



SUPERFOOD
SLOW COOKER
RECIPES

Meredith Shirk, CPT, WLS, FNS, BCS

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.



© 2025 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

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

Introduction	5-11
The Two Biggest Enemies of +40 Women	12-17
The Two Best Friends of +40 Women	18
Case Study: Jill's Story	20
Supreme Super Foods: The Ultimate MetaInfluencer	22
The MetaBoost Connection	28
11 Super Food Slow Cooker Meals	34

Thank you so much for choosing to get the **11 Superfood Slowcooker Recipes** ebook!

Before I share them with you, I'd like to share with you why eating these superfoods is so important to lose weight... and keep it off.

You see, it's because these superfoods are the key to igniting your cellular engine and flipping your metabolic switch.

These are the 'kings' of the superfoods. I call them '**Supreme Super Foods**' and there's actually 5 that do wonders for an aging body, including help boost your metabolism, balance hormones, reduce inflammation, and promote younger-looking skin.

The power nutrients in these superfoods are important at any age... but I believe they're something **EVERY** woman needs in their 40s and beyond.

If you're 40+ and struggling to lose weight -- like my client Jill W. was -- you've probably reached your wit's end... not only to drop pounds or inches... but also to get toned **AND** keep the weight off.

You see Jill is 61. And the fact is, once we're over 39, things change in our bodies that will affect weight loss and body goals. We're battling more than just going down a pant size or two... there's sluggish metabolism, imbalanced hormones, reduced energy levels, and overall aches and pains making high-impact exercises nearly impossible.

I call these obstacles 'MetaBlockers'. And when we hit one, it's like hitting a brick wall that can crush one's confidence... and hope.

So when MetaBlockers happen, many women over 40 get frustrated and just give up... they're tired of yo-yo dieting, they're exhausted from working hard for little results, they're aching from trying to do exercises their bodies can't handle anymore, or worse, they're disgusted by losing the weight just to gain back more than they lost.

Ultimately, they abandon their body goals and 'think' they have to settle on the body they have for the rest of their lives.

Well, I'm here to blow the lid off this myth and tell you that if you're 40, 50, 60 or more, you CAN still get the body you desire (and deserve!) as well as look and feel better than you have in YEARS!



Consider me your 'metabolic insider' to help you make the connection between carefully selected superfoods and your body's cellular chemistry for incredible, sustainable results.

I promise you, you can do this... and do it without a personal chef, without a private trainer, without going under the knife, without starving yourself, without spending hours in the gym, and without a fat wallet.

The plain truth: All you need is to arm yourself with the **RIGHT** information and then decide if you're ready to transform yourself into the **BEST** you possible.

I'm going to be brutally honest here. This is not for everyone. If you're not ready (or willing) to commit to a small change for a big transformation in your total body, health, and mind... this may not be for you.

But if you're over 40 and tired of the frauds, fads, and phonies out there, I'm here to bust myths and simplify the hype to help you become a leaner, healthier, confident, and radiant woman from the inside, out.

Jill W. was not born with fast metabolism or good genes. She's simply a normal gal who decided she was going to make a change in her 'cellular engine' to get the results she wanted... and keep the weight off. I'll share the details about her amazing transformation in just a bit. But first, you're going to discover the secrets to igniting YOUR cellular engine to melt fat for lasting results. Who says you have to live with feeling sluggish and puffy... or have a soft midsection and dull complexion? There is light at the end of the tunnel, and I can't wait to meet you on the other side.



Hi. My name is Meredith Shirk. I've 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, it's been my privilege to help athletes, celebrities, models... and people just like yourself... make their dreams become reality. You see, it's not just a profession for me... it's my passion.

After dozens of hours of research and countless real-life clients, I decided to tackle the struggles of women over 40 and search for an easy yet powerful solution. I started to break down the challenges, analyze the trends, isolate the culprits, and make the connection between female aging, nutrition, and natural metabolic influencers. I've heard countless stories from women who've tried everything with lackluster results. Quite frankly, they were at their wit's end with...

- The struggle with losing weight and keeping it off.
- The confusion about 'intake' and 'output', why being active and eating 'healthy' just doesn't cut it past 39.
- The helplessness of staring in the mirror and not seeing the same face you remember looking back at you.
- The frustration of no matter how many sit ups you do, there's still that ever-present lower 'pouch' and 'love handles.'



So I started connecting the dots.

I noticed that the right combination of nutrients can naturally trigger dormant cells to 'reignite', causing a dynamic chain reaction that affects the metabolism and changes the body from the core.

I shared this mind-blowing information with my clients, and their reaction brought tears to my eyes. They finally had answers – and more importantly – an action plan, to help them regain control over their body... and life. They were ecstatic.

Not only did they feel better than they had in a loooong time, but they actually looked younger, leaner and healthier.

And confidence? Boy, did they ever have it.

These ladies are now +forty, feisty and fearless. When they walk in a room, heads turn. They have an undeniable presence about them.

Their friends, families, and co-workers couldn't ignore their stunning metamorphosis, either.

Each one of them told me virtually the same thing: That they couldn't believe how their body (and life!) was transformed by simply knowing not only the **RIGHT** foods to eat, but the **RIGHT** combination of foods to eat to spark a cellular chain reaction which creates energy and burns fat.

This, coupled with targeted exercises and muscle-awakening isometric movements (specifically developed for +40 women to obliterate common problem areas), packs a powerful one-two punch that finally knocks out fat, forever. It is literally a 'metablueprint' to being fit and fabulous!



I call this the ***MetaBoost Connection***.

