

MetaBoost

STEP 1

# METABOLIC FLUSH

MetaBoost Connection Series

Meredith Shirk CPT, FNS, WLS, BCS

**SVELTE**



# Disclaimer Notice:

This eBook offers health, wellness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may read in this eBook.

Consult with your physician prior to beginning any exercise program, or making any significant changes to your diet, such as by using any supplement, nutrition plan, or meal replacement product. It is your responsibility to ensure that you are following all safety instructions that we provide, when following our programs or using any of our products.

Nothing stated or contained in this eBook or available through any of our programs are intended to be, and must not be taken to be, the practice of medical or counseling care. For purposes of this disclosure, the practice of medicine and counseling includes, without limitation, psychiatry, psychology, psychotherapy, or providing health care treatment, instructions, diagnosis, prognosis or advice.

Any case studies, examples, illustrations, or testimonials provided in this eBook or in the promotional materials for this eBook, are not intended as a guarantee that you will achieve similar results. In fact, your results may vary significantly, and many circumstances may and will cause results to vary. Your results may vary, for instance, depending upon your starting point, goals and effort. There can be no assurance that any prior successes, or past results, can be used as an indication of your future success or results.

None of the statements made in this eBook have been reviewed or approved by the FDA. It is your responsibility to evaluate the accuracy, completeness or usefulness of any information, opinion, advice or other content contained on the eBook, in our programs, or otherwise by us or a representative of our organization.

The use of any information provided in this eBook is solely at your own risk.

# SVELTE

© 2023 Svelte Media, Inc. All Rights Reserved

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

To request permissions, please reach out to the publisher addressing the subject line as,  
“Attention: Copyright Request” at the email address below:  
[support@sveltetraining.com](mailto:support@sveltetraining.com)



## 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.

## LETS 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.





---

# TABLE OF CONTENTS

---

- 01** Introduction
- 04** MetaInfluencers
- 05** Must Do's to Help Flip Your MetaSwitch
- 06** 24 Hour MetaFlush Schedule
- 07** Metabolic Flush Shopping List
- 08** Morning Beverage: Metabolic Fat Burning Elixir
- 09** Breakfast: PowerSlim Smoothie
- 10** Lunch: Lean Protein, Lean Body
- 12** Midday Power Snack
- 13** Evening: MetaMovement
- 13** Dinner: Meta Super Green Smoothie
- 14** Pre Bedtime: Metabolic Fat Burning Elixir



# INTRODUCTION

Welcome to the MetaLifestyle!

I'd like to congratulate you on taking the first step to changing your body and life.

But if you recall, you also need to get into the proper mindset before starting this incredible journey.

So clear your mind of all negativity and frustrations of the past and focus on the future.

Visualize yourself healthy and lean. Get a mental image and let it burn into your conscious.

Now once again repeat your MetaMantra:

**“I AM NOT ALONE. THERE IS HOPE.  
THERE IS A SOLUTION. I HAVE THE  
POWER TO CREATE CHANGE.”**



---

# INTRODUCTION

---

Seeing it, hearing it, and believing it are the keys to 'being' it.  
You CAN do this.

I'm going to be with you every step of the way and I can't wait to see your transformation!

Now let's begin.

As I mentioned to you previously, the MetaBoost Connection was developed from passion and designed for function. It's specifically engineered for 40+ women, like yourself, to regain control of their life, and quite literally, reshape their body.

The reports in this series are your 'metablueprints' for success. They each have a purpose and will give you step-by-step direction on what to do.

The purpose of the MetaBoost Metabolic Flush is to help prep and prime your body for the complete MetaBoost Connection. It will also help give your metabolism a kickstart by flushing fat, toxins, & impurities – things that make you bloated and sluggish -- out of your body.



# INTRODUCTION

But make no mistake, this is not a 'detox' or 'cleanse'.

Balancing healthy lifestyle choices, select MetaInfluencer foods, and target exercises are the core drivers for flipping that MetaSwitch!

And if you have a few minutes a day, and commit to the process, I promise you will see change.

Just as a reminder, MetaInfluencers are special foods that can cause a cellular combustion to burn fat, reduce inflammation, and create natural, sustainable energy. Some foods, the ones that do it all, are supreme super foods.

These foods and nutrients will be the foundation of the MetaBoost Metabolic Flush.



