

NUTRITION PLAN

for
CAN Tester

Presented by:

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metabolic balance® is not a diet – metabolic balance® is a tailor-made nutritional concept.

Scientifically proven, personalized and simple: Food items optimally matched to an individual person to harmonize the metabolism and to keep it in a healthy balance. A balanced metabolism improves blood values, quality of life, well-being, and weight.

➤ Your Personalized Nutrition Plan

THE ORIGINAL FROM EUROPE

Dear Herr Tester,

A warm welcome and thank you for choosing to participate in metabolic balance®, the all natural weight management program from Europe! Our scientifically based nutritional program is paired with your individual profile to assist you balancing your metabolism. When your metabolism is regulated you can look forward to a remarkable improvement in your quality of life – more energy and therefore a better balance, a deeper sleep and a long-term healthy weight. Furthermore, you will notice how your increased energy will turn into a new desire to have more physical activity. When you feel the urge to be more active, follow it! Maybe you have a favorite activity – or you find a gentle endurance training you enjoy. Please, always remember that metabolic balance® is not a diet – but a way of life!

You have made a decision that requires strength and courage to implement. Congratulations! Be proud of yourself! Believe in yourself and in your success now and during this transformation! Together with us you can reach your goal. A tip: keep some of your current favorite clothes as a measuring stick. More than stepping on the scales, your diminishing waistline will inspire you! Use this easy gauge every now and then – to measure progress and be excited about your achievements!

In front of you is your very own personal nutrition plan, which takes your individual metabolism in account. Based on your personal case history and the results of 36 different blood values the plan includes those food items, which are especially necessary for you to harmonize your hormones and balance your metabolism. Consider these natural foods as the energy for your well-being and even a natural anti-aging treatment – with the right nutrition you can slow down the cellular aging process, stay fit, be productive longer, and outsmart aging.

The first 14 days in the Strict Conversion Phase with metabolic balance® are particularly important for conversion. Therefore, adhere strictly to the guidelines and rules of your personalized plan! This is the only way to be sure that you are supplying your body exclusively with those nutrients which do not put a strain on your body and which your body really needs. This process initiates the regulation of your metabolism – the supreme goal and unique feature of our entire nutrition program. The insulin secretion is returned to normal levels, which has a positive effect on all other body processes – on your well-being and your weight. And entirely without the yo-yo effect!

Your Personalized Nutrition Plan in four Phases

These 14 days are also extremely important for your mental transformation. Now you have the opportunity to let go of old habits and thought patterns, to look towards the future, and to clear the way for a changed lifestyle. You will learn again to respect your body's signals and to identify its requirements.

Persevere – it's worth it! After two weeks of discipline, you can proudly look back at your first victory! You will discover that long forgotten facts will suddenly transform into your own, personal knowledge and experience – realizing that you are the primary expert on your health! Your coach with the support of the metabolic balance® team, will assist you on this journey!

Your metabolic balance® team.



Important note:

Correct breathing supports detoxification. Therefore, consciously inhale and exhale fresh air several times a day.

Your metabolic balance® Coach:

Gesundheitsforum am See
Praxis Dr. Torsten Hofer
Aldingerstraße 9
71325 Sonnenstadt



➤ A metabolic program in 4 phases

METABOLIC BALANCE®

With the metabolic balance® program you will adjust your diet carefully to meet the needs of your body. The program is divided into four phases, in which you approach your goal, step by step. During the first 14 days of Phase 2 very strict guidelines apply. Therefore, it is important that you choose a suitable date for the beginning of your metabolic transformation. Your coach will gladly help you with guidance and support. Later in the program, these rules and guidelines are gradually relaxed, and as you transition into Phase 3 you get more leeway selecting your foods. Over time you will internalize the rules and guidelines of the metabolic balance® program and you will automatically eat as it is best for you and your body. Your nutrition plan will then serve only as a guide. The 4 phases are:

PHASE 1	PREPARATION PHASE
Goal	Relaxing the metabolism, preparation for the nutritional conversion, avoidance of binge eating.
Start	Individually selected, appropriate time as agreed with your coach.
Duration	Two Days
Focus	Light fare, thorough intestinal cleansing.

PHASE 2	STRICT CONVERSION PHASE
Goal	Adaption of the body to an optimized nutrition, harmonization of the metabolism, thus reaching the desired weight and noticeable health improvements.
Start	Subsequent to the Preparation Phase
Duration	A minimum of 14 days
Focus	The 8 metabolic balance® rules and your individual food list

A metabolic program in 4 phases – metabolic balance®

PHASE 3 RELAXED CONVERSION PHASE

Goal	Stabilization of the metabolism and preservation of your improved well-being / weight. Gradual liberation from the requirements of Phase 2, instead, more leeway for your nutrition.
Start	Earliest after 14 days in Phase 2 after consulting with your coach
Duration	Several weeks until your improved metabolism has stabilized.
Focus	Expansion of the food list, testing of alternative foods and other quantities outside the plan (“trial and error”), the possibility of “treat meals” (deviation meals)

PHASE 4 MAINTENANCE PHASE

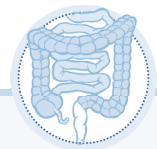
Goal	Normal daily life, with compliance of the 8 Rules, permanent preservation of harmonized metabolism, health and well-being
Start	Subsequent to Phase 3, after consulting with your coach
Duration	Indefinitely
Focus	Further liberation from the guidelines of the plan



➤ Phase 1: Preparation Phase

METABOLIC BALANCE® – THE INDIVIDUAL PHASES

During the 2-day Preparation Phase your body is gently prepared for the nutritional transformation. In order not to develop any cravings later, a thorough intestinal cleansing is necessary. During those first two days of the metabolic balance® program only light fare is suggested, so your body is primed for the nutritional adjustment.



