

METABOLIC BALANCE

Phase Three

FOR COACHES IN TRAINING



metabolic balance





Welcome

PHASE THREE



Congratulations!

THE HARDEST PART OF THE PLAN IS BEHIND YOU!

It requires mental strength, dedication, and determination to fulfill phases 1 & 2 of your plan and you did it!
You should be so proud of yourself!

During the past 16 days, you have successfully completed a total metabolic reset. This means you have reduced inflammation; excreted toxicity and excess water weight; balanced your hormones appropriately and supplied your body with vital micronutrients. You should notice that you have gained mental clarity, boosted those feel-good hormones, and relieved pressure and inflammation in your body. At this point, you should truly be feeling the best you've felt in a long time. My hope for you is it's just the motivation that you need to keep working towards your goal.

With everything that occurs during the second phase, it is where you will likely notice the most weight loss. It is not realistic to experience such a loss at an ongoing rate. Moving forward depending on your goal a great pace is 1-3lbs. per week.

That being said let's discuss the next steps! Phase 3 is designed for those who are still working towards a weight loss goal.
It is however more flexible. (Yay!)



metabolic balance

Phase Three

Flexible Conversion Phase



GOAL

Optimized nutrition, harmonization, and stability of the metabolism. Ability to reach a desired weight goal with noticeable energy improvements.



START

Immediately after Phase 2



DURATION

You can stay in Phase 3 with oils as long as you wish.



THIS IS NEW

Expansion of the food list, using trial and error to test other foods currently outside the boundaries of your plan.



metabolic balance

Phase Three

WHAT TO INCORPORATE NOW

The following chart outlines what you're now able to start incorporating on a regular basis.



COOKING OILS & BUTTER

You can now have 3tbsp. of cooking oils per day. Minimum is 3tbsp. however, I recommend 1tbsp per meal to stabilize blood sugars and help with satiety. It is always best to choose a quality, nutrient-dense oil such as coconut, olive, flaxseed, or avocado. On occasion, you can substitute 1tbsp. of oil for 1tbsp. of butter, mayo, pesto, or a natural nut or seed butter.



GROUND FLAX / CHIA SEEDS / HEMP HEARTS

If you are struggling with regularity please add 1tbsp. of ground flax seeds, or hemp hearts to a meal of your choice. They must be ground and not whole.



CONDIMENTS

You can now have sugar-free/additive-free condiments. They are to be used sparingly. Ex: mustard, soya sauce, hot sauce, organic sugar-free ketchup etc...



TREAT MEALS

You are now entitled to 1 Treat Meal per week. Please see the Treat Meal guidelines on the last page.



EXERCISE

Please add up to one hour of physical activity per day or whatever you and I have discussed. Please add 20g additional protein and 20g vegetables to your post-workout meal.



Phase Three

EXTENDED FOOD LIST

Below you are going to find an additional chart containing your extended food list. It's important to be patient and try only one new food per day.

During your journey, you will find that those foods have been selected to balance you best. When introducing a new food outside of your original list you may experience a reaction that you didn't notice in the past. Please pay attention to the signals in your body.

These reactions can be physical in the form of bloating, nausea or discomfort. They can also be mental in the form of hormonal imbalance or clouded mental clarity.

Please remember that the foods from your original list are best for you and aim to consume them as much as possible in the majority of your meals.

You have chosen the Metabolic Balance plan to take your health into your own hands for the long-term benefits and a new way of life. This is not a quick fix or a yo-yo diet. This is your health, your goals, and your self-care.

Pacing yourself appropriately will allow you to learn so much about yourself along the way.





metabolic balance

Phase Three

EXTENDED FOOD LIST



NUTS

You can now add any nut as a protein. Full protein portion is 50grams. Please avoid this option if you are allergic or intolerant.



FISH & SEAFOOD

You can now add in any fish or seafood. Portion size remains the same. Please avoid this option if you are allergic or intolerant.



