



# Nutrition Plan

for Michelle Penfold

## Your Metabolic Balance Coach:

Jodie Studley  
Staveley Place  
Innaloo, Perth, 6018

Metabolic Balance is not a diet – Metabolic Balance is a tailor-made nutritional concept. Scientifically proven, personalised and simple to follow. Food items are optimally matched to the individual to regulate the metabolism and help keep it in a healthy balance. A balanced metabolism can improve blood values, quality of life, well-being and can support weight management.

## Your personalized Nutrition Plan

### The Original from Europe

**Dear Ms Penfold,**

Thank you for choosing to participate in the Metabolic Balance nutrition program. Metabolic Balance is a scientifically proven nutritional concept that is specific to your body and health. Its aim is to bring your metabolism back into a healthy balance and to improve your quality of life. When your metabolism has been adjusted, you can look forward to many of the health benefits that accompany the program. Metabolic Balance is not a diet, but instead is a health and well-being program as well as a way of life.

You have already taken the first step to reaching your goal by committing yourself to the Metabolic Balance program. As you go through the 4 stages of Metabolic Balance, you are likely to experience: an improved quality of life and energy levels, deeper and more restorative sleep, improved hormone balance and the ability to easily maintain a healthy weight.

Here is your individual plan that has been specially created for your body and metabolism. The plan includes a list of natural, unprocessed foods that are the most suitable for your metabolism, body and well-being.

The first 14 days in the Strict Conversion Phase with Metabolic Balance are particularly important; please do strictly follow all the recommendations in your plan. This is the only way to be sure that you are exclusively giving your body the nutrients which your body really needs. This process starts the re-adjustment of your metabolism which is the key goal and unique feature of our nutrition program. Your insulin levels have the opportunity to become optimised thereby having an ongoing positive effect on other body processes. As a result, your well-being and overall weight can be reset without the yo-yo effect!

These early 14 days are also extremely important in allowing your body a chance to adapt to its new lifestyle. It is a chance to let go of any unhealthy habits or attitudes towards food and replace them with healthier ones. You will learn to become familiar with your body's inner hunger signals and will be able to identify the foods your body really needs.

Please do always stay mindful as to what's in your best interests at all times. We have given you a great starting point with your personalised plan, and we want you to follow your plan as closely as possible. But keep in regular contact with your coach and remember that together with your coach you can adjust and tweak all aspects of the plan to ensure that it really suits you! Your health, your energy requirements and your lifestyle are unique, and it's exciting to think of the potential that your health has for the future days, weeks, months and years ahead!

Please remember that a Metabolic Balance nutrition plan is designed as a personalised guide to help you eat well. It is not a replacement for professional medical advice. Always follow the guidance of your medical provider regarding your health and any prescribed medications.

## Your personalized Nutrition Plan in four Phases

Above all, stay consistent to looking after yourself and eating well for your best health. After just two weeks you will already be able to look back proudly at all that you have achieved. You'll then be able to continue your health journey and move forward naturally to be well and metabolically balanced. With your increased knowledge of nutrition, coupled with your own personal experience, your health is likely to take on a whole new meaning. We would like to wish you every success on your nutritional adventure!

Your Metabolic Balance team

### **Important Note:**

Try to spend a few minutes outside, several times during the day, to refresh your mind and body. Correct breathing supports detoxification. Therefore consciously aim to take deep breaths several times a day.

### **Your Metabolic Balance Coach:**

Jodie Studley  
Staveley Place  
Innaloo, Perth, 6018

## Your personalized Nutrition Plan in four Phases

### App Confirmation Code / Check that your Nutrition Plan is genuine



On your journey to your new, healthy life, you deserve the best possible advice and support, the handy app provides your nutrition plan on the tip of your hand. With the confirmation code below, not only can you activate the Metabolic Balance app, but also check your plan for authenticity.