IMPORTANT:

On the first day of the Preparation Phase we recommend a thorough intestinal cleansing. Your coach can suggest a suitable agent or a gentle method, e.g., epsom salt, magnesium citrate oral solution, enema or colon hydrotherapy.

Valid for both days of the Preparation Phase:



In the morning

half the amount of your normal breakfast, for example only one-egg vegetable omelet (w/o cheese) instead of two-egg omelet



At lunch-time

vegetable soup (up to 500 g / 1.1 lb of vegetables fresh or frozen, mashed or in chunks – no pre-made or instant soup), 1 apple



In the evening

up to 500 g / 1.1 lb cooked, steamed or raw vegetables or salad spiced with herbs; do not use spice blends or other additives like oil, vinegar or other dressings

Phase 1: Preparation Phase

As an alternative you can eat only one food item all day long, for example potatoes, vegetables or rice.

You can enjoy the vegetables raw, steamed or cooked, or even drink puréed in a smoothie. Please cook rice and potatoes in water. You may use spices, but no butter or oil. Unsweetened apple sauce goes well with the rice (2 TBsp per servings, w/o sugar or flavoring).

You do not need to eat the full portion if you are sated with a smaller amount than stated below (applies only in Phase 1).

All measurements refer to the raw weight.



Potato Day Up to 1.5 kg / 3.3 lbs of potatoes, divided into 3 meals



Vegetable Day Up to 1.5 kg / 3.3 lbs of vegetables, divided into 3 meals



Rice Day Up to 200 g / 1/2 lb whole grain rice, divided into 3 meals



Fruit Day Up to 1 kg / 2.2 lbs of fruit, divided into 3 meals



Check nutrition plan's authenticity

Unfortunately, we have seen an increase in counterfeit metabolic balance® nutrition plans. Such an imitated nutrition plan does not consider your personal health information nor your lab values in the way an original metabolic balance® plan does. At worst, a forged nutrition plan may cause deterioration of your health. To verify your plans authenticity, please visit the web site below and enter the check data:

<i>Website:</i>	http://www.metabolic-balance.com/ca/plancheck
<i>First Name:</i>	CAN
<i>Last Name:</i>	Tester
<i>Check code:</i>	ABD1D86F-367B

➤ The 8 Rules

METABOLIC BALANCE®



Rule 1:

Eat exactly three meals a day. During the Strict Conversion Phase you must follow the plan 100%. Do not eat more, do not eat less and do not eat anything other than what is included in your personal food list.



Rule 2:

After each meal, take a break of at least five hours before beginning your next meal.



Rule 3:

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



Rule 4:

Begin each meal with one or two bites of your protein portion.



Rule 5:

With each meal, you must eat only one type of protein, and you must eat three different types of protein each day.



Rule 6:

If possible, don't eat after 9 pm.



Rule 7:

Over the course of the day, drink at least the amount of water calculated for you. (Rule of thumb: in general 35 ml of water per kg of body weight.)



Rule 8:

Eat your fruit (including an apple every day) with a meal or as a dessert.

➤ Phase 2: Strict Conversion Phase

METABOLIC BALANCE® – THE INDIVIDUAL PHASES

You stay in Phase 2, Strict Conversion Phase, until you have reached your goal or for a minimum of 14 days.

From the beginning of Phase 2 the 8 Rules apply. Please be very accurate in the first 14 days and use only items from your personal food list in the amounts indicated. Please do not cook with any oil or fats during the first two weeks. To prepare your meals use non-stick pans, roasting bags or aluminum foil, clay or steam pots or even a BBQ. Use just plain water or a vegetable broth without sugar or other additives to simmer your food.



IMPORTANT:

If you extend the Strict Conversion Phase beyond 14 days, please add healthy, cold-pressed oils to supplement your meals. We recommend at least three tablespoons of oil per day in a balanced blend of Omega-3 and Omega-6 fatty acids (for example sunflower or safflower oil, which are high in Omega-6 or good rapeseed or flax seed oil, high in Omega-3 fatty acids). Your coach can recommend healthy oils.

From now on your meal plan serves as a template, which you fill with your personal food list. You need to add variety to your diet by using the entire spectrum of your personal choices. Also note the additional information subsequent to your food list. Ideas for food preparation can be found in your examples for your daily meal suggestions. Furthermore, your coach can provide you with recipes, that conform with metabolic balance®.

Typically you will follow your plan's suggestions for breakfast, lunch and dinner. If you want to swap a meal suggestion for lunch and dinner, you can do so. However, different quantities apply: when the lunch meal is enjoyed for dinner, please add 10 grams more – for protein and carbohydrates. If you choose to eat the dinner suggestion for lunch, accordingly there is 10 grams less. So for example, if there is 115 g of fish for lunch and 80 g cheese for dinner, you would instead eat 70 g of cheese for lunch and 125 g of fish for dinner with the appropriate amount of carbohydrates.

During Phase 2, your metabolism adapts to an optimal nutrition – and you adjust mentally to the new way of life. Focus on yourself during this important phase. Listen to your body's signals and needs, and take your time to trace the changes. Enjoy the great feeling of exchanging old,

Phase 2: Strict Conversion Phase

unhealthy habits for new, healthy ones.

Thus, engage with joy in this new lifestyle! Eat mindfully and enjoy the nutrition best suited for you – your means of life! Soon you will notice: despite some limitations metabolic balance® does not mean abstinence, but rather focus on the essence. You might discover new foods and cooking methods with metabolic balance® you have not tried yet, just out of sheer habit. And you'll see: you will savor a variety of food and be delightfully full!