“...I’ve lost several inches and I’m very happy with my results... and it doesn’t take a lot of time out of your day, I’m a busy mom... I don’t have hours to spend in the gym... I just LOVE the program. Thank you Meredith!”

~Denise T. | Florida

The Two Biggest Enemies of 40+ Women!

As women age, our hormones start changing which affects the overall cellular chemistry of our bodies. Our metabolism seems to be in hibernation. Energy levels start to plummet. Our belly appears to be constantly bloated. Our waistline isn't as cinched as it used to be. And our skin has lost its youthful glow. It's like a cellular light switch that has been flipped into the 'off' position for burning fat, vigor, and weight loss...

...yet that same switch has been turned 'on' for inflammation, weight gain, and lethargy.

This is the **MetaSwitch**.

The **MetaSwitch** is the master control of our body's ability to operate at optimum levels on a daily basis.



Once this switch has been flipped, everything we thought we knew about our body has also been flipped. It's a cellular chaos. What once was, isn't anymore... the amount of exercise we need to do to lose weight, the amount of calories we can burn daily, the types of foods we can tolerate, the amount of elasticity in our skin... just to name a few.

Our body ceases to perform as it once did when it was younger.

But like any switch, it can be reversed if you address the core of the connection.



Enemy #1: Metabolism

As females, nature makes sure our bodies are always 'prepared' for the arrival of offspring. Research has shown that in our child-bearing years, fat cells are typically stored around our mid-section as those are the prime areas from which energy can be accessed rapidly for lactating purposes.

However, after 39, female estrogen levels nosedive, and the body starts to stop its preparation for childbirth. Metabolism slows down, and fat tends to deposit in the hips, thighs, belly, and buttocks.

Your cellular engine, which used to transform food and nutrients into energy, is now moving at a much slower pace, and energy is being stored as fat.

The basal metabolism is the body's bare minimum level of energy needed to live in a rested state. The metabolic rate is the rate at which the body uses calories for energy.

In our 20s and 30s, approximately 75% of consumed calories are used for bodily function (i.e. respiration, digestion, etc.), not including exercise.

Enemy #1: Metabolism

However, research indicates that after age 20, that rate slows to a glacial pace of 10% each decade. So by the time we're 50, that's a staggering 30% drop! Coupled with the fact that we lose an average of 3-8% of muscle every year after age 30, increasing muscle helps increase your metabolism. This double whammy makes losing weight after age 39 a real challenge.^{5,6}

Let's break this down...

So in your 40s, if your resting body burns 1400 calories/day, when you're 50, you'll burn 1,150/day...

...In your 60s: 1,083 calories/day.

...In your 70s, 1,028 calories/day.

That is why counting calories produced results when you were younger but doesn't do squats now!

In your 40s and beyond, you're literally going through your resting calories faster each day, which makes gaining weight easier.⁷



SOLUTION:

Naturally increase your metabolic rate at a cellular level. This can help flush fat, melt inches off your waist, and produce more energy for increased vitality. This will also help promote circulation for the appearance of healthier, younger-looking skin!



QUICK
TIPS

Make sure your daily diet is rich with **phytoestrogen-dense foods!** Quite simply, eat foods that naturally increase the body's estrogen levels. The following foods contain some of the highest levels of phytoestrogen: flaxseed, soybeans, tofu, soymilk, dried apricots, hummus, pistachios, chestnuts, almonds, alfalfa sprouts, dried dates, green beans & multigrain bread.



QUICK
TIPS

Celeb Secret MetaBooster!

Wanna know how A-listers get red carpet ready and drop 5-10 lbs in a matter of days? It's drinking a healthy power shot. This is not for a surge of energy and will not make you nervous or jittery. It's just the right blend of nutrients to boost your metabolism, reduce bloating, and trigger fat loss. I call this one the '**Citrus Rejuvenator**'. Here's what you'll need: 1 lemon, sliced thin. 1 lime, sliced. 1 whole grapefruit, 1/3 inch slices.

Optional: 1/2 cucumber sliced. Cheers!

Enemy #2: Inflammation

Fluctuations in estrogen levels can cause bloating (water retention) and inflammation.

Inflammation can also be caused by poor lifestyle and nutrition choices.

Inflammation can be anywhere in the body, and more times than not, you may not even see it OR feel it.

It's like a thief that slowly steals the body's form, function and vitality. It can go under the radar for years, until it's too late.

Over time, if left untreated, inflammation can have a devastating impact on your body and organs.

Even more frightening is that chronic inflammation can be the catalyst of several life-threatening diseases including hypertension, diabetes, atherosclerosis, and cancer.

That's why I don't say this lightly, and I'm not trying to scare you. But this is serious... for life and longevity... women over forty need to be vigilant and stop inflammation in its tracks.

Better than that. We need to prime our bodies to be inflammation-free from the moment we celebrate our 40th birthday.

Enemy #2: Inflammation



SOLUTION:

Naturally purge your body of inflammatory agents and toxins. This will help your muscles and joints as well as reduce belly bloating. Start repairing the damage of your youth and get on the path to a healthier, leaner body!



Women over 40 should avoid these 10 shocking inflammatory-causing foods at all cost: Powdered coffee creamers, diet soda, bacon, hot dogs, French fries, white pasta, white bread, fruit juices, skinny la'es & California rolls!



The Two Best Friends of 40+ Women!

Before you read any further, I'd like for you to ask yourself some questions.

Be honest with yourself.

There's no right or wrong answer. Just some indicators if you are ready to make the MetaBoost Connection or not.