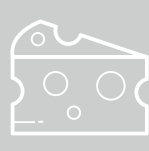
MEAT

You can now add in any meat. Portion size remains the same. Aim for lean cuts and refrain from fatty meats, such as bacon as much as possible. Please note that sausage often has many fillers, when choosing sausage please get 100% all meat sausage.



POULTRY

You can now add in any poultry. Portion size remains the same. Aim to choose lean, light poultry meats where possible. When having chicken wings make sure they're not sauced or breaded and the portion size doubles to account for the bone.



CHEESE

You can now add in any cheese as long as it falls within the confines of your plan. For example, if you're only allowed goat or sheep cheese that remains the same. If you're allowed cow's protein you can also add those cheeses in. Portion size remains the same.



LEGUMES

You can now add in any legumes. Portion size remains the same.



metabolic **balance**

Phase Three

EXTENDED FOOD LIST



SEEDS

You can now use a small amount of seeds as a food topper.
Ex: sesame, poppy, everything bagel seed shaker.



SPROUTS

Moving forward you will have sprouts on your plan.
Please do not eat sprouts raw, briefly blanch them in boiling water.



VEGETABLES / LETTUCE

You can now add in any vegetables/lettuce. Portion size remains the same.
Please note corn is a grain, not a vegetable.



STARCH

You can now add in the following starches if they are not already on your plan. You are to only have one starch per day on top of your bread allowance. Do not combine your starch and bread in the same meal.

White Potato – Skin on. Portion is 110g.

Sweet Potato – Mashed or Diced. Portion is 100g.

Wild Rice – Portion is 75g.

Rice Crackers – Portion is 12 crackers.

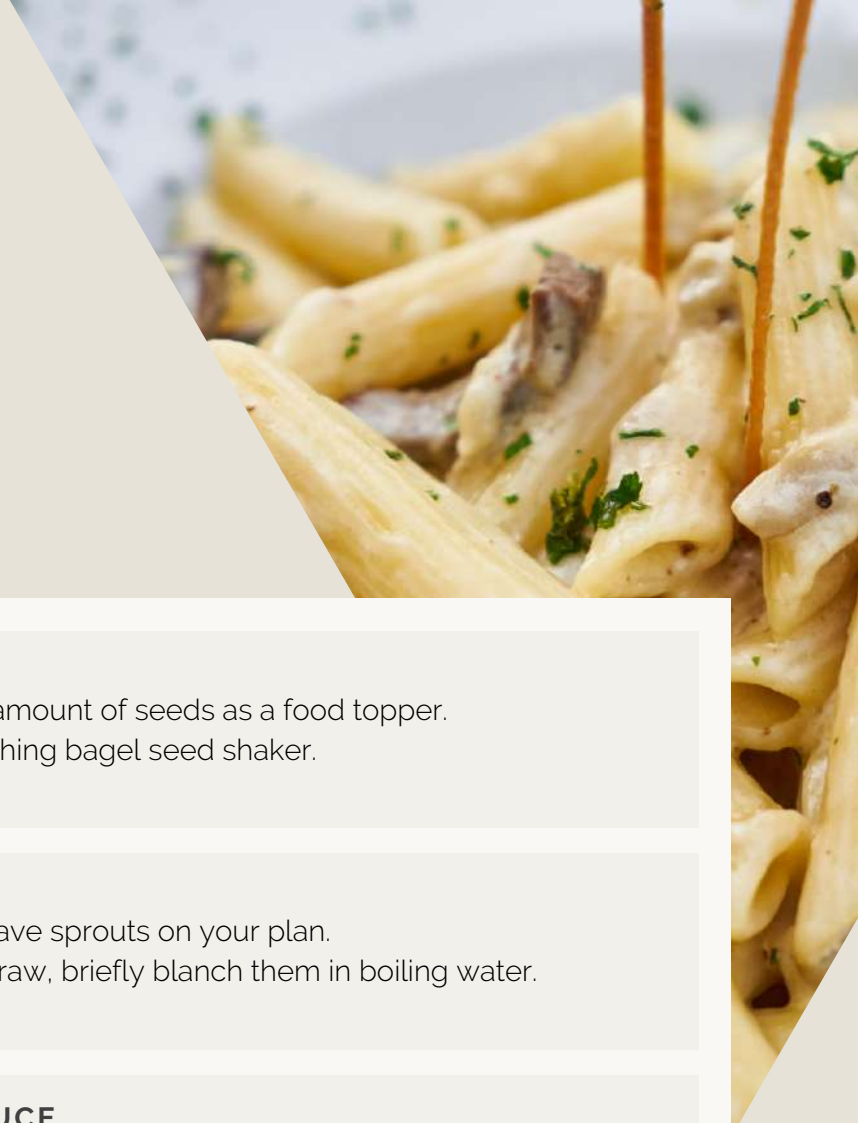
Rice Paper – Portion is 6 papers.