# ILLUSTRATION 1 - MetaInfluencers

Boost Metabolism

Chili  
Peppers  
Coffee  
Nuts  
Tea

Balance Hormones

Pomegranate  
Broccoli  
Turmeric  
Salmon  
Quinoa  
Kale  
Nuts  
Soy

**SUPREME**

Avocado  
Cinnamon  
Flaxseed  
Ginger Root  
Lentils

**SUPERFOODS**

Broccoli  
EVOO  
Green Tea  
Kale  
Nuts  
Salmon  
Turmeric

Dark Chocolate  
EVOO  
Green Tea  
Pomegranate  
Salmon  
Tomatoes

Reduce Inflammation

Look Younger/  
Healthy Skin



# MUST DO'S TO HELP FLIP YOUR METASWITCH

All of the specially combined nutrients in your **MetaBoost Metabolic Flush** will start igniting a fire in your cellular engine that will help enforce the rest of the **MetaBoost Connection** system. In addition to the steps above, it's important to keep your body hydrated and your system moving. That said, here are some of my personal recommendations to getting the most out of the metabolic flush:

- **Hydration:** Drink at least 64 ounces of water throughout the day. You can even squeeze fresh lemons/limes into it for flavor and added Vitamin C.
- **Relaxation:** Go to bed before 11pm and get 7-8 hours of sound sleep. It helps to use a noise machine or sleep mask (to cover your eyes).
- **Unplug:** Turn off your cell phone and computer at least 30 minutes before bed. If you're looking at your cellphone, laptop or tablet, the light from the screen will make it more difficult to fall asleep. According to studies, the blue light emitted by screens on cell phones, computers, tablets, and even televisions restrain the production of melatonin (the hormone that controls your sleep/ wake cycle or circadian rhythm). And reducing melatonin makes it harder to fall and stay asleep.
- **Low Cal/High Nutrient:** Even though the calories you consumed today were low, the nutrients were high. If at any point of day you feel hungry, try drinking 3-4oz. of warm water.



# **24 HOUR METAFLUSH SCHEDULE**

**Morning Beverage:** As soon as you wake up!

**Breakfast:** 30 mins after morning elixir!

**Lunch:** between 11:00am-1:00pm

**Power Snack:** between 2:00-3:00pm

**Evening MetaMovement:** before dinner

**Dinner:** between 5:30-6:30, 7:00 latest

*If you choose not to follow these times, I recommend eating every 3-4 hours to keep your blood sugar consistent, metabolism working, and for optimal digestion! Be sure to give your body plenty of time, 3 hours, to digest before bed.*



# METABOOST METABOLIC FLUSH

## SHOPPING LIST



### FRUIT

- ☐ 1/2 cup Blueberries (*frozen or fresh*)  
+ 1/2 cup fresh Blueberries
- ☐ 1/4 cup Cherries (*frozen or fresh*)
- ☐ 1/2 Banana (*frozen or fresh*)
- ☐ 1/4 Apple
- ☐ 1/2 cup Mango (*frozen or fresh*)
- ☐ 1 Pomegranate
- ☐ 1 Lemon or Lime

### PROTEIN

- ☐ 3-4 oz. Grilled Salmon (*wild-caught is best*) **OR** 3-4 oz. Baked/Grilled Lean Meat (*i.e. turkey or chicken*)
- ☐ 1/4 cup Unsweetened Almond or Coconut Milk
- ☐ 4 tbsp. Non-Fat Plain Greek Yogurt
- ☐ 1/4 cup Raw Unsalted Almonds (*or walnuts, pistachios, Brazil nuts, or cashew nuts*)

### VEGETABLES

- ☐ 3 Handfuls Spinach
- ☐ 2 cups or more Baby Spinach or Mixed Greens
- ☐ 1/2 cup Steamed Broccoli
- ☐ 1/2 Tomato

### MISCELLANEOUS

- ☐ Balsamic or Red Wine Vinegar
- ☐ 2 tbsp. Honey
- ☐ 1 tbsp. + 1 tsp. Lemon Juice
- ☐ 2 tsp. ground Ginger or 2 inch fresh Ginger
- ☐ 1 pinch Cayenne Pepper
- ☐ 2 Mint Leaves
- ☐ 1 tsp. Cinnamon
- ☐ 1/2 tbsp. Chia Seeds
- ☐ 1 oz Dark Chocolate



# 24 HOUR METABOOST METABOLIC FLUSH

As soon as you wake up in the morning, get your positive mindset on and get ready to conquer the day. Say your MetaMantra, ***“I have the power to create change”***. And so you will. Now let's start the day with your 24 hour Metabolic Flush!

