.

CALORIES: 402 (Protein 29% Carbs 50% Fat 21%)

MET-RX 180 DEFINITION PHASE
 CARB DOMINANT BREAKFASTS



▶ CARB DOMINANT BREAKFASTS (CONTINUED)

Oatmeal and Cottage Cheese

- 1 cup oatmeal
- $\frac{2}{3}$ cup low fat cottage cheese
- $1\frac{1}{3}$ Tbsp. ground flaxseed
- 8 ounces green or black tea

DIRECTIONS: Cook Oatmeal according to package. Serve with cottage cheese topped with flaxseed on side with tea or water.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Oatmeal and Omelet

- 1 cup oatmeal
- 1 8 oz. rice milk
- 5 egg whites
- 1 whole egg,
- 2 Tbsp. salsa
- $\frac{1}{2}$ pink grapefruit

DIRECTIONS: Cook oatmeal with rice milk. Cook eggs in small saucepan and top with salsa. Serve with grapefruit on side.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Oatmeal and Power Omelet

- $\frac{1}{2}$ cup oatmeal
- 8 ounces rice milk
- 3 egg whites and 1 whole egg
- 2 Tbsp. salsa
- $\frac{1}{2}$ pink grapefruit

DIRECTIONS: Cook oatmeal with rice milk. Cook eggs in small saucepan and top with salsa. Serve with grapefruit on the side.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Oats and Cottage Cheese

- $\frac{2}{3}$ cup oatmeal
- $\frac{2}{3}$ cup low fat cottage cheese
- 1 Tbsp. ground flaxseed
- 8 ounces green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with cottage cheese topped with flaxseed on the side with tea.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)



▶ **CARB DOMINANT BREAKFASTS**
(CONTINUED)

Power Omelet

- 8 egg whites
- 1 whole egg
- 4 Tbsp. salsa
- 1½ tsp. extra virgin olive oil
- 1 apple
- 1 banana
- 8 ounces green or black tea

DIRECTIONS: Cook eggs in sauté pan with olive oil. Top with salsa. Serve with apple and banana on side with tea or water.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Protein Oatmeal Breakfast 3

- ¼ cup Oats
- 1 scoop MET-Rx 180 Trulean™ Vanilla
- ¼ Tbsp. flaxseed oil

DIRECTIONS: Cook oats according to package. After cooked, add MET-Rx 180 Trulean™ and drizzle Flaxseed oil.

CALORIES: 306 (Protein 32% Carbs 48% Fat 20%)

Protein Oats 1

- ⅔ cup oatmeal
- ⅔ cup low fat cottage cheese
- 1 Tbsp. ground flaxseed
- 8 ounces green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with cottage cheese topped with flaxseed on the side with tea or water.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Protein Oats 2

- 1 cup oatmeal
- ⅔ cup low fat cottage cheese
- 1½ Tbsp. ground flaxseed
- 8 ounces green or black tea

DIRECTIONS: Cook oatmeal according to package. Serve with cottage cheese topped with flaxseed on side with tea or water.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

MET-RX 180 DEFINITION PHASE



▶ CARB DOMINANT BREAKFASTS

(CONTINUED)

Protein Omelet with Fruit

- 5 egg whites
- 1 whole egg
- 2 Tbsp. salsa
- 1 tsp. extra virgin olive oil
- 1 apple
- 1 banana
- 8 ounces green or black tea

DIRECTIONS: Cook eggs in sauté pan with olive oil. Top with salsa. Serve with apple and banana on the side with tea or water.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Spinach Frittata 3

- 1 cup raw spinach
- 2 egg whites
- 1 whole egg
- 4 Tbsp. chunky salsa
- ½ cup pineapple
- 1 medium apple

DIRECTIONS: In small skillet, cook egg whites and whole egg with spinach. Remove from skillet and top with salsa. Serve pineapple and apple on side.

