

7-Day METABOLISM PREP DIET (≤ 2000 kcal/day)

Simple ingredients • 4 meals daily

Day 1 – ~1800 kcal

Breakfast: Greek yogurt with honey and berries

Midday snack: Banana with a handful of almonds

Lunch: Grilled chicken breast, 1 cup steamed rice, mixed salad with lemon and 1 tsp olive oil

Dinner: Vegetable soup with 1 slice whole-grain bread

Day 2 – ~1750 kcal

Breakfast: Two boiled eggs, whole-grain toast, sliced tomato

Midday snack: Apple with 1 tbsp peanut butter

Lunch: Turkey wrap with lettuce, cucumber, and light yogurt dressing

Dinner: Baked salmon with steamed broccoli

Day 3 – ~1850 kcal

Breakfast: Oatmeal with milk, cinnamon, and half a banana

Midday snack: Small handful of mixed nuts

Lunch: Tuna salad with lettuce, tomatoes, 1 tsp olive oil, and lemon

Dinner: Grilled vegetables with one small baked potato

Day 4 – ~1700 kcal

Breakfast: Smoothie (banana, spinach, yogurt, water)

Midday snack: One boiled egg and an orange

Lunch: Chicken stir-fry with peppers, onions, and light soy sauce

Dinner: Lentil soup

Day 5 – ~1800 kcal

Breakfast: Cottage cheese with pineapple pieces

Midday snack: Pear with 10 cashews

Lunch: Lean beef bowl (120g beef, ½ cup rice, mixed vegetables)

Dinner: Greek salad with feta (40g), olives, tomato, cucumber, and 1 tsp olive oil

Day 6 – ~1900 kcal

Breakfast: Scrambled eggs with spinach and whole-grain bread

Midday snack: Yogurt with a few walnuts

Lunch: Baked chicken thighs with ½ cup quinoa and green beans

Dinner: Vegetable omelette (two eggs with peppers and onion)

Day 7 – ~1750 kcal

Breakfast: Overnight oats with chia seeds and berries

Midday snack: Carrot sticks with hummus

Lunch: Whole-grain pasta (1 cup) with tomato sauce and 100 g chicken

Dinner: Light vegetable or chicken-broth soup