



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

My Plate Guide | 1500 Calorie



Metabolic Code®

unlock your healthiest you

Breakfast

Choose one of the following:

- Protein Shake
- Eggs with Veggies
- Breakfast Meat with Veggies



Lunch (non-starchy veggies, proteins, fats)

- Salads with proteins, salad dressing, avocado, etc.
- Lettuce wrapped sandwiches with olive oil mayo
- Meat roll ups or tuna salad with veggies
- Can add Soup Broths (See info in Phase 1 Diet Guide.)
- Include "Flexible Foods" to make more filling

Healthy & Easy Snacks

Between or added to meals:

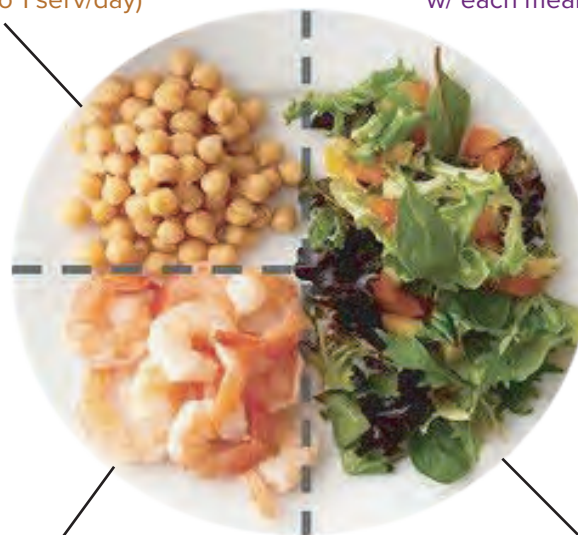
- Nuts/seeds
- V-8 juice
- Kale chips
- Veggies & hummus
- Celery & almond butter



DINNER PLATE

1/4 Plate Beans/Starch
 (Limit to 1 serv/day)

+Healthy Fats
 w/ each meal



1/4 Plate
Clean Protein

1/2 Plate Non-Starchy
Veggies + Side Salad

FLEXIBLE FOODS

These foods can be eaten wherever you choose; add to any meal or snack, but in the measured, allowed amounts per day:

Fruit: 1-2 serv/day (breakfast, with nuts for snack)

Beans: 1 serv/day (on lunch salad, hummus snack, beans w/ dinner)

Nuts/Seeds: 1- 2 serv/day

Low Carb Crackers:

1 serv/day (can be split between two meals)

- 10 Jilz Crackers

OR

- 2 Trader Joes or Sigdal Bakeri, Gluten Free Norwegian Crispbreads

SAMPLE MEAL PLANS

DAY 1

Breakfast - Avocado protein shake

Lunch - Large salad with chicken, olive oil vinaigrette dressing, and 10 Jilz crackers

Dinner - Bowl of chili, side salad with dressing and steamed asparagus with butter

Evening snack - Berries with non-dairy whipped topping



DAY 2

Breakfast - Eggs w/veggies & turkey sausage + 5 Jilz Crackers

Lunch - Grilled chicken salad with dressing, carrots, blackberries and nuts + 5 Jilz Crackers

Dinner - Grilled salmon/fish, steamed asparagus with mushrooms, and side salad topped with white beans, sunflower seeds, olive oil, and vinegar

Evening - 1 square of dark chocolate with tea





NON-STARCHY VEGETABLES

Unlimited

At least 7-8 servings a day
1 Serv Cooked = ½ Cup
1 Serv Raw = 1 cup

- Artichoke/artichoke hearts
- Asparagus,
- Bamboo shoots,
- Bean sprouts (alfalfa, broccoli)
- Beans (green, wax, and Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbages (bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon
- Eggplant

- Green onions or scallions
- Greens (collard, kale, mustard, and turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leek
- Lettuce greens
- Mung bean sprouts
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes

*Combine with a healthy fat. Try drizzling with butter, ghee, and/or olive oil.

HEALTHY FATS

*6 serv/day

1 serv = 5 grams of fat

Examples:

- 1 tsp oil, org butter, ghee, mayo
- 2 Tbsp avocado or guacamole
- Avocados, guacamole
- Organic butter, ghee
- Organic balsamic dressing
- Healthy oils: extra virgin olive oil, avocado, refined safflower oil, coconut oil

- Rutabaga
- Sauerkraut
- Spinach
- Squashes (incl. zucchini)
- Sugar snap peas
- Swiss chard
- Tomato (incl. sauce, juice)
- Turnips
- Water chestnuts



Nuts/Seeds & Nut Butters: 1-2 serv/day
 1 serv= cup of your hand OR 1 Tbsp butter

Chia or Flax Seeds:
 1-2 Tbsp./day for needed fiber

SALADS

Unlimited

- Salads with a variety of greens: spinach, romaine, spring mix, kale, arugula, and lots of veggies

- Slaws: cole slaw and broccoli slaw

*Combine with a healthy fat. Try using salad dressing, oil & vinegar, avocado and/or nuts/seeds.



PROTEINS

Palm-sized amount*

- Wild caught fish, salmon, seafood
- Organic chicken
- Grass-fed beef and bison
- Turkey and Pork
- Nitrate-free, deli meats (organic is best)

- Organic eggs, turkey bacon
- Vegan protein powder

*Palm-sized amounts will vary based on how big or small you are and therefore your protein portion will be appropriate for your body size.



*Combine with a healthy fat. When pan cooking, oils, butter, or ghee can be used.



FRUIT

1-2 serv/day

Each amount listed below = 1 serv fruit

Smallest:

- 2 Tbsp. dried fruit (raisins, cherries, cranberries)
- 2 plums, 3 dates
- 4 apricots

Small:

- 1/2 cup pear, mango, papaya, grapefruit
- 1/2 med. banana

Medium:

- 3/4 cup blueberries, pineapple
- 1 cup raspberries, blackberries, melon
- 1 small apple, nectarine, orange, kiwi
- 1 medium peach
- 12 cherries, 17 small grapes

Large:

- 1 & 1/4 cup strawberries, watermelon

< Higher/High Glycemic Foods >
 Measure Don't Guess!
Limit servings to amount shown.

STARCH

1 serv/day

Each amount listed below = 1 serv



Baseline Diet

First 2 weeks:

- Beans (black, pinto, kidney, white, etc.) and lentils (½ cup)
- Hummus or Bean Dip (1/3 cup)

Starch Swap

After 2-4 weeks:

- You can swap bean serving/s for:
- Sweet/white potato (½ cup)
- Rice or Quinoa (1/3 cup)

After Allergen Trials

Can also eat:

- Sweet corn (½ cup)
 - Gluten free bread, pasta, wraps, pretzels, waffles, etc.
 - Corn tortillas, corn tortilla chips
- (Serving sizes vary: use label info to stay within your daily starch serving amounts.)

Add into protein shakes at breakfast, eat as a snack with nuts/seeds or with a meal,

ADD additional 1 serv. of gluten free low carb crackers from the Specialty Food PDF



Metabolic Code® Diet Disclaimer:

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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