

Be the real you

# The Metabolic Foundation Plan



SHED

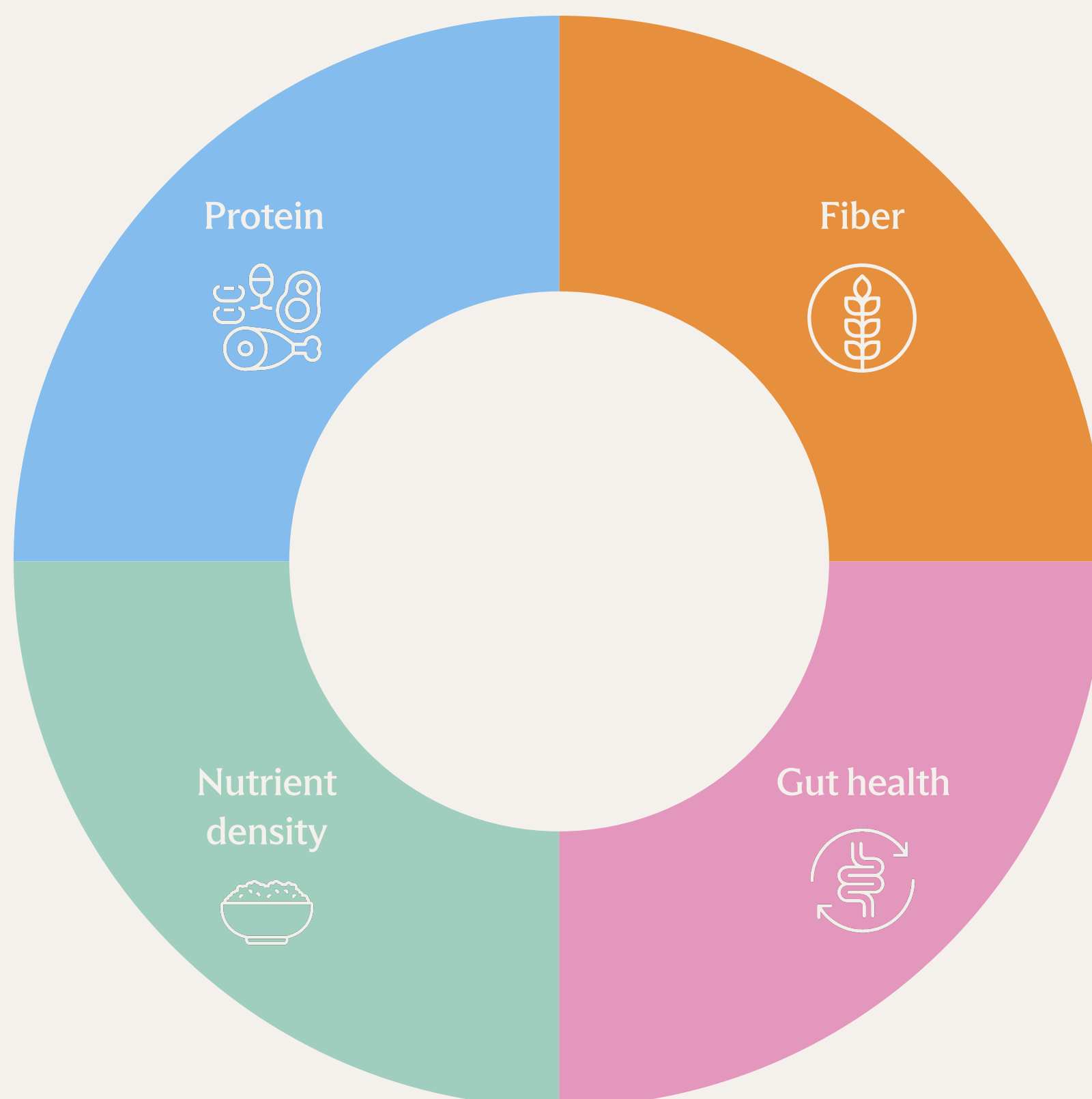
# The Metabolic Foundation Plan

The Metabolic Foundation Plan is a practical, science-backed approach designed to support fat loss, steady energy, balanced blood sugar, healthy digestion, and lean muscle preservation for total metabolic health. Built on four core nutrition principles, it helps create the internal environment your body needs for lasting change without extremes. This plan follows the 80/20 rule, encouraging nutrient-dense choices most of the time, while still leaving space for flexibility, joy, and real life. It's not about restriction—it's about progress that feels personal and sustainable, so you can become the real you.

This plan is for those seeking a sustainable, science-backed approach to weight loss and metabolic health. It supports individuals who want to:

- Achieve and maintain a healthy weight
- Improve blood sugar and insulin sensitivity
- Support satiety and reduce cravings
- Optimize GLP-1 and weight-loss treatment plans
- Build food freedom and confidence
- Reconnect with their body's needs to become their healthiest self
- Enhance gut and metabolic health

## Shed's four pillars of nutrition



# The importance of Shed's four pillars of nutrition

## Protein: Prioritize muscle-preserving fuel

Protein is essential to preserving lean muscle, boosting metabolism, and managing hunger, especially during weight loss and maintenance. It supports steady energy, helps regulate blood sugar, and increases the natural GLP-1, a hormone that curbs appetite and promotes fat burning.

## Fiber: Stay satisfied and digest well

Fiber promotes healthy digestion, keeps you fuller longer, and helps manage appetite, all essential for sustainable weight loss. It stabilizes blood sugar, reduces cravings, and feeds beneficial gut bacteria that enhance GLP-1 production and overall metabolic health.

