

METABOLIC BALANCE

Phase Four

FOR COACHES IN TRAINING



metabolic balance





Welcome

PHASE FOUR

Congratulations!

**TO GET TO THIS PHASE MEANS YOU'VE
DONE THE HARDEST WORK THERE IS TO DO.**

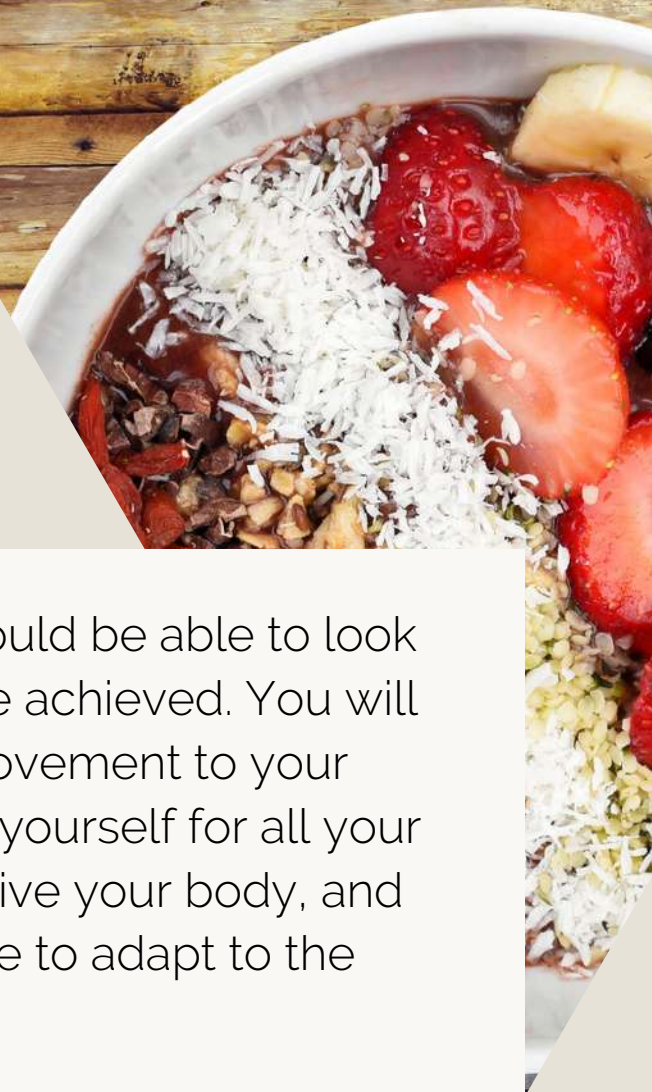
Achieving optimal health goals and weight loss is no easy task in this day and age. We live in a fast paced environment where oversized portions, chemical induced foods and poor options are all around us. Many of us have been programmed to be sedentary and reach for cheap and easy choices. Sadly, decade-by-decade proper nutrition continues to decrease in many homes. Fewer dollars are being allocated to proper nutrition and are being spent elsewhere, not to mention less time is being spent in the kitchen. You have proven your ability to not let society control or dictate your choices. You have taken your health solely into your own hands. You have invested time and effort into following this plan and making conscious decisions that are right for you. You have defined self-care and nothing is more important than you! Now is the time to reflect back and truly be proud of your efforts and accomplishment.

Moving forward is an outline of Phase 4. This phase is designed to be even more flexible than the last while maintaining your newly acquired health improvements and goal weight.



Phase Four

WHAT HAPPENS NEXT?



When entering Phase 4, you should be able to look back proudly at all that you have achieved. You will have seen a noticeable improvement to your health and you can now reward yourself for all your hard work. In Phase 4 you will give your body, and potentially your skin, a chance to adapt to the changes.

Your personal food list has now been extended. In addition, you will continue to gradually add new foods that are not currently on your personal food list or your phase 3 food list in order to see how well you tolerate them. While doing so, always remember that your goal is to keep your newly converted metabolism in balance. The 8 Rules remain unchanged and still apply.

