

The 3-Day 'Metabolic Wealth' Menu Plan

Meal	Day 1	Day 2	Day 3
Breakfast	3 Eggs scrambled with spinach and avocado.	Greek Yogurt (Plain) with walnuts and cinnamon.	Smoked salmon with cream cheese on cucumber slices.
Lunch	Grilled Chicken over a massive bed of mixed greens.	Turkey & Cheese roll-ups with a side of steamed broccoli.	Large Cobb Salad (Egg, Bacon, Chicken) with oil/vinegar.
Tea Ritual	Type 2 Mastery Tea	Type 2 Mastery Tea	Type 2 Mastery Tea
Dinner	Baked Salmon, sautéed okra, and a small side of quinoa.	Grass-fed Steak with roasted Brussels sprouts.	Grilled Shrimp with cauliflower rice and asparagus.