

# The Metabolism Reset Diet PDF Free Download

## Metabolism Reset Diet Plan

### Breakfast:

Two scrambled egg whites

Half of a grapefruit or other fresh fruit

A cup of green tea

### Lunch:

Large green salad with tuna

Dressing with two tablespoons of olive oil and lemon juice

### Snack:

A cup of fresh berries with six tablespoons of sugar-free yogurt

A cup of green tea

### Dinner:

Stir-fried vegetables and chicken strips with a tablespoon of olive oil

A cup of green tea

## Foods Will Boost Your Metabolism

Here is a list of foods that can help boost metabolism, categorized into protein, carbs, and fats:

### Protein-Rich Foods:

Lean meat Fish Eggs Dairy products Beans and legumes Nuts and seeds  
Tempeh Quinoa Lentils

### Carbohydrate-Rich Foods:

**Quinoa** **Amaranth** **Buckwheat** **Oats** **Whole grains** **Fruits** (e.g., grapefruit, berries) **Vegetables** (e.g., spinach, lentils)

Healthy Fats:

**Olive oil**, **Avocado**, **Nuts and seeds**, **Fatty fish** (e.g., salmon, tuna), **MCT oil**

## Foods Will Take You to Unhealthy Metabolism

### **Sugary Drinks:**

Soda, fruit juices, and other sugary beverages can spike blood sugar and insulin levels, leading to metabolic issues

### **Foods with Added Sugar:**

Processed foods, baked goods, and other items with added sugars can contribute to insulin resistance and metabolic problems

### **Processed Foods Made with Grains:**

Bread, pasta, cereal, crackers, and other processed grain-based foods, especially those containing gluten, can negatively impact metabolism

### **Refined Vegetable Oils:**

Oils like safflower and sunflower oil are highly processed and can promote inflammation, which can disrupt metabolism

### **Artificial Sweeteners and Additives:**

Artificial sweeteners and other synthetic ingredients in processed foods can have detrimental effects on metabolism

### **Low-Quality Dairy and Animal Products:**

Non-organic, non-grass-fed dairy and meat products may contain hormones, antibiotics, and other compounds that can negatively impact metabolism

### **Trans Fats and Hydrogenated Fats:**

These unhealthy fats, often found in fried foods, baked goods, and processed snacks, can contribute to metabolic issues

### **Processed Meats:**

Deli meats, hot dogs, and other processed red meats high in nitrites and sodium can increase the risk of metabolic syndrome