

METABOLISMRESET..... PROGRAM

BREAKFAST & LUNCH (choose 1 from each category)

OR - [Dr. Christianson's Daily Reset Shake](#) has everything in it.

Just add water or flax milk and shake.

Protein

- Pea Protein 20+ grams
- Blended Vegetable Protein
- Hydro Beef Protein
- Liquid Egg Whites (not raw)
- Soy Protein

Resistant Starch

- ¼ cup Green Banana Flour
- ½ ripe, organic banana WITH peel
- ¼ cup white beans (navy, great northern, or cannellini)

Fats (seeds)

USE ½ - 1 tbs. of any of the following:

- Sunflower seeds
- Flax seeds
- Chia seeds
- Hemp seeds
- Sesame seeds

OPTIONAL Natural Flavorings *Use unlimited quantities of any of the following

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|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Stevia <input type="checkbox"/> Lo han fruit extract <input type="checkbox"/> Xylitol <input type="checkbox"/> Cinnamon | <ul style="list-style-type: none"> <input type="checkbox"/> Ginger <input type="checkbox"/> Natural extracts (vanilla, almond, mint...) <input type="checkbox"/> Food grade essential oils (lemon, wild orange, peppermint....) |
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OPTIONAL Shake Fruit **Use no more than ½ fruit OR LESS per breakfast or lunch serving.

Use IN SHAKES (not for snacks). Examples of some fruits that are delicious in shakes:

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| <ul style="list-style-type: none"> <input type="checkbox"/> Dark cherries <input type="checkbox"/> Strawberries <input type="checkbox"/> Oranges <input type="checkbox"/> Bananas <input type="checkbox"/> Peaches | <ul style="list-style-type: none"> <input type="checkbox"/> Plums <input type="checkbox"/> Blueberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Blackberries <input type="checkbox"/> Kiwi | <ul style="list-style-type: none"> <input type="checkbox"/> Papaya <input type="checkbox"/> Pomegranates <input type="checkbox"/> Apples <input type="checkbox"/> Raisins, organic |
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OPTIONAL Shake Superfoods ***Use as specified

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| <ul style="list-style-type: none"> <input type="checkbox"/> Greens (1 cup) such as spinach, kale, chard <input type="checkbox"/> Milk thistle seeds (1 tablespoon) <input type="checkbox"/> Spirulina (1 teaspoon) <input type="checkbox"/> MCT (1 teaspoon) | <ul style="list-style-type: none"> <input type="checkbox"/> Maca (1 teaspoon) <input type="checkbox"/> Toasted carob powder (1 teaspoon) <input type="checkbox"/> Mesquite powder (1 teaspoon) <input type="checkbox"/> Cordyceps powder (1 teaspoon) |
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DINNER ASSEMBLY

Protein (4-6 oz)

* Choose 1

- Chicken
- Cod
- Cottage cheese, low-fat or fat-free (½ cup)
- Lean grass-fed beef
- Mussels
- Oysters
- Pork tenderloin
- Salmon
- Sardines (in water)
- Shrimp
- Tempeh
- Tofu
- Turkey
- Whitefish (any kind)
- Yogurt, fat-free, high protein (like the Icelandic brands) ⅔ cup

Resistant Starch

* Choose 1

High-starch Veggies (1 cup)

- Boiled potatoes
- Sweet potato/yam
- Plantain
- Peas

Legumes, cooked (¾ cup)

- Lentils
- Chickpeas
- Navy beans
- Great northern beans
- Black beans
- Lotus seeds
- White beans
- Split peas

Intact whole grains, cooked (¾ cup)

- Buckwheat
- Oat groats
- Pearl barley

Fats

* Choose 1

Best oils (1-2 tablespoons):

- Avocado oil
- Extra Virgin Olive Oil
- Sesame oil
- Walnut oil

Best nuts and seeds (1-2 Tablespoons)

- Almonds
- Brazil nuts (no more than 2/day)
- Cashews
- Flax seeds
- Macadamia nuts
- Pecans
- Pistachios
- Tigernuts
- Walnuts

MISC.

- ¼ avocado
- Vegan mayo (1 tbsp)

Other Carb Sources *Use on occasion, for variety. Do NOT use these all the time because there isn't enough RS in them to use for every meal.

***You'll get better results using RS sources listed above**

- Arborio rice
- Arrowroot flour
- Brown rice
- Forbidden rice

- Quinoa
- Gluten-free pasta (quinoa, bean, etc)
- Rice tortillas
- Kidney beans (red and white)

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Other Protein Sources *Use in conjunction with the above sources of protein. Do NOT use these alone because there isn't enough protein in them by themselves.

