

METABOLIC BALANCE
Phase Two Guide
FOR COACHES IN TRAINING



Conversion Chart

All foods should be measured in the RAW state. That state is also the most preferred way of eating them. Of course, this is not possible all the time. That's why we have some conversions here for you:

| FOOD ITEM | STATE | ACTION |
|-------------------------------|--------------|----------------------------|
| Meat, Poultry, Fish | Cooked | Deduct 25% |
| Meat, Poultry, Fish | Frozen | Add 25 grams |
| Legumes, Oats, Rice, Pasta | Cooked | Double Weight |
| Legumes, Oats, Rice, Pasta | Frozen | Weight Remains the Same |





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Mobile App

Bringing your plan to your fingertips.
[Click here to watch a tutorial.](#)

01.

INSTALL APP

Available for free from Play Store or Apple App Store

02.

OPEN APP

Scroll through introductory pages. Click to continue with nutrition plan.

03.

CREATE YOUR ACCOUNT

Enter your email and create your password - keep your password safe.

04.

CONNECT YOUR PLAN

Enter your unique plan number found on page 3 of your plan.





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4 Pillars of Health



Ask yourself what you can do every day to support each pillar.



NUTRITION

Follow your Metabolic Balance Meal Plan exactly as it's laid out for you.



EXERCISE

Refrain from strenuous activity during the reset period of Phase 2. Past that please be sure to add up to one hour of uninterrupted physical activity per day.



SLEEP

Follow the 3-2-1 Bedtime Routine:
3 hours before bed - No Food
2 hours before bed - No Work
1 hour before bed - No Screens



STRESS MANAGEMENT

What fuels your soul and makes your heart happy? Journal. Read. Breath. Nature. Movement. Connection. Cognitive therapy. Slow down. Prioritize self-care.

FAQs



HOW MUCH MAGNESIUM CITRATE DO I TAKE IN PHASE ONE?

20 grams unless we have discussed otherwise or as stated on the table.



WHAT IF THE MAGNESIUM CITRATE ISN'T WORKING?

If you're not actively using the washroom by mid-afternoon then have a second 20 gram mag.



CAN I HAVE COFFEE/TEA IN PHASE ONE?

Ideally not. If you're struggling with a caffeine withdrawal headache then have 1/2 a cup black.



CAN I HAVE COFFEE/TEA IN PHASE TWO?

Yes. Within your 60-minute meal window.



CAN I DRINK SODA WATER?

Yes! You can drink plain soda water any time and it'll count towards your water intake.



AM I ALLOWED LEMON OR LIME IN MY WATER?

Not unless it's in your fruit list of your meal plan. Once you use it, it counts as the fruit portion of that meal.



CAN I HAVE PROTEIN POWDER?

No. Not in Phases 1&2 but we can introduce it in Phase 3.



CAN I HAVE THE SAME FOODS EVERY DAY?

Yes. Although the wider variety of foods you consume on your list the better so alternating is encouraged. They are all there for a reason.



DO I HAVE TO EAT ALL OF MY FOOD?

Bread & Fruit are optional except for your daily apple. You must eat your full protein and veg amount.



WHAT IF I AM STARVING IN BETWEEN MEALS?

The meals are designed to keep you full in between. Do your best to always stick to three meals a day. Drinking more water helps. If you become very hungry and feel you have to eat then always reach for a small amount of protein on your list. A hard-boiled egg, a few almonds, a slice of turkey, or a piece of cheese. This will leave you feeling satiated until your next meal without impacting your insulin much.



WHEN CAN I EXERCISE?

Other than light walks and stretching please refrain from vigorous exercise until after your 16-day reset period. We are balancing your hormones and drawing toxicity out. Allow your body the time it needs to release and balance.



HOW MUCH WEIGHT CAN I EXPECT TO LOSE?

A realistic expectation during the reset period is 5%-8% of your total body weight. Past that an average of 1%-2% of your total body weight per week.



WHY ARE NO SNACKS ALLOWED WITH METABOLIC BALANCE?

Your body needs time and rest for digestion. Any snack would disrupt this metabolic process and lead to familiar cravings. We also want to keep insulin levels low as much as possible. Therefore, we recommend having a five hour break between meals.



DO I HAVE TO EAT ALL OF THE FOODS ON MY NUTRITION PLAN?

As wide of a variety as possible. We advise this as all the foods listed on your plan have been identified as being the right foods for you to eat. Your personal nutrition plan is not a coincidence but results from your blood test results and medical history information. Your plan is as unique as your fingerprint. The foods selected support your metabolism and provide you with the combination of ingredients that you have been missing so far. You are of course fully in control of what you choose to eat.