- Do you feel sluggish on a daily basis?
- Do you get a sound night's sleep for at least 7 hours?
- Have you remained the same weight in recent hits (i.e. plateaued), even though your food intake hasn't changed?
- Do you feel bloated and puffy, even when it's not that time of the month?
- Have you noticed a difference in your hair, skin or nails?
- Does it seem like exercising several times a week is producing no significant results?
- Could you stand to lose at least 10 lbs?

Before you get down on yourself if you answered at least 'yes' to three of these questions, I want you to take a deep, cleansing breath.

Clear your mind of negativity, fear or frustration.

Get ready to receive some wonderful news and repeat these four sentences. It will be your personal mantra for success:

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

It's that simple.

Now, you are ready to make the ***MetaBoost Connection!***



Case Study: Jill's Story



Meet Jill W. She's from the United Kingdom and has two daughters. She reached out to me recently to share with me her struggle and success with being +40 and feeling tired, frustrated, and ready to give up hope on ever achieving weight loss at her age...

and keeping it off. Like many women, Jill started gaining weight after she turned 50 and her metabolism came to a halt. She didn't like how she looked or felt. Jill started fighting that upward battle of yo-yo dieting. She's lost weight. Then after a short time would put most the weight back on again. Jill was doing a mix of things: She did some juicing programs, some detoxes... and some fitness boot camps.

The boot camps were pretty aggressive, too, allowing only 1200 calories/day and a total of 8 hours/day of fitness for 7 days. Jill lost some weight once again but then hit the all too familiar plateau.

You see, what Jill was doing wasn't sustainable. She had the determination and motivation, but not the correct information to help her keep her metabolism revved up for continued weight loss.

Case Study: Jill's Story

This is when I met Jill. She started my system based on the right combination of nutrition AND the routines targeted for +40 women, and she leaped over that weight hurdle with ease.



Detox done right

Detoxes have a purpose and can truly cleanse your system of toxins and impurities. When done correctly, it can be the perfect catalyst to kick off a complete nutritional program. But it **SHOULDN'T** be used as a way to 'cheat' then 'flush' the body. To eat garbage foods and think it's 'ok' because you're going to purge your system when you cleanse. People that do this, never really learn the proper blend of nutrients that become fuel for your cellular engine. You'd be setting yourself up for failure like thousands of others. For sustainable... and continued weight lose -- **ESPECIALLY** if you're +40 – lifestyle... longevity are key!

RESULTS:

Jill lost 14 lbs in the first 14 days, as well as 13 inches. In just a few short months, Jill lost a total of 40 lbs, 26 inches, and 12% body fat!

Even more eye-popping is the inches Jill lost was off the notorious problem areas for over 40 women... 6 inches off hips, 8 inches off waist, 4 inches off each thigh, and 2 inches off each arm. Simply remarkable, and inspirational.

And guess what, not only did the fat melt off, but she developed muscle tone. Jill's biggest tip: "Just keep at it!" Does Jill's story sound familiar to you? Have you struggled with your metabolism after age 40? Did you gain weight easily in recent years, then IF you were able to lose a few pounds, only saw it come back and then some?

If so, then please keep reading on...



Fat-Melting Elixir

Here's one simple tonic that is tasty and boosts your metabolism. Take 3oz. of warm water, 1 tbsp. of honey, 1 tbsp. of lemon juice, 1 tsp. of ginger (ground or fresh), and 1 pinch cayenne pepper. Mix, drink daily, and watch the pounds shed off your body.

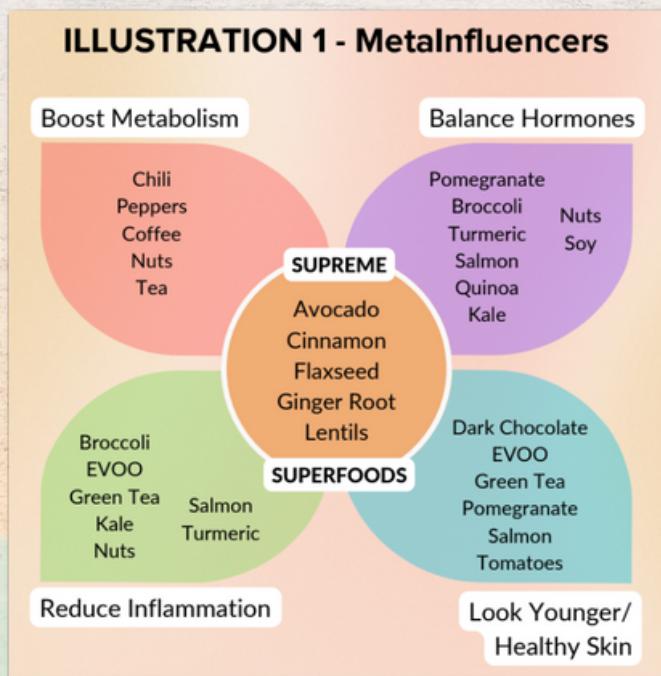
Supreme Super Foods: The Ultimate MetalInfluencer!

I'll fill you in on the ***MetaBoost Connection*** in a minute.

First, I'd like to tell you a little bit about the 'MetalInfluencers' – special foods and nutrients – that can cause cellular combustion to burn fat, reduce inflammation, and create natural, sustainable energy.

Certain foods can cause a reaction in the body. Some foods may help you raise your metabolism. Others may help balance hormones naturally. Several may be natural anti-inflammatories. And a few may help promote healthier, younger-looking skin.

But there's a select few 'Supreme Super Foods', which I alluded to earlier, that DO IT ALL! Sound too good to be true? Check this out...



Supreme superfoods are what you want to consume... what you NEED to consume.

Are they 'ugly', 'strange', and 'weird'? Maybe.