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| <input type="checkbox"/> Edamame
<input type="checkbox"/> Nutritional Yeast (folic acid free)
<input type="checkbox"/> Spirulina |
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Nutrient Rich DINNER Veggies *Will make up the majority of your dinner's volume

<input type="checkbox"/> Artichokes <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets and beet greens <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccoli rabe <input type="checkbox"/> Broccolini <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Collard greens	<input type="checkbox"/> Cucumber <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Fennel <input type="checkbox"/> Green beans <input type="checkbox"/> Green onions/ scallions <input type="checkbox"/> Kale <input type="checkbox"/> Leeks <input type="checkbox"/> Mixed greens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard greens <input type="checkbox"/> Okra <input type="checkbox"/> Onions	<input type="checkbox"/> Peppers <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radicchio <input type="checkbox"/> Radishes <input type="checkbox"/> Red bell peppers <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Shallots <input type="checkbox"/> Snow peas <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Spinach <input type="checkbox"/> Sprouts (all varieties) <input type="checkbox"/> Summer squash <input type="checkbox"/> Swiss chard <input type="checkbox"/> Tomatoes (organic canned okay) <input type="checkbox"/> Zucchini
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OPTIONAL Culinary Herbs and Spices *Use unlimited quantities of any of the following

<input type="checkbox"/> Asafetida <input type="checkbox"/> Basil <input type="checkbox"/> Black/white pepper <input type="checkbox"/> Cardamom in the pod <input type="checkbox"/> Chives <input type="checkbox"/> Cloves <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Fennel	<input type="checkbox"/> Galangal <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Jalapeno <input type="checkbox"/> Lemongrass <input type="checkbox"/> Mint <input type="checkbox"/> Nutmeg <input type="checkbox"/> Onion powder	<input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> Rosemary <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <p>*Other simple spices are fine too</p>
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OPTIONAL Condiments *Use sensible amounts of any of the following

<ul style="list-style-type: none"> <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Brown rice vinegar <input type="checkbox"/> Capers <input type="checkbox"/> Chicken stock/Vegetable stock <input type="checkbox"/> Coconut aminos <input type="checkbox"/> Cooking wine <input type="checkbox"/> Honey <input type="checkbox"/> Hot sauce, sugar-free <input type="checkbox"/> Lemon and Lime juice <input type="checkbox"/> Miso paste 	<ul style="list-style-type: none"> <input type="checkbox"/> Nutritional yeast <input type="checkbox"/> Pickled vegetables <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Rice vinegar <input type="checkbox"/> Iodine-free Sea salt (½ teaspoon day or less) <input type="checkbox"/> Sweet chili sauce <input type="checkbox"/> Tamari, organic, non-GMO <input type="checkbox"/> Thai chili <input type="checkbox"/> Thai fish sauce <input type="checkbox"/> Ume plum vinegar
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UNLIMITED SNACKS (Eat as much as you want, whenever you want)

<ul style="list-style-type: none"> <input type="checkbox"/> Alfalfa sprouts <input type="checkbox"/> Arugula <input type="checkbox"/> Artichokes, whole <input type="checkbox"/> Artichoke hearts <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Bok choy and baby bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Butter lettuce <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Celery root <input type="checkbox"/> Chicory greens <input type="checkbox"/> Collard greens 	<ul style="list-style-type: none"> <input type="checkbox"/> Crookneck squash <input type="checkbox"/> Cucumbers <input type="checkbox"/> Daikon <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Fennel <input type="checkbox"/> Green beans <input type="checkbox"/> Green leaf lettuce <input type="checkbox"/> Green onions/scallions <input type="checkbox"/> Green peppers <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leaf lettuce <input type="checkbox"/> Leaks <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Onions 	<ul style="list-style-type: none"> <input type="checkbox"/> Peapods <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radicchio <input type="checkbox"/> Radishes <input type="checkbox"/> Red leaf lettuce <input type="checkbox"/> Red peppers <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Rutabaga <input type="checkbox"/> Snow peas <input type="checkbox"/> Spaghetti squash <input type="checkbox"/> Spinach <input type="checkbox"/> Summer squash <input type="checkbox"/> Swiss chard <input type="checkbox"/> Tomatoes <input type="checkbox"/> Tomatillos <input type="checkbox"/> Turnip greens <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Water crest <input type="checkbox"/> Zucchini
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