

DR. JOEY'S

3-Day Meal Plan for Metabolic Health



A Simple and Sustainable Method for Supporting Your
Blood Sugar, Hormones, and Metabolism

DEVELOPED BY

Dr. Joey Shulman

UNLOCK YOUR HEALTH POTENTIAL

M E E T

Dr. Joey Shulman

Hello and welcome! In case you're not familiar with me, I'm a holistic nutritionist, best-selling author, and I am the founder of Shulman Health and Weight Loss.

My passion for natural healthcare and nutrition have been the focus of my career for over twenty years. My philosophy of **"improve the quality of your food to improve the quality of your life"** has enhanced the health of thousands of people across North America. As a three-time national best selling author and a well-known media personality, I am a proud authority on weight loss, health and nutrition for women.

I created this plan because too many women are out there needlessly suffering without talking about all the options available to them. When we're properly educated, we are in the best position possible to make choices about our health.

In this three day meal plan and the meal template I'm sharing with you, you'll discover how to prepare simple meals and snacks that nourish your body the right way. Plus, the template I'm giving you will help you easily stick to foods that support your metabolic health beyond the three days outlined in this meal plan.



It's very likely you will be amazed by how big of a difference you can make in just three days...and you'll be encouraged enough to keep going. So if you want to lose weight, burn belly fat and see your inches go down -you are in the right place! **Are you ready? Let's begin.**

Please note that this guide is for educational and informational purposes only and solely as a self-help tool for your own use. I am not providing direct medical, psychological, or nutrition therapy advice. You should not use this information to diagnose or treat any health problems or illnesses without consulting your own medical practitioner. Always seek the advice of your own medical practitioner and/or mental health provider about your specific health situation.

xo, Joey Shufman



The Shulman Solution

One more note before you dig into Dr. Joey's 3-Day Meal Plan for Metabolic Health!

The goal of this 3-day meal plan is to help you develop a sustainable and easy-to-follow template that will help restore metabolic function and while regaining your vitality. It will also help you lose weight if that's a goal for you.

Yes, you actually can lose a small amount of weight and feel better in a short period of time (even just three days!) when you provide your body with the right nourishment.

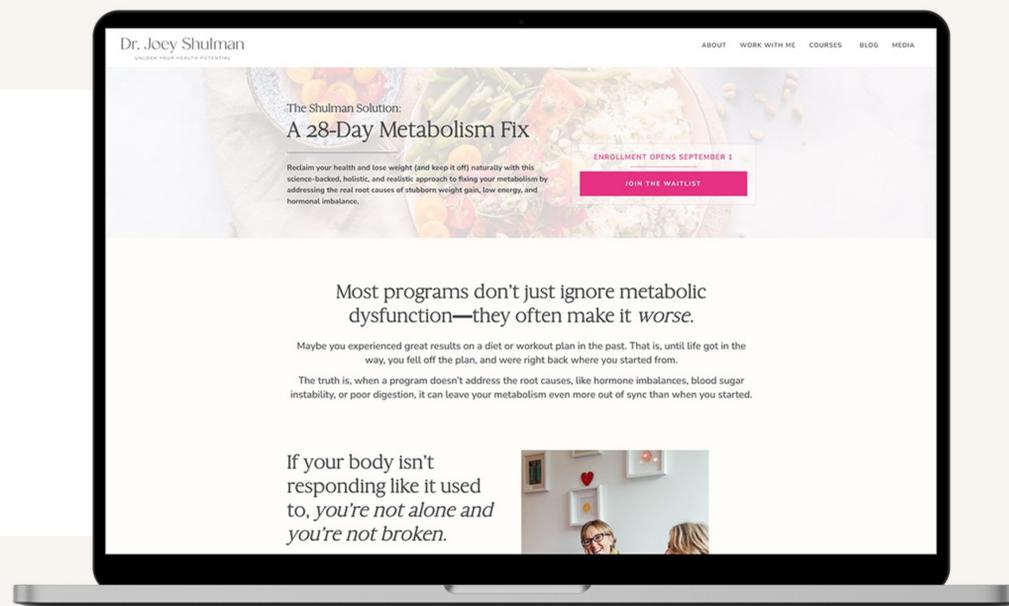
If weight loss is your goal, then please note that the initial loss comes from reducing inflammation. This is different from fat loss, which occurs over a longer period of time when you stick to this template together with incorporating other lifestyle changes.