To not get dissuaded or diverted from your goal, you should avoid any tempting situations, such as family gatherings or dinner invitations in the Strict Conversion Phase. Furthermore, physical or emotional stress can have a negative impact on your stamina (power of endurance). Instead of a lot of physical activity, rather engage in more mental fitness! Dedicate time and loving attention to your body, enjoy tranquility and concentrate on the body's self-regulation!

Also pay attention to your environment: Do you receive support from family and friends on your intent or do they try to “sabotage” you? Talk to the “saboteurs” – or stay away from them.

After the first two weeks in the Strict Conversion Phase you can eventually give in to your increased desire to exercise. Incorporate physical activities into your daily routine in order to really get your metabolism going, and enjoy your new-found energy! If your Strict Conversion Phase takes longer than 14 days, consult with your coach how to successfully incorporate physical activities into your metabolic balance® plan.

Keeping your personal weight-management diary certainly helps, since you can verify your improvement. Doing so in addition to the plan's progress report where you record all your physical and mental responses. You might find it helpful to make notes every day while reflecting upon the following two questions: What was difficult today? and What was good today? Do not forget to applaud yourself for the your successes and your efforts. Since every step towards a positive change, no matter how small, is a big success!

Once the first 14 disciplined days in the Strict Conversion Phase are behind you, you may treat yourself to a deviation meal. Do not inhibit pleasure, since this could quickly turn cravings into greed. So if you feel in the mood for a piece of dark chocolate, enjoy this as a mindful treat. If there is an occasion for a “treat meal”, such as a vacation or a family event, there is nothing wrong with making an exception from your meal plan – provided you have successfully concluded the first 14 days in the Strict Conver-



Phase 2: Strict Conversion Phase

sion Phase. Refer to the information about “treat meals” in the Phase 3 instructions and then return to Phase 2.

Enjoy your changed eating habits: Slow, enjoyable, deliberate. You will be surprised how efficiently your metabolic balance® plan supports your goals and strengthens your will to succeed!

Meal Plan

FOR CAN TESTER



SUGGESTION 1

Breakfast

215 g Yogurt
Fruit
Bread



Lunch

145 g Fish
145 g Vegetable
Fruit
Bread



Dinner

165 g Mushrooms
(Protein)
155 g Lettuce
Fruit
Bread



SUGGESTION 2

Breakfast

75 g Cheese
100 g Lettuce
Fruit
Bread



Lunch

100 g Tofu
145 g Lettuce
Fruit
Bread



Dinner

155 g Poultry
155 g Vegetable
Fruit
Bread



SUGGESTION 3

Breakfast

220 ml Milk Products
55 g Starch
Fruit



Lunch

145 g Meat
145 g Lettuce
Fruit
Bread



Dinner

100 g Legumes
155 g Lettuce
Fruit
Bread

Finished by 9 pm at the latest.

Individual Food List – Protein

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	FISH	Trout, Whitefish, Trout, Herring, Cod, Lox, Mackerel, Catfish, Sardines, Swordfish Steak, Sole, Tuna (in Water)
	SEAFOOD	Lobster, Prawns, Jumbo Shrimp, Squid, Clams
	MILK PRODUCTS	Milk
	YOGURT	Natural Yogurt
	MEAT	Venison, Veal Filet, Beef Filet, Pork Fillet, Pork Escalope
	POULTRY	Chicken Breast
	CHEESE	Buffalo Mozzarella, Feta Cheese (Sheep), Goat Cheese Log, Goat Cheese (Brie)
	LEGUMES	Adzuki Beans, Black Lentils, Brown Lentils, Broad/Fava Beans, Chickpeas, Mung Beans, Red Lentils, Black Eyed beans, Edamame Beans

Phase 2: Strict Conversion Phase



**MUSHROOMS
(PROTEIN)** Shiitake



TOFU Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).



EGGS If you like, you may replace your protein portion with two eggs at lunch or dinner, but not the breakfast egg. You should eat a maximum of 8 eggs per week.

Personal Food List – Carbohydrates

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VEGETABLE

Artichokes (canned or frozen), Avocado, Spinach, Red Cabbage, Cauliflower, Broccoli, Cherry Tomatoes, Fennel, Carrots, Kohlrabi, King Oyster Mushroom, Horseradish, Olives black, Bok Choy, Orangel Pepper, Red Bell Pepper, Parsnip, Parsley, Chanterelle mushrooms, Radishes, Brussels Sprouts, Sorrel, Asparagus green, Asparagus white

Please eat tomatoes only twice per week.



LETTUCE

Iceberg Lettuce, Endive, Cucumber, Bibb Lettuces, Dandelion leaves, Romaine Lettuce



STARCH

Oatmeal

When eating oatmeal for breakfast, please omit the whole grain rye sourdough bread or the crispy rye bread for this meal.



BREAD

Crispy Rye Bread, Wholegrain Rye Bread



FRUIT

Apple (1 ct.), Apricots (120 g), Cantaloupe (120 g), Blueberries (100 g), Raspberries (100 g), Mango (160 g), Nectarine (1 ct.), Papaya (180 g), Peach (1 ct.), Prunes/Damsons (100 g)

Additional Information about the Nutrition Plan

FOR CAN TESTER



WATER

We recommend that you drink 3 1/4 l of water, which was calculated individually for you. This supports the drainage of the degraded residues and thus, speeds up the metabolic process and regulation.



EGGS

You should eat a maximum of 8 eggs per week. You can prepare the eggs to your liking, for example, scrambled or fried, omelet, boiled or poached.



