

MetaBoost Connection

*All-Natural
Caffeine &
Stimulant Free*

MetaBoost Power Shots

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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.

Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality achieving 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 1-minute workout plan, One & Done, that she's successfully taught to clients for the past 12 years.

Mere has over 150K subscribers and followers combined on Facebook and her YouTube channel, spreading the message of ‘total mind, body, health’ globally.

Let's get social! Double click the icons below to follow and subscribe to stay up to date with free video workouts, weight loss tips, recipes and more.



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Introduction

Hi there, it's Mere. I wanted to take a sec to let you know that there's a fast, easy, and safe way to help turn on the MetaSwitch in your body flushing fat and eliminating toxins.

As part of the complete MetaBoost Connection, and in general, if you decided to incorporate a MetaLifestyle into your daily routine, I recommend drinking specially prepared fat melting, metabolic boosting elixirs. They contain long proven and hand-picked nutrients that are engineered to help create a chemical reaction in your body that ignite your cellular engine and simply pour the pounds out of you.

I like to recommend drinking these MetaBoost Power Shots first thing in the morning to kick off your day. Then again before you go to sleep, and you're basically waking up lighter and leaner.

Best of all, these power shots are all natural, caffeine and stimulant free. They will not give you a surge of energy... they will not give you the jitters... they will not keep you up at night.

That they will do is help your metabolism break down and use your body's own stored fat, as well as the foods you eat, for natural, sustainable energy. They will also help cleanse and detoxify your body of 'sludge' that builds up in your digestive system.

But this is not a cleanse.

This is a way to safely, naturally, and specifically help your body's own system flush out waste and unused energy (fat).

The Purpose of MetaBoost Power Shots

Different blends of herbs and nutrients in elixirs will have varied effects. Some will help clean the digestive system, so that everything you consume will be digested efficiently and without accumulating more carbohydrates. Some will regulate blood sugar levels, flushes out toxins, strengthen the immune system, or melt fat.

One of the staples in most, if not all, of my elixirs, tonics and teams, are lemons.

Antioxidant-rich lemons have been long regarded for their natural healing properties and used in many various forms of naturopathic and holistic medicine hundreds of years.

Drinking nutrient-infused beverages with lemon can easily fit into a healthy diet, especially if you're living a MetaLifestyle, and can be used to remedy many health concerns.

According to ancient Chinese medicine, water infused with lemon helps aid in digestion and stomach health. It is also believe to help in optional performance for the gallbladder and liver.

In addition, in traditional Ayurvedic medicine, lemons are used for their cleansing and purifying properties. They are also thought to promote digestive health by stimulating digestive enzymes and supporting gut regularity.

Lemons in general, are a miracle citrus, with several beneficial qualities including helping...

- » Digestion and detoxification¹
- » Bloating²
- » Hydration³
- » Complexion and anti-aging^{4 5}
- » Weight loss^{6 7}
- » Immune system⁸
- » Body's filtration system (a.k.a. your kidneys)⁹

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026104/>

2. <https://www.ncbi.nlm.nih.gov/pubmed/17919696/>

3. <https://www.ncbi.nlm.nih.gov/pubmed/17919696/>

4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2685276/>

5. <https://www.ncbi.nlm.nih.gov/pubmed/17921406>

6. <https://www.ncbi.nlm.nih.gov/pubmed/8287852>

7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2743119/>

8. <https://www.ncbi.nlm.nih.gov/pubmed/16373990>

9. <https://www.ncbi.nlm.nih.gov/pubmed/17382731>

The Preparation of MetaBoost Power Shots

- ◇ Always wash any fruit you place in your water before drinking to remove bacteria, dirt, or pesticides. The best way to rinse fruit is to wash with clear vinegar then water.
- ◇ Remove any large seeds from the fruit as not to consume.
- ◇ Try to use filtered water when possible. This will not affect flavor but filtered water is cleaner for consumption.
- ◇ Room temperature or cold water is best to keep fruit in-tact and preserve nutrients.
- ◇ Cut fruits in thinner slices to be extracted more easily in water. However, don't infuse fruit for longer than 12 hours in water or fruit will begin to decompose.
- ◇ Allow several hours for fruit to infuse into water for a stronger flavor.
- ◇ Recipes below are suggested amounts of fruit and herbs for 64 ounces of water.
- ◇ Quantities of fruit can be reduced for smaller portions.



MetaBoost Power Shots, Elixirs, Tonics & Teas

Strawberry MetaJito

- ◇ 10-15 Strawberries, lightly muddled
- ◇ 1 Lemon, sliced thin
- ◇ 3-5 Basil Leaves



This will stimulate the digestive system, thereby helping your body breakdown foods on the cellular level, to use more efficiently and flush out. Tastes best when chilled.

