



## 7-Day Metabolic Confusion Diet Meal Plan

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	Breakfast	Snack	Lunch	Snack	Dinner	Night Snack	Carb Intake Range	Notes/Links
<b>Monday</b>	Oatmeal (1/2 cup), 1 serving Turkey Sausage, 2 TBLSP raisans <b>OR</b> Cream of Wheat (1 cup), 1 boiled egg, medium banana	Protein Shake, low fat yogurt, medium banana	Avacado Turkey Sandwich on Rye or Wheat, side salad, medium apple <b>OR</b> Tuna Salad, 12 Triscuit Crackers, medium apple	Cliff Protein Bar	Grilled Chicken Breast, medium baked sweet potato, broccoli <b>OR</b> Baked Tilapia or Whitefish, medium baked potato, side salad	Protein Shake	High	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Tuesday</b>	Oatmeal (1/2 cup), 1 serving Turkey Sausage <b>OR</b> 3 Aunt Jemima Whole Wheat Pancakes, 1 serving of Turkey Sausage	1 cup of cottage cheese and blue berries	Avacado Turkey Sandwich on Rye or Wheat, side salad, medium apple <b>OR</b> Turkey Breast Fillet, steamed veggies, 1 cup cooked brown or long grain rice	Protein Shake, low fat yogurt	Grilled Salmon asparagus, 1/2 cup cooked long grain rice <b>OR</b> 6 oz sirloin asparagus, 1/2 cup cooked long grain rice	Protein Shake	Moderate	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Wednesday</b>	Bacon and Cheese Omelet <b>OR</b> 2 Boiled Eggs w/ 1 serving of Turkey Sausage	2 TBLSP of Almond Butter	Open face Turkey Burger w/ side salad	Cumber slices w/ brie	Medium Steak broccoli <b>OR</b> Grilled Chicken Breast with asparagus	Protein Shake	No/Low	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Thursday</b>	Oatmeal (1/2 cup), 1 serving Turkey Sausage, 2 TBLSP raisans <b>OR</b> Cream of Wheat (1 cup), 1 boiled egg, medium banana	Protein Shake, low fat yogurt, medium banana	Avacado Turkey Sandwich on Rye or Wheat, side salad, medium apple <b>OR</b> Turkey Breast Fillet, steamed veggies, 1 cup cooked brown or long grain rice	Cliff Protein Bar	Grilled Chicken Breast, medium baked sweet potato, broccoli <b>OR</b> Baked Tilapia or Whitefish, medium baked potato, side salad	Protein Shake	High	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Friday</b>	2 boiled eggs w/ 1 cup of bran cereal	Protein Shake, low fat yogurt, medium banana	Avacado Turkey Sandwich on Rye or Wheat, side salad, medium apple <b>OR</b> Tuna Salad, 12 Triscuit Crackers, medium apple	2 TBLSP of Almond Butter	Grilled Chicken Breast, steamed veggies <b>OR</b> Baked Tilapia or Whitefish, steamed veggies	Protein Shake	Moderate	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Saturday</b>	Bacon and Cheese Omelet <b>OR</b> 2 Boiled Eggs w/ 1 serving of Turkey Sausage	Protein Shake, low fat yogurt	Grilled Chicken Salad <b>OR</b> Baked Fish w/ side salad	Protein Shake	Grilled Chicken Breast, broccoli <b>OR</b> Baked Tilapia or Whitefish, side salad	Protein Shake	No/Low	<a href="#">Click Here for Low Carb Protein Powder</a>
<b>Sunday</b>	Egg white Veggie Omelet <b>OR</b> Scrambled Eggs with Bacon	Tuna Salad	Open face Turkey Burger w/ side salad	4 Deviled Eggs <b>OR</b> Protein Shake	Medium Steak broccoli <b>OR</b> Grilled Chicken Breast with asparagus	Protein Shake	No/Low	<a href="#">Click Here for Low Carb Protein Powder</a>

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