



DR. CHRISTIANSON *.com*

# MRD MENU GUIDE

— & SHOPPING LISTS —



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# METABOLISM RESET MEAL PLAN

Here is a suggested complete menu for the four-week Metabolism Reset. You will have the benefit of a new dinner each night, a new shake each day, shopping lists for each week, and specific ideas for unlimited foods each day.

## WEEK 1 SHOPPING LIST

### PRODUCE

---

- Strawberries (Organic), 1 Pint
- Navel Oranges (Organic) 1 package
- Fresh Spinach, 2 bags
- Bananas, 6 medium
- Papaya, 1 medium
- Fresh Ginger, 3 pieces
- Lemons, 5
- Carrots, 10-14
- Garlic, 2 heads and 6 cloves
- Shallot, 1 medium
- White onion, 1 large
- Celery, 7 Stalks
- Zucchini, 1 medium
- Cauliflower, 1 head
- Yellow Onions, 4 medium
- Sweet onion, 1 large
- Red Potatoes, 4-5 medium
- Rutabaga, 1 medium
- Cherry tomatoes, 2 pints
- Yellow Potatoes, 3 medium
- Lettuce, 1 head
- Lime, 1
- Lemongrass, 2 stalks
- Thai chile, 1
- Fresh Cilantro, 2 bunches
- Fresh Chives, 1 bunch
- Orange Bell Peppers, 4-5
- Red or Yellow Bell Peppers, 5
- Fresh Tomatoes, 8 medium
- Fresh Parsley, 2 bunches
- Fresh Basil, 1 bunch
- Eggplant, 2 medium
- Shiitake Mushrooms, 1 (16 ounce) package
- Cucumbers, 4 large
- Fresh Tarragon, 1 bunch
- Fresh Thyme, 1 bunch
- Avocado, 1 medium

### MEATS/FISHES

---

- Salmon Fillet, 1 pound
- Ground Turkey, 1 ½ pounds
- Beef Roast (Organic), 2-3 Pounds (Boneless)
- Shrimp (wild-caught) 3 pounds
- Chicken Breast (Organic) 1 pound

## BEVERAGES

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- Vegetable juice cocktail or tomato puree 1 (16 ounce) bottle
- Tomato Juice 1 (15 ounce) can

## FROZEN FOODS

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- None

## BREAD/BAKERY

---

- None

## DAIRY

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- None

## CANNED/JARRED GOODS

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- Whole-grain Dijon Mustard, 1 (4 Ounce) Can
- Tomato Paste, 1 (6-ounce) Can
- Beef Broth (Organic), 1 (32 ounce) container
- Vegetable or Chicken Stock (Organic), 1 (32 Ounce) container
- Chickpeas, 1 (15 ounce) can
- Coconut Milk, light, 1 (15 ounce) can
- Capers, 1 (4 ounce) jar
- Fish Sauce, Thai or Vietnamese 1 (8-ounce) bottle
- Apple Cider Vinegar, 1 (16-ounce)
- Red Wine Vinegar, 1 (16-ounce) bottle
- Balsamic Vinegar, 1 (16-ounce) bottle





## DRIED GOODS/PANTRY ITEMS

---

- Sweetener, like stevia, lo han, xylitol powder, 1 (1 ounce) package
- Pea Protein powder (Or other protein base) 14 servings
- Vanilla Extract, 1 (4-ounce) bottle
- Steel-cut or old-fashioned rolled oats (gluten-free), 1 (32-ounce) package
- Carob powder, toasted, ¼ pound
- Chia Seeds, ¼ pound
- Dried tumeric, 1 (0.5-ounce or larger) container
- Ceylon cinnamon, 1 (0.5-ounce or larger) container
- Whole Cloves, 1 (0.5-ounce or larger) jar
- Almonds, 1 (16-ounce) package
- Green banana flour, 1 (16-ounce) container
- Ground Nutmeg, 1 (0.5-ounce) container
- Brown Rice, 1 (28-ounce) package
- Salt
- Black Pepper, 1 (0.5-ounce or larger) container
- Avocado Oil, (16-ounce) bottle
- Extra-Virgin olive oil, (16-ounce) bottle
- Dried Thyme, 1 (0.5-ounce or larger) jar
- Red Pepper Flakes, 1 (0.5-ounce or larger) container
- Dried Parsley, 1 (1-ounce) jar
- Paprika, 1 (0.5-ounce or larger) container
- Cayenne Pepper, 1 (0.5-ounce or larger) container