If you feel you require more support in addition to this meal plan, then I encourage you to check out [**The Shulman Solution: A 28-Day Metabolism Fix.**](#)

The Shulman Solution is my proven metabolism boosting program to help you reclaim your health and lose weight (and keep it off) naturally. It is a science-backed, holistic, and realistic approach to fixing your metabolism by addressing the real root causes of stubborn weight gain, low energy, and hormonal imbalance. I have worked with thousands of men and women over my career helping them lose weight for life — and now I am excited to help you!

In addition to a 28-day meal plan and recipes, The Shulman Solution includes a detailed companion workbook, videos, live Q&As and addresses all areas essential for optimal metabolic health.

You can [click here](#) to learn more about The Shulman Solution and read testimonials from the people who've achieved incredible results on this program!



Again, this is the program for you if you feel you require additional support from this meal plan and/or you want to boost the results you're about to experience over the next three days.

Your Secret Weapon for Balancing Blood Sugar: Protein – Fat – Fibre (PFF)

Here's the real secret: Better metabolic health doesn't have to be complicated.

First, let's break things down a bit and clarify what a healthy metabolism is and how it impacts your overall health (hint: it's about more than just weight loss!).

If you're wondering what better metabolic health actually means, it means your body can efficiently convert food into energy, regulate blood sugar and insulin levels. When your metabolism is functioning well, you experience steady energy, fewer cravings, improved mood, better sleep, and a greater ability to burn fat and maintain a healthy weight. It's not just about how fast you burn calories—it's about how well your body works as a whole.