But I think weird is good. And I believe these foods should be a STAPLE to your daily nutrition plan... that's why they are the 5 pillars of my **MetaBoost Connection** system.

Let me explain...



Pillar #1: Flaxseed. Research shows that the fiber in flaxseed helps metabolism by increasing energy, reducing fat, and improving glucose. In addition, lignans, which are the type of phytoestrogens in flaxseed, can change estrogen metabolism and naturally promote hormone balance.¹¹ One study even found that eating flax seeds decreased hot flashes in pre and menopausal women by 60%. Flaxseed oil is also a source of polyunsaturated fatty acids such as alpha-linolenic acid (ALA). The alpha-linolenic acid and related chemicals in flaxseed oil seem to decrease inflammation, which is why some use it to treat rheumatoid arthritis. Finally, packed with Omega-3 fatty acids and antioxidants, flaxseed is a powerful leader in anti-aging.

Pillar #2: Ginger Root. Studies show that ginger helps decrease inflammation, stimulates digestion, and suppresses your appetite. Recent studies also show ginger to increase the metabolism in animals by 20%. In addition, ginger contains around 40 antioxidant properties that prevent free radical damage and protect against aging, as well as evens skin tone and improves elasticity for a more youthful appearance.





Pillar #3: Lentils. Lentils are rich in complex carbohydrates, a nutrient that boosts the metabolism and helps the body burn fat. Lentils are high in fiber and magnesium, and magnesium has been shown to help reduce inflammation. Furthermore, lentils are rich in folic acid, which is another key micronutrient essential for balancing hormones. Last but not least, lentils provide antioxidants such as Vitamin A and Vitamin C, which bind with and destroy free radicals, reducing oxidative damage to cells.

Pillar #4: Avocados. Avocados are rich in healthy fats, which have been proved to boost metabolism.

Researchers also found that people who eat avocados tend to have less belly fat than those who don't. Being such a great source of monounsaturated fats and antioxidants, avocados can dampen your body's inflammatory response and help with diseases like multiple sclerosis. Want to hear another shocker? Avocados are loaded with beta-sitosterol, which can affect blood cholesterol levels and help balance the stress hormone cortisol! Lastly, I bet you didn't know a whole avocado contains 14 grams of fiber, which expedites the removal of toxins that can lead to aging.





Pillar #5: Cinnamon. Not only does the sweet spice, cinnamon, have anti-inflammatory properties. Studies show that the antioxidants in cinnamon help your body fight infection and repair tissue... a natural anti-aging super spice! Some research shows a link between cinnamon and increased metabolism since our bodies use more energy to process the spice than it does for other foods. Even more eye-opening is a recent report from the American Society for Biochemistry and Molecular Biology. The study identifies cinnamon as a "metabolic powerhouse" that could even encourage positive changes at the cellular level. Want to stop wrinkles before they even start? Well, cinnamon is your spice of choice. Insulin spikes can cause blemishes and premature skin aging. By helping collagen production, circulation, and blood sugar regulation, cinnamon can make you look years younger.

Honorable Mention

This **MetaInfluencer** is worth mentioning and should be part of most every meal due to its fat-burning, appetite-suppressing properties: **hot peppers**.



Capsaicinoids are the name given to the class of compounds found in members of the capsicum family (also known as peppers). Capsaicin is the chemical compound that gives hot peppers the heat

you experience when eating them. It is present in almost all peppers and varies from not detectable to scorching hot. These peppers (especially cayenne, chili, jalapeños) have a thermogenic effect on the body. Simply speaking, your body creates heat (which burns calories) as it digests spicy foods.

A new study reported in the medical journal, *Obesity Open Access*, monitored two research groups of men and women. One group ingested (1) placebo capsule per day and one group ingested (1) two-milligram capsule of capsaicinoids – the spice found in chili peppers per day. The data illustrated that those people who took the capsaicinoids capsule burned 116 calories more per day than the group who took the placebo.

Now, to put this in perspective, the average person burns roughly 100 calories per mile running on a treadmill.

Based on the study above, the amount of calories burned with one 'cayenne' pepper capsule was 116 calories. That would mean if you had three meals a day with cayenne peppers (or another capsaicinoid), you'd burn about 348 calories... the same amount that would be burned if you ran 3 miles on a treadmill! Can you imagine losing weight with no gym time required and just eating the right fat burning foods on your plate?!



Fat-Melting Desserts!

*Yes, you read right. You can eat your way to thin IF you're consuming the right nutrient-dense foods, that is, **Supreme Super Foods**. And 2 of the top 5 **Supreme Super Foods** are actually common in dessert recipes, but dozens of **MetaInfluencers** can be used in dessert recipes. So you can literally have your cake and eat it too! These desserts will taste so sinfully delicious you'll NEVER guess can help you burn fat, drop pounds, and lose inches. But it will. More to come! Keep reading...*

THE METABOOST CONNECTION

I'm sure you're thinking you've probably heard this before.

But there are a lot of myths and misconceptions out there that can be confusing, misleading, and flat-out lies.

I'm here to help navigate you through all the nonsense and steer you towards the REAL truth with facts, science, and personal evidence collected over the years.

According to a recent Harvard Health study, it IS possible to rev up a sluggish metabolism – especially when it's age-related – with the right nutrition and fitness program.

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

The **MetaBoost Connection** was developed from passion and designed for function. It's specifically engineered for +40 women to regain control of their lives and, quite literally, reshape their bodies.

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

Don't you owe it to yourself?

The **MetaBoost Connection** contains all the information you'll need to transform your body and change your life.

We, as women, tend to always put ourselves last. We take care of our children, husband, household, work, and more... and at the end of the day, we're simply out of time ... and out of steam. We tend to put our own body's health and wellness on the back burner.

