

Metabolic Confusion Meal Plan for Endomorphs

Day 1

Breakfast: Egg omelet, Low-fat shredded cheddar cheese, one cup, Two slices of turkey bacon, nitrate/nitrite-free, One slice of whole-wheat bread, toasted, One range, medium

Morning Snack: Three graham crackers, One tablespoon peanut butter

Lunch: Two slices of whole wheat bread, two slices of turkey breast, One slice American cheese, low-fat, Two slices of tomato, Lettuce, One banana, medium, Four squares, dark chocolate, Baby carrots (one cup)

Afternoon Snack: 15 almonds, One apple, medium

Dinner: Whole wheat spaghetti, one cup, Chicken breast, Steamed broccoli, half cup, Chopped zucchini, half cup, Tomato sauce, one cup

Dessert: One cup frozen yogurt, low-fat, Ten raspberries

Day 2

Breakfast: Greek yogurt; plain, reduced-fat, 15 almonds, Raspberries, Honey, one teaspoon

Morning Snack: Two tablespoons hummus, Five pita chips, Ten baby carrots

Lunch: English muffin, Pizza sauce, a quarter cup, Two green pepper rings, Mozzarella cheese, part-skim; one ounce

Afternoon Snack: One banana, small, One tablespoon peanut butter

Dinner: Salmon, Broccoli, half cup, Brown rice, a quarter cup, Teriyaki sauce, one tablespoon

Day 3

Breakfast: Two scrambled eggs with asparagus, half a cup, One whole-wheat bread piece, Half cup blackberries, One tablespoon strawberry jam

Morning Snack: Sliced pear with one teaspoon of cinnamon, One honey graham cracker

Lunch: Calzone

Afternoon Snack: Half cup vanilla yogurt, low-fat plus one teaspoon of honey, 11 dried apricots, Cashews, one ounce

Dinner: Lean beef, Half cup potatoes with one tablespoon Parmesan cheese, one teaspoon dill, and a pinch of salt, One cup lima beans, One-ounce wheat bread roll

Dessert: Cinnamon-raisin bread, one slice, Nutella, one tablespoon

Day 4

Breakfast: Two frozen organic waffles, Half cup blueberries, One tablespoon maple syrup

Morning Snack: Six celery sticks, 25 raisins, One tablespoon of natural peanut butter

Lunch: Tomato soup, reduced-sodium; one cup, Toasted small whole pita with one basil and a slice of Swiss cheese, Ten baby carrots

Afternoon Snack: One nectarine, medium

Dinner: Shrimp, three ounces, Peas, half cup, Couscous, a quarter cup, Hoisin sauce, one tablespoon, Red peppers, a quarter cup

Day 5

Breakfast: Poached eggs, One English muffin, whole-wheat, Canadian bacon, nitrate/nitrite-free; one slice, Half cup sautéed potatoes with quarter cup mushrooms, one teaspoon garlic powder, and a dash of salt, Orange juice, one cup

Morning Snack: 25 raspberries, Half wheat bagel, One teaspoon almond butter

Lunch: Whole wheat wrap, Half cup shredded carrots, Half cup sprouts, Half cup romaine lettuce, shredded, Quarter cup avocado, Two-pound deli chicken, Eight cherries, One clementine, One tablespoon hummus, Four olives

Afternoon Snack: One mozzarella stick, part-skim, Half cup edamame

Dinner: Baked trout, three ounces with lemon and breadcrumbs (quarter cup), Half cup roasted tomatoes, Quarter cup brown rice with steamed kale (half cup) and chickpeas (quarter cup)

Dessert: Half cup mango sherbet, One tablespoon shredded coconut

Day 6

Breakfast: Cinnamon oatmeal, Two large strawberries, sliced

Morning Snack: Half cup roasted pumpkin seeds

Lunch: On cup spinach, Half cup broccoli, 1/3 cup sweetened dried cranberries, One-ounce feta cheese, 14 walnut halves, One tablespoon light balsamic vinaigrette

Afternoon Snack: Ten whole wheat crackers, One tablespoon peanut butter

Dinner: Grilled chicken breast half, One cup sweet potato, One cup steamed cauliflower

Day 7

Breakfast: Two-egg omelet with cheddar cheese (one ounce), chopped red peppers (quarter cup), and two turkey sausage links (nitrate/nitrite-free), One honeydew melon wedge, One whole-wheat toast slice with raspberry preserves (one tablespoon)

Morning Snack: One cup cinnamon shredded wheat, Half cup low-fat milk

Lunch: Three ounces, grilled chicken breast, sliced, One cup whole wheat spaghetti, Half cup zucchini, Half cup marinara sauce

Afternoon Snack: 50 pistachios

Dinner: Black bean burger, Whole wheat bun, Romaine lettuce leaf, Onion ring, Tomato slice, Quinoa (1/3 cup) with sundried tomatoes (quarter cup) and six artichoke hearts

Dessert: Instant hot chocolate, 16 animal crackers