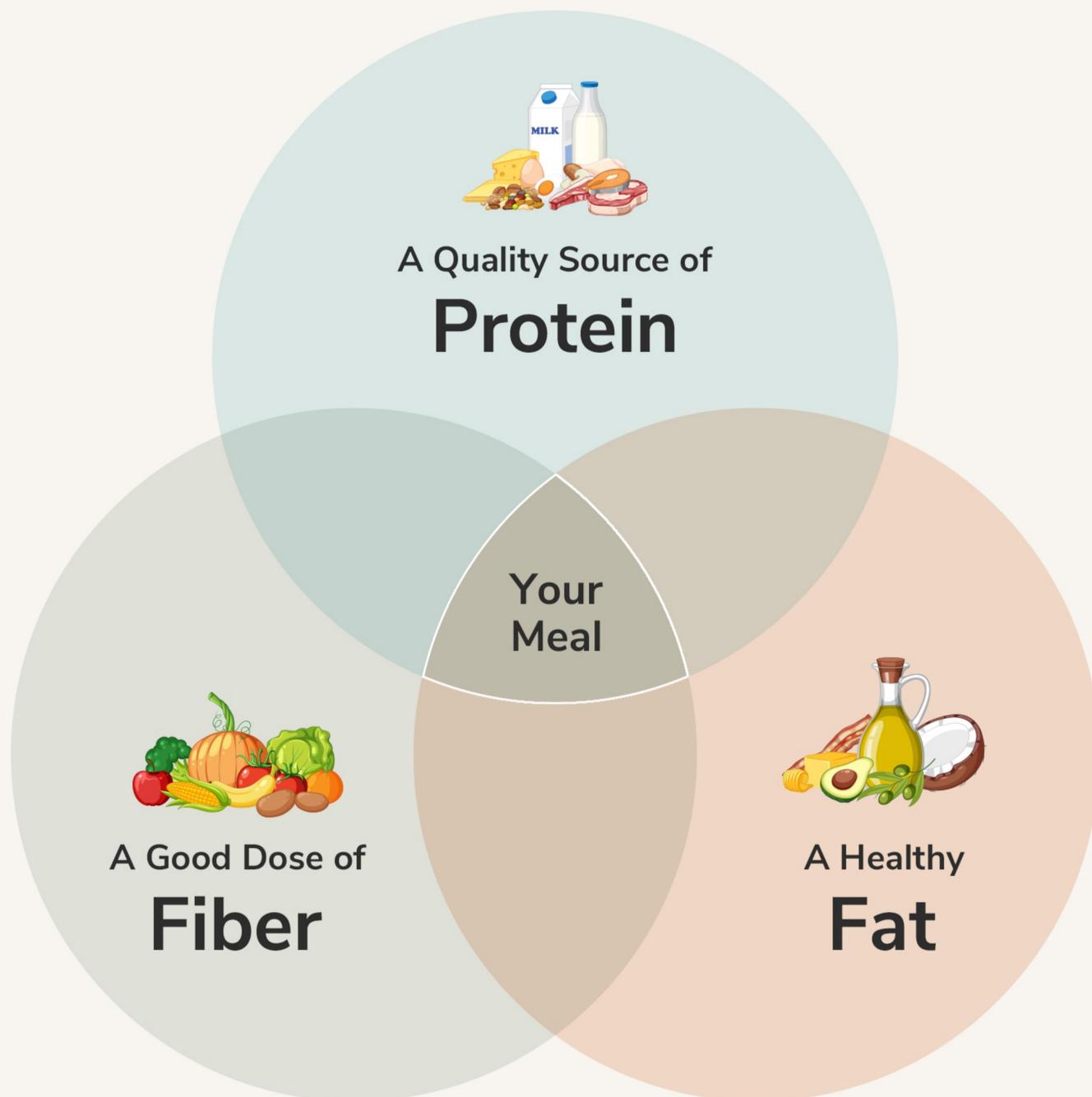
If your blood sugar is on a rollercoaster all day—spiking after meals, crashing in the mid-afternoon, and leaving you reaching for snacks at night—you're not just dealing with a short-term energy dip. You're also dealing with a hormonal and metabolic environment that promotes fat storage, low energy, mood swings, and persistent cravings.

Stable blood sugar is the foundation of metabolic health, and it's one of the most overlooked elements in most people's wellness routines. When your blood sugar is constantly rising and falling, your body produces more insulin (your fat-storing hormone), struggles to access stored energy, and becomes less efficient at burning fat. Keep in mind, excess insulin = excess fat.

To help stabilize blood sugar and restore metabolic balance, there's one simple, sustainable strategy I teach every client I work with: the PFF Rule—short for Protein, Fat, and Fibre. No calorie counting. No complicated macros. No restriction or extremes. Just a rhythm of balanced eating that works with your body's natural biochemistry to keep hormones stable, energy steady, and metabolism humming.

What is the PFF Rule?

The PFF Rule is a guideline for building meals that support blood sugar and hormonal balance. Every time you eat—whether it's a full meal or a snack—your plate should contain:



This trio works in synergy to slow the digestion of food, keeping your blood sugar more stable and helping you feel full and satisfied for longer. It also reduces insulin spikes, supports healthy hormone production, and helps curb the sugar cravings that often hit mid-afternoon or late at night.

Eating this way also allows your metabolism to operate more efficiently. You'll likely find that your energy feels more stable, your appetite more manageable, and your ability to make healthy choices far easier.

Let's Break It Down: The Components of PFF

1 Prioritize Protein

Protein is the cornerstone of metabolic health. Not only does it build and repair tissue, but it also balances hormones, stabilizes blood sugar, and helps preserve lean muscle mass (which is key to a faster metabolism).

