

# DAY 1 TRACKER: METABOLIC RESET

MORNING DRINK

M

T

W

T

F

S

S

.....








10/10/10 WALKS

M

T

W

T

F

S

S

.....








.....








.....








## PLATE BUILDER ANTI-INFLAMMATORY MEAL FORMULA

**FIBER ( ½ PLATE )**

**CHOOSE 1-2:**

- SPINACH
- ZUCCHINI
- CAULIFLOWER
- MIXED GREENS
- ASPARAGUS
- BELL PEPPERS
- GREEN BEANS
- BROCCOLI

**PROTEIN ( ¼ PLATE )**

**CHOOSE 1:**

- CHICKEN BREAST
  - SALMON
  - EGGS
  - TURKEY
  - TUNA
  - GREEK YOGURT
  - TOFU
- (VEGETARIAN)

**HEALTHY FATS ( ¼ PLATE )**

**CHOOSE 1-2:**

- AVOCADO
- OLIVE OIL
- NUTS (ALMONDS, WALNUTS)
- SEEDS (CHIA, PUMPKIN, HEMP)
- OLIVES
- NUT BUTTER



# BLOATING & ENERGY CHECK-IN

## HOW DO YOU FEEL BEFORE AND AFTER TODAY'S PLAN?

### BLOATING:

BEFORE:  NONE  MILD  MODERATE  HIGH

AFTER:  NONE  MILD  MODERATE  HIGH

### ENERGY:

BEFORE:  LOW  MEDIUM  HIGH

AFTER:  LOW  MEDIUM  HIGH

### ★ TODAY'S WIN:

(WRITE 1 SMALL THING YOU DID WELL TODAY)

.....

.....

.....

.....