MANDELADE

Another delicious breakfast alternative you may substitute is Mandelade [German: Mandel = almond, Mandelade = almond mix], even if you have no nuts or seeds on your plan. Mandelade is easy to prepare. Use: 40 g of almonds and 30 g of sunflower seeds soak almonds and seeds overnight, in the morning chop or purée. Mix in one chopped or grated apple and spice the Mandelade with cinnamon or mint. Enjoy!



VEGETABLES

We suggest eating vegetables cooked firm to the bite (al dente), or raw (depending on the kind of vegetable). You may also use frozen vegetables, without any additives. Of course you can mix or interchange vegetables and salads — depending on your personal preference and seasonal availability.



HERBS AND SPICES

Use fresh or dried herbs in moderate quantities to flavor your meals. Use one teaspoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil for the first 14 days.



BREAD

Observe the maximum of 5 slices of rye bread per day. A slice of whole grain sourdough rye bread (25 g) equates nutritionally to a slice of rye crispbread (10 g). If you like, you can alternate both types of bread. Remember, however, you do not need to eat bread if you don't want to.

Phase 2: Strict Conversion Phase



FRUITS

Eat a medium-sized, tart apple every day. In addition to your apple, you may eat two other types of fruit per day from your fruit list. Enjoy the fruits with the meals.

If possible, please choose old varieties of apples such as MacIntosh, Idared, Jonathan or Gravensteiner. If the fruits in your personal food list are currently not available fresh, you may as well buy frozen fruit. Do not use canned fruit!



COFFEE AND TEA

Treat yourself to three normal-sized cups of coffee and / or three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only with meals. Forgo milk and sugar as well as sweetener and do not use flavored coffee or tea.



ALCOHOL, SOFT DRINKS AND FRUIT JUICES

Alcohol, soft drinks, and fruit juices are not permitted during the Strict Conversion Phase.



VITAMINS

During the nutritional conversion your body has increased vitamin requirements. Since vitamins lose their effect during cooking, it is useful not to cook fruit and vegetables. If possible, eat fruit and vegetables raw or lightly steamed. Please consult with your coach whether a multivitamin and / or mineral supplement is advisable in your case.

Please consider:

Remember, this meal plan has been created exclusively for you based on your personal information and your lab values. Other individuals will most likely not achieve the desired effects when using this plan. At worst, a deterioration of their health could occur because your plan does not include food items suitable for them. A random weight gain or loss may occur for such individuals using your plan; however, a targeted and optimized metabolism regulation can only be achieved through individualized lab-based nutrition plans!

Shopping Helper Phase 2

FOR CAN TESTER

**Breakfast**

215 g Yogurt, Fruit, Bread

Lunch

145 g Fish, 145 g Vegetable, Fruit, Bread

Dinner

165 g Mushrooms (Protein), 155 g Lettuce, Fruit, Bread

Breakfast

75 g Cheese, 100 g Lettuce, Fruit, Bread

Lunch

100 g Tofu, 145 g Lettuce, Fruit, Bread

Dinner

155 g Poultry, 155 g Vegetable, Fruit, Bread

Breakfast

220 ml Milk Products, 55 g Starch, Fruit

Lunch

145 g Meat, 145 g Lettuce, Fruit, Bread

Dinner

100 g Legumes, 155 g Lettuce, Fruit, Bread

Fish	Trout, Whitefish, Trout, Herring, Cod, Lox, Mackerel, Catfish, Sardines, Swordfish Steak, Sole, Tuna (in Water)
Seafood	Lobster, Prawns, Jumbo Shrimp, Squid, Clams
Milk Products	Milk
Yogurt	Natural Yogurt
Meat	Venison, Veal Filet, Beef Filet, Pork Fillet, Pork Escalope
Poultry	Chicken Breast
Cheese	Buffalo Mozzarella, Feta Cheese (Sheep), Goat Cheese Log, Goat Cheese (Brie)
Legumes	Adzuki Beans, Black Lentils, Brown Lentils, Broad/Fava Beans, Chickpeas, Mung Beans, Red Lentils, Black Eyed beans, Edamame Beans
Mushrooms (Protein)	Shiitake
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Eggs	If you like, you may replace your protein portion with two eggs at lunch or dinner, but not the breakfast egg. You should eat a maximum of 8 eggs per week.

Vegetable	Artichokes (canned or frozen), Avocado, Spinach, Red Cabbage, Cauliflower, Broccoli, Cherry Tomatoes, Fennel, Carrots, Kohlrabi, King Oyster Mushroom, Horseradish, Olives black, Bok Choy, Orangel Pepper, Red Bell Pepper, Parsnip, Parsley, Chanterelle mushrooms, Radishes, Brussels Sprouts, Sorrel, Asparagus green, Asparagus white
Lettuce	Iceberg Lettuce, Endive, Cucumber, Bibb Lettuces, Dandelion leaves, Romaine Lettuce
Starch	Oatmeal
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1 ct.), Apricots (120 g), Cantaloupe (120 g), Blueberries (100 g), Raspberries (100 g), Mango (160 g), Nectarine (1 ct.), Papaya (180 g), Peach (1 ct.), Prunes/Damsons (100 g)