Too often, people under-eat protein, especially at breakfast. That's a problem because your first meal sets the hormonal tone for the entire day. A protein-rich breakfast blunts your cortisol response, balances ghrelin and leptin (your hunger hormones), and makes it much less likely you'll experience energy dips or cravings later on.

Great sources of protein include:

- Organic eggs
- Chicken or turkey breast
- Wild-caught fish (salmon, cod, sardines)
- Grass-fed beef (in moderation)
- High-quality dairy if tolerated (e.g. Greek yogurt, kefir)
- Lentils and legumes (pair with fat and fibre for best effect)
- Protein powders or collagen peptides

Protein Cheat Sheet (Approximately 20g per serving)



Greek Yogurt
1 cup



Cottage Cheese
1 cup



Turkey Breast
3 ounces



Salmon Fillet
3 ounces



Chicken Breast
3 ounces



Firm Tofu
5 ounces



Tempeh
3.5 ounces



Lentils
1 cup



Quinoa
1 cup



Protein Powder
1 scoop



Chia Seeds
3 tbsp



Eggs
4 large

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Plant-Based Protein Cheat Sheet



Chia Seeds
3 tbsp = 6g



Hemp Seeds
3 tbsp = 10g



Edamame
1/2 cup = 9g



Lentils
1/2 cup = 9g



Black Beans
1/2 cup = 8g



Firm Tofu
5 ounces = 20g



Quinoa
1/2 cup = 10g



Almond Butter
1 tbsp = 3.5g



Chickpeas
1/2 cup = 8g



Tempeh
3.5 ounces = 20g



Protein Powder
1 scoop = 20g



Pumpkin Seeds
2 tbsp = 2g

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Aim for 25–30 grams of protein per meal, depending on your activity level, age, and body composition goals.

2 Don't Fear Healthy Fats

For decades, fat was unfairly villainized. But we now know that healthy fats are essential for hormone production, brain function, metabolism, and even fat loss. Fats also slow down the absorption of sugars into the bloodstream, which helps avoid the sharp blood sugar spikes and crashes that can wreck your mood, cravings, and energy.

Top choices for healthy fats include:

- ▶ Avocados and avocado oil
- ▶ Extra virgin olive oil
- ▶ Raw nuts and seeds (chia, flax, hemp, pumpkin)
- ▶ Coconut oil (especially for high-heat cooking)
- ▶ Nut and seed butters (without added sugar or oils)
- ▶ Fatty fish like salmon, mackerel, and sardines

The key is to focus on natural, unprocessed fats from whole foods and avoid the seed oils that are commonly found in processed and packaged foods. The “hateful 8” seed oils I want you to avoid that are linked to cardiac issues, metabolic dysfunction and inflammation are:

1. **Canola Oil (Rapeseed Oil)**
2. **Corn Oil**
3. **Cottonseed Oil**
4. **Soybean Oil**
5. **Sunflower Oil**
6. **Safflower Oil**
7. **Grapeseed Oil**
8. **Rice Bran Oil**

3 Fuel Up with Fibre

Fibre is often the most overlooked nutrient when it comes to metabolism, but it plays a massive role in your body’s ability to regulate blood sugar, manage appetite, and detox excess hormones. It also feeds your good gut bacteria—essential for overall health, digestion, and even mental clarity.

Fibre slows the release of glucose into your bloodstream and keeps you fuller longer.

Great sources of fibre include:

- ▶ Leafy greens (spinach, arugula, kale)
- ▶ Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- ▶ Low-glycemic fruits (berries, apples, pears)
- ▶ Chia, flax, and hemp seeds
- ▶ Lentils and beans
- ▶ Ground psyllium husk (in small amounts, for gut support)

