

Phase 1

BREAKFAST



Grains
Fruit

Proteins (optional)*

SNACK



Fruit

LUNCH



Proteins
Veggies
Grains
Fruit

SNACK



Fruit

DINNER



Proteins
Veggies
Grains

Phase 2

BREAKFAST



Proteins
Veggies

SNACK



Proteins
Veggies (optional)

LUNCH



Proteins
Veggies

SNACK



Proteins
Veggies (optional)

DINNER



Proteins
Veggies

Phase 3

BREAKFAST



Healthy Fats
Proteins**
Veggies
Grains
Fruit

SNACK



Healthy Fats***
Veggies

LUNCH



Healthy Fats
Proteins
Veggies
Fruit

SNACK



Healthy Fats***
Veggies

DINNER



Healthy Fats
Proteins
Veggies
Grains (optional)



Fast Metabolism Diet Phase 1 Breakfast

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