Internet address:	<a href="https://www.metabolic-balance.com/en/plancheck">https://www.metabolic-balance.com/en/plancheck</a>
First name:	Michelle
Surname:	Penfold
Check code:	5A469EE4-B187



## A metabolic program in 4 phases

### Metabolic Balance

With the Metabolic Balance program you will gently adjust your diet to meet the true requirements of your body. The program is divided into four phases, in which you will move towards your goal in stages. During the first 14 days of Phase 2, the guidelines are very precise and it is therefore important that you choose an appropriate time to begin your plan. Later in the program, the rules and guidelines are gradually relaxed, so that as you progress into Phase 3, you will have more freedom when selecting your foods. Your coach will be happy to advise you and offer support. Over time the rules and guidelines of the Metabolic Balance program will become second nature to you and you will automatically select the foods that are best for your body. After this, your nutrition plan will begin to act only as a guideline. The 4 phases are:

Phase 1	Preparation Phase
<b>Goal</b>	Relaxing the metabolism, preparation for the nutritional conversion, avoidance of binge eating.
<b>Start</b>	Individually selected, appropriate time as agreed with your coach.
<b>Duration</b>	Two Days
<b>This is new</b>	Light food, thorough digestive cleanse

Phase 2	Strict Conversion Phase
<b>Goal</b>	Body changes using optimised nutrition, allows for improved metabolic regulation and an increased ability to achieve the desired weight with noticeable health improvements
<b>Start</b>	Following on from the Preparation Phase
<b>Duration</b>	A minimum of 14 days
<b>This is new</b>	The 8 Metabolic Balance rules and your individual food list. No strenuous exercise in the first 14 days.

## A metabolic program in 4 phases

Phase 3	Relaxed Conversion Phase
<b>Goal</b>	Stabilisation of your metabolism, maintenance of your improved well-being or weight, gradual relaxation of the rules and guidelines, more freedom with your food choice.
<b>Start</b>	Earliest is after 14 days in Phase 2 after consulting with your coach
<b>Duration</b>	Several weeks until your improved metabolism has stabilized.
<b>This is new</b>	The expansion of the food list, the testing of alternative foods and other quantities outside the plan ("trial and error"), the possibility of "treat meals" (deviation meals)

Phase 4	Maintenance Phase
<b>Goal</b>	Normal everyday life, following the 8 Rules, long-lasting regulation of your metabolism, health and well-being.
<b>Start</b>	Following on from Phase 3, after consulting with your coach
<b>Duration</b>	Indefinitely
<b>This is new</b>	Further freedom from the guidelines of the plan

### Important note specifically for this case:

Please look after your personal plan. Metabolic Balance is only able to store data for 2 years, in accordance with current data protection regulations. Therefore, if you lose your plan, you should talk directly to your coach to try and obtain another copy. Please note; however, that your coach must also take data protection requirements into consideration for the country they work in.

## 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 digestive cleanse is necessary. During those first two days of the Metabolic Balance program only light food is suggested, so your body is primed for the nutritional adjustment.

#### IMPORTANT:



On the first day of the Preparation Phase, we recommend a thorough cleansing of the gut. Your coach can suggest a suitable product or even a more gentle method (e.g. magnesium citrate, psyllium husk), enema or colon hydrotherapy.

Valid for both days of the Preparation Phase:



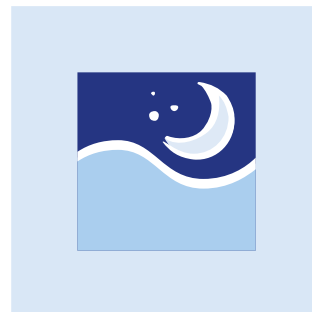
#### In the morning

half the amount of your normal breakfast, for example only a one-egg vegetable omelette (w/o cheese) instead of two-egg omelette. Please do not have coffee/tea/fruit juices etc. Only water.



#### At lunchtime

vegetable soup (500 g of vegetables (fresh or frozen), mashed or in chunks – no pre-made/instant soup, no stock), you may use salt and pepper. 1 apple



#### In the evening

Up to 500g / 1.1 lb (raw weight) of cooked, steamed or raw vegetables or salad, seasoned with herbs. Avoid blends of herbs/spices and other ingredients such as 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 clear 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.



