



13 Day Metabolism Diet

Day Numbered	Breakfast	Lunch	Dinner
Day 1	Coffee (as much as you want)	2 Boiled eggs Spinach (as much as you want)	Grilled Steak (as much as you want)
Day 2	Coffee and whole wheat bread (as much as you want)	Grilled Steak, green salad and 1 fruit	Ham (as much as you want)
Day 3	Coffee and whole wheat bread (as much as you want)	2 Boiled eggs, tomato salad and green beans	Ham and green salad
Day 4	Coffee and whole wheat bread (as much as you want)	Carrots with lemon and coffee	Fruit Salad and plain yoghurt
Day 5	Carrots with lemon and coffee	Grilled white fish and raw tomato	Grilled steak and salad
Day 6	Coffee and whole wheat bread (as much as you want)	Grilled de-skinned chicken (as much as you want)	2 boiled eggs and carrots
Day 7	Lemon Tea	Grilled Steak and fruits (as much as you like)	Anything you want (cheat meal)
Day 8	Coffee (as much as you want)	2 Boiled eggs Spinach (as much as you want)	Grilled Steak (as much as you want)
Day 9	Coffee and whole wheat bread (as much as you want)	Grilled Steak, green salad and 1 fruit	Ham (as much as you want)
Day 10	Coffee and whole wheat bread (as much as you want)	2 Boiled eggs, tomato salad and green beans	Ham and green salad
Day 11	Coffee and whole wheat bread (as much as you want)	Carrots with lemon and coffee	Fruit Salad and plain yoghurt
Day 12	Carrots with lemon and coffee	Grilled white fish and raw tomato	Grilled steak and salad
Day 13	Coffee and whole wheat bread (as much as you want)	Grilled chicken & tomatos (as much as you want)	2 boiled eggs and carrots

Conleys Metabolism Booster Diet

CO Houle



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