## Nutrient-dense foods: Maximize nutrients and feel energized

Nutrient-dense foods are rich in vitamins, minerals, and antioxidants that support metabolism, reduce inflammation, and increase energy levels. Incorporate dark and bright colorful fruits and vegetables, omega-3-rich fish, whole grains, and healthy fats. These foods nourish your body deeply and help you feel your best as you lose weight.

## Gut health: Support from the inside out

A healthy gut supports metabolism, reduces inflammation, and aids fat loss by enhancing GLP-1 production and stabilizing blood sugar. A balanced microbiome and strong gut-brain connection help quiet food noise, reduce cravings, and boost energy, supporting long-term wellness and sustainable weight loss.

# Step-by-step guide to building a metabolic foundation plate: choose foods from the food category tables

## 1. Prioritize protein

Start by selecting your preferred lean protein foods to form the foundation of your meal or snack. This supports muscle health, satiety, and blood sugar regulation.

## 2. Load up on non-starchy vegetables

Add a hearty serving of non-starchy vegetables to boost volume, fiber, and essential nutrients without the excess calories.

## 3. Choose smart carbohydrates

Incorporate fiber-rich, complex carbs like whole grains, starchy vegetables, or fruits to fuel your body and keep you energized.

## 4. Add beneficial fats

Boost flavor, fullness, and nutrient absorption by including healthy fats during cooking or as a finishing touch—think avocado, olive oil, nuts, or seeds.

## 5. Nourish from within

Enhance your gut-brain connection by including fermented or fiber-rich foods that nourish your microbiome and support appetite-regulating hormones.

## 6. Flavor and season with intention

Bring your meals to life with fresh herbs, spices, citrus, or wholesome condiments. Add layers of flavor without relying on excess salt or sugar.