### **Fruit Day**

Up to 1 kg of fruit, divided into 3 meals



### **Vegetable Day**

Up to 1.5 kg of vegetables, divided into 3 meals



### **Potato Day**

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



### **Rice Day**

200g (uncooked weight) whole grain rice, divided into 3 meals



## The 8 Rules Metabolic Balance



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



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



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



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



**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 three different protein groups every day.



**6** If possible, don't eat after 9 pm.



**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.)



**8** Eat an apple every day with a meal or as a dessert.

## Phase 2: Strict Conversion Phase

### Metabolic Balance - The individual Phases

Welcome to Phase 2, the Strict Conversion Phase. You stay in Phase 2 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 particular 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, aluminum foil, clay or steam pots or even a contact grill. Use just plain water or a vegetable broth without sugar or other additives to simmer your food.

#### **IMPORTANT:**

If you stay longer in the Strict Conversion Phase, after 14 days please add healthy, cold-pressed oils to supplement your meals. We recommend at least three table-spoons of healthy oil per day in the form of a balanced 'blend' of omega-3 and omega-6 fatty acids. Alternatively, you may use a good quality cold-pressed flax or linseed oil which is high in omega-3 fatty acids. Your coach can recommend healthy oils to you.

From now on your meal plan will act as a framework in which you can include foods from your personal food list. To maintain variety in your diet, and to ensure that you are receiving all the nutrients your body requires, it is important to include as many different foods as possible from your personal food list. Please also take note of the Additional Information which is given after your food list. You will also find recipe suggestions and ideas to help you with the first 3 days of the Strict Phase. In addition, your coach will be able to provide you with recipes that comply with the Metabolic Balance principles.

Usually you would follow your plan's suggestions for breakfast, lunch and dinner. In the strict phase, please follow your breakfast suggestions exactly as they are. It's important to note that eggs may only be eaten for breakfast if they are suggested as a breakfast for you.

You may; however, swap your lunch and dinner suggestions. If you do this you must remember that different quantities will now apply. When lunch is swapped for dinner, please add 10 grams more to both the protein and the vegetables/salad. If you choose to swap your dinner suggestion for lunch, you must decrease the amount by 10g. For example, if there is currently 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. Please also remember that you need to add or subtract 10g to the amount of vegetables or salad.

During Phase 2, your metabolism will adapt to it's optimal nutrition, allowing you to mentally adjust to your new way of life. It is important to focus on yourself during this time whilst becoming aware of your body's natural signals. Try to be aware of any changes you experience during this time and enjoy the feeling that you are replacing old and unhealthy food habits for newer, healthier ones. Always keep in regular contact with your coach and remember that together with your coach you can adjust and tweak all aspects of the plan to ensure that it really suits you.

## Phase 2: Strict Conversion Phase

We hope that during this time you will be able to embrace your new lifestyle. Learning to eat mindfully and eating the foods that are best suited to your body can take time and perseverance. Although there are a few limitations, Metabolic Balance focuses on the abundance of foods you can choose rather than focusing on any restrictions. On account of Metabolic Balance you might even discover new foods or alternative cooking methods that you haven't tried before. Not only will you be enjoying new and exciting foods; but you will also notice that you remain comfortably full between your meals.

Please note that physical or emotional stress can also have a negative impact on your health and your willpower. You can replace physical activity during this time by spending more time on yourself and allowing yourself time to relax. This will help to give your body the rest it needs to reset!

To avoid becoming distracted from your goal, it might be necessary to avoid tempting situations, such as parties or certain invitations during the 14 day Strict Phase. Preferably of course you could look at these events in a different way and work out how you can say yes but do them in a way that suits you best and allows you to stick to your plan and goals. In addition, it might be necessary to pay attention to the people with whom you surround yourself. Are you receiving support from your family and friends or do you feel that someone is trying to "meddle" with your success? Learning to look after yourself takes lifelong practice and perseverance but is something that gives enormous benefit and is worth every effort you make. Self care everyday is vital for everyone!