Rice Pasta – Portion is 50g.

Rice Cake – Portion is 2 cakes.

Quinoa – Portion is 75g.

Oatmeal – Be sure to get organic gluten-free regular or steel-cut. Portion is 40g.

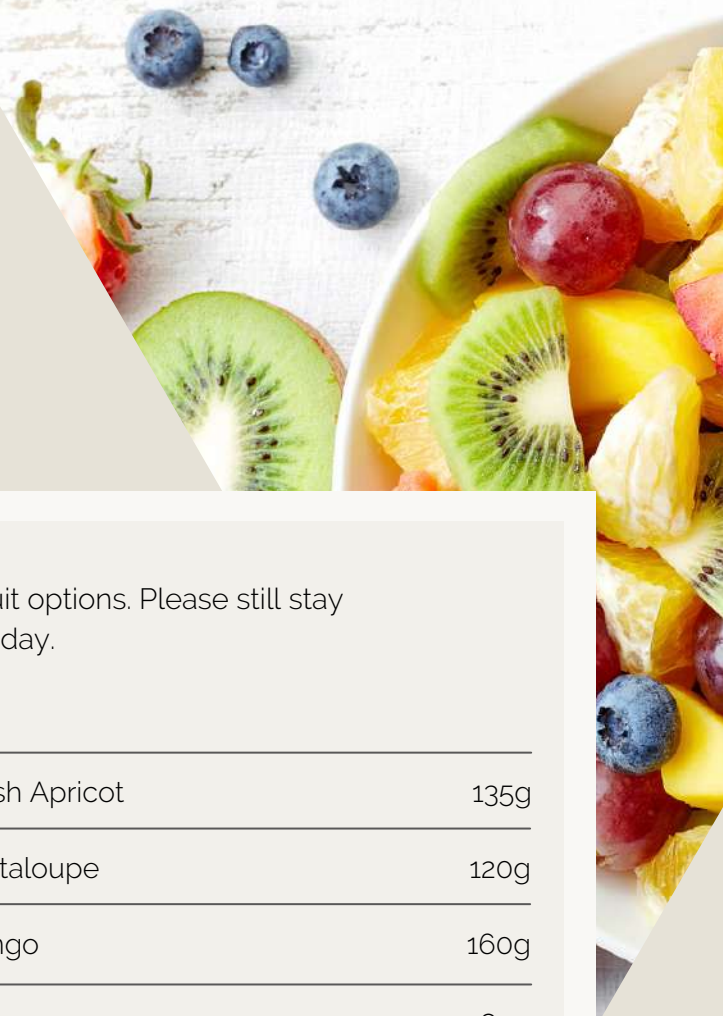




metabolic balance

Phase Three

EXTENDED FOOD LIST



FRUITS

You can now add in the following fruit options. Please still stay within your allotted fruit amount per day.

Pear	1	Fresh Apricot	135g
Nectarine	1	Cantaloupe	120g
Peach	1	Mango	160g
Orange	1	Papaya	180g
Tangerine	1	Prunes	45g
Kiwi	1	Strawberries	120g
Grapes	100g	Pineapple	100g
Watermelon	180g	Blueberries/Blackberries /Raspberries	100g
Dried Apricot	45g		



metabolic balance

8 Daily Rules

REMINDER

It's important to be patient and try only one new food per day.

01.

