

MetaBoost

STEP 3

MetaBoost

Shopping List & Recipes

MetaConnection Series

FREE recipes that follow the MetaBoost Lifestyle for sustainable weight loss & management!

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SVELTE

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ABOUT MEREDITH SHIRK, CPT

Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist. As well as certifications from the National Academy of Sports Medicine (NASM) in Personal Training, Fitness Nutrition, Behavior Change, and Weight Loss.



Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality and achieve their best body, inside and out.

"Mere," as her clients and subscribers know her, is the CEO of Svelte Media & Training. She's also the creator of the cutting-edge 7-minute workout plan, **One & Done**, which she's successfully taught to clients for over 12 years now.

Mere has over 1.5 Million subscribers and followers combined on Facebook YouTube, where she spreads her message of achieving 'total mind, body, and health' globally.

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TABLE OF CONTENTS

- 01** Introduction
- 03** Understanding The MetaBurn
- 05** MetaLifestyle & MetaMeals
- 07** Breakfast & Brunch
- 14** Lunch & Dinner
- 24** Desserts
- 30** SuperFoods & MetaInfluencers List

DISCLAIMER

The recipes and tips in this E-Book are designed to help you create the best MetaLifestyle you can after completing the **24 Hour Fat Flush** and **10 Day Belly Blaster** programs.

They are not meant to be done DURING or BEFORE the program.

INTRODUCTION

Hi again, it's Mere.

First, I want to give you a HUGE thumbs up for completing the **MetaClean** and **MetaSlim** programs!

I'm sure you're feeling leaner and lighter because of it!

Your body is now prepped, primed and poised for a complete **MetaLifestyle**.

For sustainable weight loss and weight management – especially when you're over 40 – the secret is committing to a complete lifestyle change (*not a diet*).

Diet is a four-letter word that I don't like to use.

That's why SO many people lose weight only to gain it back again. Because a diet doesn't teach you the long term lifestyle changes to keep the weight off.

That's what makes the **MetaBoost Connection** series different. Now, while living the **MetaLifestyle** you will make healthier food choices, incorporate a certain level of activity and fitness into your daily life, and keep your mind and body in balance.

INTRODUCTION

And most importantly, you'll put yourself first! And I don't mean in a selfish way. I mean that no one will care about your body and health as much as you do, so you have to listen to your body and make the **MetaLifestyle** your #1 priority for longevity and long-term weight loss.

Consider this ebook to be your '**supreme super food**' bible. You get lifetime access to my holy grail collection of tips and tasty meal plans to help you live the **MetaLifestyle** effortlessly.

I will show you how to create the right **MetaMeal** food combinations using **MetaInfluencers** and other supreme super foods that will not only rev up your cellular engine, but keep it running even when your body is finished exercising.

The combination of nutrient-dense **MetaInfluencer** calories, along with doing the **MetaBoost Body video**, will create a **MetaBurn**.

In the pages to come, I'll teach you how to make sinfully delicious meals you'll love (and your family will, too!).

I promise you, you won't even believe you're doing something good for your body, but you'll SEE and FEEL the difference.

— UNDERSTANDING THE METABURN —

As you may or may not know, metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, the calories in your food are combined with oxygen to produce fuel for your cellular engine.

In combination with consuming the correct blend of **MetaInfluencer rich MetaMeals**, developing a metabolic after burn - or **MetaBurn** - will increase your metabolism so you'll continue burning fat and calories long after you stop doing the actual physical exercise.

So, what's the best workout to compliment the **MetaMeals**?

Well, I recommend high intensity workouts, also known as H.I.I.T workouts.

But let me take a sec to clarify something... high intensity doesn't necessarily mean high speed or high impact.

H.I.I.T can be high intensity even if you're also hyper-focused and targeting select muscles, which is also known as isolating just that muscle with repetition.

For example, isometric workouts. These are movements you do with targeted muscle groups but you can be theoretically sitting down (no impact), and still feel the isolation of those muscles more intensely.

The **MetaBody videos** will be the perfect exercise for you while you're living your **MetaLifestyle** as it contains low impact, high result fitness routines using laser-focused exercises and muscle-awakening isometric movements.

And did I mention I created the **MetaBody** program specifically for 40+ and fabulous ladies to target the notorious "4 Ls" (*lower belly, love handles, lifted butt, and lose arms*). You'll drop fat and inches, quickly and consistently.