CALORIES: 224 (Protein 27% Carbs 52% Fat 21%)

Whole Grain Cereal with Greek Yogurt 1

- 6 ounces whole grain cereal
- ½ small container low fat vanilla Greek yogurt
- 6 ounces rice milk
- 6 almonds
- 8 ounces green or black tea

DIRECTIONS: Add cereal to rice milk. Serve with Greek yogurt topped with almonds and tea or water on the side.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Whole Grain Cereal and Greek Yogurt 2

- 9 ounces whole grain cereal
- ¾ small container low fat vanilla Greek yogurt
- 8 ounces rice milk
- 10 almonds
- 8 ounces green or black tea

DIRECTIONS: Add cereal to rice milk. Serve with Greek yogurt topped with almonds and tea or water on side.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)



▶ CARB DOMINANT LUNCHES

Baked Garlic Chicken with Cinnamon Yams

- 4½ ounces chicken breast
- 1 cup broccoli
- 1½ cups yams
- 2 cloves garlic, minced
- 1 tsp. cinnamon

DIRECTIONS: Cover chicken with garlic and bake with yams. Steam broccoli. Remove yams from skin and mash with fork. Mix in cinnamon. Serve with chicken and broccoli.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Basil Turkey Pita 1

- ¾ small pita pocket
- 5 fresh basil leaves
- 4 tomato slices
- 3 slices lean turkey breast
- 5 almonds

DIRECTIONS: Place all ingredients into pita. Serve with almonds on the side.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Basil Turkey Pita 2

- 1 small pita pocket
- 5 fresh basil leaves
- 4 tomato slices
- 5 slices lean turkey breast
- 10 almonds

DIRECTIONS: Place all ingredients into pita. Serve with almonds on side.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Blackberry Salmon Salad 3

- 3 ounces Atlantic salmon
- ½ cup cooked or canned garbanzo beans
- 2 cups green leaf lettuce, chopped
- ¼ cup carrots, chopped
- ¼ cup cherry tomatoes
- ¼ cup blackberries
- 1 Tbsp. balsamic vinegar

DIRECTIONS: Grill or bake salmon. Combine all other ingredients, and toss with balsamic vinegar. Top salad with salmon fillet.

CALORIES: 324 (Protein 31% Carbs 49% Fat 20%)

CARB DOMINANT LUNCHES
MET-RX 180 DEFINITION PHASE



▶ CARB DOMINANT LUNCHES

(CONTINUED)

Broccoli Beef 3

- 2 ounces lean top sirloin with fat trimmed off, sliced thin
- 1 cup broccoli, chopped
- 1/2 Tbsp. soy sauce
- 1 tsp. cornstarch
- 1/4 cup beef broth
- 1/2 tsp. red pepper flakes
- 1/2 tsp. sesame oil
- 1/4 cup carrots, chopped thinly
- 1/2 cup brown rice

DIRECTIONS: Combine soy sauce, cornstarch, beef broth, and red pepper flakes. Whisk together until mixed thoroughly. Sauté broccoli, carrots, and beef in sesame oil for approx. 6 minutes. Add soy sauce mixture and cook for another 2 minutes, or until thickened. Serve brown rice with Broccoli Beef mixture on top.

CALORIES: 317 (Protein 30% Carbs 50% Fat 20%)

Chicken Tortilla Soup 3

- 2 ounces grilled chicken breast, chopped
- 1 yellow corn tortilla, cut into 1-inch squares
- 1/2 cup stewed tomatoes
- 1/3 cup yellow corn kernels
- 1 cup low sodium chicken broth
- 1/4 cup onions, chopped
- 1 small can chopped green chilies
- 1/4 cup cilantro, chopped
- 1/2 tsp. chili powder
- 1/3 cup kidney beans canned
- 1/2 ounce low-fat cheddar cheese, shredded

DIRECTIONS: Add all ingredients except tortilla and cheese. Cook soup on medium heat for approx. 20 minutes. Add tortilla pieces and cheese on top of soup.

CALORIES: 369 (Protein 33% Carbs 50% Fat 17%)

Easy Turkey Sandwich

- 2 slice lean turkey breast
- 2 leaves inner lettuce
- 1 slice tomato
- 1 tsp. extra virgin olive oil
- 2 slices whole wheat bread

DIRECTIONS: Drizzle one side of bread with olive oil. Add all ingredients to inside of bread.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)



▶ CARB DOMINANT LUNCHES (CONTINUED)

Fish Tacos

- 3 ounces halibut
- 2 yellow corn tortillas, extra thin
- 1/4 cup yellow corn kernels
- 4 Tbsp. chunky salsa
- 1/4 cup cilantro
- 4 thin slices avocado
- 1/3 cup black beans cooked or canned

DIRECTIONS: Grill or bake halibut. Combine corn, black beans, and cilantro. Place black bean mixture in 2 corn tortillas. Top with grilled or baked halibut. Add salsa and avocado slices.