➤ Tips by Nutritional Engineer Silvia Bürkle

METABOLIC BALANCE® IN DAY-TO-DAY LIFE

- The amounts given in the meal plan indicate the weight of raw foods. If you are using cooked beans or lentils, you measure twice the weight stated. For frozen fruits and vegetables the weight quoted in the plan is used. Frozen meat, poultry or fish should be thawed before cooking. Add 25 g to the weight of frozen meat, poultry, or fish to compensate for the water lost during thawing.
- The daily examples in your plan are only suggestions — you can of course prepare all meals to your liking ... as long as you follow the rules.
- Since you are drinking a lot of water, you should also add salt in normal quantities, to supply your body with valuable minerals. Please use only unrefined salt, without additives; for example, sea or rock salt.
- In order to add even more flavor and variety to your dishes, you can mix vegetables / salads. For example, substitute 10 g onions for 10 g spinach (if included in your personal food list), or add any other vegetable / salad from your list.
- Use fresh or dried herbs, spices or blends without additives or sugar, in moderate quantities. Remember — the eyes “eat” first! Decorate your table nicely and “dress up” your meals with fresh herbs.
- Do you have a favorite restaurant? Discuss with the chef, how (s)he can assist you with adhering to your meal plan, when you eat there.
- By the way, you will remain flexible when planning your day with metabolic balance®. You can prepare a meal and eat it while out. It’s easy to prepare an enticing breakfast the previous evening and then enjoy it the next morning without any hassle.

IMPORTANT: Remember, this meal plan has been created exclusively for you based on your personal information and your lab values. Other individuals will most likely not achieve the desired effects when using this plan. At worst, a deterioration of their health could occur, because your plan does not include food items suitable for them.

➤ The basics of the 8 Rules

METABOLIC BALANCE®



Rule 1, Rule 2, Rule 3, Rule 6:

Eat exactly three meals a day, each lasting a maximum of one hour. After the end of one meal and before the beginning of the next meal, you should take a break of at least five hours (maximum seven). Ideally, extend the overnight break between meals to 14 hours (twice weekly). During the five-hour breaks between meals and especially during the night, insulin falls to very low levels. This enables fat to be burned easily. If you have five or six smaller meals, or if you snack between meals, the insulin level remains constantly elevated. Therefore your body will rather synthesize more fat than build muscle tissue! Furthermore, the consistently elevated insulin level blocks the production of many of the hormones that protect the body from inflammation and aging!



Rule 4:

Begin each meal with one or two bites of your protein portion to steadily regulate your insulin level. When the stomach receives one or two bites of protein first, the pancreas produces the hormone glucagon, to help digest the protein. This hormone is the antagonist of insulin and blocks insulin production. The result is a lower insulin level, which stimulates fat burning, blocks fat synthesis, and prevents the dreaded attacks of ravenous appetite. In your meal plan and the daily examples you find the protein (e.g. beans, fish or cheese) mentioned first.



Rule 5:

With each meal, you must eat only one type of protein, and you must eat a different type of protein with each of your three meals during the day.

In the digestive tract our bodies use enzymes to break down the ingested proteins into amino acids. After these pass through the intestinal wall, the body forms human protein out of food protein. However, the critical factor for our metabolism is not the overall quantity of protein but the appropriate composition of amino acids. Particularly important are the eight essential amino acids, which the body has to ingest through food because they cannot be naturally synthesized by the body. The more a protein resembles human protein, the higher its so-called biological value – meaning, how much of the protein in the food can be transformed into human protein. The usability of a protein is determined by the proportionately lowest essential amino acid. When different proteins are combined, the Biological Value is determined by that amino acid whose overall share is lowest and unused amino acids will become waste products. This can lead to acidification of the body.

An ideal amino acid composition is found in egg yolk, in which 100% of the eight essential amino acids can be converted into human protein. Therefore, egg yolk has a Biological Value of 100. In contrast, milk has only 91% of the essential amino acids. Consequently, only a fraction of the other 7 essential amino acids can be used. Thus, milk has a Biological Value of 91%. Therefore, combinations of proteins are to be avoided, as they may deteriorate the Biological Value.

metabolic balance® uses primarily proteins with high biological value (above 70) and recommends only a single kind of protein for each meal. Otherwise, it is possible that the biological value will be reduced, which can result in excess acidification of the body.



Rule 7:

If you drink less than the amount of water stipulated in your individual plan (the rule of thumb is a minimum of 35 ml of water per kilogram of body weight), then you will lose weight more slowly. Water cleanses the body and helps wash out the residues and toxins resulting from tissue breakdown. If you drink too little, these substances remain in the body and the weight is not changing as quickly. It is best to drink water before you feel thirsty and to divide the beverages throughout the day. Non carbonated water is preferred. Coffee, black tea, green tea, white tea, or rooibos tea is only permitted with meals and not counted as your daily water intake.



Rule 8:

An old proverb says: “An apple a day keeps the doctor away.” No other fruit can compare to the vitamins and minerals in the cholesterol and uric acid lowering apple! In addition, apples provide the body with valuable fiber, since they are high in pectin and cellulose content. Apples are important for the speedier excretion of harmful metabolic waste products. Old apple varieties are especially rich in polyphenols, which actively counteract free radicals. Moreover, fruit in general provides the body with many important minerals, dietary fiber, vitamins, and trace elements. Finally, fruits are simply a pleasure to eat.

Daily Progress Report

CAN TESTER



Sheet 1: For the daily check-up during the first 14 days in the Strict Conversion Phase

If possible, please check your values daily during the first 14 days of the Strict Conversion Phase. This is beneficial to document changes and to discuss issues and progress with your coach. Preferably measure and enter the values before breakfast.

Days	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Weight in kg	92														
Blood Pressure ****															
Blood Glucose ****															
Pulse ****															
Water intake in liter															
General Well-Being															
Fatigue															
Sleep															
Headache															
Joint Pain															
Acid Reflux															
Digestion															
Allergy / Allergies															
Skin															

When evaluating your progress, use a scale of 1 to 5. For example, a 1 stands for no fatigue and a 5 stands for extreme fatigue. Use the smileys for guidance, and if you are uncertain, ask your coach for assistance.

😊 = 1 😊 = 2 😄 = 3 😄 = 4 😞 = 5

Please use this sheet to track your success.