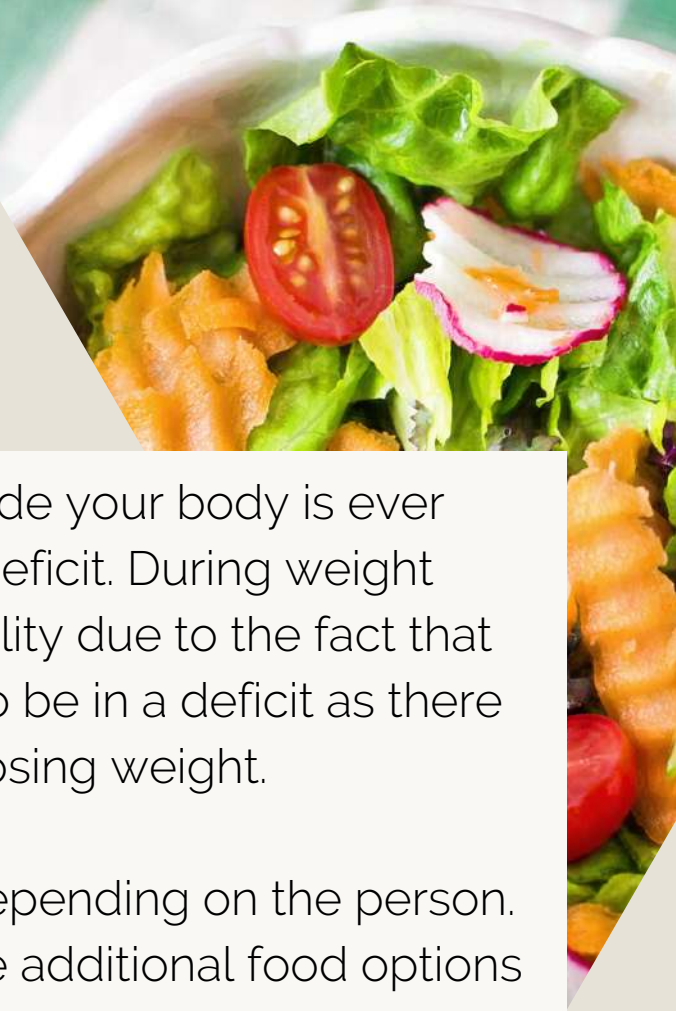
Below outlines changes in Phase 4. Please remember to stay true to the principles of your plan and only experiment with food additions one at a time. Choosing foods from your original food list is still always best.



metabolic balance

Phase Four

PORTION SIZES



When you're in weight loss mode your body is ever changing and reacting to the deficit. During weight maintenance there is more flexibility due to the fact that your body does not require you to be in a deficit as there is no longer a goal of losing weight.

This flexibility can look different depending on the person. For example some may appreciate additional food options and choices everyday while others prefer to keep things a little stricter most of the time and have more frequent treat meals.

Let's start with portion sizes. This is where you want to reflect back and determine at what point in the day you're a little hungry, if at all. If you haven't been hungry at all between meals then you know that's the appropriate portion size for you and it is to remain the same.