RULE #1

Eat exactly three meals a day. This will always remain an important rule for long-term success. You want to continue to work towards making this rule habitual.

02.

RULE #2

After each meal, take a break of at least 5 hours before starting your next meal.

03.

RULE #3

Do not allow any single meal to last longer than 60 minutes.

04.

RULE #4

Always begin each meal with one or two bites of protein.



metabolic balance

8 Daily Rules

REMINDER

It's important to be patient and try only one new food per day.

05.

RULE #5

Eat only one type of protein per meal. For each of your three meals choose a protein from a different protein group, so that you are eating from three different protein groups every day.

06.

RULE #6

If possible, do not eat after 9 pm.

07.

RULE #7

Over the course of the day, ensure that you drink the amount of water that has been calculated for your body [in general 1/2 fl.oz per lb of body weight]. This will also always remain an important rule for long-term success.

08.

RULE #8

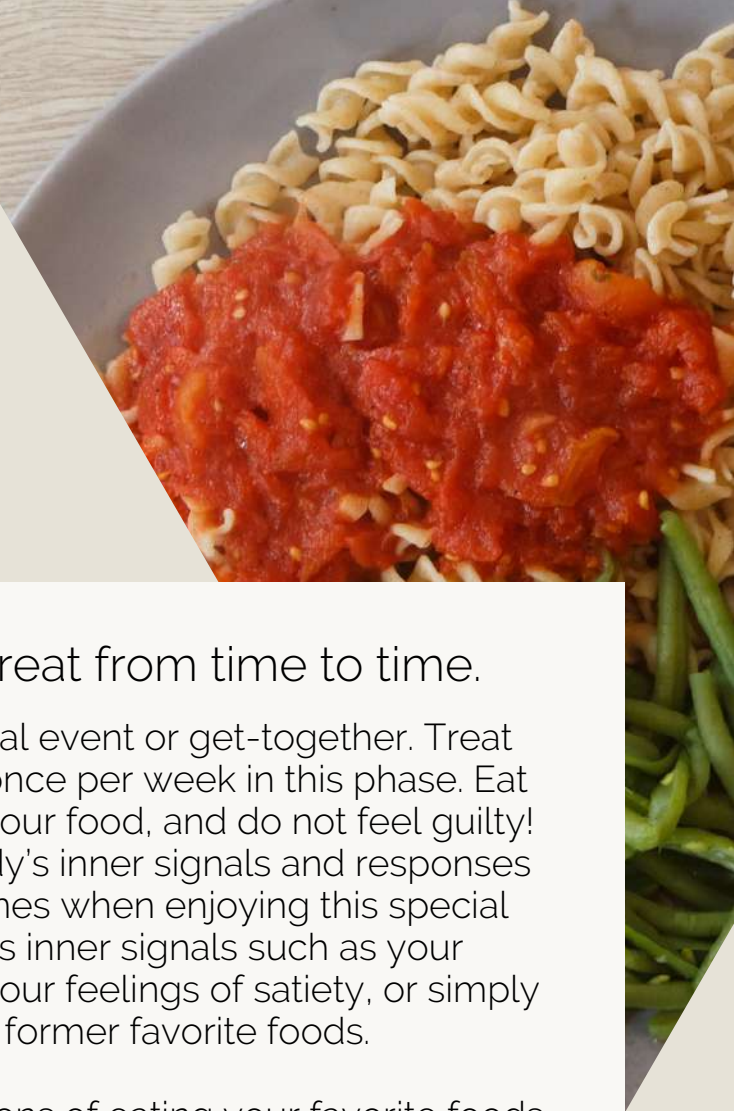
Always eat your daily apple. All other fruit is optional.



metabolic balance

Phase Three

TREAT MEAL GUIDELINES



You can mindfully enjoy a treat from time to time.

Especially when celebrating a special event or get-together. Treat meals are not to exceed more than once per week in this phase. Eat what you really desire, totally enjoy your food, and do not feel guilty! Make sure that you listen to your body's inner signals and responses and follow the 8 Treat Meal Guidelines when enjoying this special meal. Pay attention to your body's inner signals such as your intensified sense of smell and taste, your feelings of satiety, or simply your dislike of some of your former favorite foods.

