

## The 7 Day Metabolic Confusion Diet (with carb count)

### Week 2

Spice up your meals with any of the herbs found here. Keep the carbs low by choosing those with a zero count.  
Simply click on the underlined meals below for the quick and easy recipe

Sunday Day 1 - Low carb day - 64 carbs

**Breakfast:** Stuffed Breakfast Peppers - 15 grams carbs

**Snack:** 1 scoops protein powder in water - 20 grams carbs

**Lunch:** Spicy Asian Salad - 14 grams carbs

**Snack:** 10 baby carrots, 2 tbsp hummus - 9 grams carbs

**Dinner:** Buffalo Chicken Lettuce Wraps - 6 grams carbs

Monday Day 2 - High carb day 138 carbs

**Breakfast:** Breakfast Burrito 7 grams carbs

**Snack:** 1 scoops protein powder in water + banana - 43 grams carbs

**Lunch:** Garlic Shrimp and Zucchini Wrap - 31 grams carb

**Snack:** 10 baby carrots, 2 tables hummus - 9 grams carbs

**Dinner:** Baked Chicken Tenders over spaghetti squash - 13 grams carbs

Tuesday Day 3 - Low carb day 75 carbs

**Breakfast:** Hard Boiled Egg and Avocado - 19 grams carbs

**Snack:** 1 scoops protein powder in water - 20 grams carbs

**Lunch:** Shrimp Lettuce Wraps - 32 grams carbs

**Dinner:** Beef and Cabbage Stir Fry - 14 grams carbs