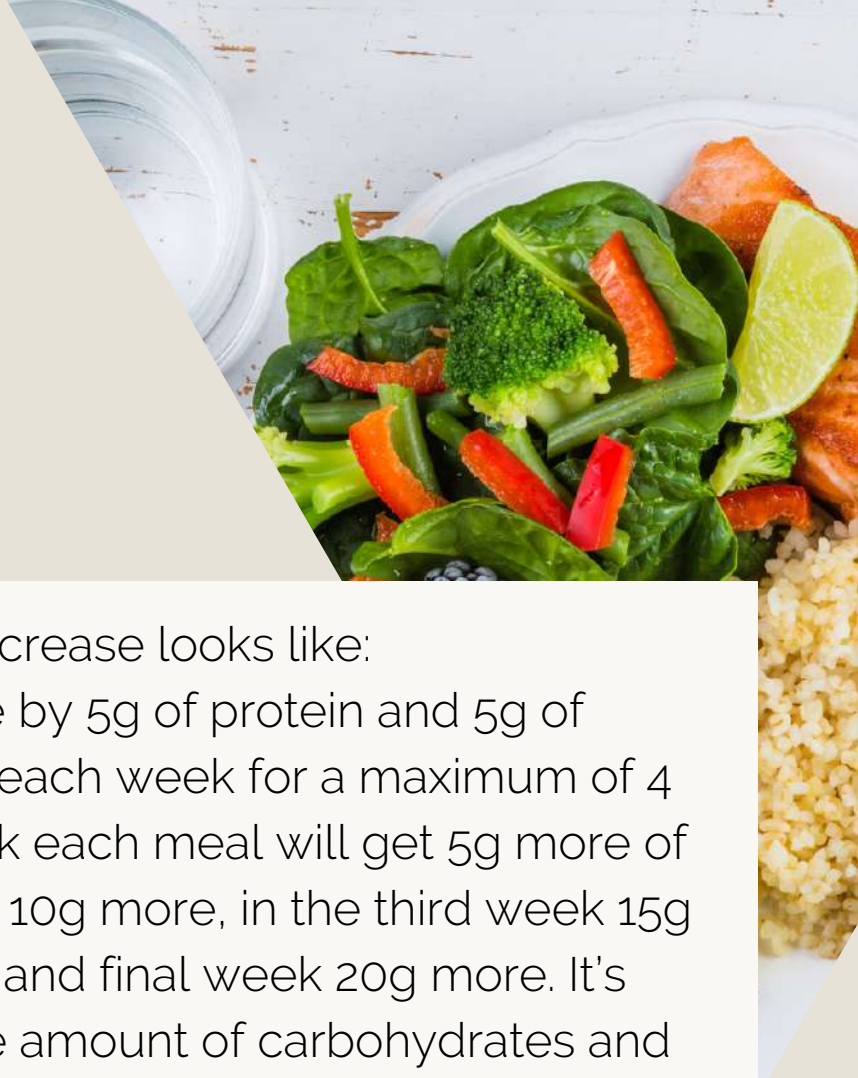
If you find that you have been hungry before lunch, dinner or bed time than at this time you will gradually increase the portion of the meal prior. For example if you're okay during the day but get hungry before bed then you would only slowly increase your dinner portion.



metabolic balance

Phase Four

PORTION SIZES



What the increase looks like:

You want to increase by 5g of protein and 5g of carbohydrates per meal each week for a maximum of 4 weeks. So in the first week each meal will get 5g more of each, in the second week 10g more, in the third week 15g more and in the fourth and final week 20g more. It's important to increase the amount of carbohydrates and protein equally. On no account should you increase the amount of carbohydrates you are consuming and not the protein. This would result easily in ravenous hunger and would increase your overall insulin secretion.

You will want to carefully observe your hunger and satiety during these weeks. You are not to increase past 20g after week four however in many cases you may find a comfortable portion for you falls in a different week. For example you may find your original breakfast and lunch portion was best for you however your body prefers the new dinner portion in week three. Alternatively you may find your original dinner portion was best but prefer to adjust your breakfast and lunch portions. This is a trial period and gives you time to slowly adjust if you feel that's needed and see how your body best reacts.