CALORIES: 347 (Protein 31% Carbs 49% Fat 20%)

Grilled Garlic Chicken with Cinnamon Yams

- 3 ounces chicken breast
- 1 cup broccoli
- 1 cup yams
- 2 cloves garlic, minced
- 1 tsp. cinnamon

DIRECTIONS: Cover chicken with garlic and bake with yams. Steam broccoli. Remove yams from skin and mash with fork. Mix in cinnamon. Serve with chicken and broccoli.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)





▶ CARB DOMINANT LUNCHES (CONTINUED)

Shrimp Po' Boy 3

- 3 ounces shrimp, cooked and chilled
- 1 2½ inch pumpernickel roll
- 1 tsp. extra virgin olive oil
- ½ ounce lemon juice
- 1 Tbsp. fresh dill, chopped finely
- ¼ cup onions, minced
- 3 cloves garlic, minced
- 3 slices tomato
- ¼ cup frozen green peas, thawed

DIRECTIONS: Chop shrimp into bite-size pieces. Add olive oil, lemon juice, dill, onions, garlic, and green peas to shrimp. Stir until combined. Add shrimp mixture to inside of pumpernickel roll. Add tomato slices on top.

CALORIES: 321 (Protein 32% Carbs 46% Fat 22%)

Sweet and Sour Chicken 3

- 3 ounces cooked sliced chicken breast
- 1 ounce fresh squeezed orange juice
- 1 tsp. cornstarch
- ¼ cup onions, chopped
- ½ tsp. red pepper flakes
- ¼ tsp. salt
- ¼ cup green bell pepper, chopped
- ½ cup cooked brown rice
- 1 tsp. extra virgin olive oil

DIRECTIONS: Place orange juice, cornstarch, salt and red pepper flakes in small bowl. Whisk together till completely combined. Sauté green bell peppers and onions with olive oil. Add chicken breast and cook just until heated through. Add orange juice mixture and cook until sauce thickens. Place cooked brown rice on plate and top with chicken mixture.

CALORIES: 335 (Protein 30% Carbs 51% Fat 19%)

Simple Turkey Sandwich

- 4 slices lean turkey breast
- 2 leaves inner lettuce
- 1 slice tomato
- 1 tsp. extra virgin olive oil
- 2 slices whole wheat bread

DIRECTIONS: Drizzle one side of bread with olive oil. Add all ingredients to inside of bread.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Tuna Veggies and Rice 1

- 4 ounces tuna, packaged
- 1 cup mixed vegetables
- 1 cup cooked brown rice
- 10 almonds

DIRECTIONS: Cook brown rice according to package. Serve with tuna and veggies on top with chopped almonds.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)



▶ **CARB DOMINANT LUNCHES**
(CONTINUED)

Turkey Wrap 1

- 1 flour tortilla
- 4 slices lean turkey breast
- 2 leaves inner leaf lettuce
- 1 tsp. yellow mustard
- 1 tsp. extra virgin olive oil

DIRECTIONS: Add all ingredients to inside of tortilla. Wrap up and serve.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Turkey Wrap 2

- 1 whole wheat tortilla
- 5 slices lean turkey breast
- 2 leaves inner leaf lettuce
- 1 tsp. yellow mustard
- 1½ tsp. extra virgin olive oil

DIRECTIONS: Add all ingredients to inside of tortilla. Wrap up and serve.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Zesty Tuna Sandwich 1

- 4 ounces tuna, packaged
- 2 tsp. lemon juice
- 1 tsp. celery seeds
- ½ tsp. cumin
- 2 cups shredded lettuce
- 1 sliced whole wheat bread
- ½ tomato, sliced
- ½ tsp. extra virgin olive oil

DIRECTIONS: Place tuna in a bowl. Add lemon juice, celery seeds, cumin and olive oil. Mix well. Top bread with tuna mixture, lettuce and tomato.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Zesty Tuna Sandwich 2

- 6 ounces tuna, packaged
- 2 tsp. lemon juice
- 1 tsp. celery seeds
- ½ tsp. cumin
- 2 cups shredded lettuce
- 2 sliced whole wheat bread
- ½ tomato, sliced
- 1 tsp. extra virgin olive oil