I totally get it.

As a working mom, business owner, and wife, I know all too well the daily struggle of caring for everyone and everything around me, PLUS myself.

We HAVE to make the time.

Women are the nucleus of the family unit. If we're unhealthy, unfit, and unbalanced, everything around us is affected. It all falls like dominos.

So, for yourself and your family, it's important to get your cellular engine running at optimum levels.

That's why I created this system to be fast and easy. And more importantly, something you can live with, do, succeed at, and access anywhere, at any time.

The systems contain the trifecta of metabolic mastery all in easy-to-access 24/7 digital delivery... wherever you go, and whenever you want:

THE METABOOST CONNECTION

#1 *MetaBoost Fat Flush eBook*. Before you jumpstart your metabolism, you need to 'prep and prime'. This step is critical to igniting your body at a cellular level to perform better than ever. The process is a quick 24 hours, but the results last forever. Using the right combination of 'weird' but highly effective nutrients from foods and spices – like flax seed, ginger root, lentils, avocado, cinnamon, and more – your cellular engine is poised for success.
\$25 value!

#2 *MetaBoost Belly Blaster eBook*. In less than two weeks, if you follow the system, you'll notice remarkable results, such as a flatter tummy and a tighter waistline. This is because you've flushed the fat, toxins, impurities, and inflammation-causing agents out of your body, gently and carefully, using select foods and nutrients. Your body's chemistry switch is being 'flipped' and your cellular engine is in overdrive... just like decades earlier.
\$25 value!

#3. *MetaBoost Body video*. In just minutes a day, women +40 can focus on the notorious "4 Ls" (lower belly, love handles, lifted butt, and lose arms). Again, it's all about 'input' and 'output'. What are you putting into your body, and what energy is your body creating to drop fat and inches consistently? I carefully created this low-impact, high-result program using laser-focused exercises and muscle-awakening isometric movements to complement the complete ***MetaBoost Connection*** system. Celebrity trainers have been sharing these tone and tightening secrets with their clients for years, and now you'll have access to the same eye-popping information, 24/7, from your computer, smartphone or tablet!
\$25 value!

THE METABOOST CONNECTION

I'm still surprised at what just one week can do... my belly definitely became more defined, my face looks less 'puffy'... and my confidence level shot up. And my energy level is higher than it's ever been before in my life!"

PLUS 2 FREE BONUSES!!!

✓ **MetaMeals Shopping List & Recipes eBook.** This is like your superfood bible, arming you with the tips and tricks to live a complete 'metifestyle'. This easy action plan will walk you through what to buy, how to create the right food combinations that trigger cellular ignition, and how to make sinfully delicious meals you'll love. I promise you, you won't even believe you're doing something good for your body until you SEE and FEEL the difference! **\$15 value, you pay \$0!**

✓ **MetaBalance eBook.** Women in their 40s and early 50s will experience changes to their mind and bodies due to fluctuating hormone levels. This can go on for years until your internal 'switch' is regulated. In addition to the physical changes, there are mental and emotional changes, including lethargy, migraines, restless sleep, hot flashes, and more. But you don't have to go on hormone medications packed with dangerous side effects to get relief. You can achieve balance simply and naturally by eating the right phytoestrogen-rich foods. **\$15 value, you pay \$0!**

"Meredith's diet, nutrition, and healthy living program is fantastic... I have my flattest belly ever, thanks to Meredith! It's changed my body incredibly in just a month's period. Her program is amazing, you have to try it!"

~Sarah M. | California

THE METABOOST CONNECTION

Since you've demonstrated interest in fat burning, supreme super foods by requesting this special report -- for a very limited time you can get the entire **MetaBoost Connection** system, valued at over \$100 -- for just **\$29**.

That's a **HUGE** discount, more than 20% off the regular price of \$37.

But this offer will only be good for the next 48 hours, and the clock is ticking!

Initial results have been so overwhelming to this system that I anticipate the demand will be high and the limited number of copies we have available go fast, then you'll have to wait until we receive more.

So if you're thinking **MetaBoost Connection** is for you, now more than ever, is the time to act.

Before the special price goes away. And before the current supply is depleted.

Because I believe in this system SO MUCH and have seen the results, I'm going to sweeten the pot for you...

I have no doubt in my mind that **MetaBoost Connection** will be a life-altering decision for you. And I'm not being facetious. This is a system that you'll wish you knew about sooner and didn't have to spend so many years struggling and suffering in silence.

But you know what to do now. And with one simple click, you can add years to your life and pounds off your body.

THE METABOOST CONNECTION

That's why I have no problem making my 'no risk, big reward guarantee' to you.

That way, ALL of the risk is on me. ZERO is on you. The only thing you need to focus on is the journey and the results.

You personally have my word that...

1. You CAN do this.
2. You'll see (and feel!) results within a week.

And if, in the rare chance you aren't completely satisfied, I'll refund your entire purchase price, no questions asked.

There's really no excuse not to give this groundbreaking, metabolic-awakening, fat-burning system a try.

To learn more and take advantage of this deeply discounted offer, you MUST click here now!

YES, I'M READY!

But, if you're still not convinced... you're gonna want to check out these fat blasting, super food-rich, and sinfully delicious dessert recipes that clients living the 'MetaLifestyle' swear by...