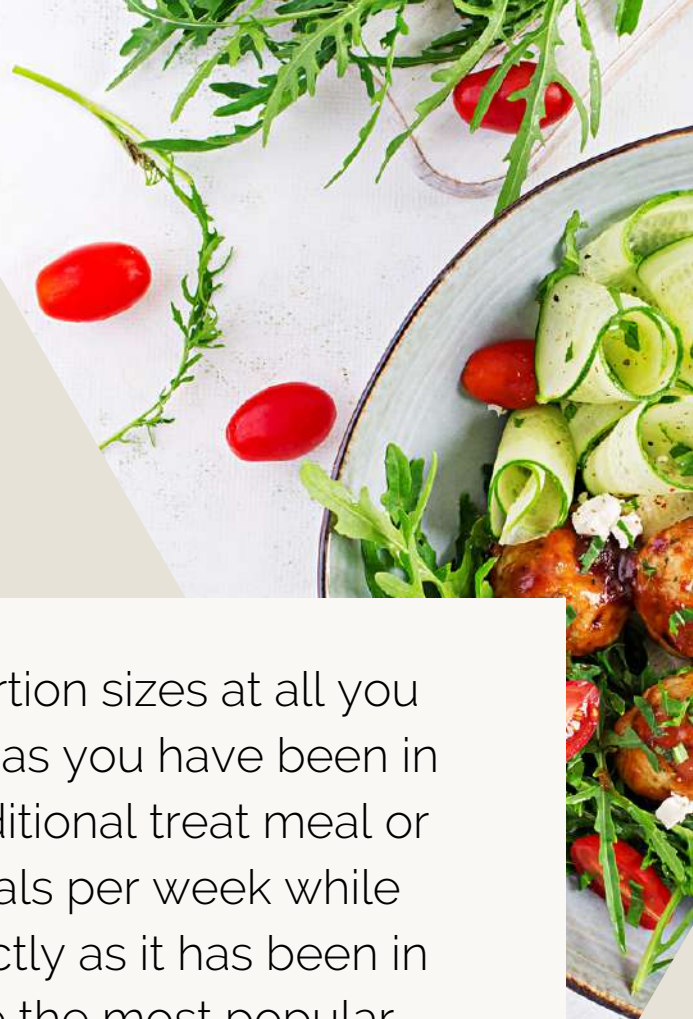
metabolic balance

Phase Four

ALTERNATIVE ADDITION OF
TREAT MEALS

Alternatively to adjusting portion sizes at all you could instead remain exactly as you have been in phase three and have an additional treat meal or two. So in total 1-3 treat meals per week while keeping everything else exactly as it has been in phase three. I find this to be the most popular option.

Increasing the extra treat meals may be something you enjoy more than increasing daily portions and food choices. 1-3 treat meals per week is still realistic for maintenance now that you're no longer working in a deficit. The treat meal guidelines always apply.





