

The 7 Day Metabolic Confusion Diet (with calorie and carb count).

And spice up your meals with any of the herbs found here. Keep the carbs low by choosing those with a zero count.

SUNDAY Day 1 - HIGH CALORIE & CARB DAY approx 1954 calorie. - 191 CARBS

Breakfast - approx 377 calories - Total 25 carbs

- 1 large egg omelet (96 calories)
- 1/4 cup low-fat shredded cheddar cheese (49 calories)
- 2 slices nitrate/nitrite free turkey bacon (70 calories)
- 1 slice whole wheat bread, toasted (100 calories)
- 1 medium-sized orange (62 calories)

Snack - approx 90 calories - Total 17 carbs

- 1.5 large rectangular graham crackers, 3 squares (90 calories)
- 1 tbsp peanut butter

Lunch - approx 520 calories - Total 58 carbs

- 2 slices whole-wheat bread (200 calories)
- 2 slices turkey-breast meat (44 calories)
- 1 slice low-fat American cheese (38 calories)
- Lettuce (5 calories)
- 2 slices tomato (6 calories)
- 1 medium banana (105 calories)
- 4 squares dark chocolate, 70-85% cocoa (72 calories)
- 1 cup baby carrots (50 calories)

Snack - approx 200 calories - Total 26 carbs

- 1 medium apple (95 calories)
- 15 almonds (105 calories)

Dinner - approx 477 calories - Total 60 carbs

- 1 cup cooked whole-wheat spaghetti (176 calories)
- 4 oz cooked chicken breast (186 calories)
- 1/2 cup steamed broccoli (27 calories)
- 1/2 cup chopped zucchini (10 calories)
- 1 cup tomato sauce (78 calories)

Dessert - approx 290 calories - Total 4.3 carbs

- 1 cup low-fat frozen yogurt (280 calories)
- 10 raspberries (10 calories)