metabolic meals®
Organic • Fresh • Delivered

gluten free

locally sourced

organic ingredients

super foods

never frozen

Menu Notes
Please eat meals in the proper order. We set up our meal plan using a unique rotation of nutrients, making it very effective.

Water Consumption
Essential water intake is vital to maintain a healthy diet. Please drink 75 – 100 oz. of water daily.

Heating Instructions
For all meals that need reheating, place provided microwave-safe, BPA free container in your microwave and reheat on high for 1-2 minutes. For a healthier alternative, reheat your meal in an oven-safe container at 250°. Individual heating times will vary so please check your meals occasionally to ensure the perfect temperature.

Approved Condiments
- All-Natural Ketchup
    (No High Fructose Corn Syrup)
- Mustard
- Sea Salt
- Pepper
- Tabasco
- All Natural Salsa

Monday
- Eggs Benedict
- Grilled Chicken Breast with Mediterranean Garbanzo Salad
- Spinach & Feta Turkey Burger with Vegetable Medley Blend

Tuesday
- Banana Apricot Loaf
- Bistro Chicken with Wild Rice and Bartlett Pear Pilaf
- Metabolic Shepherd's Pie

Wednesday
- Paleo Power Bar
- Blackened White Fish with Herbed Green Peas and Mushrooms
- Turkey Pot Pie

Thursday
- Scrambled Eggs with Baked Apple Steel Cut Oatmeal
- Shrimp, Artichoke and Broccoli Pasta
- Pot Roast and Gluten Free Jalapeno Corn Bread

Friday
- French Vanilla Parfait
- Pepita Mole Chicken with Roast Cauliflower
- Salisbury Steak with Roasted Turnips and Mushrooms

Saturday
- Gluten Free French Toast with Breakfast Sausage
- Tuna Salad Sandwich with Fresh Fruit
- Colorado Stew

Sunday
- Denver Omelet
- Roasted Chicken with Pan Seared Lima Beans
- Roasted Turkey Breast with Spinach & Apple Stuffing with Sautéed Vegetables

636-296-MEAL (6325)
mymetabolicmeals.com