## MORNING BEVERAGE: METABOLIC FAT-BURNING ELIXIR

1 Serving

### INGREDIENTS

- 3 oz. warm water
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tsp. ground ginger or 1 inch fresh ginger (*grated or chopped*)
- 1 pinch cayenne pepper
- 1 pinch cinnamon

### INSTRUCTIONS / TIPS

- *Combine and drink. You've now given fuel to your cellular engine to rev up your metabolism for the morning.*



*The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.*

---

***If you prefer to drink this cold: initially use the warm water to help dissolve the ingredients, then add in a few ice cubes.***



# BREAKFAST:

## POWER SLIM SMOOTHIE

1 Serving

It's best to drink the PowerSlim Smoothie about a half hour after your Metabolic Fat-Burning Elixir. This will help you feel more satisfied as well as create a cellular reaction with the previously consumed ingredients.

### INGREDIENTS

- ½ cup cold water
- 2 handfuls spinach
- ½ cup blueberries (frozen or fresh)
- ¼ cup cherries (frozen or fresh)
- ¼ cup pomegranate (fresh)
- ½ banana (frozen or fresh)
- 1 tbsp. non-fat plain greek yogurt
- ½ tbsp. chia seedS

### INSTRUCTIONS / TIPS

- *Blend & enjoy!*



The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.

*If you'd like the smoothie to be thicker, you can add crushed ice cubes as well; but be sure to drink it right away, as once the ice melts the smoothie will lose its thick texture and get watery. Frozen fruit will also help make the smoothie thicker.*



# LUNCH:

## LEAN PROTEIN, LEAN BODY

1 Serving

If possible, try and eat lunch between 11am and 1pm, the timing is important. If you wait too long to eat, your body is not leveraging the 'metamomentum' that is being generated from the nutrients being consumed. You're also more likely to get hungry and may be tempted to fill up with empty calories. For best results, be mindful of the times to eat!

### INGREDIENTS

- 2 cups or more baby spinach or mixed greens
- ½ cup steamed broccoli
- ¼ apple (diced atop salad)
- ½ tomato
- 3-4 oz. grilled salmon (wild-caught is best) **OR** 3-4 oz. baked/grilled lean meat (i.e. turkey or chicken)

**Dressing:** balsamic or red wine vinegar

### INSTRUCTIONS / TIPS

*See next page for instructions!*



*The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.*

***The broccoli can also be eaten chilled. After you steam it, add a splash of lemon juice for added Vitamin C and flavor!***



# LUNCH:

## LEAN PROTEIN, LEAN BODY

1 Serving

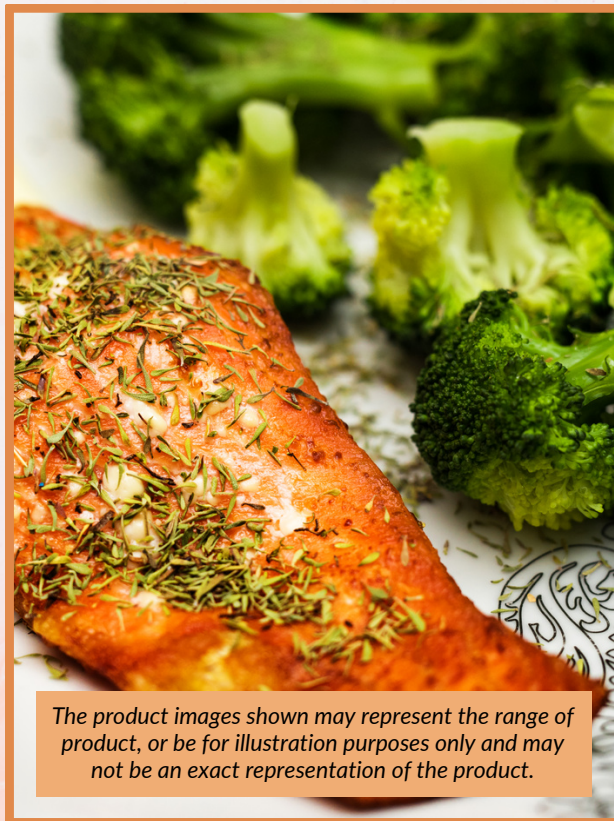
### INSTRUCTIONS / TIPS

#### Baked Salmon:

1. Preheat your oven to 375°F
2. Place the Salmon on a non-stick baking tray
3. Bake for 15-20 mins or until reaching the desired texture