So in a nutshell, the **MetaBurn** is an increased state of metabolic efficiency that can be achieved as a result of the right combination of input (**MetaMeals**) and output (intense exercise or intense muscle movements, **MetaBody**).

This is the key to rapid weight loss and long-term weight management.

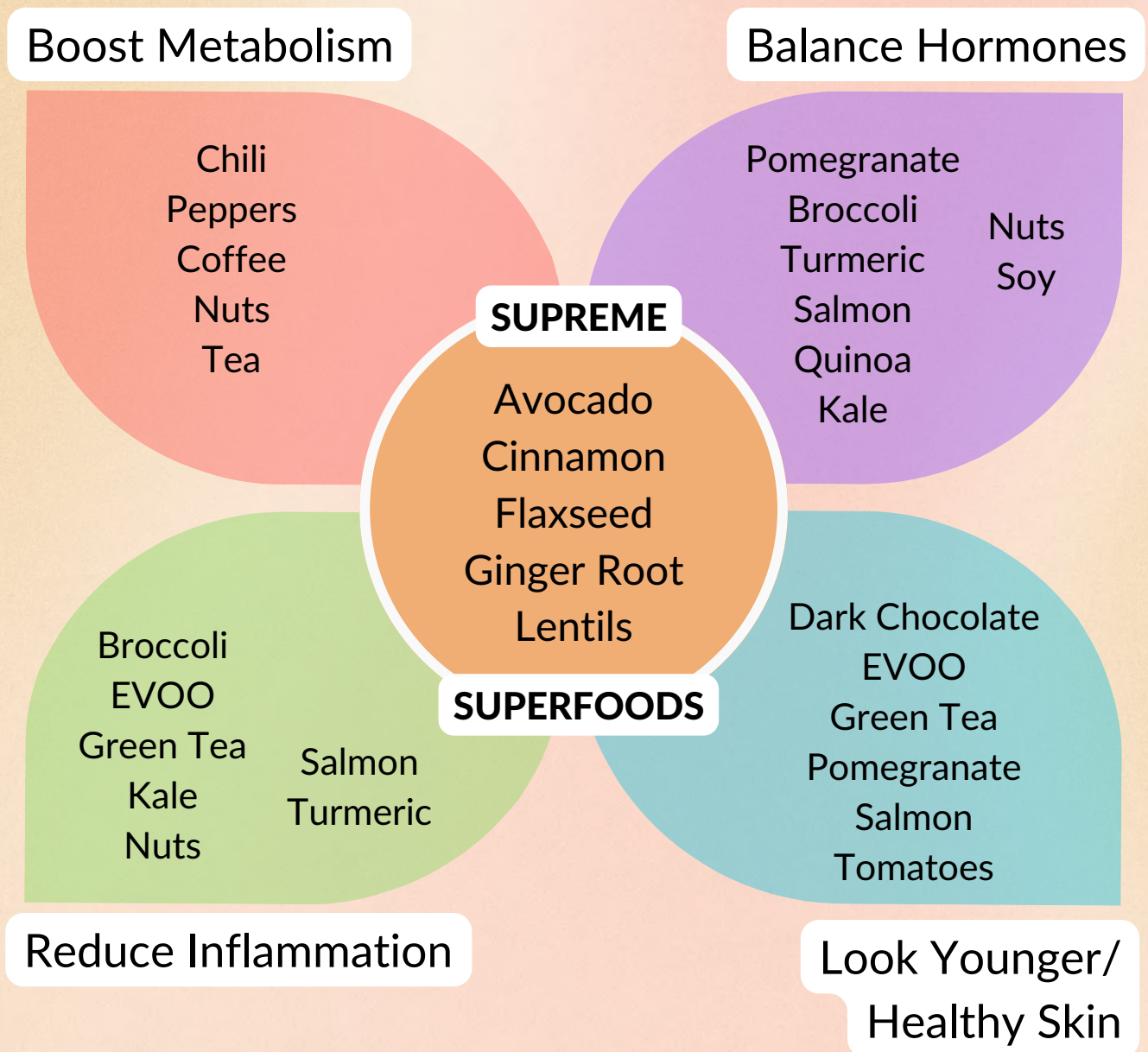
So you can say "bye bye" to yo-yo weight loss and fad diets.