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## WEEK 2 SHOPPING LIST

### PRODUCE

---

- Pomegranate, 1
- Fresh Spinach, 2 (8-ounce) bags
- Fresh Rosemary, 1 bunch
- Granny Smith Apple, 1 medium
- Beets, 1 bunch
- Pineapple, 1
- Fresh Coconut, 1
- Fresh Mint, 1 bunch
- Green Cabbage, 1 medium head
- Sweet or yellow onions, 4 medium
- Garlic, 6 medium heads
- Fresh Basil, 3 bunches
- Carrots, 7 large
- Limes, 3
- Fresh Ginger, 1 (3-inch) piece
- Broccoli, 1 head
- Red Bell Pepper, 1
- Green onions, 5
- Peanuts, 1 (8-ounce) package, shelled
- Fresh Parsley, 1 bunch
- Baby potatoes, 1 pound
- Green Beans, 1 pound
- Red Onions, 3 medium
- Small Red Potatoes, 1 Pound
- Lettuce, 2 heads
- Fresh Cilantro, 1 bunch
- Lemon, 1
- Zucchini, 6 to 8 medium
- Tomatoes, 4 medium
- Celery, 6 stalks
- Shiitake mushrooms, 2 (16-ounce) packages
- Lemongrass, 1 stalk
- Snow peas, 1 (16-ounce) package
- Cauliflower florets, 1 (16-ounce) package
- Fennel, 1 bulb
- Green Beans, 1 pound
- Cherry Tomatoes, 1 pint

### MEAT/FISH

---

- Ground Meat, 1 pound
- Alaskan Salmon fillet (wild caught), 1 pound
- Chicken Breast (Organic) 2 breast, split, ½ pound
- Atlantic Cod fillet (wild caught), 1 pound
- Canned Salmon (wild caught), 1 (15-ounce) can
- Chicken (organic), 1 pound

### BEVERAGES

---

- None

## FROZEN FOODS

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- Dark Cherries, frozen, (16-ounce) package

## BREAD/BAKERY

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- None

## DAIRY

---

- None

## CANNED/JARRED GOODS

---

- Pumpkin Puree, 1 (15 ounce) can
- Raisins (organic), 1 (16-ounce) package
- Tomato sauce, 1 (15-ounce) can
- Peanut Butter (Organic), 1 (16 ounce) jar
- Toasted sesame oil, 1 (8-ounce) bottle
- Tamari, 1 (12-ounce) bottle
- Hot pepper sesame oil, 1 (8-ounce) bottle
- Brown Rice Vinegar, 1 (16-ounce) bottle
- Red Wine Vinegar, 1 (12-ounce) bottle
- Dijon Mustard, 1 (4-ounce) jar
- Olive Oil, 1 (16-ounce) bottle
- Avocado Oil, 1 (16-ounce) bottle
- Black Beans, 1 (15-ounce) can
- Corn Kernels (organic), 1 (15-ounce) can
- Balsamic Vinegar, 1 (16-ounce) bottle
- Chicken Broth, 1 (32-ounce) package
- Honey (organic), 1 (8-ounce) jar
- Japanese rice vinegar (unseasoned), 1 (8-ounce) bottle
- White miso paste (naturally fermented), 1 (5-ounce) jar





## DRIED GOODS/PANTRY ITEMS

---

- Sweetener, like stevia, lo han, xylitol powder, 1 (1 ounce) package
- Pea Protein powder (Or other protein base), 14 servings
- Chia seeds, 1 (8-ounce) package
- Steel cut or old-fashioned rolled oats (gluten-free), 1 (32-ounce) package
- Almonds, 1 (16-ounce) package
- Ceylon Cinnamon, 1 (0.5 ounce or larger) container
- Toasted carob powder, 1 (8-ounce) package
- Pecan halves or pieces, 1 (8-ounce) package
- Hemp seeds, 1 (8-ounce) package
- Fresh or dried tumeric, 1 (0.5 ounce or larger) container
- Natural Vanilla Extract, 1 (4-ounce) container
- Pumpkin pie spice, 1 (0.5 ounce or larger) container
- Smoked paprika, 1 (0.5-ounce or larger) container
- Pepper, 1 (0.5-ounce or larger) container
- Quinoa, 1 (16-ounce) package
- Macadamia nut oil
- Cumin Seeds, 1 (0.5-ounce or larger) container
- Taco Seasoning, 1 (1-ounce) package
- Red Pepper Flakes, 1 (0.5-ounce or larger) container
- Sea Salt, 1 (16-ounce) package
- Ground cinnamon, 1 (0.5-ounce or larger) container
- Chili powder, 1 (0.5-ounce or larger) container
- White pepper, 1 (0.5-ounce or larger) container
- White sesame seeds, 1 (8-ounce) package