DIRECTIONS: Place tuna in bowl. Add lemon juice, celery seeds, cumin and olive oil. Mix well. Top bread with tuna mixture, lettuce and tomato.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

MET-RX 180 DEFINITION PHASE



▶ CARB DOMINANT DINNERS

Baked Fish and Potatoes 3

- 3 ounces tilapia
- 1 small red skinned potato
- 1 tsp. extra virgin olive oil
- Salt free herb seasoning (optional)

DIRECTIONS: Bake potato for 25 minutes on 350 degrees. Half way through baking time, add tilapia with herb seasoning and bake 12 minutes with potato. Take out of oven and let rest for 5 minutes. Top baked potato with olive oil.

CALORIES: 228 (Protein 32% Carbs 47% Fat 21%)

Chicken Linguini 3

- 2½ ounces cooked chicken breast, sliced
- ½ cup cooked whole wheat linguini or other pasta
- ½ cup marinara sauce
- ¼ cup onions, chopped
- 1 medium zucchini, chopped
- ¼ cup red bell peppers, chopped
- ½ tsp. extra virgin olive oil

DIRECTIONS: In small pan, sauté onions, bell peppers, and zucchini with olive oil just until al dente. Add cooked chicken breast and marinara sauce and cook just until heated through. Top linguini with chicken marinara sauce.

CALORIES: 293 (Protein 32% Carbs 48% Fat 20%)

Chicken, Sweet Potato, and Cauliflower Bake 1

- 3 ounces chicken breast
- ¾ cup sweet potato, diced
- 1 cup cauliflower
- ½ tsp. extra virgin olive oil
- 1 tsp. chopped fresh thyme
- 2 cloves chopped fresh garlic

DIRECTIONS: Make pouch with tinfoil or parchment paper. Add all ingredients to pouch and bake on 350 degrees for approx. 30 minutes or until done.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Chicken Sweet Potato, and Cauliflower Bake 2

- 4½ ounces chicken breast
- 1 cup sweet potato, diced
- 1 cup cauliflower
- 1 tsp. extra virgin olive oil
- 1 tsp. chopped fresh thyme
- 2 cloves chopped fresh garlic

DIRECTIONS: Make pouch with tinfoil or parchment paper. Add all ingredients to pouch and bake on 350 degrees for approx. 30 minutes or until done.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

MET-RX 180 DEFINITION PHASE
CARB DOMINANT DINNERS



▶ CARB DOMINANT DINNERS

(CONTINUED)

Grilled Chicken with Cuban Black Beans 1

- 4 ounces chicken breast
- 1 tsp. cumin
- 1/2 tsp. red pepper flakes
- 1 cup black beans
- 1 cup broccoli, steamed
- 3/4 Tbsp. extra virgin olive oil

DIRECTIONS: Grill chicken breast. Heat black beans in small pan with cumin and red pepper flakes. Steam broccoli and drizzle with olive oil.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Grilled Chicken with Cuban Black Beans 2

- 3 ounces chicken breast
- 1 tsp. cumin
- 1/2 tsp. red pepper flakes
- 3/4 cup black beans
- 2 cups broccoli, steamed
- 1/2 Tbsp. extra virgin live oil

DIRECTIONS: Grill chicken breast. Heat black beans in small pan with cumin and red pepper flakes. Steam broccoli and drizzle with olive oil.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Grilled Chicken with Spicy Peas and Corn

- 4 ounces chicken breast
- 3/4 cup peas
- 1/2 tsp. red pepper flakes
- 2 garlic cloves, minced
- 1 cup yellow corn
- 1 tsp. extra virgin olive oil

DIRECTIONS: Grill chicken. Sauté garlic with peas, corn, and red pepper flakes. Drizzle with olive oil and serve with chicken.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)



▶ CARB DOMINANT DINNERS (CONTINUED)

Sushi Salad 3

- 1/2 cup cooked brown rice
- 1/2 tsp. wasabi paste
- 1 tsp. soy sauce
- 1 tsp. red wine vinegar
- 1/3 Tbsp. honey
- 1/2 cup cucumber, chopped
- 1 sheet-dried seaweed, sliced thinly
- 1/4 cup carrots, shredded
- 3 ounces cooked shrimp, chilled
- 4 thin slices avocado
- 2 cups baby spinach

DIRECTIONS: Combine wasabi paste, soy sauce, honey and vinegar and whisk until mixed thoroughly. In separate bowl, combine cucumber, carrots, brown rice, spinach and shrimp. Toss salad with soy sauce mixture. Top with sliced avocado.

