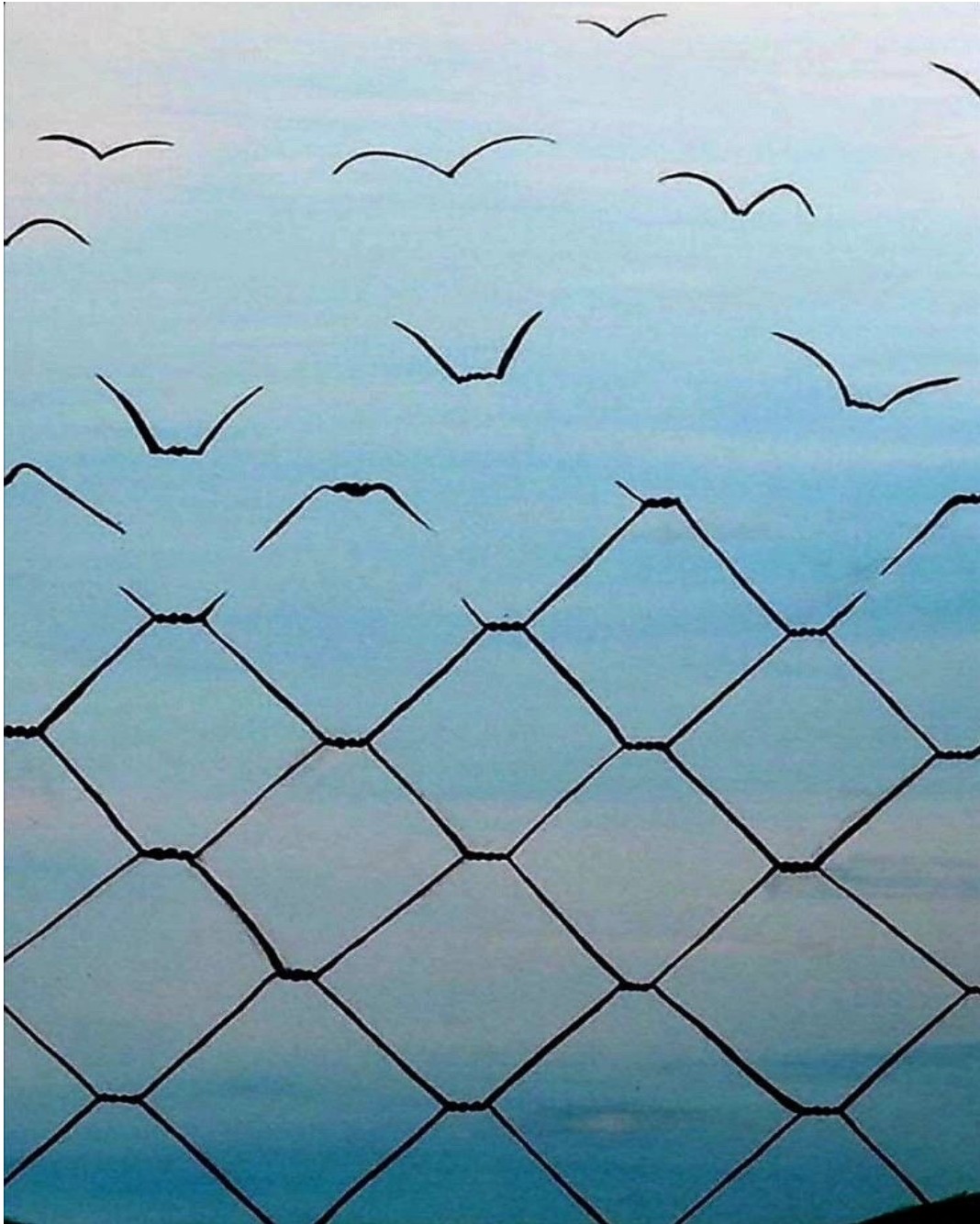


THE 7-DAY METABOLIC FREEDOM RESET



(904) 595-5980 • laquinnmd.com

INTRODUCTION

Metabolic freedom begins when your body shifts from glucose dependence to fat-burning. This 7-Day Reset simplifies the process by lowering carbs, elevating healthy fats, and restoring metabolic balance.

HOW IT WORKS

- **Lower carbs:** reduces glucose spikes and stabilizes insulin.
- **Increase healthy fats:** fuels hunger control and fat-burning.
- **Moderate protein:** supports metabolism, strength, and satiety.

Together, these steps create metabolic freedom—steady energy, fewer cravings, and reduced inflammation.

WHAT TO EXPECT

Day 1–2: Less bloating, calmer cravings

Day 3–4: More stable energy

Day 5: Clearer thinking

Day 6–7: Deeper fat adaptation & inflammation relief

THE DAILY FORMULA

Healthy Fats: avocado, nuts, seeds, olive oil, coconut milk, ghee, butter

Protein: eggs, salmon, chicken thighs, turkey, tofu, tempeh

Veggies: spinach, kale, broccoli, cauliflower, zucchini, asparagus

Avoid: sugar, bread, pasta, rice, cereal, juice

Hydrate: electrolytes daily.

THE 7-DAY MEAL TEMPLATE

Breakfast: Eggs + avocado OR keto smoothie

Lunch: Salmon or chicken salad

Dinner: Protein + buttered vegetables

No snacking: supports insulin lowering.

THE GROCERY LIST

Proteins: eggs, salmon, chicken thighs, beef, turkey, tofu

Fats: olive oil, avocado, nuts, coconut milk, ghee, butter

Veggies: spinach, broccoli, cauliflower, zucchini, asparagus, mushrooms

Extras: herbs, spices, broth.

NEXT STEPS

Continue lowering carbs, nourishing with healthy fats, and stabilizing blood sugar to maintain metabolic freedom.

WORK 1:1 WITH DR. QUINN

If you're dealing with hormone imbalance, stubborn weight, inflammation, low energy, or a metabolism that feels stuck, Dr. Quinn offers personalized care to help you restore true metabolic freedom.

Clients experience:

- Balanced hormones
- Reduced inflammation
- Improved metabolic health
- Sustainable weight balance
- Better energy & mental clarity

If you're ready for individualized, root-cause guidance, Dr. Quinn is accepting new clients.

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