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## WEEK 3 SHOPPING LIST

### PRODUCE

---

- Banana, 1 medium
- Lemons, 3
- Limes, 3
- Plums, 3 medium
- Fresh Parsley, 1 bunch
- Oranges, 3
- Kiwi, 1
- Fresh cilantro, 2 bunches
- Fresh ginger, 1 (3-inch) piece
- Peach, 1 medium
- Blackberries, 2 pints
- Garlic, 1 head
- Green beans (organic), 1 ½ pounds
- Grape tomatoes (organic), 2 pints
- Red onions, 2 medium
- Cucumber, 1 medium
- Fresh dill, 1 bunch
- Fresh mint, 1 bunch
- Yellow onion, 1 large
- Arugula, washed leaves, 1 (8-ounce) bag
- Blueberries or raspberries, 1 pint
- Beets, 8 medium
- All-purpose potatoes, 3 medium
- Carrots, 5 large, 2 medium
- Broccoli, 1 bunch
- Shiitake mushrooms, 1 (16-ounce) package
- Jalapeño, 1
- Avocado, 1
- Broccolini, 2 bunches (about 3 pounds)
- Baby Carrots, 1 (16-ounce) package
- Broccoli florets, 2 (16-ounce) packages
- Mustard Greens, 1 bunch (about 20 ounces)
- Rosemary, 4 to 6 sprigs

### MEAT/FISH

---

- Whole Chicken, 1 (2-3 pounds)
- Flank Steak (grass-fed), 2 ½ pounds
- Chicken breast, 4 split breast (about 2 pounds)
- Chicken Sausage (organic), 8 ounces

### BEVERAGES

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- None

## FROZEN FOODS

---

- Petite green peas, 1 (16-ounce) package
- Blueberries, 1 (16 ounce) package

## DAIRY

---

- None

## BREAD/BAKERY

---

- None

## CANNED/JARRED GOODS

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- Rosewater, 1 (4-ounce) container
- Navy beans, 1 (15-ounce) can
- Macadamia nut oil, 1 (16-ounce) bottle
- Apple cider vinegar, 1 (16-ounce) bottle
- Thai or Vietnamese fish sauce, 1 (8-ounce) bottle
- Pumpkin Puree, 2 (15-ounce) cans
- Dill pickles, 1 (16-ounce) jars
- Red wine vinegar, 1 (16-ounce) bottle
- Whole grain mustard, 1 (4-ounce) jar
- Sardines, 1 (3-ounce) can
- Tamari (wheat-free), 1 (12-ounce) bottle
- Toasted sesame oil, 1 (8-ounce) bottle
- Extra-Virgin olive oil, 1 (16-ounce) bottle
- Corn Kernels, 1 (15-ounce) can
- Chicken broth, 1 (32-ounce) container
- Avocado oil, 1 (16-ounce) bottle
- Unseasoned Japanese rice vinegar, 1 (8-ounce) bottle
- White miso paste (naturally fermented), 1 (5-ounce) container

## DRIED GOODS/PANTRY ITEMS

---

- Sweetener, like stevia, lo han, xylitol powder, 1 ( 1-ounce) package
- Pea protein powder or other protein base, 14 servings
- Macadamia nuts, 1 (16-ounce) package
- Green tea (decaffeinated), 1 package
- Chia seeds, 1 (8-ounce) package
- Sunflower seeds, 1 (16-ounce) package
- Sesame seeds, 1 (8-ounce) package
- Almond extract, 1 (1-ounce) bottle
- Walnut pieces, 1 (16-ounce) bag
- Coarse sea salt (iodine free), 1 (16-ounce) package
- Pepper, 1 (0.5-ounce) container
- Arrowroot flour, 1 (0.5 ounce or larger) container
- Ground Cumin, 1 (0.5-ounce) container
- Forbidden rice, 1 (16-ounce) package
- Cayenne pepper, 1 (0.5-ounce or larger) container
- White sesame seeds, 1 (16-ounce) package
- Green banana flour, 1 (16-ounce) package

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## WEEK 4 SHOPPING LIST

### PRODUCE

---

- Limes, 4
- Blood orange, 1
- Fresh ginger, 1 (3-inch) piece
- Bananas, 3 medium
- Dark cherries, 1 (16-ounce) package
- Fresh Spinach, 2 (6-ounce) bags
- Swiss chard, 1 bunch
- Avocado, 1
- Fresh cilantro, 2 bunches
- Fresh parsley, 2 bunches
- Raspberries, 1 pint
- Peach, 1 medium
- Garlic, 4 heads
- Green beans (organic), ½ pound
- Grape tomatoes (organic), 1 pint
- Red onion, 1 medium
- Cucumber, 3 large
- Fresh dill, 1 bunch
- Fresh mint, 1 bunch
- Fresh thyme, 2 bunches
- Cherry tomatoes, 2 pints
- Carrots, 6 large
- Celery, 1 bunch
- Yellow onions, 4 large
- Zucchini, 2 medium
- Fresh basil, 1 bunch
- Lettuce (butter or iceberg), 2 heads
- Tomatoes, 4 medium
- Bok choy, 1 bunch with 4 to 6 stems and leaves
- Mushrooms, 2 (16-ounce) packages
- Green onions, 1 bunch
- Snow peas, 1 (16-ounce) package
- Baby carrots, 1 (16-ounce) package
- Red bell pepper, 1
- Onions, 2 medium
- Fresh tarragon, 1 bunch
- Lemons, 2
- Shiitake mushrooms, 2 (16-ounce) packages
- Lemongrass, 1 stalk
- Beets, 4 medium
- Fennel bulb, 1
- Cauliflower florets, 1 package