CALORIES: 267 (Protein 33% Carbs 49% Fat 18%)

Turkey Burritos 3

- 3 ounces cooked extra lean ground turkey
- 1 whole wheat tortilla
- 1/2 cup cooked or canned pinto beans
- 1/2 tsp. extra virgin olive oil
- 4 Tbsp. chunky salsa
- 1/2 cup romaine lettuce, shredded

DIRECTIONS: Add all ingredients to tortilla and wrap up.

CALORIES: 336 (Protein 34% Carbs 47% Fat 19%)

Tuna Quinoa Salad 3

- 1 cup quinoa (cooked), chilled
- 1 3 ounces tuna, canned in water
- 1/2 cup cherry or grape tomatoes
- 1 Tbsp. red wine vinegar
- 1/4 cup broccoli, chopped
- 20 pine nuts
- Salt and pepper to taste

DIRECTIONS: Combine chilled quinoa with tuna, tomatoes, broccoli and pine nuts. Add salt and pepper and drizzle vinegar on top. Serve chilled.

CALORIES: 380 (Protein 32% Carbs 48% Fat 20%)

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▶ GARB DOMINANT DINNERS (CONTINUED)

Turkey Pizza Pockets 3

- 2 ounces extra lean ground turkey breast
- 1 large whole wheat pita
- 1/2 ounce part skim mozzarella, shredded
- 1/4 cup marinara sauce

DIRECTIONS: Cook ground turkey breast in small pan until thoroughly cooked. Add cooked turkey to inside of pita. Top with cheese and marinara sauce.

CALORIES: 308 (Protein 31% Carbs 51% Fat 18%)

Turkey Sandwich 1

- 1 slice whole wheat bread
- 2 slices lean turkey breast
- 1 tsp. flaxseed oil
- 2 lettuce leaves
- 3 slices tomato

DIRECTIONS: Add all ingredients to bread. Drizzle with oil. Serve.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Turkey Sandwich 2

- 2 slices whole wheat bread
- 4 slices lean turkey breast
- 1/2 Tbsp. flaxseed oil
- 2 lettuce leaves
- 3 slices tomato

DIRECTIONS: Add all ingredients to bread. Drizzle with oil. Serve.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

Tuna, Veggies and Rice 2

- 2 ounces tuna, packaged
- 1 cup mixed vegetables
- 3/4 cup brown rice (cooked)
- 5 almonds

DIRECTIONS: Cook brown rice according to package. Serve with tuna and veggies on top with chopped almonds.

CALORIES: 350 (Protein 30% Carbs 50% Fat 20%)

Tuna, Veggies and Rice 2

- 4 ounces tuna, packaged
- 1 cup mixed vegetables
- 1 cup cooked brown rice
- 10 almonds

DIRECTIONS: Cook brown rice according to package. Serve with tuna and veggies on top with chopped almonds.

CALORIES: 450 (Protein 30% Carbs 50% Fat 20%)

► CONDITIONING PHASE

PROTEIN DOMINANT PRE-WORKOUT MEALS 39

- Pre-Workout Meal 1
- Pre-Workout Meal 2
- Pre-Workout Meal 3
- Pre-Workout Meal 4
- Pre-Workout Meal 5

PROTEIN DOMINANT POST-WORKOUT MEALS 39

- Post-Workout Meal 1
- Post-Workout Meal 2
- Post-Workout Meal 3
- Post-Workout Meal 4
- Post-Workout Meal 5

PROTEIN DOMINANT SNACKS

- Chocolate Almond Shake 40
- Chocolate Covered Banana Shake 40
- Coconut Crème Shake 40
- Creamy Chocolate Shake with Grapes 40
- Creamy Vanilla Shake 40
- Extreme Chocolate Shake 41
- Peanutty Butter Shake 41
- Pineapple Upside-Down Cake Shake 41
- Strawberries and Crème Shake 41