11 Super Food Slow Cooker Meals

CHICKEN CHICKPEA CASSEROLE

INGREDIENTS

- 4 organic, boneless chicken breasts
- 1 1/2 tablespoon olive oil (*MetaInfluencer!*)
- 2 onions finely chopped
- 4 cloves garlic finely chopped
- 2 tablespoon minced fresh ginger
- ½ red bell pepper (*MetaInfluencer!*)
- 2 teaspoon ground coriander
- 1 teaspoon coriander seeds
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper (*MetaInfluencer!*)
- 2 teaspoonS balsamic vinegar
- 2 1/2 cups coarsely chopped tomatoes canned or fresh
- 2 cans (15 oz each) chickpeas rinsed & drained
- 2 cups packed fresh spinach leaves
- 3 tablespoons minced flat-leaf parsley



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.

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add sliced or cubed chicken breast and onions. Cook and stir until the onions begin to brown, about 10 minutes.
2. Add garlic cloves, ginger, ground coriander, coriander seeds, salt, and pepper. Cook, stirring, for 1 minute.
3. Stir in the balsamic vinegar and tomatoes.
4. Spread the chickpeas in the bottom of a crockpot (slow cooker). Pour the tomato mixture over the chickpeas and stir well.
5. Cover the crockpot and cook on LOW for 6 hours or on HIGH for 3 hours.
6. Just before serving, stir in the spinach and parsley. Serve as a side dish or quinoa as an entrée.



Note: you can leave out the chicken or substitute tofu to make this meal vegetarian friendly.

SOUTHWEST QUINOA CHILI

INGREDIENTS

- 1 can beans (red, kidney or pinto)
- 1 large, peeled sweet potato
- 3/4 cup uncooked quinoa (**MetaInfluencer!**)
- 1 can of diced tomatoes OR 2-3 fresh Roma tomatoes
- 6 tbsp tomato paste
- 1 chopped onion
- 1-2 tsp of garlic powder (to taste)
- Dash of spices: chili powder, turmeric, oregano, and black pepper (**MetaInfluencer!**)
- Garnish with cilantro atop



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.

INSTRUCTIONS

1. Add all the onion, garlic, diced tomatoes, beans, sweet potatoes, quinoa, tomato paste, chili powder, cumin, oregano, onion & garlic powder, and broth/water to the bottom of the crockpot and stir until combined.
2. Turn on high and cook for 4 – 6 hours, or turn on low and cook for 6 – 8 hours.

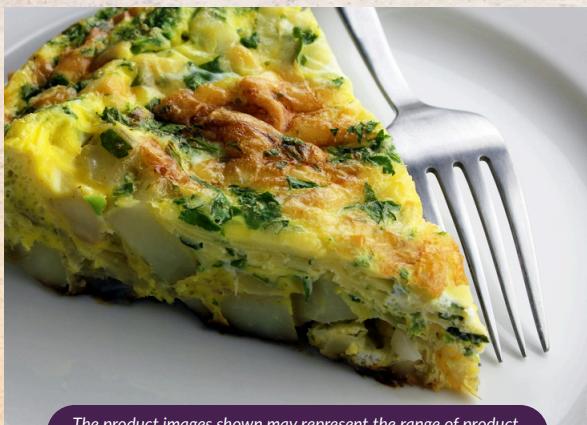


Note: you can also brown and add lean ground chicken or turkey for added protein.

FABULOUS FRITTATA ITALIANO

INGREDIENTS

- 1 tablespoon extra virgin olive oil (**MetaInfluencer!**)
- 1/2 cup diced onion
- 1 cup 2% shredded mozzarella cheese, divided
- 3 eggs 3 egg whites
- 2 tablespoons 1% milk
- 1/4 teaspoon black pepper (**MetaInfluencer!**)
- 1/4 teaspoon white pepper
- 1 (packed) cup chopped baby spinach, with stems removed
- 1 Roma tomato, diced
- 1 red bell pepper (**MetaInfluencer!**)
- Salt to taste



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.

INSTRUCTIONS

1. In a small skillet, add oil and sauté onion on medium heat until tender, about 5 minutes. Lightly spray the inside of the slow cooker with nonstick cooking spray. We like to make our own by filling this reusable cooking spray bottle with olive oil or canola oil.
2. In a large bowl, combine sautéed onion, 3/4 cup mozzarella cheese, and remaining ingredients; whisk to combine and pour into slow cooker.
3. Sprinkle remaining 1/4 cup cheese on top of egg mixture.
4. Cover and cook on LOW for 1–1 1/2 hours, or until eggs are set and a knife inserted in the center comes out clean.



Serve with side salad or fresh fruit. Perfect for breakfast, brunch or lunch.

SHRIMP & ARTICHOKE DELIGHT

INGREDIENTS

- 1 cup chopped yellow onion
- 2 cloves of garlic, minced
- 1/4 cup freshly squeezed lemon juice
- 1 cup quinoa (*MetaInfluencer!*)
- 3 cups reduced sodium chicken broth
- 1/4 cup chopped sundried tomatoes (not packed in oil)
- 1 12oz package frozen quartered artichoke hearts
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper (*MetaInfluencer!*)
- 1lb large shrimp, peeled and deveined (uncooked, thawed if frozen)
- 2oz grated pecorino romano cheese
- 3oz baby spinach
- 1/3 cup chopped fresh parsley



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.



Note: you can also substitute diced chicken breast, scallops, or tofu instead of shrimp.