Weekly Progress Report

CAN TESTER



Sheet 2: For the weekly check-up

Record your symptoms once a week after the first 14 days in the Strict Conversion Phase.

Week	Start	3	4	5	6	7	8	9	10	11	12	13	14	15	16
WHR*	0,5														
BMI**	26														
Weight in kg	92														
Body Fat in %															
Waist in cm ***	102														
Hips in cm	105														
Upper Thigh in cm	75														
Blood Pressure ****															
Blood Glucose ****															
Pulse ****															
Water intake in liter															
General Well-Being															
Fatigue															
Sleep															
Headache															
Joint Pain															
Acid Reflux															
Digestion															
Allergy / Allergies															
Skin															

When evaluating your progress, use a scale of 1 to 5. For example, a 1 stands for no fatigue and a 5 stands for extreme fatigue. Use the smileys for guidance.

😊 = 1 😊 = 2 😐 = 3 😞 = 4 😡 = 5

*) Waist to Height Ratio (WHR): waist circumference in cm (inches) / height in cm (inches)

***) Body Mass Index (BMI): weight in kg / (height in meter)²

****) Waist circumference is measured at navel height

*****) Track these parameters for review with your primary care physician, not with your coach.

➤ Treat Meals

METABOLIC BALANCE®

You should mindfully enjoy a treat meal from time to time.
Celebrating a special event like a family reunion: Eat what you want – and please, enjoy without guilt!

Make sure to listen to the signals and reactions of your body and ensure to adhere to the 8 Treat Meal Guidelines (see next page) to enjoy this delicious meal.

Pay attention to your body's revitalized signals, your intensified sense of smell and taste, your real feeling of fullness, or simply your dislike of former favorite foods. Although you might have had dreams enjoying your favorite food, your taste has changed and you might have changed your mind. This can happen. Please take your body's messages seriously, and have the courage to stop eating. Your well-being is the prime imperative!

If you feel confused with the changes that have occurred or if you simply want to communicate your enthusiasm – please contact your coach.



The 8 Guidelines for Treat Meals

METABOLIC BALANCE®

Tip 1:

For now, engage in a treat meal only once a week, and always start such a meal with a protein.

Tip 2:

Drink extra water before and after a treat meal.

Tip 3:

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

Tip 4:

If you go out to eat, take a few nuts or some cheese with you – so you have a “protein appetizer” on the go.

Tip 5:

For the remaining two meals that day, omit fruit and additional starchy products, like bread.

Tip 6:

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

Tip 7:

If you enjoy chocolate, always opt for a minimum of 70 % cocoa content, eat only a small amount and savor it!

Tip 8:

Limit the consumption of alcohol, drink water with it and remember: especially with alcohol: “Less is More”!

➤ Phase 3: Relaxed Conversion Phase

METABOLIC BALANCE® – THE INDIVIDUAL PHASES

Congratulations – you have reached a major milestone!

After consulting with your coach, you are now in Phase 3 – be proud of yourself! When entering the Relaxed Conversion Phase you can look back to considerable success. You have already achieved your desired weight and/or a noticeable health improvement – or you simply want to indulge just this once at a specific forthcoming event. Then you will stay in Phase 3 and follow the 8 guidelines for treat meals for a limited period of time. Your food list and your meal plan are now extended. You can also gently test how you can tolerate foods that are not in your personal food list. While doing this, remember that the goal always is to keep your metabolism in balance. Furthermore, you now can enjoy treat meals. Of course, the 8 Rules apply unchanged.

In the more relaxed Phase 3, you can experience how much you should eat until you actually feel satiated. Now you can carefully try out quantities and foods that were not on your Phase 2 plan. The food items on your list for Phase 3 and your meal plan will help you with your selections. Furthermore, your inner signals will help you to choose correctly. Experiment with eating former favorites that are not on your personal food list. However, you should stay true to the structure of your plan and initially change only single meals.

- Slowly reintroduce your body to larger amounts of carbohydrates. First, start at lunch to add carbohydrates such as pasta, rice and potatoes. Please remember to not eat any bread at this meal. You may use your calculated total amount of bread to supplement the other meals.
- Increase the amount of carbohydrates you consume at lunch by 10 g every week. Carefully watch your hunger and satiety until you reach an amount that is suitable as a side dish. Please increase the amount of carbohydrates and protein in your meals uniformly. On no account should you increase the amount of carbohydrates and at the same time reduce the amount of protein – this would result in ravenous hunger attacks and negative effects on insulin excretion!
- Continue to step on the scales and measure your waist. Enjoy a healthy weight that you are able to maintain even though you feast moderately.
- Now that you try many new things, it can be very beneficial to note changes, and their effects on you, in a weight management diary.

Phase 3: Relaxed Conversion Phase







Watch your body reactions very carefully. If a variation in your meals has a negative effect, try to correlate the symptoms with the changes you have made. For a few days get back to Strict Conversion Phase. In case you feel uncertain, discuss your experiences with your coach.



Extension of the personal Food List

FOR CAN TESTER

You can add the following food items to your personal food list.