Fiber legume

Protein

Seasoning-Fruit

Healthy fats

Complex carbs

Nutrient-dense, non-starchy vegetables

Proteins		
Lean	Medium lean	
Average serving = 3-4 servings per meal ~ 2-3 x/d	Average serving = 3-4 servings per meal ~ 1 x/d	
Foods and portions on the list have similar nutritional value and can be substituted for each other.		
<div>1 serving = meat, poultry, fish cooked</div> <div>Egg substitutes (&lt;55 calories/¼ cup) - ¼ cup</div> <div>Egg whites (from eggs or liquid egg whites) - 2 or ¼ cup</div> <div>Beef (round, sirloin, flank, filet mignon, tenderloin, 95/5 or 90/10 lean ground, jerky) - 1 oz</div> <div>Bison - 1oz</div> <div>Chicken (breast or ground) - 1oz</div> <div>Lamb (trimmed) - 1oz</div> <div>Pork (ham, canadian bacon, tenderloin) - 1oz</div> <div>Turkey (breast or lean ground) - 1oz</div> <div>Veal (ground, most cuts) - 1oz</div> <div>Venison - 1oz</div> <div>Fish (all fresh or frozen) - 1oz</div> <div>Oysters - 6 medium</div> <div>Sardines (canned) - 2 medium</div> <div>Shellfish (crab, shrimp, lobster, clams, scallops) - 2 oz</div> <div>Tuna (in water) - ¼ cup</div> <div>Protein powder (whey, plant low-carb) - ⅓-½ scoop</div> <div><div>Dairy Protein</div><div>0% Cottage cheese - ¼ cup</div><div>2% or 4% Cottage cheese - ¼ cup</div><div>Grated Parmesan cheese - 2 tbsp</div><div>Light Feta cheese - 1oz</div><div>Low Fat Cheese (&lt; 55 calories/oz) - 1oz</div><div>Plain 0% Greek yogurt - ¼ cup</div><div>Plain 0% Icelandic yogurt - ¼ cup</div><div>Plain 2% Greek yogurt - ¼ cup</div><div>Plain 2% Icelandic yogurt - ¼ cup</div><div><div>Plant-based protein</div><div>Light tofu - 1oz</div><div>Natto - 1oz</div><div>Nutritional yeast - ¼ cup</div><div>Seitan - 1oz or 1 slice</div><div>Spirulina - 2  tbsp</div><div>Tempeh - 1oz</div><div>Tofu (firm) - 2 oz   Tofu (soft) - 3 oz</div></div></div>	<div>1 serving = meat, poultry, fish cooked</div> <div>Eggs - 1</div> <div>Beef (roast, rib, chuck, rump, porterhouse, T-bone, meat loaf, 80/20 ground) - 1oz</div> <div>Chicken (with skin-thighs, legs, wings, sausage) - 1oz</div> <div>Lamb (chops, roast, leg) - 1oz</div> <div>Pork (chops, roast, cutlets) - 1oz</div> <div>Turkey (with skin-thighs, legs, wings, turkey bacon, turkey pepperoni) - 1oz</div> <div>Veal (cutlets) - 1oz</div> <div>Salmon (fresh, frozen or canned) - 1oz</div> <div>Tuna (in oil) - ¼ cup</div> <div>Dairy protein:</div> <div>Feta cheese - 1oz</div> <div>Fresh mozzarella - 1oz</div> <div>Part skim ricotta - ¼ cup</div> <div>Ricotta cheese - 2oz or ¼ cup</div> <div>Plant-based protein:</div> <div>Soy milk - 6 oz or ¾ cup</div>	
Calories and macronutrients per serving		
35-55 kcal	Calories	75 kcal
~7 g	Protein	~ 7g
0-3 g	Fat	5g