PROTEIN DOMINANT BREAKFASTS

- Berry Oat Smoothie 1 42
- Breakfast Power Smoothie 42
- Breakfast Rice Pudding 1 42
- Cottage Cheese and Oats 42
- Greek Yogurt and Oatmeal 1 43
- Greek Yogurt and Oatmeal 2 43
- Morning Crepes 1 43
- Oatmeal and Eggs with Cottage Cheese 43
- Oats and Eggs 1 44
- Oats and Eggs 2 44
- Power Packed Breakfast 44
- Power Packed Oats 44
- Protein Oatmeal Breakfast 1 45
- Spinach Frittata 1 45

- Strawberry Greek Yogurt Oatmeal 1 45
- Strawberry Greek Yogurt Oatmeal 2 45

PROTEIN DOMINANT LUNCHES

- Baked Salmon Pouch 47
- Blackberry Salmon Salad 1 47
- Broccoli Beef 1 47
- Chicken Tortilla Soup 1 48
- Chicken with Cottage Cheese and Berries 1 48
- Chicken with Cottage Cheese and Berries 2 48
- Fish Tacos 1 49
- Grilled Fish with Cinnamon Yams 1 49
- Grilled Fish with Cinnamon Yams 2 49
- Grilled Garlic Chicken with Green Beans 1 49
- Grilled Garlic Chicken with Green Beans 2 50
- Shrimp Po' Boy 1 50
- Sweet and Sour Chicken 1 50
- Rosemary Chicken Salad 1 51
- Rosemary Chicken Salad 2 51

PROTEIN DOMINANT DINNERS

- Baked Fish and Potatoes 1 53
- Baked Fish and Quinoa Pouches 1 53
- Baked Fish and Quinoa Pouches 2 53
- Chicken and Quinoa with Veggies 1 53
- Chicken and Quinoa with Veggies 2 54
- Chicken and Vegetable Kabobs 1 54
- Chicken and Vegetable Kabobs 2 54
- Chicken Linguini 1 54
- Dill Salmon and Veggies 1 55
- Dill Salmon and Veggies 2 55
- Sushi Salad 1 55
- Grilled Salmon with Salt Free Herbs 1 56
- Grilled Salmon with Salt Free Herbs 2 56
- Tuna Quinoa Salad 1 57
- Turkey Burritos 1 57
- Turkey Pizza Pockets 1 57

▶ SHAPING PHASE

BALANCED PRE-WORKOUT MEALS 59

Pre-Workout Meal 1	
Pre-Workout Meal 2	
Pre-Workout Meal 3	
Pre-Workout Meal 4	
Pre-Workout Meal 5	

BALANCED POST-WORKOUT MEALS 60

Post-Workout Meal 1	
Post-Workout Meal 2	
Post-Workout Meal 3	
Post-Workout Meal 4	
Post-Workout Meal 5	

BALANCED SNACKS

Banana Cake Shake	61
Blueberry Almond Vanilla Shake	61
Chewy Chocolate Chip Bar	61
Chocolate Almond Banana Shake	61
Chocolate Covered Cherry Shake	61
Chocolate Deluxe Bar	62
Chocolate Raspberry Torte Shake	62
Chocolate Peanut Butter Banana Shake	62
Chocolate Peanut Butter Bar	62
Chocolate Shake with Peaches on the Side	62
Chocolate Walnut Shake	63
Orange Dream Cake Shake	63
Thick and Creamy Vanana Shake	63

BALANCED BREAKFASTS

Berry Oat Smoothie 2	65
Breakfast Power Smoothie 2	65
Breakfast Rice Pudding 2	65
Egg Whites and Oatmeal	65
Egg Whites, Oats, and Greek Yogurt	66
Greek Yogurt Topped Oatmeal	66
Morning Crepes 2	66
Oatmeal and Eggs with Salsa 1	66
Oatmeal and Eggs with Salsa 2	67
Oatmeal and Spanish Omelet	67

Oats and Greek Yogurt 1	67
Oats and Greek Yogurt 2	67
Oats Egg Whites and Vanilla Greek Yogurt	68
Omelet and Oatmeal	68
Protein Oatmeal Breakfast 2	68
Spinach Frittata 2	68