	MEAT	Lamb
	POULTRY	Turkey Breast
	CHEESE	Cheshire cheese (<45%), Edam Cheese (<45%), Quark
	VEGETABLE	Aubergines, Onion, Radish
	FRUIT	Pomegranate (1 ct.)
	FAT / OIL	Ghee, Flax Seed Oil (for Salads), Native Coconut Oil (for frying)

Shopping Helper Phase 3

FOR CAN TESTER



Fish	Trout, Whitefish, Trout, Herring, Cod, Lox, Mackerel, Catfish, Sardines, Swordfish Steak, Sole, Tuna (in Water)
Seafood	Lobster, Prawns, Jumbo Shrimp, Squid, Clams
Milk Products	Milk
Yogurt	Natural Yogurt
Meat	Venison, Veal Filet, Lamb, Beef Filet, Pork Fillet, Pork Escalope
Poultry	Chicken Breast, Turkey Breast
Cheese	Buffalo Mozzarella, Cheshire cheese (<45%), Edam Cheese (<45%), Feta Cheese (Sheep), Quark, Goat Cheese Log, Goat Cheese (Brie)
Legumes	Adzuki Beans, Black Lentils, Brown Lentils, Broad/Fava Beans, Chickpeas , Mung Beans, Red Lentils, Black Eyed beans, Edamame Beans
Mushrooms (Protein)	Shiitake
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).Tofu
Eggs	Eat a minimum of 2 eggs and a maximum of 8 eggs per week.

Vegetable	Artichokes (canned or frozen), Aubergines, Avocado, Spinach, Red Cabbage, Cauliflower, Broccoli, Cherry Tomatoes, Fennel, Onion, Carrots, Kohlrabi , King Oyster Mushroom, Horseradish, Olives black, Bok Choy, Orangel Pepper, Red Bell Pepper, Parsnip, Parsley , Chanterelle mushrooms, Radishes, Radish, Brussels Sprouts, Sorrel, Asparagus green, Asparagus white
Lettuce	Iceberg Lettuce, Endive, Cucumber, Bibb Lettuces, Dandelion leaves, Romaine Lettuce
Starch	Oatmeal
Fruit	Apple (1 ct.), Apricots (120 g), Cantaloupe (120 g), Pomegranate (1 ct.), Blueberries (100 g), Raspberries (100 g), Mango (160 g), Nectarine (1 ct.), Papaya (180 g), Peach (1 ct.), Prunes/Damsons (100 g)
Fat / Oil	Ghee, Flax Seed Oil (for Salads), Native Coconut Oil (for frying)
Bread	Crispy Rye Bread, Wholegrain Rye Bread

➤ Phase 4: Maintenance Phase

METABOLIC BALANCE® – THE INDIVIDUAL PHASES

You did it – Congratulations!

Congratulate yourself on your success, you have balanced your metabolism, thereby successfully reached your target weight, improved your health and well-being! You are doing well, you feel fit, lean, powerful and comfortable in your body. But most importantly, you have proven that you made the right decision! With your willpower and your stamina you can reach other ambitious goals. Rightfully you can be proud of yourself!

The idea of Phase 4 is to maintain your success long term. So please, do not fall back into your old habits after adjusting so successfully to the principles of metabolic balance®!

As already mentioned above: metabolic balance® is not a diet – metabolic balance® is a lifestyle! Therefore, the 8 Rules will continue to apply, especially in your day-to-day life. In addition:

- Continue to exercise every day. This can even be achieved on workdays: take the stairs, instead of using the elevator. Walk or ride a bicycle instead of taking the car or the bus. Get off the bus one stop before or after your actual destination and walk the remaining distance. Park at the far end of the parking lot rather than close to the doors. Regularly go swimming or walking – alone or with friends.
- Make sure to engage in physical activity at least two to three times per week. The regular activity ensures your weight maintenance and optimizes your health!



Phase 4: Maintenance Phase

- Take a 15-minute break after one hour when attending long meals. Begin the next course with a bite of protein again.

Continue to choose your food mindfully. Stick to the newly learned eating rhythm and enjoy every meal, since metabolic balance® offers culinary delight! You are a connoisseur again: With a sharpened sense of smell and taste and an open ear to listen to the real needs of your body – eating will be enjoyable again!

With the, now internalized, 8 Rules you will succeed easily to maintain your new weight and well-being. You can enjoy celebrations and invitations of all kinds, because your new life-style does not make you an outsider. On the contrary, to some extent you have become a nutrition expert. Certainly people have asked curious questions about the obvious changes you made. However, it is not a miracle that just happened overnight – you have reached your goal by working, in a disciplined and consistent manner, on your well-being. Look forward to the compliments, answer questions with tips on how to start – and stay true to yourself and your newly acquired nutrition knowledge.

Be conscious about a moderate intake of carbohydrates, primarily with a low glycemic load (GL), and preferably continue to use food items from your personal list. Please, also remember to retain your new habit to exercise more as an everyday routine. This way, the yo-yo effect won't have a chance!

Please always remember:

The better you adhere to the 8 Rules, the easier you will maintain your target weight. We wish you every success!

➤ Analysis for the Coach

CLIENT INFORMATION CAN TESTER

Analysis created: 20.02.2013

Client-ID-No.: 1611537

Title:	Herr
First Name:	CAN
Last Name:	Tester
Gender:	male
Address:	Hier 123
Town / Province / Postal code:	CDN-71686 Remseck am Neckar
E-mail:	
Phone:	
Occupation:	

Date of Birth (DOB):	01.01.1970
Starting Weight:	92 kg
Target Weight:	78 kg
BMI:	26

Height:	187 cm
Navel:	102 cm
Hips:	105 cm
Upper Thigh:	75 cm

Remarks: -

Personal information on health and nutrition

Eating Habits	poultry: little
Dislikes	Leek
Medication	-
Illnesses / Allergies	Acne