Although you might have had aspirations of eating your favorite foods again, your tastes will have changed and you may find that you no longer enjoy the same foods as before. This is quite common; so please take your body's messages seriously and have the courage to stop eating if necessary.

TIP #1

You may enjoy a treat meal once a week. As always start your treat meal with a little bite of your protein portion.

TIP #2

Drink water before and after your treat meal.

TIP #3

If the meal lasts longer than one hour, please take a break of at least 15 minutes, during which you may only drink water. Then continue your meal again with some bites of protein.

TIP #4

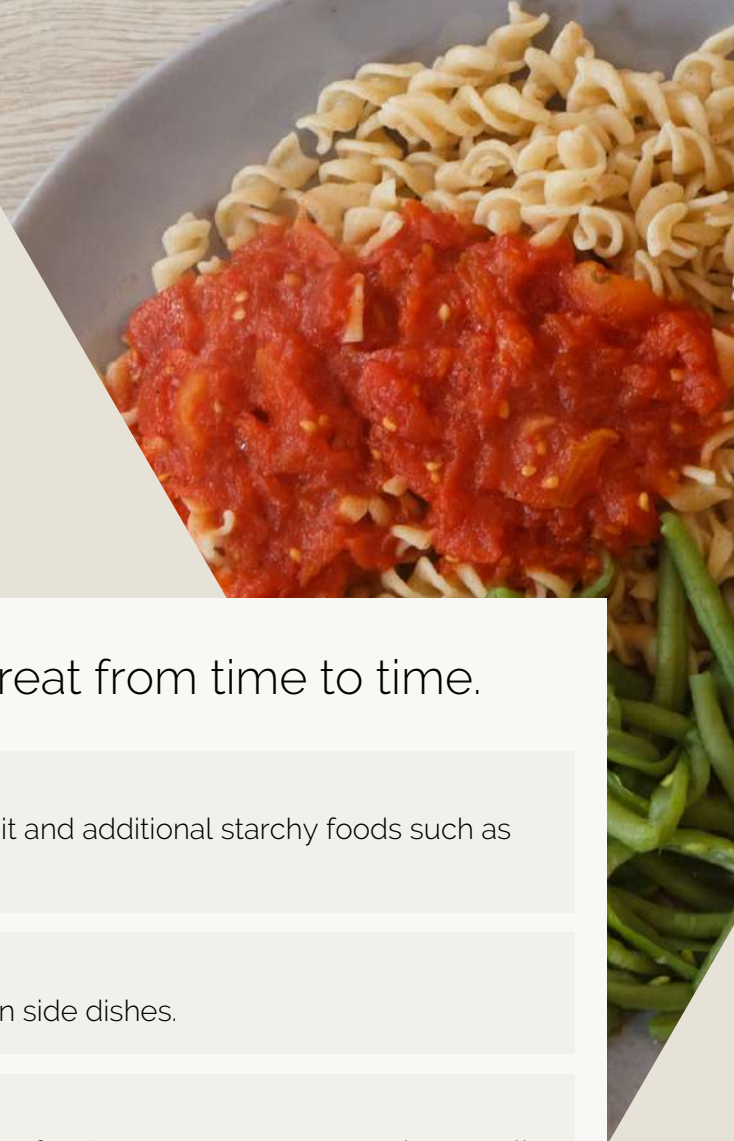
If you are eating out, take a few nuts or some cheese with you - so you have a protein appetizer on the go.



metabolic balance

Phase Three

TREAT MEAL GUIDELINES



You can mindfully enjoy a treat from time to time.

TIP #5

For the remaining meals that day please omit fruit and additional starchy foods such as bread.

TIP #6

Avoid rich, heavy sauces and carbohydrate-laden side dishes.

TIP #7

If you enjoy chocolate, always opt for a minimum of 70% cocoa content, eat only a small amount, and slowly savor the smell, texture, and taste.

TIP #8

Limit your consumption of alcoholic beverages and remember to drink plenty of water alongside any alcohol.