METALIFESTYLE & METAMEALS

So I briefly explained the MetaBoost Connection between MetaMeals and MetaBoost Body to get MetaBurn. Now I'm going to give you a bunch of delicious, nutritious recipes to make living the MetaLifestyle easier (and tastier) than you could ever imagine.

Just as a reminder, below are the key MetalInfluencers and Supreme Super Foods that will be staples in many of these MetaMeal recipes.

ILLUSTRATION 1 - MetalInfluencers



BREAKFAST & BRUNCH

- 07** Almond Berry FluffCakes
- 08** Mexi Egg Casserole
- 09** Toast A La Francoise
- 10** Almond Butter Banana-Rama
- 11** Met-Acai Bowl
- 12** Salmon Egg Skillet
- 13** Country Breakfast Bowl

ALMOND BERRY FLUFFCAKES 1-2 Servings



INGREDIENTS

- 1 cup almond flour - **MetalInfluencer**
- 1/3 cup coconut milk
- 2 eggs
- 2 Tbsp maple syrup
- Sea salt, to taste
- Coconut oil, for cooking
- 1 cup berries of your choice
- 1 banana, sliced
- 2 Tbsp non-fat plain Greek yogurt

DIRECTIONS

1. In a large mixing bowl, combine all ingredients, except coconut oil, and mix well with a wooden spoon – until a batter is formed.
2. Over medium heat, heat the coconut oil in a large skillet.
3. Drop 1/2 cup of batter onto skillet and cook until bubbles appear in pancake's surface (approximately 3 minutes)
4. When bubbles appear, flip the pancakes with a rubber spatula, and cook for an additional 2–3 minutes.
5. Top with a dollop of yogurt, berries, and banana

Not sure which berries to use? A flavonoid, anthocyanin, gives blueberries some of their amazing health benefits. Blueberries are low in calories, but high in nutrients. Also known as 'King of Antioxidant Foods,' blueberries help reduce DNA damage, which may help against aging and cancer. Many studies suggest a link between blueberries and decreasing risk of obesity, diabetes, and heart disease.

MEXI EGG CASSEROLE 4 Servings



INGREDIENTS

- 18 large eggs
- 1-2 Tbsp grass fed butter
- 6 Tbsp non-fat milk
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 14 oz. can green chilies - **MetalInfluencer**
- Chopped tomato sauce, ketchup chili or taco sauce

DIRECTIONS

1. Preheat oven to 350 degrees
2. Put butter in 8" square baking pan. Set pan in oven melt butter.
3. Shake pan to distribute butter evenly.
4. Slightly beat eggs, milk, salt and pepper, then pour the mixture into the pan.
5. Bake at 350 for 10 minutes to start or until eggs begin to set.
6. Take the pan out and sprinkle chilies on top. Use wide metal spatula across bottom of pan several times to break up mixture.
7. Bake again for 5 more minutes, breaking up mixture again several times, or until desired doneness.
8. Serve with tomato sauce or chili sauce if you wish, and garnish with sliced tomatoes.

This dish is great for breakfast, lunch, or dinner and freezes nicely. Whether it's for your family or a party, it's a healthy, high protein alternative to many carb-intensive, high fat casseroles.

TOAST A LA FRANCOISE 2 Servings

INGREDIENTS

- 4 large eggs
- 1 grapefruit
- 1/2 cup non-fat milk
- 1/2 tsp salt
- 1/2 tsp ground cinnamon - **MetaInfluencer**
- 2 slices multigrain or 7-grain bread
- 4 thin slices prosciutto (~2 oz. **optional*)



DIRECTIONS

1. Using a sharp knife, peel grapefruit, remove all white membrane, separate sections and set aside.
2. In a wide, shallow dish, whisk together 2 eggs, milk, salt, and cinnamon.
3. Using a small round cookie cutter, cut a hole in the center of each slice of bread. Save inside rounds for other use.
4. Dip bread slices (*with holes*) in egg mixture and soak for 1 min. on each side (*or until fully coated*).
5. In a large sauté pan or skillet, melt the butter over medium heat.
6. Carefully transfer bread slices to the pan, then crack 1 egg into each hole of the bread.
7. Cook until bread is well browned on the bottom (*about 3 min.*) or until egg is firm enough to flip bread. Gently turn the slices over and cook until the second side is well browned, about 2-3 minutes.
8. Place 1 center of the slices on each of the serving plates. Lay 2 slices of the prosciutto over each. Serve immediately, with grapefruit sections.