After the first two weeks on the Strict Adjustment Phase, you can now begin to add exercise into your plan. Incorporate physical activity into your daily routine in order to get your metabolism going and to enjoy your new-found energy. If you remain on the Strict Adjustment Phase for more than 14 days, consult with your coach to find out the best ways for you to successfully incorporate exercise into your Metabolic Balance plan.

Keeping a personal diary can help you to keep track of any improvements. This can be done in addition to the plan's progress report, where you record all your physical and mental results. You might find it helpful to make notes every day while reflecting upon the following two questions: What was important today? What went well today? Don't forget to praise yourself regularly for both your success and your effort. No matter how small, each small positive change is a big success.

After you have completed at least 14 days but preferably 28 days on the strict adaptation phase, you can enjoy a 'treat' meal once a week. You should always talk to your coach about when is the right time for you to introduce "treat meals". They will also talk you through the guidelines for how best to enjoy them. Enjoying the occasional indulgence is actually good for you as it helps to curb cravings, which could in turn jeopardise your plan. If you feel in the mood for a piece of dark chocolate or even something more substantial, you should eat it mindfully and really enjoy it! If there is an occasion such as a holiday or a family event, there is nothing wrong with enjoying a 'treat meal' providing that you have successfully completed the Strict Phase 2.

## Phase 2: Strict Conversion Phase

### **Enjoy your new eating habits:**

Slow, enjoyable, deliberate. You will be surprised how effectively your Metabolic Balance plan supports your goals and strengthens your will to succeed!

## Phase 2: Strict Conversion Phase

### Meal Plan for Michelle Penfold

#### Suggestion 1

##### Breakfast

200 g Yogurt  
Fruit

 5h

##### Lunch

130 g Fish  
150 g Vegetable  
Fruit  
Bread

 5h

##### Dinner

150 g Mushrooms (Protein)  
160 g Vegetable  
Bread

#### Suggestion 2

##### Breakfast

200 ml Milk Products  
55 g Starch  
Fruit

 5h

##### Lunch

75 g Pulses  
150 g Vegetable  
Fruit  
Bread

 5h

##### Dinner

140 g Fish  
160 g Vegetable  
Bread

#### Suggestion 3

##### Breakfast

30 g Nuts  
20 g Seeds  
105 g Vegetable  
Fruit

 5h

##### Lunch

130 g Poultry  
150 g Salad  
Fruit  
Bread

 5h

##### Dinner

95 g Cheese  
160 g Vegetable  
Bread

Finish last meal by 9 pm at the latest.

## Phase 2: Strict Conversion Phase

### Individual Food List - Protein for Michelle Penfold

	<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
	<b>Seafood</b>	Scallop, Squid
	<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
	<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
	<b>Nuts</b>	Almonds
	<b>Poultry</b>	Chicken Breast, Duck Breast
	<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
	<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
	<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
	<b>Seeds</b>	Sunflower Seeds

## Phase 2: Strict Conversion Phase

### Individual Food List - Protein for Michelle Penfold








#### Eggs

If you like, you may replace your protein portion with two eggs at lunch or dinner, but you are not allowed to have eggs for breakfast. You should eat a maximum of 5 eggs per week.

## Phase 2: Strict Conversion Phase




### Personal Food List - Carbohydrates for Michelle Penfold

	<b>Vegetable</b>	<p>Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White &amp; brown mushrooms, Zucchini</p>
	<b>Salad</b>	<p>Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce</p>
	<b>Starch</b>	<p>Porridge Oats, Rye flakes</p> <p>When eating oats for breakfast, please omit the whole grain rye bread or crispbread with this meal.</p>
	<b>Bread</b>	<p>Crispy Rye Bread, Wholegrain Rye Bread</p>
	<b>Fruit</b>	<p>Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)</p>



## Phase 2: Strict Conversion Phase

### Additional Information about the Nutrition Plan for Michelle Penfold

	<b>Water</b>	We recommend that you drink 3 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
	<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
	<b>Vegetables</b>	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
	<b>Herbs and Spices</b>	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
	<b>Bread</b>	Do not to exceed your limit of 4 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
	<b>Fruits</b>	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
	<b>Coffee and Tea</b>	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
	<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.