High fibre foods for hormonal health



Raspberries
1 cup = 8g



Pear
1 medium = 5.5g



Apple
1 medium = 4.4g



Orange
1 medium = 3.1g



Chia Seeds
1oz (28g) = 10.6g



Flaxseeds
1oz (28g) = 7.6g



Hemp Seeds
1oz (28g) = 2.8g



Artichoke
1 medium = 10.3g



Brussel Sprouts
1 cup cooked = 4g



Broccoli
1 cup cooked = 5.1g



Spinach
1 cup cooked = 4.3g



Quinoa
1 cup cooked = 5.2g



Brown Rice
1 cup cooked = 3.5g



Oats
1 cup cooked = 4g



Lentils
.5 cup cooked = 8g



Black Beans
.5 cup cooked = 7.5g

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A simple rule: fill half your plate with non-starchy vegetables at lunch and dinner. For breakfast, add chia to a smoothie, or top your yogurt with flaxseeds to get that early fibre boost.

Bonus Tip: Say Goodbye to “Naked Carbs”

In addition to PFF, here is a simple tip that will have a big impact on your metabolic health and function: Stop eating carbs on their own. A banana, a piece of toast, or a bowl of cereal might seem harmless, but when eaten alone, these carbs digest quickly and spike your blood sugar. That spike is always followed by a crash—causing cravings, low energy, and a sluggish metabolism.

Instead, always pair your carbs with a source of protein, fat, or fibre.

Smart PFF pairings:

- ▶ Apple slices with almond butter
- ▶ Gluten-free toast with mashed avocado and hemp seeds
- ▶ Berries blended into a protein smoothie
- ▶ A baked sweet potato with grilled salmon and sautéed greens

These combinations prevent crashes and keep your blood sugar in the “green zone”—the smooth, steady range that promotes fat-burning, energy, and clear thinking.

Why the PFF Rule Works Long-Term

The beauty of the PFF rule is that it’s not a diet. It’s not about restricting calories or cutting out food groups. It’s a sustainable structure that teaches your body how to maintain balance naturally.

There’s no perfection required—just consistency. And most people find that eating this way actually feels easier than the diets they’ve tried in the past. It removes the guesswork. It supports energy and focus. It reduces stress around food decisions. And best of all, it works.

That’s because when your blood sugar is stable and your hormones are supported, your body doesn’t have to work as hard to function properly. Your metabolism becomes more efficient, your hunger cues recalibrate, and your body starts burning fat more readily.

Support your body with what it truly needs—and let your metabolism take care of the rest!

Your 3-Day PFF Meal Plan

Meal	Day 1	Day 2	Day 3
Breakfast	Greek Yogurt Protein Parfait	Egg & Veggie Scramble with Toast	Protein Oats with Berries & Almond Butter
Lunch	Turkey Avocado Wrap with Veggies	Grilled Chicken Power Bowl	Tuna Salad Plate
Snack	Protein Smoothie	Cottage Cheese Bowl	Hard-Boiled Eggs + Veggie Sticks with Hummus
Dinner	Garlic herbed chicken with cauliflower mash	Miso glazed salmon with garlic sesame vegetables	Turkey Zoodles Bolognese (vegetarian option also available)





Breakfasts

Greek Yogurt Protein Parfait

 Protein - 34g  Fibre - 9g

Ingredients

- ▶ ¾ cup 2% plain Greek yogurt
- ▶ 1 scoop vanilla whey protein
- ▶ ¼ cup raspberries
- ▶ ¼ cup blueberries
- ▶ 1 tbsp chia seeds
- ▶ 1 tbsp slivered almonds

Instructions

1. Mix protein powder into yogurt until smooth.
2. Layer with berries, chia seeds, and almonds.
3. Chill or enjoy immediately.



Egg & Veggie Scramble with Toast

 Protein - 33g  Fibre - 9g

Ingredients

- ▶ 2 eggs + 3 egg whites
- ▶ ½ cup diced bell pepper
- ▶ ½ cup spinach
- ▶ ¼ avocado (sliced)
- ▶ 1 slice sprouted grain bread (e.g., Ezekiel)
- ▶ 1 tbsp ground flax

Instructions

1. Scramble eggs and cook with veggies.
2. Toast bread and top with avocado and flax.
3. Serve together.



Protein Oats with Berries & Almond Butter



Protein - 34g



Fibre - 10g

Ingredients

- ½ cup oats
- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- ½ cup mixed berries
- 1 tbsp chia or ground flax

Instructions

1. Cook oats with water or almond milk.
2. Stir in protein powder once cooked.
3. Top with berries, almond butter, and chia.