Instead of prosciutto, substitute low sodium, nitrate-free, thin sliced turkey. AppleGate Organic Oven Roasted Turkey Breast is non-GMO, gluten free, organic and nitrate free. The sodium is a little high, so be sure to drink lots of water to flush your system. For a lower sodium option, consider Boar's Head Ovengold® Roasted Turkey Breast - Skinless.

ALMOND BUTTER BANANA-RAMA

1 Serving

INGREDIENTS

- 1 banana
- 1 tbsp almond butter **MetalInfluencer**
- 1 pinch cinnamon **MetalInfluencer**
- (*optional toppings) Dark cacao chips, pistachios, or raisins **MetalInfluencer**

DIRECTIONS

1. Spoon almond butter atop banana and sprinkle with cinnamon.
2. *Optional add additional toppings.



Cinnamon and dark cocoa both offer unique benefits that can support a healthy metabolism. Cinnamon is known for its potential to enhance insulin sensitivity, which can help regulate blood sugar levels and prevent excessive fat storage. Additionally, its warming properties may slightly increase metabolic rate. On the other hand, dark cocoa contains compounds like theobromine that can boost energy expenditure and potentially aid in fat oxidation, contributing to a more efficient metabolism. Incorporating these flavorful ingredients into your diet may offer a delicious and metabolism-friendly boost.

MET-ACAI BOWL 1 Serving



INGREDIENTS

Acai Puree:

- 1 cup fresh spinach
- 1 cup fresh kale **MetalInfluencer!**
- ½ small banana
- 1 (3.5-oz) pack frozen, unsweetened Acai pulp
- ½ cup frozen mango chunks
- ½ cup unsweetened almond milk OR ½ cup coconut milk combined with ½ cup water.

Toppings:

- ½ small banana, sliced
- 1 tbsp almonds **MetalInfluencer!**
- 2 tbsp. peeled & chopped pineapple, strawberries and blackberries
- 1 to 2 tbsp. shredded unsweetened coconut
- ½ tbsp. of raw honey
- 1 tbsp pomegranate jewels **MetalInfluencer!**
- 1 tsp. of spirulina (*optional*)
- 1 tbsp flaxseed **MetalInfluencer!**
- 1 tsp dark chocolate chips **MetalInfluencer!**

DIRECTIONS

1. In a blender add spinach, kale, banana, Acai pulp, mango and a splash of milk.
2. Blend on low until large chunks are smooth, gradually increase speed, adding a splash of milk at a time
3. When all milk is added and ingredients are blended, blend on high for 15 to 20 seconds more.
4. Pour acai puree into a bowl. Add toppings and drizzle with honey.

SALMON EGG SKILLET 1 Serving

INGREDIENTS

- 1 tbsp. olive oil
- 1 cup sliced mushrooms
- 2 cups spinach
- 1-2 eggs
- 1 tbsp. Chili pepper sauce/hot sauce **MetalInfluencer!**
- 4 oz. Salmon **MetalInfluencer!**

DIRECTIONS

1. Add half the olive oil to a heated skillet, sauté mushrooms and spinach.
2. Set aside after spinach is wilted.
3. Add remaining olive oil to the skillet.
4. Crack eggs into the pan, and cook sunnyside up.
5. Plate the eggs, add the vegetables and fish atop, and serve immediately



Who says fish can't be eaten at breakfast? Salmon is a wonderful, versatile fish that's rich in high-quality protein, vitamins and minerals (including potassium, selenium and vitamin B12). However, it's the Omega-3 fatty acids which makes it the perfect protein to accompany eggs at breakfast or brunch!

COUNTRY BREAKFAST BOWL 1 Serving

INGREDIENTS

- 3 tbsp quinoa ***MetalInfluencer!***
- 2/3 cup water
- ¼ tsp cinnamon ***MetalInfluencer!***
- 1 tsp flaxseed ***MetalInfluencer!***
- 1-2 tsp honey ***MetalInfluencer!***
- 1 Tbsp almonds ***MetalInfluencer!***
- 1 Tbsp blueberries



DIRECTIONS

1. Rinse quinoa under cold water.
2. Mix quinoa and water. Bring to boil.
3. Cover pan and let simmer for 15 minutes.
4. Remove from pan and fluff quinoa with fork.
5. Add almonds, honey, flaxseed, cinnamon and honey and enjoy!

If you'd like to make it more of a parfait, you can add ½ cup of non-fat plain Greek yogurt, then layer the ingredients.