Non-starchy vegetables		Seasonings	
<p><b>Aim for at least 4 servings/d</b> <b>Average serving = 1-2 servings/meal</b></p> <p>Foods and portions on the list have similar nutritional value and can be substituted for each other.</p>		<p><b>Incorporate seasonings for flavor and health benefits.</b></p>	
<p>1 serving = ½ cup cooked or 1 cup raw of</p> <p>Artichoke and artichoke hearts Asparagus Beets Bell Peppers Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Green Beans Greens (Swiss chard, Mustard, Collard) Jicama Lettuce Greens (Romaine, Arugula, Kale) Mixed vegetables (without corn, peas, or pasta) Mushrooms Okra Onions Pea Pods Radishes Spinach Squash (Summer and Zucchini) Summer Squash Tomato Turnips</p>		<p>Basil Celery seed Cinnamon Chili Powder Chives Cumin Coriander Curry Dill Garlic Garlic powder Ginger Lemon Lemon juice Lemon pepper Lemon grass Lime Lime juice Mint Nutmeg Onion Onion powder Oregano Paprika Pepper Rosemary Red pepper flakes Thyme Turmeric Extracts (vanilla, almond, walnut, peppermint, lemon)</p>	
Calories and macronutrients per serving			
Calories	25 kcal		
Carbohydrates	5 g		
Protein	2 g		
Fat	0 g		
Fiber recommendation: Women: 25g/d Men: 38g/d			

Carbohydrates					
Fruit Average serving Whole fruits: 2 servings/d Dried fruits: 2-3 servings/week		Starchy vegetables Average serving 1-2 servings/d	Grains Average serving 1-2 servings/d Prioritize whole or sprout grains over processed	Beans and Legumes Average serving 1-2 servings/d	Dairy Average serving 1-2 servings/d
Foods and portions on the list have similar nutritional value and can be substituted for each other.					
1 serving =  <u>Whole fruits</u> Apple - 1 medium Apricots - 4 Banana - ½ medium Berries - 1 cup Cantaloupe - 1 cup Cherries - 12 large Grapes - 15 small Grapefruit - ½ medium Guava- ½ cup Kiwi - 1 large Mandarin - 2 small Mango - ½ small Melon - 1 cup Orange - 1 medium Papaya - 1 cup or ½ fruit Peach - 1 medium Pear - 1 small Pineapple - 3/4 cup Plum - 2 small Pomegranate - ½ small Tangerine - 2 small  <u>Dried fruits</u> Apricots - 7 halves Cranberries - 1 tbsp Dates - 2 ½ Figs - 2 Freeze dried fruit - 3 ½ tbsp Prunes - 3 medium Raisins - 2 tbsp		1 serving = cooked portion  Baked potato (w/ skin) - 1 small (3 oz) Beets- ½ cup Corn - ½ cup Corn on the cob - 6 in. or ½ cob or 5 oz Green peas - ½ cup Mashed potato - ½ cup Parsnip - ½ cup Plantains - ½ cup Popcorn (air-popped)-3 cups Potato - purple, red, yellow (with skin) - ½ medium (3 oz) or ½ cup Pumpkin, canned - 1 cup Squash (acorn, butternut) - 1 cup Sweet potato - ½ medium or ½ cup Taro - ½ cup Yuca/cassava - ½ cup	1 serving = cooked portion  Amaranth - ⅓ cup Barley - ½ cup Bread (whole grain, sourdough, sprouted, protein rich, white bread) - 1 slice Buckwheat - ½ cup Bulgur - ½ cup Crackers- serving equivalent to ~15 gram carbs (*whole grain , crackers) Farro - ⅓ cup Millet - ½ cup Oats (rolled or steel-cut) - ½ cup Oat milk- 1 cup Pasta (whole grain, protein rich, brown rice, *lentil, chickpea, quinoa, regular pasta) - ½ cup Pita (whole grain, protein rich, pita) - ½ Quinoa - ½ cup Rice (brown, *wild, basmati, jasmine) - ½ cup Rice cakes - 2 (4in) Spelt - ⅓ cup Teff - 3/4 cup Whole grain cereal - ½ cup wraps/ tortillas (**whole grain, sprouted, whole corn, protein rich, white wraps or tortillas) - 1 (6 in.)	1 serving = cooked portion  Bean dip - ⅓ cup Black beans - ½ cup Black-eyed peas - ½ cup Cannellini - ½ cup Chickpeas - ½ cup Edamame - ½ cup Hummus - ⅓ cup Kidney - ½ cup Lentils - ½ cup Lima- ½ cup Navy beans-½ cup Pinto beans - ½ cup Vegetarian refried beans - ¼ cup White beans - ½ cup	1 serving =  <u>Non &amp; very low fat dairy</u> 1% Milk - 1 cup Low-fat buttermilk - 1 cup Plain non-fat yogurt - 8oz Skim milk - 1 cup  <u>Low-fat dairy:</u> 2% milk - 1 cup  <u>Whole Dairy</u> Evaporated whole milk - ½ cup Kefir - 1 cup Whole milk - 1 cup Whole milk plain Yogurt - 1 cup
Calories and macronutrients per serving					
Calories	60 kcal	80 kcal	80 kcal	90 - 110 kcal	90 - 150 kcal
Carbohydrates	~ 15 g	~15 g	~15 g	~15 g	~12 g
Protein	-	3 g	3 g	3-7 g	8 g
Fat	-	-	-	-	0-3 g (skim) 5 g (low-fat) 8 g (whole milk)