We often find that many participants find many new favourite foods from their plans that they have not tried before and realize they love.



DO I HAVE TO STICK EXACTLY TO THE FOOD QUANTITIES IN MY PLAN?

This is particularly important in Phases 2 and 3 where you should weigh your food exactly. Once you have achieved your desired goal, we will discuss the best way to relax on the stated quantities and prepare meals without measuring.



HOW LONG DOES THE PROGRAM LAST?

You start with phase 1, which lasts two days and is the essential preparation for metabolic change. Phase 2 is the strict conversion phase and is precisely described in your personal plan. Phase 2 lasts a minimum of 14 days. From there you move into phase 3 where you will add more foods, fats, and other items to your diet. The program culminates in phase 4 - the maintenance phase. You can easily maintain phase 4 for a lifetime by continuing to apply the now familiar rules as the best way to nourish yourself. Ongoing support is available as needed.



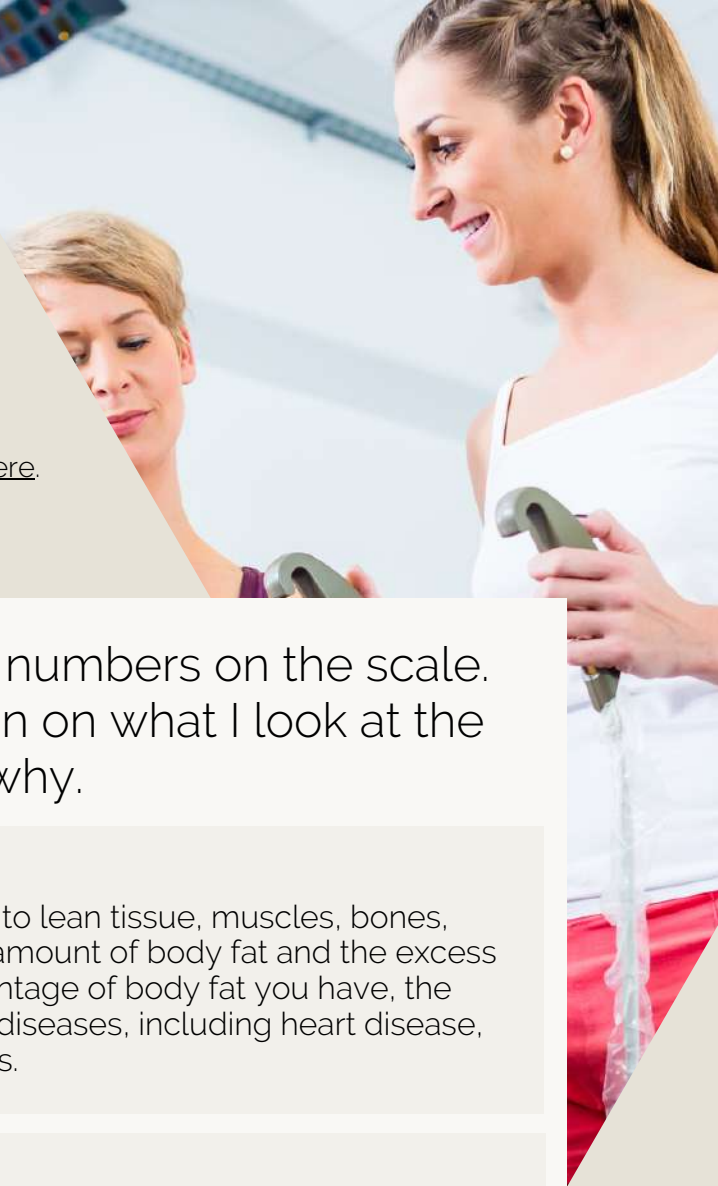
WILL I BE HUNGRY AND LESS PRODUCTIVE IN PHASE 2?

If you stick to your plan, you will eat the right amounts for you, mindfully and with enjoyment. At the end of every meal, you will be nicely full due to the high-energy foods eaten three times a day. You will not be starving! In between meals you drink the right amount of water calculated for you and so you will be feeling clear-headed and focused. Many participants report that they start to feel the best they've felt in years. If you are tired in the evening in the first few days of the conversion/detox phase, then allow yourself and your body to rest and simply go to bed earlier. We will stay connected and monitor how you are feeling to ensure that you get the best results from Phase 2.



Renpho Scale

If you'd like to purchase your own Renpho scale, click [here](#). This is completely optional.



The ultimate goal is all green numbers on the scale. Here's some more information on what I look at the most and why.