LUNCH & DINNER

- 15** Bird In A Blanket
- 16** Lemon Grilled Chicken Primavera Medley
- 17** Grilled Fish Tacos With Watermelon Salsa
- 19** Turkey Stir Fry
- 20** Char Grilled Lamb With Tangy Pomegranate Molasses
- 22** Shrimp & Pineapple Kabobs
- 23** Steak With Cocoa Cranberry Chimichurri

BIRD IN A BLANKET

1 Serving

INGREDIENTS

- 5-6oz. sliced deli turkey
- 1 hard boiled egg, sliced
- 3 leaves of romaine, iceberg, sweet butter lettuce (or kale, **MetalInfluencer!**)
- ½ apple, sliced
- 3 tbsp. non-fat cottage cheese
- ½ avocado **MetalInfluencer!**
- 1 tbsp. mustard
- Salt & pepper



DIRECTIONS

1. Lay the lettuce (or kale) leaves open on a plate.
2. Divide the hard-boiled egg, apple, cottage cheese, avocado and mustard into proper portions on each romaine leaf.
3. Do the same with the sliced turkey.
4. Add desired salt and pepper
5. Roll and enjoy!

Cottage cheese is a nutritional powerhouse, rich in high-quality protein that supports muscle growth and repair. Its versatility makes it a fantastic ingredient for both savory and sweet dishes, providing a creamy texture and a source of calcium and other essential nutrients.

LEMON GRILLED CHICKEN PRIMAVERA MEDLEY 4 Servings

INGREDIENTS

- ½ cup of zucchini
- 2 tbsp. chopped fresh basil
- 2 bell peppers (chopped)
- 1 ½ tsp. grated lemon rind, divided 2
- 1 tbsp. honey mustard
- 4 (4-oz) skinless, boneless chicken breast halves
- 1 head of broccoli (chopped) - **MetalInfluencer!**
- ¼ cup sliced pimiento-stuffed olives (chopped)
- ¼ cup sliced pitted kalamata olives (chopped)
- ¼ tsp. black pepper (or chili pepper, if you like it spicy) **MetalInfluencer!**



DIRECTIONS

1. Pre-heat the grill and spray grill with a non-stick cooking spray.
2. Place chicken on grill. Cook about 5 minutes per side or until chicken is cooked through.
3. Combine 1 tsp. lemon rind with mustard; brush over chicken while cooking.
4. In a medium sauté pan, add broccoli, bell pepper olives and zucchini.
5. Remove the chicken from the grill and top with veggie mixture and garnish with basil, pepper and remaining lemon rind.

GRILLED FISH TACOS WITH WATERMELON SALSA

4 Servings

INGREDIENTS

- ½ small red onion, finely diced
- ½ cup fresh cilantro, roughly chopped
- Juice of 2 limes
- 2 cups cubed watermelon
- 1 lb. skinless wild striped bass fillets or halibut
- 1 tsp. chipotle chili powder
- 8 corn tortillas
- 1 avocado, sliced **MetalInfluencer!**
- Pinch of salt & pepper
- 1 tbsp. PLUS 2 tsp. EVOO, separated **MetalInfluencer!**
- 1 romaine lettuce (preferably the heart), thinly sliced
- 1 jalapeño/chili pepper, seeded and finely diced **MetalInfluencer!**



Instructions on the next page

GRILLED FISH TACOS WITH WATERMELON SALSA

4 Servings

DIRECTIONS

Watermelon salsa:

1. Combine watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tbsp. olive oil and ½ tsp. salt
2. Toss lettuce with 2 tbsp. of juice from watermelon salsa and a pinch of salt.

Tacos:

1. Preheat grill to high. Sprinkle fish chili powder and ½ tsp. salt. on both sides of filets and drizzle both sides with the remaining 2 tsp. olive oil.
2. Brush the grill with olive oil and add the fish filets.
3. Grill until cooked through, 4 to 5 min. per side and transfer the fish to a plate and break into small pieces.
4. Cover with foil until ready to serve. Warm the tortillas on the grill
5. Once warmed, remove the tortillas and fill with fish, watermelon salsa, avocado and lettuce.

For less carbs and calories, you can always use iceberg, romaine, or sweet butter lettuce as your 'green' tortilla.

