

ANYMEAL

Any meal of the day besides after workouts. This plate can also be used as your grocery list.

A1

**Easy Plates
AnyMeal 1
Metabolic R3
Phase 1**

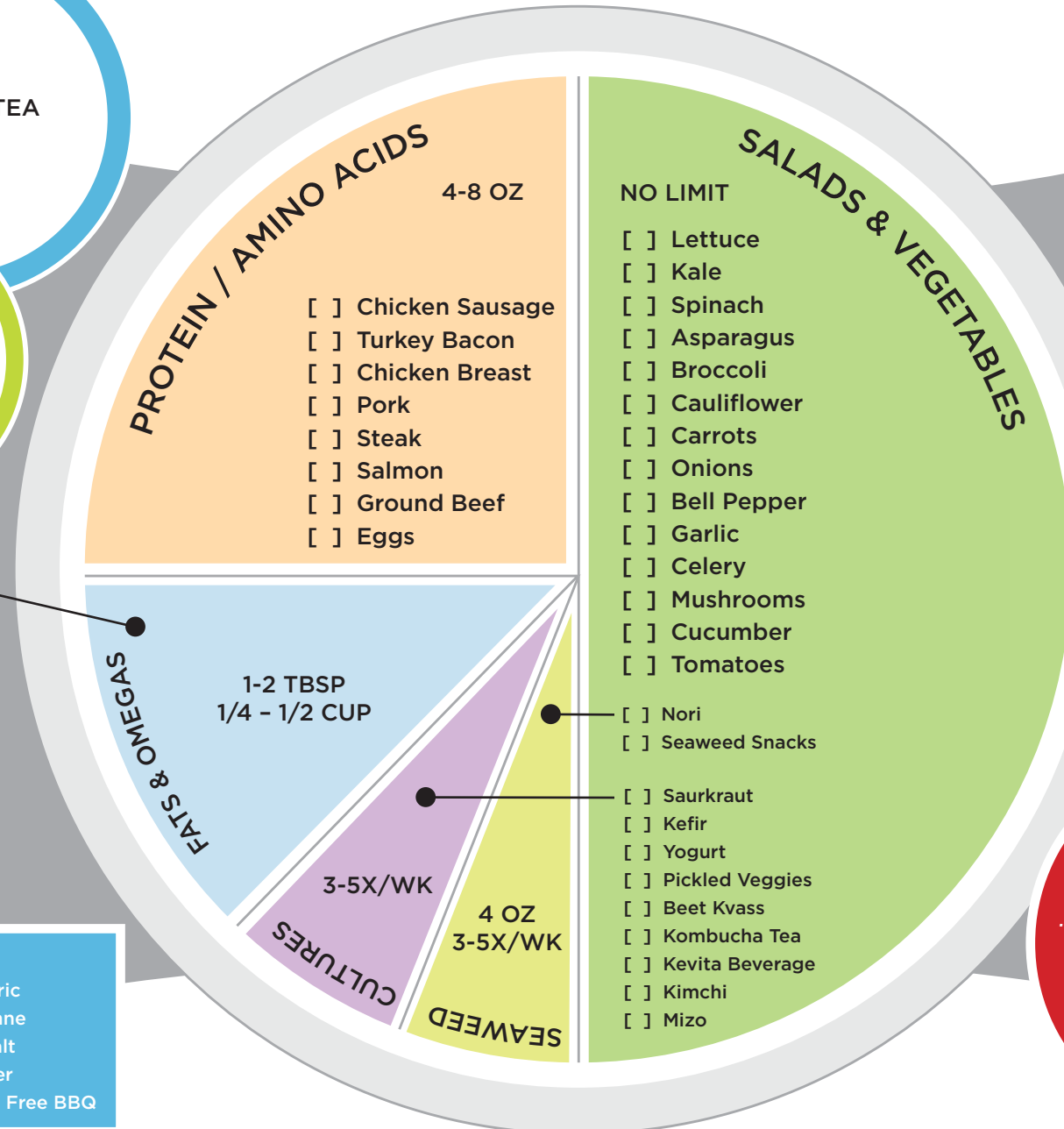
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WATER OR TEA
8-12 OZ.

KOMBUCHA
OR KEVITA

- Walnuts
- Avocado
- Coconut Oil
- Almonds
- Brazil Nuts
- Pumpkin Seeds
- Chia Seeds
- Hemp Seeds
- Olive Oil
- Almond Butter
- Peanut Butter
- Fish Oil
- Oil Dressings

- CONDIMENTS**
- Mustard
 - Coconut Aminos
 - Lowfat Dressing
 - Limes/Lemons
 - Olive Oil
 - Herbs
 - Turmeric
 - Cayenne
 - SeaSalt
 - Pepper
 - Sugar Free BBQ



- Don't eat until stuffed, only comfortable.
- No starchy carbs or veggies except for around workouts.
- Try to go for fresh non-packaged unless in a rush.
- Smaller plate for a female or small individual, larger for a male or athlete.
- Have cultured foods at least three times a week.

PRE/POST WORKOUT

Eat this meal 1-2 hours before or 30 minutes - 1 hour after workouts. This plate can also be used as your grocery list.

W1

**Easy Plates
Post Workout 1
Metabolic R3
Phase 1**

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WATER OR
COCONUT WATER
16-32 OZ.