Fat			
Unsaturated		Saturated	
Average serving = 1-2 servings/meal Prioritize unsaturated fat over saturated fat		Average serving = 1 serving day	
Foods and portions on the list have similar nutritional value and can be substituted for each other.			
<p>1 serving =</p> <p><u>Unsaturated fat</u></p> <p>Avocado - ⅓ medium Avocado Oil - 1 tsp Guacamole - 1 tbsp Olive Oil - 1 tsp Olives - 10 small, 5 large</p> <p><u>Nuts, seeds, nut and seed butters</u></p> <p>Almonds - 6 Brazil - 2 Cashews - 1 tbsp Hazelnuts - 5 Macadamia - 1 tbsp Peanuts - 20 small or 10 large Pecans halves - 4 Pine - 1 tbsp Pistachios - 16 Walnuts - 2 whole Chia - 1 tbsp Flaxseed (ground) - 2 tbsp Hemp seeds - 1 tbsp Pumpkin seeds - 1 tbsp Sesame seeds - 1 tbsp Almond butter - ½ tbsp Cashew butter - ½ tbsp Peanut butter - ½ tbsp Sunflower seed butter - ½ tbsp Tahini - ½ tbsp</p>		<p>1 serving =</p> <p><u>Saturated fat</u></p> <p>Butter - 1 tsp Coconut flakes (unsweetened) - 2 tbsp Coconut milk (light) - 3 tbsp Coconut milk (regular) - 1 ½ tbsp Coconut oil - 1 tsp Coffee creamer liquid - 2 tbsp Coffee creamer powder - 4 tsp Cream (heavy, whipping) - 1 tbsp Cream cheese - 1 tbsp Ghee - 1 tsp Half &amp; half - 1 tbsp Mayonnaise - 1 tsp Mayonnaise reduced-fat - 1 tbsp Salad dressing - 1 tsp Sour cream - 2 tbsp</p> <p><u>Cheese</u></p> <p>Cheddar - 1 oz Feta - 1 oz Goat - 1 oz Swiss - 1 oz</p>	
Calories and macronutrients per serving			
	Unsaturated and saturated fat	Nuts, seeds, nuts and seed butters	Cheese
Calories	45 kcal	90-110 kcal	75-110 kcal
Carbohydrates	-	-	-
Protein	-	3-7 g	4-7 g
Fat	5 g	~5 g	6-9 g
Tbsp = tablespoon Tsp = teaspoon			