Cucumber MetaTini

- ◇ 3-5 mint leaves
- ◇ 1 lemon, sliced thin
- ◇ 1 lime, sliced thin
- ◇ 1 cucumber, sliced thin



Helps curb sugar and carb cravings. Tastes best chilled.

Citrus MetaBoost

- ◇ 1 lemon, sliced thin
- ◇ 1 lime, sliced thin
- ◇ 1 grapefruit, 1/3 inch slices
- ◇ 1/2 orange, sliced thin
- ◇ 1/2 cucumber sliced (optional)
- ◇ 3 mint leaves muddled (optional)



Helps kick start the metabolism. I like to start and finish my day with this elixir. It's great in the morning before breakfast or at night when curled up with a good book. Tastes best chilled. BONUS: I like to make this super refreshing and healthy drink in summer for picnics or BBQs. Guests will love it without realizing its health benefits!

Island Paradise

- ◇ 1 cup pineapple, cut in chunks
- ◇ 1 lime, sliced thin
- ◇ 1 cup coconut chunks, frozen or fresh



This helps reduce inflammation. If you'd like to have it taste like more of a "colada," add crushed ice and blend for a thicker consistency. You can add mint leaves or additional fruit to garnish.

Bursting Berry Blast

- ◇ ½ cup blueberries, (frozen or fresh)
- ◇ ½ cup raspberries, frozen or fresh
- ◇ 3-5 strawberries, sliced thin
- ◇ 1 lime, sliced thin
- ◇ 1 lemon, sliced thin
- ◇ ¼ cucumber sliced thin (optional)



This is rich in antioxidants. It's perfect for your overall wellness and cellular regeneration. If you use frozen fruit, consistency of elixir will be much thicker. Cucumber is optional.

Blueberry Lemon Tonic

- ◇ 1 cup blueberries, frozen or fresh
- ◇ 1 lemon, sliced thin
- ◇ 4 sprigs fresh rosemary OR basil



Perfect for fighting infection. The antioxidants in the blueberries help the immune system combat infiltrators. I use this especially when I'm feeling lousy to prevent any illness.

Tropical Hurricane

- ◇ 1 lime, sliced thin
- ◇ 1 lemon, sliced thin
- ◇ 1 medium sized mango, cubed
- ◇ 7-10 strawberries, sliced
- ◇ 3-5 basil leaves (optional)



Another great drink for your immune system. This "hurricane" will wipe away germs before they turn into illness. I like to take this before any vacation or stepping foot onto an airplane to prep my body for travel. It helps build the body's natural defenses and ward off sickness.

Chia Citrus Treat

- ◇ 1 lemon, sliced thin
- ◇ 1 medium mango, cubed
- ◇ 7-10 strawberries, sliced
- ◇ 3-5 basil leaves, (optional)
- ◇ 1 tablespoon chia seeds (optional)



Chia seeds are excellent for detoxifying and cleansing the body. They're a great source of antioxidants and act as a magnet to capture excess body fat and flush them from your system. The lemon citrus also gives you a boost of energy. You can drink cold or warm with a splash of honey for flavor.

Ginger Twist Tea

- ◇ 3 lemons
- ◇ 1 ginger root, 1 tsp grated and infused in hot water
- ◇ If drinking cold, squeeze lemon juice into water once cooled.
- ◇ If drinking hot, squeeze 2 lemons into water. Add 3 lemon slices into drink. Add tsp of honey to sweeten (optional).



Ginger root strengthens our immune system and boosts the metabolism to improve digestion. Adding the Vitamin C rich lemon, helps melt pounds off... especially dovetailing any cardio workout routine. Enjoy this anytime of day.

Apple Citrus Cider

- ◇ 1 grapefruit (or 1 cup of grapefruit juice)
- ◇ 1 Tbsp apple Cider Vinegar
- ◇ 1/2 cup mint decaf tea (optional)
- ◇ If you choose not to use the tea, add 3 mint leaves instead



Apple cider vinegar has long been used for overall body wellness. The nutrients in this tonic helps regulates blood sugar levels, flushes out toxins and burns fat. I like to tell clients to drink one glass before each meal. I personally use Bragg apple cider vinegar. It's loaded with benefits, available in most grocery stores, and is organically produced, ensuring superior quality.

[Editor's Note: If you're committed about making your post-40 years the BEST years in your life, then you may be interested in being part of my special inner circle devoted to the MetaLifestyle. You'll have exclusive access to me and my community, for inspiration and motivation, to achieve the best you possible. Your body, mind and spirit will be transformed into a lean wellness machine. This access includes weekly professional coaching, private Facebook group, monthly live calls, monthly customized meal plans, and so much more.]