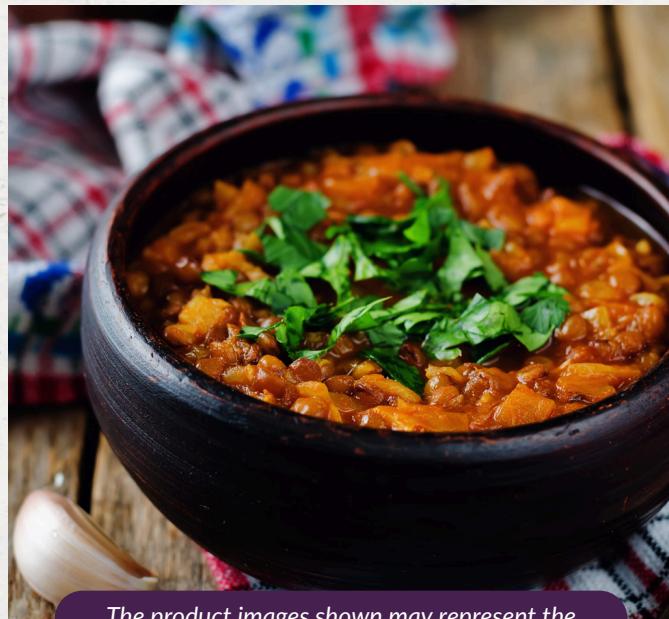
INSTRUCTIONS

1. In a nonstick skillet over medium-low heat, saute the onions until tender, about 5 minutes. Add the garlic and cook for 1 more minute, stirring. Add lemon juice, increase heat to medium, and cook until liquid is absorbed, about 1 minute.
2. Transfer to the slow cooker and stir in quinoa, broth, sundried tomatoes, artichokes, salt and pepper.
3. Cover and cook on high for 3-4 hours, or until sorghum is tender and the liquid is just about all absorbed.
4. About 15 minutes before serving, stir in the shrimp and grated cheese. Cover and continue to cook on
5. high for another 10 minutes, or until shrimp are opaque. Fold in the baby spinach, stirring until cooked. Add parsley.

POWER LENTIL STEW

INGREDIENTS

- 1 onion, small, finely chopped
- 1 carrot, peeled and chopped
- 1 stalk celery, peeled and chopped
- 1 1/2 cups brown lentils (**MetaInfluencer!**)
- 5 cups vegetable stock, hot
- 2 cups water, hot
- 1 tbsp tomato paste
- 1/2 tsp cumin, powdered (**MetaInfluencer!**)
- 1/4 tsp pepper, freshly ground (**MetaInfluencer!**)
- 1/8 tsp chilli powder (**MetaInfluencer!**)
- 1 bay leaf



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.

INSTRUCTIONS

1. Put the veggies, lentils, stock, water, tomato paste, and spices into the slow cooker insert.
2. Cook on low for about 9 hours.



Serve as *main dish* or as *side dish*. Great recipe that freezes and reheats nicely.

ASIAN CURRY CROCKPOT

INGREDIENTS

- 16oz lean protein (chicken, turkey or extra firm tofu)
- 1-14.5oz can lite coconut milk (or full fat)
- 1 cup vegetable broth
- 1/4 cup Thai green curry paste (or red)
- 1 tbsp fresh minced ginger (**MetaInfluencer!**)
- 1/2 tsp turmeric (**MetaInfluencer!**)
- 1 tsp salt
- 1 tsp black pepper (**MetaInfluencer!**)
- 1 tbsp coconut sugar
- 1 medium onion, chopped
- 1 1/2 cups sliced bell pepper (**MetaInfluencer!**)
- 3/4 cup peas
- Brown rice or quinoa (**MetaInfluencer!**)



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.



QUICK
TIPS

Consider adding additional vegetables such as cauliflower and carrots for extra nutrients and color.

INSTRUCTIONS

1. Add coconut milk, vegetable broth, green curry paste, ginger, turmeric, salt, and coconut sugar to the slow cooker. Whisk until well combined.
2. Add onion, bell pepper, peas, and eggplant, stirring to combine. Cook on high for 3-4 hours.
3. While the mixture is cooking, cut your protein into bite-sized pieces and cook separately in a skillet.
4. When the curry has 30 minutes left to cook, add the cooked tofu. Allow curry and tofu to cook for the remaining 30 minutes and serve over brown rice or quinoa if desired.

SAVORY CHICKEN STEW

INGREDIENTS

- 1 1/2 pounds butternut squash peeled, seeded & chopped into 1/2-inch pieces
- 3 1/2 cups chicken broth
- 1 1/2 pounds of shredded chicken or turkey
- 1 tablespoon extra virgin olive oil (**MetaInfluencer!**)
- 1 medium yellow onion finely chopped
- 1 carrot, peeled and chopped
- 1 red bell pepper, chopped
(MetaInfluencer!)
- 1/2 teaspoon kosher salt
- 4 cloves garlic minced
- 1 1/2 teaspoons dried oregano
- 1 14 ounce can petite diced tomatoes
- 2/3 cup uncooked quinoa
(MetaInfluencer!)
- freshly ground black pepper to taste
(MetaInfluencer!)
- 1/4 cup minced fresh flat-leaf parsley



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.

INSTRUCTIONS

1. Add items into slow cooker.
2. Cook on high for 4-5 hours.
3. Stir in parsley and serve.



Consider adding carrots and/or chickpeas for color and flavor.

FIT N FABULOUS FAJITAS

INGREDIENTS

- 1 tbs chili powder
(MetaInfluencer!)
- 1 ½ tsp cumin
- 1 tsp salt
- 1 tsp black pepper
(MetaInfluencer!)
- 1/2 tsp oregano
- 1/2 tsp paprika
- 1/4 tsp garlic powder ¼ tsp red pepper flakes
(MetaInfluencer!)
- 1 1/2 lbs lean chicken cut into strips
- 1 red bell pepper cut into strips **(MetaInfluencer!)**
- 1 green pepper cut into strips **(MetaInfluencer!)**
- 1 onion cut into strips
- 15 ounces diced tomatoes (or can use salsa)



To make this meal extra low carb, consider serving with large leaf lettuce (instead of tortillas) and quinoa.