PROTEIN / AMINO ACIDS

6-10 OZ

- Bison [90/10]
- Beef [97/3]
- Fish
- Eggs
- Turkey
- Turkey Bacon
- Steak (Lean)
- Protein Shake
- Chicken Sausage

SALADS & VEGETABLES

NO LIMIT

- Lettuce
- Kale
- Spinach
- Asparagus
- Broccoli
- Cauliflower
- Carrots
- Onions
- Bell Pepper
- Garlic
- Celery
- Mushrooms
- Cucumber
- Tomatoes
- Sweet Potato
- Red/Purple Potato
- Butternut Squash
- Spaghetti Squash
- Ezekiel/Gluten Free Bread
- Rice Pasta
- Brown/White Rice
- Quinoa

1/2-1 CUP

CARBS

CONDIMENTS

- Mustard
- Coconut Aminos
- Lowfat Dressing
- Limes/Lemons
- Olive Oil
- Herbs
- Tumeric
- Cayenne
- SeaSalt
- Pepper
- Sugar Free BBQ

- Eat until 90% full.
- Starchy carbs after or before exercise.
- Fresh non-packaged and not overcooked foods.
- 6 oz. protein female / smaller frame
- 10 oz protein male / larger frame or athlete

SUPPLEMENT

This plate is for the times when you cannot plan or are just too busy.

S1

**Easy Plates
Supplement 1
Metabolic R3
Phase 2**

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WATER
8-12 OZ.

OR
1-2 TBSP GREENS

PROTEIN / AMINO ACIDS

1 SCOOP
= 3 OZ MEAT

- 1-2 Scoops Whey Protein
- 1-2 Scoops Plant Protein
- RW Amino Acid Drink 3x Daily
- Protein Bars
- RTD (Ready to Drink Shakes - Organic Muscle Milk, Orgaine, etc.

VEGETABLE SUPPLEMENTS

1 SCOOP
= 3-7 SERVINGS OF VEGGIES

- Chlorophyll
- Spirulina
- Greens - Vitamineral, Synergy CO, Vibrant Health, Amazing Grass
- Multivitamin (Whole Food) ex. Synergy, New Chapter, Alive
- Kale Chips
- Seaweed or Nori Sheets
- Fiber Supplement (each meal with out fresh vegetables)

2-6 TBSP/2-8 CAPSULES DAILY

FATS & OMEGAS

- Fish Oil Capsules
- Liquid Coconut Oil
- Butteroil
- Cod Liver Oil
- Flax Oil
- MCTs

CULTURES

10-20 BILLION

SEAWEED

1 SERVING DAILY

- Kelp
- Iodine or Dulse
- Probiotic Powder
- Probiotic Capsule
- Prebiotic Powder

EATING OUT

This plate is for when you are eating out.

E1

**Easy Plates
Eating Out 1
Metabolic R3
Phase 1**

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WATER W/ LEMON
20-30 OZ.

PROTEIN / AMINO ACIDS

- [] Jerky, Deli Meat, Precooked Chicken, Lt. Packing
- [] Order Double Meat
Ex. Subway, Chipotle, Chick-Fil-A
- [] Order Grilled (not breaded) Chicken
- [] Ask to be Grilled, no oil, no oil sauté
- [] No oil or light sauces when at BBQ, Chinese or Mongolian Grills
- [] Pack a Protein Shake and drink 15-20 min. before ordering

SALADS AND VEGETABLES

- [] Order Two Side Salads
- [] Order Double Veggies
Ex. Subway, Chipotle, Chick-Fil-A
- [] If sitting down, ask server what kind of veggies they offer. Order double portion.
- [] Pack some veggies to eat with meal or afterward.
- [] Take RW's approved greens supplement when veggies aren't available.

HOW TO CUT CARBS

1. Open Top Sandwich.
Ex. Subway, Chick-Fil-A
2. No Tortilla or chips, salad instead.
Ex. Chipotle, Moes, Qdoba
3. No rice - double veggies.
Ex. Chinese, Zoes

CONDIMENTS

- [] Mustard
- [] Hot Sauce
- [] Fat Free Dressing
- [] Salsa
- [] Light Soy

- Park to eat and enjoy your meal.
- Chew slowly and don't rush.
- Drink plenty of water on way to order.
- No salt, ketchup, BBQ or fatty sauces.

PLANT POWER

Eat this type of meal 1-2 days per week or as suggested by RW. Use this plate as your grocery list.

P1

**Easy Plates
Plant Power 1
Metabolic R3
Phase 1**

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WATER OR TEA
8 OZ.

PRESSED JUICES
4 OZ.

PLANT PROTEIN

4-8 OZ

- Edamame
- Black Beans
- Kidney Beans
- Tolerant Bean Pasta
- Explore Asia Bean Pasta
- Tofu
- Hemp Protein
- Rice/Pea Protein
- Fish
- Eggs
- Goat
- Yogurt

NO LIMIT

SALADS & VEGETABLES

- Lettuce
- Kale
- Spinach
- Cucumber
- Asparagus
- Broccoli
- Brussel Sprouts
- Celery
- Beets
- Red Pepper
- Tomato
- Carrot
- Orange Pepper
- Onions
- Garlic
- Mushrooms

FATS & OMEGAS

1-2 TBSP
1/4 CUP

- Olive Oil
- Coconut Oil
- Avocado
- Pumpkin Seeds
- Chia Seeds
- Hemp Seeds
- Flaxmeal
- Algae Oil
- Nut Butters
- Brazil Nuts
- Almonds
- Oil Dressings

CONDIMENTS

- Mustard
- Coconut Aminos
- Lowfat Dressing
- Limes/Lemons
- Olive Oil
- Herbs & Spices
- Tumeric
- Cayenne
- SeaSalt
- Pepper
- Sugar Free BBQ

- Eat until 80% full
- Bean pastas are excellent sources of plant protein.
- Chew slowly and fully before swallowing.
- Eat 2-4 plates like this weekly.