#### Grilled Salmon:

1. Open the grill lid and place the salmon, skin-side down, on the hot zone. Most of the cooking will take place on the skin side. Allow 6 to 8 minutes, depending on the thickness.
2. Use a spatula to gently flip the salmon over onto the lower-heat side. If it sticks, give it another minute or two. When it's ready, it will release easily. (Note that you should never use tongs to flip delicate fish.) Cook for an additional 2 to 4 minutes on the other side, depending on the desired doneness.



The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.

---

***\*Side note: Salmon cooks quickly on the grill (usually no more than 12 minutes total), so try not to walk away or get distracted. The salmon will be medium-rare when an instant read thermometer inserted into the thickest portion reads 120 degrees F. Let it rest for a few minutes before serving to allow for some carryover cooking!***



# MIDDAY: POWER SNACK

1 Serving

If possible, try and have your snack around 2-3 PM. Again, leverage the nutrients you've already eaten as well as keeping your belly full, will help ensure best results.

## INGREDIENTS

- ½ cup blueberries
- ¼ cup almonds
- 1 oz. (typically 1 small square) of dark chocolate with 70% or higher cacao (not cocoa)

## INSTRUCTIONS / TIPS

• *If you want to make clusters, melt your 1 oz cacao slowly in the microwave until fully liquid. Pour your chocolate over your blueberries and almonds and let harden, or eat while warm!*



---

***Cocoa powder and cacao powder are similar, the difference is that cocoa is processed at a much higher temperature and often contains added sugar and dairy. Cacao is the healthier option! You can substitute dark chocolate chips, which would be slightly less than 1/8 cup and mix all ingredients together. If you're sensitive to the natural caffeine in chocolate, you can leave this ingredient out. In addition, you can substitute other nuts that melt away pounds such as Walnuts, Pistachios, Brazil Nuts, or Cashew Nuts.***



## EVENING: METAMOVEMENT

If possible, before dinner, incorporate a 20 minute walk into your day. Before dinner is best, as your stomach won't be full and you'll have more energy than later in the night.

---

*If for whatever reason you can't do your MetaMovement before dinner, no worries. Just make sure you allow ample time after you eat so you're not doing the exercises on a freshly full stomach.*

## DINNER: META SUPER GREEN SMOOTHIE

1 Serving

### INGREDIENTS

- ¼ cup unsweetened non-dairy milk
- Handful of baby spinach
- 3 tbsp. non-fat plain Greek yogurt
- ½ cup mango (frozen or fresh)
- 1 tsp. ground cinnamon

### INSTRUCTIONS / TIPS

- Blend & enjoy!



*The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.*

---

*If possible, try to have your smoothie between 5:30pm – 6:30pm. The latest I would suggest going is 7pm. Use frozen fruit to give the smoothie a thicker texture. If you want the smoothie to be less thick, then add water (DO NOT add more almond or coconut milk).*



# PRE BEDTIME: METABOLIC FAT-BURNING ELIXIR

1 Serving

## INGREDIENTS

- 3oz. warm water
- 1 tbsp. honey
- 1 tsp. ground ginger or 1 inch fresh ginger (*grated or chopped*)
- 1 tsp. lemon juice
- 2 mint leaves (optional) **OR** 1 tsp. ground cinnamon or 1 cinnamon stick

## INSTRUCTIONS / TIPS

- *Combine and drink.*



*The product images shown may represent the range of product, or be for illustration purposes only and may not be an exact representation of the product.*

---

***Unlike the morning elixir, it's best to drink the elixir in the evening warm. It will help relax your body and mind. Also, to enhance and activate the overnight fat-burning effects, shower after your pre-bedtime elixir. The last 30 seconds of the shower, use cold water. It may be a small shock to your body, but a bigger shock to your metabolism! The cold exposure has an influence on your body's fat cell activation. There's brown fat and white fat. White fat builds up when we consume more calories than we burn off. This leads fat storage around the waist, hips, thighs and belly. According to a Study done by Joslin Diabetes Center, a Harvard Medical School affiliate, "Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold."***



***[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.]***