## Phase 2: Strict Conversion Phase



### Vitamins

Please be aware that your body may have increased nutrient requirements during its nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.



### Seeds and Nuts

You can eat the seed mix plain or prepared. Suggestions for preparation:

- roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables
- soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds
- sprinkle the seeds over the vegetables and bake in the oven
- purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

### Personal recommendation based on your individual profile:

- Please remember to slowly and thoroughly chew your food.

### 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 and, at worst, a deterioration of their health could occur because your plan may lack essential food items suitable for them. A random weight gain or loss may occur for such individuals using your plan: a targeted and optimized metabolism regulation can only be achieved through individualized lab-based nutrition plans.

## Phase 2: Strict Conversion Phase

### Shopping Helper Phase 2 for Michelle Penfold

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	200 ml Milk Products, 55 g Starch, Fruit	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Fish, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread	130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Mushrooms (Protein), 160 g Vegetable, Bread	140 g Fish, 160 g Vegetable, Bread	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce

Phase 2: Strict Conversion Phase

## Shopping Helper Phase 2 for Michelle Penfold

<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)

## Phase 2: Strict Conversion Phase

### Expert tips for everyday life! Metabolic Balance in day-to-day life

- The amounts given in the meal plan indicate the raw weight of the food. If you are using cooked legumes or lentils, or those drained from a can, please double the amount stated. If using frozen fruits and vegetables use the same amount as fresh. Frozen meat, poultry or fish should be thawed before weighing. If you are weighing frozen meat, poultry or fish, add 25 g to the weight to compensate for the water lost during thawing and ensure you thaw fully before cooking.
- The daily examples on your plan are only suggestions. You can, of course, prepare all meals to your liking as long as you follow the 8 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 only use unrefined salt without additives, for example: sea-, himalayan- or rock salt.
- In order to add more flavour and variety to your dishes, you can exchange the vegetables/salad ingredients that are given in your recipes. For example, you may substitute 10 g onions for 10 g spinach in a recipe providing they are included on your personal food list.
- You may use fresh or dried herbs and spices (additive- and sugar-free) in moderate amounts to add flavour to your food. Remember that the appearance of your food also affects the taste. Setting the table and making your food look appealing are all part of the eating process.
- Do you have a favourite restaurant? If so, talk to the chef about how (s)he can help you to stick to your food plan when you eat there.
- With Metabolic Balance your daily routine can still remain flexible and stress-free by preparing meals at home and taking them with you. It's easy to prepare a delicious breakfast or lunch in the evening in preparation for the following day.

#### **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 and, at worst, a deterioration of their health could occur because your plan does not include food items suitable for them.

## Phase 2: Strict Conversion Phase

### The basic principles behind the 8 Rules Metabolic Balance



Eat exactly three meals a day, each lasting a maximum of one hour. After the end of a 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 your evening meal and breakfast the next day 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. When you have five or six smaller meals, or when you snack between meals, the insulin level remains constantly high which means your body will make more fat rather than build muscle tissue! Also, continually high insulin levels block the production of many hormones that protect the body from inflammation and ageing!



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 initial insulin release which supports fat burning, blocks fat synthesis, and prevents the dreaded attacks of ravenous appetite. In your meal plan and the daily examples you will find the protein (e.g. pulses, fish or cheese) listed first so it's easy to work out what is the protein in your meal.