### MEAT/FISH

---

- Skinless, boneless chicken breasts (organic), 1 ½ pounds
- White fish fillets of choice, 1 pound
- Lean ground turkey (organic), 1 pound

### BEVERAGES

---

- Cooking wine of choice, 1 bottle
- Tomato juice, 2 (16-ounce) cans

## DAIRY

---

- None

## FROZEN FOODS

---

- Blueberries, 1 (16-ounce) package

## BREAD/BAKERY

---

- Rice tortillas, 1 (10-ounce) package

## CANNED/JARRED GOODS

---

- |  |  |
|--|--|
| <input type="checkbox"/> Macadamia nut oil, 1 (16-ounce) bottle            | <input type="checkbox"/> Avocado oil, 1 (8-ounce) bottle               |
| <input type="checkbox"/> Apple cider vinegar, 1 (8-ounce) bottle           | <input type="checkbox"/> Pinto beans, 1 (15-ounce) can                 |
| <input type="checkbox"/> Thai or Vietnamese fish sauce, 1 (8-ounce) bottle | <input type="checkbox"/> Soy sauce, 1 (12-ounce) bottle                |
| <input type="checkbox"/> Olive oil, 1 (16-ounce) bottle                    | <input type="checkbox"/> Teriyaki sauce (gluten free), 1 (8-ounce) jar |
| <input type="checkbox"/> Red kidney beans, 1 (15-ounce) can                | <input type="checkbox"/> Sweet chili sauce, 1 (8-ounce) bottle         |
| <input type="checkbox"/> White kidney beans, 1 (15-ounce) can              | <input type="checkbox"/> Vegetable broth, 1 (32-ounce) container       |
| <input type="checkbox"/> Chickpeas, 1 (15-ounce) cans                      | <input type="checkbox"/> Pumpkin puree, 1 (15-ounce) can               |
| <input type="checkbox"/> Diced tomatoes, 1 (15-ounce) cans                 | <input type="checkbox"/> Red wine vinegar, 1 (16-ounce) bottle         |
| <input type="checkbox"/> Chicken broth (organic), 2 (32-ounce) containers  | <input type="checkbox"/> Tomato paste, 1 (6-ounce) can                 |
| <input type="checkbox"/> Coconut milk, 1 (15-ounce) can                    | <input type="checkbox"/> Honey, 1 (8-ounce) jar                        |



## DRIED GOODS/PANTRY ITEMS

---

- Sweetener, like stevia, lo han, xylitol powder, 1 (1-ounce) package
- Pea protein powder, or other protein base, 14 servings
- Chia seeds, 1 (8-ounce) package
- Coarse sea salt, 1 (16-ounce) package
- Pepper, 1 (0.5-ounce) container
- Sunflower seeds, 1 (16-ounce) package
- Carob powder, 1 (4-ounce) package
- Tiger nuts, 1 (8-ounce) package
- Green Banana flour, 1 (16-ounce) package
- Brazil nuts, 1 (8-ounce) package
- Peppermint essential oil (food-grade), 1 (1-ounce) bottle
- Cardamom in the pod, 1 (1-ounce) jar
- Vanilla extract, 1 (4-ounce) jar
- Walnut pieces, 1 (16-ounce) bag
- Pasta (gluten-free), 1 (16-ounce) package
- Sunflower seeds, 1 (16-ounce) package
- Nutritional yeast (folic acid-free), 1 (16-ounce) package
- Arrowroot powder, 1 (16-ounce) package
- Almonds, 1 (16-ounce) package
- Onion powder
- Brown rice, 1 (16-ounce) package
- Cashews, 1 (8-ounce) package
- Dry Mustard, 1 (1-ounce) container
- Granulated garlic, 1 (0.5-ounce or larger) container
- Ground ginger, 1 (0.5-ounce or larger) container
- Arborio rice, 1 (16-ounce) package
- Ground nutmeg, 1 (0.5-ounce or larger) container
- Cayenne pepper, 1 (0.5-ounce or larger) container
- Red pepper flakes, 1 (0.5 ounce or larger) container
- Ground cinnamon, 1 (0.5 ounce or larger) container
- Chili powder, 1 (0.5 ounce or larger) container
- White pepper, 1 (0.5 ounce or larger) container
- Ground cumin, 1 (0.5 ounce or larger) container

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