TURKEY STIR FRY 4 Servings

INGREDIENTS

- 5oz. ground turkey
- 2 cups arugula
- ¼ bell pepper (color of your choice, diced)
- ¼ head of broccoli (chopped)
- ***MetalInfluencer!***
- ¼ head cauliflower
- ¼ cup carrots
- ¼ cup flaxseed ***MetalInfluencer!***
- ½ tsp EVOO ***MetalInfluencer!***



DIRECTIONS

1. Wash and dry all your veggies, then chop them up into bite-sized pieces.
2. Choose a saucepan that's wide enough to hold metal strainer around the rim, and deep enough that the strainer doesn't touch the bottom. Add about an inch of water to the bottom of the pan, place the strainer over the pan, fill with veggies, and cook. Steam vegetables until al dente (don't over steam to prevent a mushy texture)
3. Cook your turkey meat until browned (5-10 min. on medium-high heat, constantly stirring)
4. Once the turkey is cooked, mix in the veggies and stir fry on a high heat with flaxseeds and arugula until wilted.

CHAR-GRILLED LAMB WITH TANGY POMEGRANATE MOLASSES

1 Serving

INGREDIENTS

- 4 -5 lbs of boneless leg of lamb, rolled and tied
- ½ cup pomegranate molasses, plus extra for serving - **MetalInfluencer!**
- Salt & pepper to taste

Pomegranate Molasses:

- 4 cups pomegranate juice
- ½ cup sugar
- 1 Tbsp freshly squeezed lemon juice



DIRECTIONS

Pomegranate Molasses:

1. Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat.
2. Cook, stirring occasionally, until the sugar has completely dissolved.
3. Once sugar has dissolved, reduce heat to medium-low and cook until mixture is reduced to about 1 cup with the consistency of thick syrup (approximately 1 hour 10 minutes).
4. Remove from heat and allow to cool in the saucepan for 30 minutes.
5. Transfer to a glass jar and allow to cool completely before covering and storing in the refrigerator (Can be stored for up to 6 months)!

Instructions on the next page

CHAR-GRILLED LAMB WITH TANGY POMEGRANATE MOLASSES

1 Serving

DIRECTIONS

Lamb:

1. Preheat grill to 375 degrees F.
2. Unroll the lamb and brush on all sides with the molasses.
3. Season on all sides with salt and pepper. Roll the lamb up and secure with butchers' twine.
4. Place lamb over indirect heat and cook for 15 minutes, brush with the molasses again (Turn 1/4 turn and cook for another 15-17 minutes)
5. Complete brushing and turning procedure 2 more times for a total cooking time of approximately 1 hour OR until the lamb reaches an internal temperature of 130° F.
6. Remove from heat and allow to rest for 10 minutes before slicing. Serve with molasses.

If you're not a fan of lamb, you can also try this recipe with pork tender loin, turkey or chicken breast.

SHRIMP & PINEAPPLE KABOBS

4-6 Servings

INGREDIENTS

- ¼ cup low sodium teriyaki sauce
- 1 Tbsp minced fresh ginger - **MetalInfluencer!**
- 1/2 Tbsp sugar
- 1/2 tsp crushed red pepper flakes - **MetalInfluencer!**
- 1 dash kosher salt
- 2 cloves garlic, minced
- 1 green onion, sliced
- Juice of 1/2 lemon
- 1 fresh pineapple
- 1 lb jumbo shrimp, peeled & de-veined



DIRECTIONS

1. Soak about 20 wooden skewers in water for 30 minutes minimum (up to 2 hours). Preheat oven to 400°F. Set a roasting rack in a large baking pan.

Marinade:

1. Pour teriyaki sauce in bowl with ginger, sugar, crushed red pepper, salt, garlic, green onions, and lemon juice. Stir and set aside.

Skewers:

1. Cut fresh pineapple into chunks. Stick a skewer through alternating pieces of pineapple and shrimp to form the kabob.
2. Brush each skewer with marinade and lay flat on the rack in baking pan.
3. Continue steps until remaining ingredients are used.
4. Leave skewers in the oven for 10 minutes (re-basting the skewers with marinade if desired).
5. Roast until shrimp is cooked about 15 minutes.

