

METABOLIC BALANCE
Phase One Guide
FOR COACHES IN TRAINING





Prepping For Your Cleanse

Once your Blood Work has been completed, you can anticipate receiving your results within 12-24h.

In the meantime, it would be good to begin preparing for the cleanse phase by purchasing the necessary items. We've compiled a list with Amazon product links, but these products are also available at local retailers.

REQUIRED ITEM	QUANTITY	LINK
Magnesium Citrate	1	ITL Health
<small>Get 10% off when you order any MAG365 formula by using the code METABOLIC10 at checkout!</small>		
Food Scale	1	AccuWeight
Vegetable Broth	3	Pacific Foods Organic
<small>*must be organic, additive-free</small>		
Rye Bread & Crackers	As Desired	Grainfields Bread Rye Bread Light Rye Crackers Dark Rye Crackers
<small>*I highly recommend the Grainfields if you're able to locate some. Order in advance and freeze.</small>		



metabolic balance

Sample Soup Recipe

INGREDIENT LIST

3x Cartons of Organic
Vegetable Broth
Onions
Shallots
Celery
Carrots

Peppers
Zucchini
Peas
Cauliflower
Broccoli
Mini Potatoes

Thyme
Red Pepper Flakes
Curry Powder
Oregano
Turmeric
Sweet Paprika
Salt & Pepper

DIRECTIONS

Put all ingredients in one large pot.

Let the soup simmer on low to medium heat for about an hour.

This is just a sample recipe. Please add or omit any veggies, herbs, and spices that you like!

Enjoy!!