Lunch

Turkey Avocado Wrap with Veggies



Protein - 38g



Fibre - 10g

Ingredients

- ▶ 1 large high-fibre wrap
- ▶ 4 oz sliced turkey breast
- ▶ ¼ avocado, mashed
- ▶ 1 tbsp hummus
- ▶ ½ cup shredded carrots
- ▶ ½ cup mixed greens
- ▶ 1 tbsp pumpkin seeds

Instructions

1. Spread wrap with hummus and avocado.
2. Add turkey, greens, carrots, and seeds.
3. Roll tightly and slice in half.



Grilled Chicken Power Bowl



Protein - 40g



Fibre - 10g

Ingredients

- ▶ 5 oz grilled chicken breast
- ▶ ½ cup cooked farro or brown rice
- ▶ 1 cup chopped kale or arugula
- ▶ ¼ cup chickpeas
- ▶ 1 tbsp tahini
- ▶ 1 tbsp lemon juice
- ▶ 1 tsp olive oil

Instructions

1. Toss greens, chickpeas, farro, and chicken.
2. Mix tahini, lemon, and olive oil for dressing.
3. Drizzle and serve.



Tuna Salad Plate



Protein - 40g



Fibre - 10g

Ingredients

- 1 can tuna (packed in water, ~4 oz drained)
- 1 tbsp olive oil mayo
- 1 tbsp Dijon mustard
- 1 cup mixed greens
- ½ cup cherry tomatoes
- ¼ avocado
- ½ cup cucumber slices
- 1 slice high-fibre crispbread (e.g., Wasa or GG crackers)

Instructions

1. Mix tuna with mayo and mustard.
2. Serve with veggies, avocado, and crispbread.





Snack

Chocolate Protein Smoothie



Protein - 32g



Fibre - 9g

Ingredients

- 1 scoop chocolate protein powder
- 1 cup unsweetened almond milk
- 1 tbsp peanut butter
- ½ frozen banana
- 1 tbsp ground flaxseed
- 1 cup fresh spinach

Instructions

1. Blend all ingredients until smooth.
2. Add ice to thicken if desired.



Cottage Cheese Bowl



Protein - 32g



Fibre - 8g

Ingredients

- ¾ cup low-fat cottage cheese
- ½ apple, diced
- 1 tbsp almond butter
- 1 tbsp chia seeds
- Cinnamon

Instructions

1. Mix all ingredients in a bowl.
2. Sprinkle with cinnamon and enjoy chilled.



Hard-Boiled Eggs + Veggie Sticks with Hummus



Protein - 32g



Fibre - 9g

Ingredients

- 2 hard-boiled eggs
- ½ cup cottage cheese (2% or low-fat)
- ½ cup sliced cucumber + ½ cup carrot sticks
- 2 tbsp hummus





Dinner



Garlic Herb Chicken with Cauliflower Mash



Protein - 35g



Fibre - 8g

Ingredients

- ▶ 6 oz boneless, skinless chicken breast (≈ 35g protein)
- ▶ 1 tbsp olive oil
- ▶ 1 tsp garlic powder
- ▶ ½ tsp dried thyme
- ▶ Salt and pepper to taste
- ▶ 1½ cups cauliflower florets
- ▶ 1 tbsp unsweetened almond milk
- ▶ 1 tsp ghee or grass-fed butter
- ▶ 1 cup steamed green beans

Instructions

1. Season chicken with garlic, thyme, salt, and pepper.
2. Sear in olive oil over medium heat for 5–6 minutes per side or until cooked through.
3. Steam cauliflower until soft, then mash with almond milk and ghee.
4. Serve chicken over cauliflower mash with a side of green beans.