STEAK W/ CACAO CRANBERRY

CHIMICHURRI *2 Servings*

INGREDIENTS

- 8-10 oz. grass fed flank steak
- 1 tbsp. EVOO **MetalInfluencer!**
- 1/4 cup raw honey
- 1/3 cup unsweetened cacao powder **MetalInfluencer!**
- Dash of paprika
- Dash of chili powder **MetalInfluencer!**
- 1 tsp. sea salt
- 1 tsp. espresso, ground **MetalInfluencer!**

Sauce Ingredients:

- 1 tbsp. EVOO
- Half an onion, diced
- 1/4 cup dried cranberries
- 1/2 cup vegetable broth
- 2 tbsp. balsamic vinegar
- Dash of rosemary
- Dash of sea salt



DIRECTIONS

1. Preheat your oven to 375 degrees and grease a baking dish.
2. Lay out steak and rub in extra virgin olive oil and honey.
3. Next, mix together cacao, paprika, chili powder, salt and espresso. Combine well, and apply evenly to steak and rub in, along with the extra virgin olive oil and honey.
4. Bake until meat is fully cooked, anywhere from 30-45 minutes.
5. While steak is cooking, prepare your sauce by heating the extra virgin olive oil on medium-low, and sauté onions until translucent.
6. Add veggie broth, vinegar, cranberries, rosemary and salt.
7. Allow sauce to cook on low heat for 10 minutes, stirring occasionally. Once meat is done, drizzle sauce over it, and serve with a side salad.

If you are sensitive to the effects of caffeine, you can leave out the espresso. The other spices have enough MetalInfluencers to still give your metabolism a kick!

DESSERTS

- 25** Avocado Chocolate Mousse
- 26** Skinny Dark Chocolate Brownies
- 27** Raspberry Chia Dark Chocolate Cookies
- 28** Choco-Cayenne Truffles
- 29** Pecan & Chocolate Clusters

AVOCADO CHOCOLATE MOUSSE 2 Servings

INGREDIENTS

- 1 avocado, mashed until smooth **MetalInfluencer!**
- 4 tbsp. raw cacao powder (or unsweetened cocoa powder) **MetalInfluencer!**
- 3 tbsp. raw honey
- 2 tbsp. almond butter **MetalInfluencer!**
- 4-5 Slice strawberries, raspberries or blueberries
- 1 tbsp. flaxseed **MetalInfluencer!**
- Salt to taste

DIRECTIONS

1. With your hands, back of a fork, or a masher, mash the avocado until totally smooth.
2. Once mashed, add your cacao powder, honey, almond butter and salt, and mix together well.
3. Use a blender/immersion blender if you prefer.
4. Top with berries and flaxseeds and Serve!



Both flaxseeds and chia seeds are both supreme super foods. You can use each of them interchangeably with this recipe and still have the same great taste and health benefits.

SKINNY DARK CHOCOLATE BROWNIES

10-12 Brownies

INGREDIENTS

- 4 oz. grass fed butter or ghee
- 8 oz. dark chocolate, chopped finely **MetalInfluencer!**
- 1 ½ tbsp. unsweetened cocoa powder **MetalInfluencer!**
- 3 tbsp. unrefined coconut oil
- 2-3 tbsp. raw honey
- 1 tsp. baking powder
- 3 organic eggs
- 1/3 cup almond flour **MetalInfluencer!**
- 1 tbsp. coconut flour

DIRECTIONS

1. Preheat oven to 350 degrees. Grease an 8 x 8 baking dish with butter or ghee, and place the remaining butter (or ghee) in a double boiler, stirring constantly until mixture is smooth.
2. Add all other ingredients, continuing to stir until thick.
3. Pour everything into baking pan and place in the oven. (Cook time will vary depending on oven) but check at 30 minutes, inserting a fork to check for doneness.

The honey and coconut oil will make these brownies super moist. If you'd like to add a little crunch, you can sprinkle the top of the brownie with flaxseeds or almond slices, both are MetalInfluencers and add a nice taste.



RASPBERRY CHIA DARK CHOCOLATE COOKIES

10 Cookies

INGREDIENTS

- 1 large, ripe banana, mashed
- ½ cup almond butter **MetalInfluencer!**
- 3 tbsp. chia seeds **MetalInfluencer!**
- 2 tbsp. raw cacao powder **MetalInfluencer!**
- 3 tbsp. raw honey
- ¾ tsp. vanilla
- 1/3 tsp. baking soda
- Pinch of salt
- ½ cup fresh or frozen raspberries
- ½ cup dark chocolate chips **MetalInfluencer!**

DIRECTIONS

1. Preheat oven to 350 degrees, and grease a large baking sheet.
2. Once banana is thoroughly mashed, mix in almond butter, cacao powder, chia seeds, vanilla, salt and baking powder.
3. Mix well, and begin slowly adding in raspberries and dark chocolate chips. Mix everything well, and then form individual with the dough (using wet hands).
4. Place balls on your baking sheet, and flat each a bit.
5. Bake for roughly 10 minutes or until done, and serve!