## Phase 2: Strict Conversion Phase

### 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 three different protein groups every day.

In the digestive tract our bodies use enzymes to break down the ingested proteins into individual amino acids. These are absorbed through the intestinal wall, where they are reassembled into human proteins. The critical factor for our metabolism is not determined by the overall quantity of proteins consumed, but rather by the spectrum of amino acids they contain. The eight essential amino acids are particularly important as they cannot be synthesised by the body and therefore need to be ingested as food. The more a protein resembles human proteins, the higher its biological value. This means; how much of a food protein can be converted into human protein. The usefulness of a protein is actually decided by the amino acid which is present in the smallest quantity. When different protein foods are combined, the Biological Value is determined by the amino acid whose overall proportion is lowest. Above this level, all other unused amino acids will become waste products in the body which can lead to increased acidity. The ideal amino acid ratio 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 contains only 91% of the essential amino acid threonine. This means that only 91% of the other 7 essential amino acids can also be used, giving milk a Biological Value of 91. Combining proteins is therefore not recommended as this can actually lower their overall Biological Value.

Metabolic Balance uses primarily proteins with a high biological value (above 70) and recommends eating only one type of protein at each meal. Otherwise, it is possible that the biological value will be reduced, resulting in over-acidification of the body.

### 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

## Phase 2: Strict Conversion Phase

resulting from tissue breakdown. If you drink too little, these substances remain in the body.

It is best to drink water before you feel thirsty and to divide the beverages throughout the day. Particularly suitable is water that is not carbonated. Coffee and black tea, green tea, white tea, or rooibos tea is only permitted with meals.



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 fibre, 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 fibre, vitamins, and trace elements. Finally, fruits are simply a pleasure to eat.



## Daily Progress Report

**Sheet 1: For monitoring daily progress during the first 14 days of the Strict Adjustment Phase.**  
If possible, please record your progress 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	100														
Blood Pressure ****															
Blood Glucose ****															
Pulse ****															
Water intake (litres)															
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

Phase 2: Strict Conversion Phase

## Weekly Progress Report

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	17	18
WtHR*	0.55																
BMI**	33																
Weight in kg	100																
Body Fat in %																	
Waist in cm ***	97																
Hips in cm	123																
Upper Thigh in cm	73																
Blood Pressure ****																	
Blood Glucose ****																	
Pulse ****																	
Water intake (litres)																	
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 (WtHR): waist circumference in cm (inches) / height in cm (inches)

\*\*) Body Mass Index (BMI): weight in kg / (height in meter)<sup>2</sup>

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

\*\*\*\*)

## Treat Meals

### Metabolic Balance

You should mindfully enjoy a treat meal from time to time. Especially when celebrating a special event like a family reunion: eat what you want – and don't feel guilty!

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 dreamt of enjoying your favourite foods again, your tastes will have changed and you might find that you no longer enjoy those foods as before. Please take your body's messages seriously, and have the courage to stop eating! Your well being is the most important thing.

If you feel confused with the changes that have occurred or if you simply want to discuss how you feel – just contact your coach.



## The 8 Guidelines for Treat Meals

### Metabolic Balance

**Tip 1:**

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

**Tip 2:**

Drink extra water before and after a treat meal.

**Tip 3:**

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

**Tip 4:**

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

**Tip 5:**

For the remaining two meals that day, omit fruit and additional starchy products, like bread or rice. However please do ensure that you still enjoy your apple either during your treat meal or during one of your other meals that day.

**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 really savour the taste.

**Tip 8:**

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

## Phase 3: Relaxed Conversion Phase

### Metabolic Balance - The individual Phases

#### **Congratulations - you have reached a major milestone!**

After consulting with your coach you can now enter Phase 3 of your plan. When entering the Relaxed Adjustment Phase, you should be able to look back proudly at all that you have achieved. You should now have reached your desired weight and/or seen a noticeable improvement to your health. It may be that you have entered Phase 3 in order to enjoy a one-off meal or event. If this is the case, you should stay on Phase 3 for this event, before returning to Phase 2 again. Remember to follow the 8 rules and the extra guidelines for treat meals. In phase 3 your food lists have also been extended. In addition, you may also wish to 'carefully' bring in new foods that are not currently on your personal food list in order to see how well you tolerate them. Whilst doing this, always remember that your goal is to keep your newly adjusted metabolism in balance. The 8 Rules ALL still apply and remain unchanged, although you may now enjoy the occasional treat meal.

