










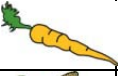









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METABOLIC NUTRITION PROGRAM

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Quick Vegetable Cooking Methods

	Vegetable	Protein per ½ Cup Cooked	Boiled	Steamed	Microwave
	Asparagus	2.16 g	Not recommended	8-10 min	2-4 min
	Beetroot	1.43 g	30-60 min	40-60 min	9-12 min
	Bok Choy	1.33 g	Stalks for 3-4 min Leaves for 1-1 ½ min	Stalks for 6 min Leaves for 2-3 min	2-4 min
	Brussels Sprouts	1.99 g	Bring to boil and simmer for 5-7 min	8-10 min	4-6 min
	Broccoli (cut into florets)	1.86 g	4-6 min	5-6 min	2-3 min
	Cabbage (shredded)	0.95 g	5-10 min	5-8 min	5-6 min
	Cauliflower	1.14 g	4-6 min	3-5 min	2-3 min
	Carrots (sliced)	0.59 g	5-10 min	4-5 min	4-5 min
	Corn on the Cob	2.57 g	5-8 min	4-7 min	1 ½ -2 min
	Eggplant (sliced)	0.41 g	Not recommended	5-6 min	2-4 min
	Green Beans	1.18 g	6-8 min	5-8 min	3-4 min
	Mushrooms	1.13 g	Not recommended	4-5 min	2-3 min
	Peas	2.62 g	8-12 min	4-5 min	2-3 min
	Bell Peppers	0.63 g	Not recommended	2-4 min	2-3 min
	Potatoes	1.46 g	15-20 min	10-12 min	6-8 min
	Spinach	2.67 g	2-5 min	5-6 min	1-2 min
	Zucchini	1.03 g	3-5 min	4-6 min	2-3 min