BODY FAT PERCENTAGE

Body fat refers to the fat that you have, relative to lean tissue, muscles, bones, body of water, and organs. There is a required amount of body fat and the excess is known as non-essential fat. The higher percentage of body fat you have, the more likely you are to develop obesity-related diseases, including heart disease, high blood pressure, stroke, and type 2 diabetes.

BODY OF WATER

Adequate hydration and total body of water is so important for your overall health and your bodies ability to detoxify properly. This water contributes significantly to the human body both in terms of weight and volume. Maintaining the right amount of water in your body is part of fluid balance and plays a key role in your overall composition.

BMR

Your Basal Metabolic Rate (BMR) is the number of calories you burn as your body performs basic (basal) life-sustaining functions. This includes; The beating of our heart, cell production, respiration, the maintenance of body temperature, circulation and nutrient processing.

METABOLIC AGE

This is calculated by comparing your basal metabolic rate (BMR) to the BMR average of your chronological age group. If your metabolic age is higher than your actual age it's an indication that you need to improve your metabolic rate. Increased strength training will build healthy muscle tissue, which in turn will improve your BMR & metabolic age.



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Renpho Scale



The ultimate goal is all green numbers on your scale. Here's some more information on what I look at the most and why.

VISCERAL FAT

An important indicator regarding overall health and the potential to develop serious health conditions. Visceral fat is the body fat that surrounds the waist and is wrapped around major organs, such as your liver, pancreas, and kidneys. Too much visceral fat can lead to an increase in blood pressure and an increased risk of heart attack. It needs to be paid the most attention to.

SUBCUTANEOUS FAT

Unlike visceral fat which is wrapped around the organs, subcutaneous fat is visible just under the skin. It has a variety of important purposes and is vital to have. However, elevated subcutaneous fat is often paired with higher amounts of visceral fat. Therefore it's important to have what your body requires without adding more than you need.

MUSCLE MASS

This is a key measurement of the muscles in your body. This measurement plays an important role in your overall ability to burn energy and fat. As your muscle mass increases you will have a higher daily caloric expenditure resulting in the ability to increase weight loss.

SKELETAL MUSCLE

Skeletal muscles comprise 30% to 40% of your total body mass.

They're the muscles that connect to your bones and allow a range of motion. Skeletal muscles are voluntary, meaning you control how and when they work. They also tend to deteriorate over time which is why strength training is so important as we age.



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8 Daily Rules

The Key to Success.

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.



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8 Daily Rules

The Key to Success.

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.

Phase 2

QUESTIONNAIRE

Consider these questions as you move through Phase 2

CHECK YES OR NO FOR THE FOLLOWING QUESTIONS & ELABORATE WHERE REQUIRED:

YES NO

Are you hungry?

Do you have cravings?

Are you keeping 5hrs between meals?

How do you count the hrs.-from start to start or finish to start?

Do you snack?

Do you chew gum or use mints?

How much water are you drinking? Liters / Ounces?

Do you ever exceed 5hrs between meals?

Do you start with at least 2 bites of protein first?

Do you take time to eat and chew very bite 7 to 12 times?

Are you weighing your food?

Are you weighing your food raw?

Phase 2

QUESTIONNAIRE

Consider these questions as you move through Phase 2

CHECK YES OR NO FOR THE FOLLOWING QUESTIONS & ELABORATE WHERE REQUIRED:

YES NO

Do you eat only one type of protein per meal?

Do you ever eat the same protein twice in a day?
Ex: chicken 2x

Do you eat an apple daily? If yes, when:

Do you eat a minimum of 1 crispy rye bread per meal?

Which type of crispy rye bread do you eat?

How many slices do you eat per day?

Have you eaten food items not listed on your plan?

Do you ever eat the same fruit twice in a day?

Are you taking a vitamin and a mineral supplement every day?

Do you ever eat after 9:00 p.m.?

Do you use artificial sweetener?

Do you drink flavored coffee?

Phase 2

QUESTIONNAIRE

Consider these questions as you move through Phase 2

CHECK YES OR NO FOR THE FOLLOWING QUESTIONS & ELABORATE WHERE REQUIRED:

YES NO

Do you use creamer?

Do you exercise?

If yes, describe:

Are you a smoker?

Do you sleep 7-8 hours a night?

If not, how many hours do you sleep per night?

Do you have regular bowel movements?

Do you switch lunches with dinner or vice versa?

What type of salt do you use?

Do you use any oil or spray oil in the first 16 days? Use oil after 16 days, even if you stay in phase 2 for longer.

Do you use lemon or lemon juice?

Is the water flavored (lemon/lime/other fruit)?