Miso Glazed Salmon with Garlic-Sesame Veggies



Protein - 35g



Fibre - 10g

Ingredients

For the Salmon:

- ▶ 6 oz wild salmon fillet (\approx 34–35g protein)
- ▶ 1 tbsp white miso paste
- ▶ 1 tsp tamari or coconut aminos (gluten-free)
- ▶ 1 tsp rice vinegar or apple cider vinegar
- ▶ 1 tsp sesame oil
- ▶ 1 tsp grated ginger
- ▶ $\frac{1}{2}$ tsp garlic (minced)
- ▶ Optional: pinch of chili flakes

For the Garlic-Sesame Veggies:

- ▶ 1 cup broccoli florets
- ▶ $\frac{1}{2}$ cup sliced red bell pepper
- ▶ $\frac{1}{2}$ cup zucchini (half-moon slices)
- ▶ $\frac{1}{2}$ tbsp avocado oil or sesame oil
- ▶ 1 clove garlic, minced
- ▶ 1 tsp sesame seeds (optional)

Instructions

1. In a small bowl, whisk together miso paste, tamari, vinegar, sesame oil, ginger, and garlic.
2. Brush glaze over salmon fillet and let it marinate for 10–15 minutes (or up to 1 hour in the fridge).
3. Preheat oven to 400°F (200°C). Bake salmon on a parchment-lined sheet for 12–15 minutes, until cooked through and flaky. Optionally broil for the last 1–2 minutes for caramelization.
4. Heat avocado oil in a pan over medium heat. Add garlic, then toss in veggies and stir-fry for 5–7 minutes until just tender. Sprinkle with sesame seeds if using.
5. Plate salmon alongside sautéed veggies. Drizzle with any remaining glaze or a squeeze of lemon.



Turkey Zoodle Bolognese



Protein - 30g



Fibre - 6g

Ingredients

- ▶ 5 oz ground turkey
- ▶ 2 cups zucchini noodles (spiralized zucchini)
- ▶ ½ cup sugar-free marinara or crushed tomatoes
- ▶ 1 clove garlic, minced
- ▶ 1 tsp olive oil
- ▶ ¼ tsp dried oregano
- ▶ ¼ tsp dried basil
- ▶ Salt & pepper to taste
- ▶ Optional: 1 tbsp nutritional yeast or grated Parmesan (if tolerated)



Instructions

1. Heat olive oil in a skillet, add garlic and sauté for 30 seconds.
2. Add ground turkey and cook until browned, breaking it up (5–7 minutes).
3. Stir in marinara sauce and herbs. Simmer for 5 more minutes.
4. In a separate pan, lightly sauté zucchini noodles for 2–3 minutes (don't overcook).
5. Plate zoodles and top with turkey Bolognese. Garnish with herbs or cheese.

Tip:

Add chopped spinach or mushrooms to the turkey sauce for extra fibre and micronutrients.

Vegetarian Zoodle Bowl with Edamame and Hemp “Parm”



Protein - 28g



Fibre - 10g

Ingredients

- ▶ 2 cups zucchini noodles
- ▶ ¾ cup shelled edamame (≈ 13–14g protein)
- ▶ ¼ cup hemp hearts (≈ 10g protein)
- ▶ 1 tbsp nutritional yeast (≈ 3g protein)
- ▶ 1 tbsp olive oil
- ▶ 1 clove garlic, minced
- ▶ Juice of ½ lemon
- ▶ Salt & pepper to taste
- ▶ Optional: chopped basil or parsley

Instructions

1. Steam or microwave edamame until tender (about 3 minutes).
2. In a pan, heat olive oil and garlic. Add zoodles and sauté for 2–3 minutes.
3. Toss zoodles with lemon juice, salt, pepper, and edamame.
4. Top with hemp hearts and nutritional yeast (“hemp parm”).
5. Garnish with fresh herbs.

