



## Metabolic Makeover Additional Instructions

### Breakfast

- Eat protein 15- 30 minutes of waking to jump start the metabolism (eggs, protein shake, meat)
- Soon after until mid morning, eat carbohydrates to give you energy for the day. (Gluten Free Oats or Buckwheat with fruit)

### Prepare:

- Prepare your food for up to 3 days
- Store food in glass not plastic
- Take food with you in a cooler when you leave the house
- When cooking use ceramic pans, not Teflon

### Fruit:

- Max 2 servings per day (serving is a handful)
- Eat fruit before 2:00 pm

### Vegetables:

- Eat Fresh, not frozen or canned.

### Meats:

- Meat needs to be grass fed-grass finished, hormone & antibiotic free
- Chicken and eggs- pasture raised
- Avoid processed meats and pork i.e. deli meats, sausage, bacon.
- Look on-line: Butcher Box, Amish communities will ship truly organic meat.

### Drinks:

- Water- ½ your weight in oz. per day. Decaf and herbal drinks are fine. Limit carbonation.
- Coffee, 8 oz. per day before 9:30 am. Can use stevia or agave, almond or coconut milk (vanilla is ok)

### Rotate Foods on the list

- Keeps nutrition balanced
- Prevents developing food allergies from over consumption

### Sweet Potato

- Eat Daily minimum 1-1/4 cup per day to help decrease inflammation

### Seasonings

- Coconut Aminos to replace Soy Sauce, Braggs Aminos, Pink Salt.
- [www.flavorgod.com](http://www.flavorgod.com) for tasty seasonings including teriyaki

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