In the more relaxed Phase 3, you will discover how much food you are able to eat before you start to feel full. You may also carefully experiment with slightly different foods or quantities that were not on your Phase 2 plan. Use the new items on your Phase 3 food list alongside your meal plan to help you organise your meals. Remember to still listen to your body's inner signals which are there to help you. You may also wish to try some of your former favourite foods again that were not on your personal food list. Please remember though, to stay true to the principles of your plan and to only make changes one at a time.




- Gradually introduce your body to larger amounts of carbohydrate. First, start at lunch by adding carbohydrate such as whole grain pasta, wild rice or potatoes. Please remember not to eat any additional bread at this meal. You may; however, still use your allocated bread allowance to supplement other meals.
- Increase the amount of food you consume at lunch by 10 g every week (5g carbohydrate + 5g protein). Carefully observe your hunger and satiety during this time, until you reach a carbohydrate portion that is suitable for you. Please increase the amount of carbohydrates and protein equally. On no account should you increase the amount of carbohydrate you are eating whilst at the same time reducing the amount of protein. This would result in you feeling hungry and would increase your overall insulin secretion.
- Continue to weigh yourself and regularly measure your waist. Enjoy having a healthy weight that is now easy to maintain, even though you occasionally indulge yourself.
- It is a good idea to measure your progress with some of your old clothes. Try slipping them to see how they feel.
- Now that you have tried several new things, you may wish to note some of them down in a diary. In particular, you may wish to note how they made you feel, and how they affected your weight.

Observe carefully how your body reacts to any changes. If you have added variation to your plan which has led to negative symptoms, try to correlate the symptoms with the changes that you have made. Try going back to Strict Adjustment Phase for a few days or if you are unsure, discuss your experiences with your coach.

### Phase 3: Relaxed Conversion Phase

## Extension of the personal Food List for Michelle Penfold

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

	<b>Fish</b>	Eel, Fresh Tuna, Hoki/ Blue Grenadier, Mackerel, Redfish Filet, Whitebait
	<b>Seafood</b>	Crab
	<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison  Starting now, you have meat on your food list. Meat portions are equivalent to the allotted amount of fish or chicken on your meal plan.
	<b>Poultry</b>	Chicken Thigh
	<b>Cheese</b>	Goat Cheese
	<b>Sprouts</b>	Soy Sprouts, Sunflower Sprouts  From now on you have sprouts on your food list. In your plan they count as vegetables. Please do not eat sprouts raw; but instead blanch them briefly in boiling water before consuming.
	<b>Vegetable</b>	Mustard Sprouts
	<b>Salad</b>	Iceberg Lettuce
	<b>Fruit</b>	Prunes (dried) (50 g)

Phase 3: Relaxed Conversion Phase

## Extension of the personal Food List for Michelle Penfold



### Fats / Oils

Ghee (for hot vegetables), Native Coconut Oil (for frying)

## Phase 3: Relaxed Conversion Phase

### Shopping Helper Phase 3 for Michelle Penfold

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Eel, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Redfish Filet, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whitebait, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab, Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison
<b>Poultry</b>	Chicken Breast, Chicken Thigh, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Mustard Sprouts, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Prunes (dried) (50 g), Red Currants (110 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)



## Phase 4: Maintenance Phase

### Metabolic Balance - The individual Phases

#### **Congratulations - you did it!**

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. 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 and try to 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!
- 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 whilst following your newly learned way of eating and enjoy each and every meal. Be prepared for some surprises though; Metabolic Balance meals can offer some real taste sensations! With a heightened sense of smell and taste and a better understanding of what your body really needs, eating should become a really enjoyable experience.