Gut healthy foods					
Aim to incorporate fiber rich, prebiotics and probiotic foods into your meals and snacks to support a balanced gut and healthy digestion.					
<p><u>Prebiotic-rich foods:</u></p> <p>Asparagus Bananas (green) Berries Garlic Jerusalem artichokes Leeks Onion Whole grains (especially oats)</p>			<p><u>Probiotic-rich foods:</u></p> <p>Apple cider vinegar (unfiltered raw with “the mother”) Fermented soy products: Miso, tempeh, nato Fermented vegetables (no added sugar) Kimchi Pickles (no added sugar) Plain kefir Sauerkraut (no added sugar) Yogurt (with live cultures)</p>		
Examples of fiber-rich foods					
Food	Amount	Amount of fiber (g)	Food	Amount	Amount of fiber (g)
Beans and legumes			Vegetables		
Navy beans cooked	½ cup	9.6	Pumpkin, canned	1 cup	7.1
White beans cooked	½ cup	9.2	Artichoke, cooked	½ cup	3.6
Lentils cooked	½ cup	7.8	Brussels sprouts, cooked	½ cup	3.2
Pinto beans cooked	½ cup	7.7	Sweet potato, cooked	½ cup	3.2
Black beans cooked	½ cup	7.5	Parsnip, cooked	½ cup	3.1
Lima beans, cooked	½ cup	6.6	Broccoli, cooked	½ cup	2.9
Green peas cooked	½ cup	4.4	Cauliflower, cooked	½ cup	2.5
Edamame	½ cup	4.1	Carrots, cooked	½ cup	2.5
Fruits			Grains, nuts and seeds		
Raspberries	1 cup	8.0	Popcorn	3 cups	5.7
Blackberries	1 cup	7.6	Flax seeds	2 tbsp	5.6
Apple with skin	1 medium	4.8	Chia seeds	1 tbsp	4.1
Guava	½ cup	4.5	Bulgur, cooked	½ cup	4.1
Orange	1 medium	3.7	Oat bran	½ cup	3.9
Blueberries	1 cup	3.6	Almonds	1oz	3.5
Grapefruit	½ medium	2.5	Pistachios	1oz	2.9
Banana	½ medium	1.6	Hazelnuts	1oz	2.8

Flexible foods and beverages	
Can be eaten as often as you like	Average serving = 2-3 servings/d
<div>Decaffeinated black coffee</div> <div>Decaffeinated black or herbal tea</div> <div>Fruit infused water</div> <div>Naturally sweetened drinks</div> <div>Seltzer or club soda</div> <div>Sparkling water or mineral water</div> <div>Unsweetened or naturally sweetened ice-tea</div> <div>Water</div> <div>Cauliflower rice</div> <div>Horseradish</div> <div>Hot sauce</div> <div>Mustard</div> <div>Non-starchy vegetables list</div> <div>Sugar-free gelatin</div> <div>Sugar-free gum or mints</div> <div>Vinegar</div> <div>Zucchini noodles</div>	<div>1 serving =</div> <div>Balsamic vinegar - 2 tsp</div> <div>*Calorie free syrups and dressings - 2 tbsp</div> <div>Cooking wine - ¼ cup</div> <div>Dark chocolate - 1 square</div> <div>Fat-free sour cream - 2 tbsp</div> <div>Fat-free whipped topping - 2 tbsp</div> <div>Heart of palm noodles - 1 cup</div> <div>*Low calorie salad dressings - 2 tbsp</div> <div>*Low-sodium broth - 1 cup</div> <div>*Low-sodium soy sauce - 2 tbsp</div> <div>Ketchup - 1 Tbsp</div> <div>*No added or low sugar bbq sauce - 2 tbsp</div> <div>Powdered peanut butter - 1 tbsp</div> <div>*Pickles (unsweetened) - ¼ cup</div> <div>Salsa - ¼ cup</div> <div>Sugar-free chocolate chips - 2 tbsp</div> <div>Sugar-free cocoa - 1 packet or 2 tbsp</div> <div>Unsweetened almond or coconut milk - ½ cup</div> <div>Unsweetened cocoa powder - 1 tbsp</div> <div>*Worcestershire sauce - 2 tbsp</div>
<div>*Be mindful of sodium content.</div> <div>When choosing foods that are calorie free, choose naturally sweetened over artificially sweetened as stevia, monk fruit, xylitol, erythritol, allulose, agave, raw unfiltered honey, and pure maple syrup.</div>	