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.

INSTRUCTIONS

1. Add items into slow cooker. Mix.
2. Cook on high for 2-3 hours.
3. Serve.

HEALTHY MEATBALLS AND ZOODLES

INGREDIENTS

- 2-3 medium size zucchini make into spiral-cut noodles
- 2 tsp extra virgin olive oil (**MetaInfluencer!**)

SAUCE

- 28 ounces crushed tomatoes
- 1 garlic clove, minced
- Salt & black pepper to taste

MEATBALLS

- 1 lb ground meat (lean beef, chicken or turkey)
- 1 egg
- 2 tbsp almond flour
- 2 tbsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper

(MetaInfluencer!)



If you're in a rush and need to make it fast and simple, you can use a low sugar, low sodium organic jar of tomato sauce as well as pre-packaged zucchini or sweet potato noodles. Several grocery stores sell these items including Whole Foods.

INSTRUCTIONS

1. Add sauce ingredients to the slow cooker. Stir to mix well.
2. Add all the meatball ingredients to a large mixing bowl. Mix well with your hands until all the ingredients are blended. Form mixture into 10-12 meatballs.
3. Add meatballs to the slow cooker.
4. Cook HIGH 2-3 hours or LOW 4-6.
5. Add zucchini noodles to the slow cooker and cook an additional 5-10 minutes or until tender.



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.

MEATY SLOW COOK SHORT RIBS

INGREDIENTS

- 4 lbs boneless or bone in, beef short ribs cut crosswise into 2 inch pieces
- Salt
- Pepper (**MetalInfluencer!**)
- 2 tbsp extra virgin olive oil
- MetalInfluencer!
- 1 red bell pepper, cut into strips (**MetalInfluencer!**)
- 1 cup beef broth
- 1 1/2 cup onion chopped
- 3 cloves garlic minced
- 2 tbsp Worcestershire sauce
- 2 tbsp tomato paste
- 1 1/2 cup red wine
- 2 carrots, peeled and chopped into small pieces
- 1 stalk of celery, cut into small pieces



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.

INSTRUCTIONS

1. Heat the oil in a large skillet over medium high heat. Season one side of your short ribs generously with salt and pepper.
2. Place half of the ribs, seasoned side down onto the hot skillet and brown. Season the top of the ribs in the skillet with salt and pepper. Flip once the bottom is browned. Remove and set aside while browning the rest of the meat.
3. Add beef broth to slow cooker and place short ribs into crock pot. To the same skillet add your remaining ingredients and bring to a boil. Cook for 5 minutes or until onion is tender. Pour this over the ribs in the crockpot.
4. Cover and cook on high 4-6 hours or low 8-10 hours.



Serve over quinoa or cauliflower mashed 'fauxtatoes'. Also great accompanies with fresh, steamed vegetable medley. Note: you can also add peeled and cut sweet potatoes in the slow cooker if you wanted to keep it super simple and have a complete all-in-one meal!

CREAMY LEMON GARLIC CHICKEN

INGREDIENTS

- 1 tbsp extra virgin olive oil
(MetaInfluencer!)
- 6 cloves Garlic (minced)
- 1 cup Heavy cream
- 1/3 cup Chicken broth
- 3/4 cup Grated Parmesan cheese
- 4 large Chicken breasts (6 oz each)
- 1 tbsp Italian seasoning
- Sea salt
- Black pepper
(MetaInfluencer!)
- Pinch of red pepper flakes
(MetaInfluencer!)
- 1/2 cup Sun-dried tomatoes (chopped)
- 2 cup Spinach (chopped, packed)
- 2 lemons



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.



Serve over quinoa or zucchini noodles. You can also do this recipe with shrimps or scallops instead of chicken.

INSTRUCTIONS

1. Heat oil in medium saucepan over medium heat. Add garlic and sauté for about a minute, until fragrant.
2. Add the cream and chicken broth. Bring to a gentle simmer, then set heat to low and simmer for about 10 minutes. The sauce will still be thin, but thick enough to coat the back of a spoon.

INSTRUCTIONS

3. Meanwhile place the chicken at the bottom of a slow cooker. Season lightly with Italian seasoning, sea salt, and black pepper. Top with sun-dried tomatoes.
4. When the sauce is ready, keep it at low heat, but not simmering. Whisk in the Parmesan cheese, 1/4 cup at a time, until smooth. Adjust salt to taste if desired.
5. Pour sauce evenly over the chicken in the slow cooker. Try to get as much sauce as possible on top of the chicken and less on the bottom. Squeeze 1 lemon into mixture and slice second lemon for slices on top.
6. Cook for 3-4 hours on High or 6-8 hours on Low.
7. Remove chicken from the slow cooker and set aside. The sauce in the slow cooker will be thin due to liquid released by the chicken, but the top of the chicken will have a layer of sauce that sticks to it.
8. Turn slow cooker on High. Add chopped spinach and stir for a few minutes, until the spinach wilts.
9. Return the chicken to the slow cooker, spoon the liquid, spinach, and sun-dried tomatoes on top, or just pour them over the chicken to serve.

Aren't these meals amazing? Can you imagine eating these easy, tasty, and fat-obliterating meals to help burn extra calories without doing time-consuming, body-aching cardio? That is why so many women across the globe have lost hundreds of pounds and dozens of inches by simply eating metabolism-boosting nutrients. If you're ready to flip YOUR MetaSwitch and ignite YOUR cellular engine, [click here](#) now!

YES, I'M READY!