BALANCED LUNCHES

Balsamic Chicken Salad 1	69
Balsamic Chicken Salad 2	70
Blackberry Salmon Salad 2	70
Broccoli Beef 2	70
Brown Rice and Herbed Chicken 1	71
Brown Rice and Herbed Chicken 2	71
Chicken and Veggies	71
Chicken Quinoa Salad 1	71
Chicken Tortilla Soup 2	72
Chicken Quinoa Salad 2	72
Chicken and Veggies with Cinnamon Yams	72
Fish Tacos 2	72
Shrimp Po' Boy 2	73
Sweet and Sour Chicken 2	73

BALANCED DINNERS

Baked Fish and Potatoes 2	75
Chicken and Vegetable Kabobs 3	75
Chicken and Vegetable Kabobs 4	75
Chicken and Veggies with Baked Yams	75
Chicken Linguini	76
Dill Salmon and Veggies 2	76
Fish with Lime and Greek Quinoa 1	76
Fish with Lime and Greek Quinoa 2	76
Grilled Dill Fish and Veggies 2	77
Garlic Chicken and Lemon Broccoli with Baked Yams	77
Grilled Fish with Greek Brown Rice Sauté 1	77
Grilled Fish with Greek Brown Rice Sauté 2	77
Sushi Salad 2	78
Turkey Burritos 2	78
Tuna Quinoa Salad 2	78
Turkey Pizza Pockets 2	78

DEFINITION PHASE

CARB DOMINANT PRE-WORKOUT MEALS 79

Pre-Workout Meal 1	
Pre-Workout Meal 2	
Pre-Workout Meal 3	
Pre-Workout Meal 4	
Pre-Workout Meal 5	

CARB DOMINANT POST-WORKOUT MEALS

Post-Workout Meal 1	81
Post-Workout Meal 2	81
Post-Workout Meal 3	81
Post-Workout Meal 4	81
Post-Workout Meal 5	81

CARB DOMINANT SNACKS

Chocolate Chip 1	82
Chocolate Chip 2	82
Chocolate Deluxe 1	82
Chocolate Deluxe 2	82
Chocolate Deluxe 3	82
Chocolate Deluxe 4	82
Chocolate Deluxe 5	82
Chocolate Peanut Butter 1	83
Chocolate Peanut Butter 2	83
Chocolate Peanut Butter Banana Shake	83
Extra Creamy Chocolate Peanut Butter Banana Shake	83

CARB DOMINANT BREAKFASTS

Berry Oat Smoothie 3	85
Breakfast Power Smoothie	85
Breakfast Rice Pudding	85
Morning Crepes	85
Oatmeal and Cottage Cheese	86
Oatmeal and Omelet	86
Oatmeal and Power Omelet	86
Oats and Cottage Cheese	86
Power Omelet	87
Protein Oatmeal Breakfast 3	87
Protein Oats 1	87
Protein Oats 2	87

Protein Omelet with Fruit	88
Spinach Frittata 3	88
Whole Grain Cereal with Greek Yogurt 1	88
Whole Grain Cereal and Greek Yogurt 2	88

CARB DOMINANT LUNCHES

Baked Garlic Chicken with Cinnamon Yams	89
Basil Turkey Pita 1	89
Basil Turkey Pita 2	89
Blackberry Salmon Salad 3	89
Broccoli Beef 3	90
Chicken Tortilla Soup 3	90
Easy Turkey Sandwich	90
Fish Tacos	91
Grilled Garlic Chicken with Cinnamon Yams	91
Shrimp Po' Boy 3	92
Sweet and Sour Chicken 3	92
Simple Turkey Sandwich	92
Tuna Veggies and Rice 1	92
Turkey Wrap 1	93
Turkey Wrap 2	93
Zesty Tuna Sandwich 1	93
Zesty Tuna Sandwich 2	93

CARB DOMINANT DINNERS

Baked Fish and Potatoes 3	95
Chicken Linguini 3	95
Chicken, Sweet Potato, and Cauliflower Bake 1	95
Chicken Sweet Potato, and Cauliflower Bake 2	95
Grilled Chicken with Cuban Black Beans 1	96
Grilled Chicken with Cuban Black Beans 2	96
Grilled Chicken with Spicy Peas and Corn	96
Sushi Salad 3	97
Turkey Burritos 3	97
Tuna Quinoa Salad 3	97
Turkey Pizza Pockets 3	98
Turkey Sandwich 1	98
Turkey Sandwich 2	98
Tuna, Veggies and Rice 2	98
Tuna, Veggies and Rice 3	98