CHOCO-CAYENNE TRUFFLES

Makes 20 Truffles

INGREDIENTS

- ½ cup organic whipping cream/heavy cream
- ½ -1 tsp. cayenne pepper (depends on desired spiciness) **MetalInfluencer!**
- 8 oz. dark chocolate **MetalInfluencer!**
- ¼ cup raw cacao powder **MetalInfluencer!**



DIRECTIONS

1. Place heavy cream in small pot and add cayenne pepper. Allow mixture to come to a low simmer, and then turn off heat.
2. Let this mixture sit about 20 minutes, soaking in the spice of the cayenne.
3. Finely chop your dark chocolate and place into a bowl. Reheat the cream/cayenne mixture and slowly add it to the chocolate.
4. Stir and let everything sit for another 10 minutes. Reheat if needed in order to melt everything together.
5. Set the bowl in the fridge for 40 minutes, or until cooled.
6. Next, scoop the cooled batter on a plate in ball-shapes (use your hands to shape them).
7. Roll each truffle in raw cacao powder, and store in fridge once they're evenly coated. Enjoy!

PECAN & CHOCOLATE CLUSTERS

Between 20-25 bites

INGREDIENTS

- 1 can organic coconut milk
- 10 oz. dark chocolate chips **MetalInfluencer!**
- 2 ½ cups walnut or pecan halves
MetalInfluencer!
- 3 tbsp. coconut sugar or honey
- 1 tsp. cinnamon **MetalInfluencer!**
- 3 tbsp. coconut oil
- Pinch of sea salt



To add splash of color and flavor, consider adding pomegranate jewels (the small, red, drops inside called arils) atop of the cluster. The tart and juicy flavor really compliments the dark chocolate and pecan taste. And bonus... pomegranates are a MetalInfluencer! This is a great treat anytime, but I like to make these especially around the holidays!

***You'll need a mini muffin tin

DIRECTIONS

The night before: Put coconut milk in the fridge to chill for cooking. It should be solid.

1. Preheat oven to 350 degrees.
2. In a food processor, add your nuts and blend until finely ground. Add sugar/honey, cinnamon, and melted coconut oil. Blend everything until smooth.
3. Remove and roll dough into a ball. Spoon mixture into your muffin tin, leaving plenty of space above each for filling. Place tin into the fridge and allow to cool for about a half hour.
4. Once the crusts are cooled, place them in the oven and bake from 10 minutes. Remove and allow to cool.
5. Next, place your chilled/solid coconut milk into a small pot and add your chocolate chips, heating on low. Stir constantly until everything is melted together. Now, place a spoonful of chocolate mixture into each crust in the muffin tin.
6. Place muffin tin again into the fridge and allow chocolate/coconut mixture to harden. They're ready! Top with berries, if desired.

SUPERFOODS & META-INFLUENCERS

Not sure where to go next after completing your MetaBoost Program? This guide contains some of the best superfoods and MetaInfluencers you can make sure to add to your cart next time you go grocery shopping!

Fruits

- apple
- avocado
- banana
- bell peppers
- black berries
- blueberries
- mango
- raspberries
- grapefruit
- lemons/limes
- pineapple
- pomegranate
- strawberries

Vegetables

- arugula
- bell peppers
- carrots
- cauliflower
- fresh kale
- fresh spinach
- broccoli
- mushrooms
- red onion
- fresh ginger
- lettuce
- jalapeno
- zucchini
- garlic

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Spices & Miscellaneous

- black pepper
- chili powder
- coconut flour
- coconut sugar
- raw honey
- dark cacao chips
- ground cinnamon
- maple syrup
- paprika
- raw cacao powder
- spirulina
- almond milk
- coconut milk
- coconut oil

Proteins

- eggs
- ground turkey
- salmon
- skinless bass fillets or halibut
- skinless, boneless chicken breast

Fats/Seeds/Grains

- almonds
- chia seeds
- flaxseed
- non-fat cottage cheese
- non-fat plain greek yogurt
- quinoa
- walnuts