Meal Plan

CLIENT: CAN TESTER

<p>Breakfast</p> <p>215 g Yogurt, Fruit, Bread</p>	<p>Breakfast</p> <p>75 g Cheese, 100 g Lettuce, Fruit, Bread</p>	<p>Breakfast</p> <p>220 ml Milk Products, 55 g Starch, Fruit</p>
<p>Lunch</p> <p>145 g Fish, 145 g Vegetable, Fruit, Bread</p>	<p>Lunch</p> <p>100 g Tofu, 145 g Lettuce, Fruit, Bread</p>	<p>Lunch</p> <p>145 g Meat, 145 g Lettuce, Fruit, Bread</p>
<p>Dinner</p> <p>165 g Mushrooms (Protein), 155 g Lettuce, Fruit, Bread</p>	<p>Dinner</p> <p>155 g Poultry, 155 g Vegetable, Fruit, Bread</p>	<p>Dinner</p> <p>100 g Legumes, 155 g Lettuce, Fruit, Bread</p>

Water:	3 1/4 liter per day
Fruits:	3 kinds per day

Bread	0 - 5 slices per day
Eggs:	2 - 8 piece(s) per week

Personal Food Lists

CLIENT: CAN TESTER

Personal Food List – Phase 2

Fish	Trout, Whitefish, Trout, Herring, Cod, Lox, Mackerel, Catfish, Sardines, Swordfish Steak, Sole, Tuna (in Water)
Seafood	Lobster, Prawns, Jumbo Shrimp, Squid, Clams
Milk Products	Milk
Yogurt	Natural Yogurt
Meat	Venison, Veal Filet, Beef Filet, Pork Fillet, Pork Escalope
Poultry	Chicken Breast
Cheese	Buffalo Mozzarella, Feta Cheese (Sheep), Goat Cheese Log, Goat Cheese (Brie)
Legumes	Adzuki Beans, Black Lentils, Brown Lentils, Broad/Fava Beans, Chickpeas , Mung Beans, Red Lentils, Black Eyed beans, Edamame Beans
Mushrooms (Protein)	Shiitake
Tofu	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
Eggs	If you like, you may replace your protein portion with two eggs at lunch or dinner, but not the breakfast egg. You should eat a maximum of 8 eggs per week.

Vegetable	Artichokes (canned or frozen), Avocado, Spinach, Red Cabbage, Cauliflower, Broccoli, Cherry Tomatoes, Fennel, Carrots, Kohlrabi , King Oyster Mushroom, Horseradish, Olives black, Bok Choy, Orangel Pepper, Red Bell Pepper, Parsnip, Parsley , Chanterelle mushrooms, Radishes, Brussels Sprouts, Sorrel, Asparagus green, Asparagus white Please eat tomatoes only twice per week.
Lettuce	Iceberg Lettuce, Endive, Cucumber, Bibb Lettuces, Dandelion leaves, Romaine Lettuce
Starch	Oatmeal When eating oatmeal for breakfast, please omit the whole grain rye sourdough bread or the crispy rye bread for this meal.
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1 ct.), Apricots (120 g), Cantaloupe (120 g), Blueberries (100 g), Raspberries (100 g), Mango (160 g), Nectarine (1 ct.), Papaya (180 g), Peach (1 ct.), Prunes/Damsons (100 g)

Additional Information about the Nutrition Plan

Water	We recommend that you drink 3 1/4 l of water, which was calculated individually for you. This supports the drainage of the degraded residues and thus, speeds up the metabolic process and regulation.
Eggs	You should eat a maximum of 8 eggs per week. You can prepare the eggs to your liking, for example, scrambled or fried, omelet, boiled or poached.
Mandelade	Another delicious breakfast alternative you may substitute is Mandelade [German: Mandel = almond, Mandelade = almond mix], even if you have no nuts or seeds on your plan. Mandelade is easy to prepare. Use: 40 g of almonds and 30 g of sunflower seeds soak almonds and seeds overnight, in the morning chop or purée. Mix in one chopped or grated apple and spice the Mandelade with cinnamon or mint. Enjoy!
Vegetables	We suggest eating vegetables cooked firm to the bite (al dente), or raw (depending on the kind of vegetable). You may also use frozen vegetables, without any additives. Of course you can mix or interchange vegetables and salads — depending on your personal preference and seasonal availability.
Herbs and Spices	Use fresh or dried herbs in moderate quantities to flavor your meals. Use one teaspoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil for the first 14 days.
Bread	Observe the maximum of 5 slices of rye bread per day. A slice of whole grain sourdough rye bread (25 g) equates nutritionally to a slice of rye crispbread (10 g). If you like, you can alternate both types of bread. Remember, however, you do not need to eat bread if you don't want to.
Fruits	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat two other types of fruit per day from your fruit list. Enjoy the fruits with the meals. If possible, please choose old varieties of apples such as MacIntosh, Idared, Jonathan or Gravensteiner. If the fruits in your personal food list are currently not available fresh, you may as well buy frozen fruit. Do not use canned fruit!
Coffee and Tea	Treat yourself to three normal-sized cups of coffee and / or three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only with meals. Forgo milk and sugar as well as sweetener and do not use flavored coffee or tea.
Alcohol, Soft Drinks and Fruit Juices	Alcohol, soft drinks, and fruit juices are not permitted during the Strict Conversion Phase.

Analysis for the Coach

Vitamins

During the nutritional conversion your body has increased vitamin requirements. Since vitamins lose their effect during cooking, it is useful not to cook fruit and vegetables. If possible, eat fruit and vegetables raw or lightly steamed. Please consult with your coach whether a multivitamin and / or mineral supplement is advisable in your case.

Expansion of the food list: Phase 3

Meat	Lamb
Poultry	Turkey Breast
Cheese	Cheshire cheese (<45%), Edam Cheese (<45%), Quark
Vegetable	Aubergines, Onion, Radish
Fruit	Pomegranate (1 ct.)
Fat / Oil	Ghee, Flax Seed Oil (for Salads), Native Coconut Oil (for frying)