

## Metabolic support meal planner

### Meal planner

Some important points:

1. Below recipe suggestions are suggestions only. Try and ensure that the type of foods I am listing make up a good 80-90 percent of your diet.
2. You don't have to have the smoothie/Squeezy Athletic combination at breakfast time. You can swap things around as you like ie you could take the smoothie/meal replacement for lunch for example.
3. Initially the main aim is to just eat three times per day with no snacking in between. Remember you need to be prepared to have plenty to drink in between meals – clean water, herbal teas etc
4. Have fruit as a desert and not as a snack. There is growing evidence to suggest that taking fruit just after a meal works much better from a blood sugar point of view and this supports your metabolism.
5. Try and finish eating as early as practicable in the evening and try and extend breakfast time to around 10 ish.
6. The next stage is for you to reduce your intake to 1 meal per day and 1 smoothie or Squeezy Athletic as a meal replacement, to 2 days in the week – one after the other. In other words, during these 2 days of eating only 1 meal per day and 1 smoothie or Squeezy Athletic as a meal replacement, should be consecutive. Which days you choose to do this is up to you, but they must run concurrently. For one of the days I want one of the meals to be a smoothie with 1 heaped teaspoon of Squeezy Athletic. For the other day I want you to use just Squeezy Athletic as a full meal replacement on its own. To do this you need to follow the directions on the Squeezy Athletic label.
7. If you are finding it difficult to get through the day without snacking, having a few organic nuts will be the best option as they are very low glycaemic. In the shop we do offer organic mixed nuts which I often use myself.

Remember that the focus is on the timing of when you eat healthy foods. This is lifestyle and should not be considered a temporary option. I keep repeating that you must indulge yourself every now and again but

try and ensure that the healthy stuff makes up 85-90 percent of what you do. So, to confirm, the meal planner below is to act as a guideline. Keep eating 3 times per day until you are comfortable with no snacking. Then reduce the meals to twice per day on 2 out of 7 days.

## Metabolic meal planner

### Meal Planner

Some important points about the meal planner:

1. These are guidelines only. For example you can have the smoothie or Squeezy Athletic meal replacement for breakfast (as listed below) or for lunch or evening meal – whichever suits. You can refer to the recipe section for ideas.
2. As indicated above, for just 2 consecutive days per week, I want you to remove one meal. Which meal you choose is up to you. On those days when you just have one meal you must have Squeezy Athletic as a meal replacement on one day and the smoothie on the next. On the other 5 days, you can choose to have either the smoothie or meal replacement – it's up to you.
3. The schedule below is just to act as a guideline. There 3 eating slots per day. Try and reduce those to 2 on 2 consecutive days. If you have any questions you can email me on [peter@petershealthproducts.com](mailto:peter@petershealthproducts.com)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<b>BREAKFAST</b>	Smoothie	Squeezy Athletic as a meal replacement	Smoothie	Squeezy as a meal replacement	Smoothie	Squeezy as a meal replacement
<b>LUNCH</b>	Salad: spinach, rocket, cucumber, onion, carrot, olives, avocado drizzled	Carrot, coriander and red lentil soup	Quinoa Tabuloleh	Jacket sweet potato with houmous and salad drizzled with flax oil	Bean and spinach soup	Lemon Halibut and thyme salad with flaxseed crackers

	with cold pressed flax oil					
<b>DINNER</b>	Spicy bean burgers with spinach	Asian salmon and water chesnut patties	Roast cod on spiced puy lentils	Chickpea and cauliflower curry with brown rice	Millet falafel	Sweet potato stuffed with olives and walnuts