metabolic balance

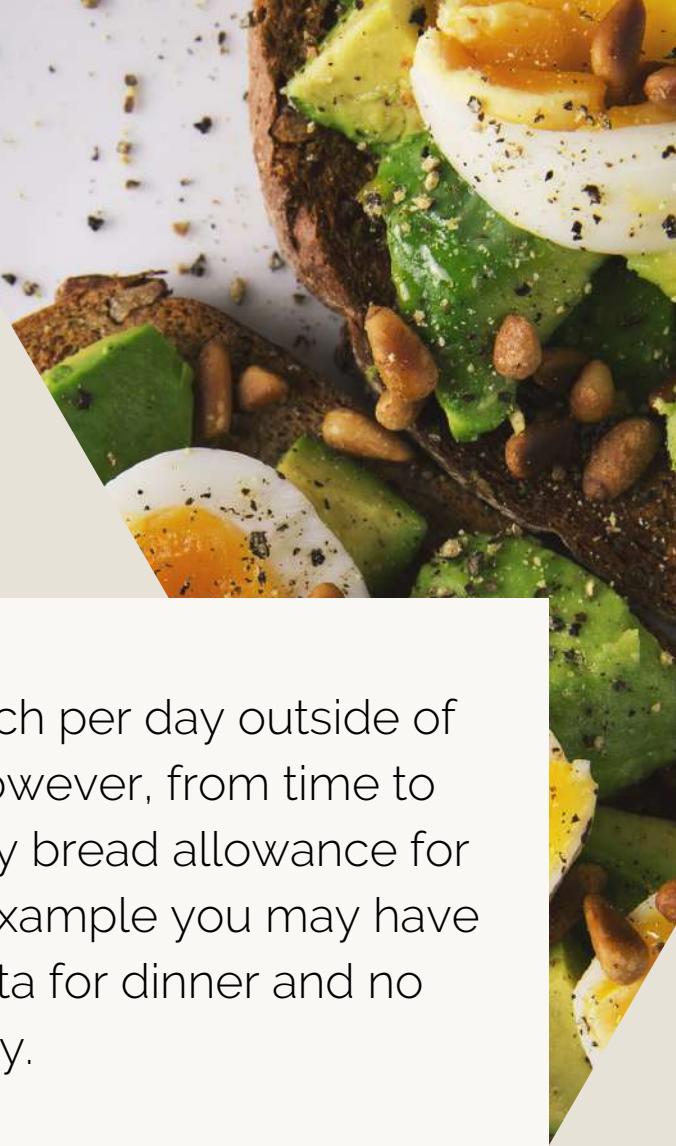
Phase Four

ADDITIONAL CHANGES

Starches will remain at one starch per day outside of your daily bread allowance. However, from time to time you can swap out your daily bread allowance for a second starch instead. So for example you may have oatmeal for breakfast and pasta for dinner and no bread that day.

At this stage you're able to bring in even more food choices outside the parameters of your list. In fact, there are no restrictions on your food choices, just of the portion size.

That being said you need to place these new foods in the appropriate category. When bringing in a new food determine where it goes. Does it count as your protein, starch, vegetable, fruit or fat allowance? Assess and insert accordingly. You have gotten yourself to a point to be able to gauge portion sizes appropriately however, weighing is still recommended.





metabolic balance

Phase Four

ADDITIONAL CHANGES

If you would like to eat products that contain gluten & corn, aim to keep those products free from your selections as much as possible. They both have a very high glycemic load, which will significantly increase insulin secretion. You will likely also find that your body does not react well to these foods.

Aim to keep sugars free from your diet as much as possible. This includes natural sugars such as cane sugar, honey and syrup as well as calorie free such as stevia. When your body consumes even calorie free sweetener it becomes used to the sweet taste and you will continually crave sweets. You're best to rid it as much as possible or save it for treat meals.



metabolic balance

Phase Four

MONITORING BODY COMPOSITION



Should you choose to you can continue to monitor your body composition weekly. Please aim to weigh yourself no more than once per week. Obsessive weigh-ins can affect your mental state. It's important to always remain positive and proud. You will have off weeks, we all do. Never forget the effort it took to get here and your ability to get back on track need be which is discussed in the next page.

That being said, weekly monitoring is optional. I find freedom in feeling confident with your lifestyle that you can remain comfortably balanced without using the scale as often. You may decide to detach from the scale being a tool that you use weekly. This frequency is for you to decide. You will also know in your body if things are starting to shift off balance and at that time you may want to consider monitoring regularly again.




metabolic balance
Phase Four
THINGS TO CONSIDER

It is important to set the following for yourself:

FLUCTUATION WEIGHT: 5LBS.

This is a five pound fluctuation that hovers over your goal weight. Your body will always fluctuate with water intake, hormonal changes, post treat meals and more. This is a reasonable weight to fluctuate within on a week-to-week basis.

ALARM WEIGHT: 5% OF YOUR GOAL WEIGHT.

This is where you want to calculate 5% of your goal weight to determine the number. For example if your goal weight is 150lbs, then 5% of that is 7.5lbs and your alarm weight is 157.5lbs. If you hit your alarm weight it is important to reflect back and determine what has changed. Have you decreased your water? Did you loosen up on portion sizes? Make corrections where needed to return to goal weight.

GONE TOO FAR: WHEN YOU HAVE SURPASSED YOUR ALARM WEIGHT.

This would be a great opportunity to have your labs redone. There is no cost associated with this if you go through your family Physician or local clinic you will be covered under OHIP. As always if there are any medical concerns these are important to address regularly with your Doctor.



metabolic balance

8 Daily Rules

REMINDER

By now you no longer need any reminding of what these are but it's very important that you abide by these as closely as possible always.

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

By now you no longer need any reminding of what these are but it's very important that you abide by these as closely as possible always.

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.