Now that the 8 Rules have become second nature to you, you should find it easy to maintain your new weight and your well-being. You can now enjoy every type of celebration or invitation, because your new lifestyle allows you to fit in without being an outsider. On the contrary, you have become the nutrition expert. People may have started asking you questions about the obvious changes that you have made. But these changes didn't just happen over-night, you reached your goal by being disciplined and consistent. Please enjoy the compliments, offer tips where you can, but most importantly stay true to yourself and your newly acquired knowledge.

Be conscious about eating only moderate amounts of carbohydrate, primarily with a low Glycaemic Load (GL). Wherever possible continue to eat food from your personal list. Please, also remember to maintain your new exercise routine everyday. This way, the yo-yo effect won't have a chance!

## Phase 4: Maintenance Phase

**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 Michelle Penfold

Analysis created: 19/10/2024		Client-ID-No.: 1948146	
Title:	Ms		
First Name:	Michelle		
Last Name:	Penfold		
Gender:	female		
Address:	2/32 Salvado Road, Wembley		
Town / State / Postcode	AUS-6014 Perth, Western Australia		
e-mail:	michellepenfold31@icloud.com		
Phone:	0413814813		
Profession:			

Date of Birth (DOB):	31/10/1985	Height:	175 cm
Starting Weight:	100 kg	Navel:	97 cm
Target Weight:	85 kg	Hips:	123 cm
BMI (Body Mass Index)	33	Upper Thigh:	73 cm

Remarks:	-
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#### Personal information regarding your individual health and nutrition profile

Eating Habits	Milk (Cow): none
Dislikes	Rabbit
Medication	-
Illnesses / Allergies	Sleep disturbances / Insomnia, Digestive disorders, Gastric complaints/disorders, Hay Fever, Migraines

## Analysis for the Coach

### Meal Plan

Client: Michelle Penfold

<b>Breakfast</b> 200 g Yogurt, Fruit	<b>Breakfast</b> 200 ml Milk Products, 55 g Starch, Fruit	<b>Breakfast</b> 30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b> 130 g Fish, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 75 g Pulses, 150 g Vegetable, Fruit, Bread	<b>Lunch</b> 130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b> 150 g Mushrooms (Protein), 160 g Vegetable, Bread	<b>Dinner</b> 140 g Fish, 160 g Vegetable, Bread	<b>Dinner</b> 95 g Cheese, 160 g Vegetable, Bread

<b>Water:</b> 3 ½ litres per day	<b>Bread</b> 0 - 4 slices per day
<b>Fruits:</b> 2 kinds per day	<b>Eggs:</b> 1 - 5 piece(s) per week

Analysis for the Coach

## Personal Food Lists

Client: Michelle Penfold

### Personal Food List - Phase 2

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.

<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)

## Analysis for the Coach

### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
<b>Vegetables</b>	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
<b>Herbs and Spices</b>	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
<b>Bread</b>	Do not to exceed your limit of 4 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
<b>Fruits</b>	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
<b>Coffee and Tea</b>	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.

## Analysis for the Coach

<b>Vitamins</b>	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.
<b>Seeds and Nuts</b>	<p>You can eat the seed mix plain or prepared. Suggestions for preparation:</p> <ul style="list-style-type: none"> <li>➤ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables</li> <li>➤ soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds</li> <li>➤ sprinkle the seeds over the vegetables and bake in the oven</li> <li>➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie</li> </ul>

## Personal recommendation for the client based on his / her profile

- Please remember to slowly and thoroughly chew your food.

## Extended personal food list: Phase 3

<b>Fish</b>	Eel, Fresh Tuna, Hoki/ Blue Grenadier, Mackerel, Redfish Filet, Whitebait
<b>Seafood</b>	Crab
<b>Meat</b>	<p>Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison</p> <p>Starting now, you have meat on your food list. Meat portions are equivalent to the allotted amount of fish or chicken on your meal plan.</p>
<b>Poultry</b>	Chicken Thigh
<b>Cheese</b>	Goat Cheese
<b>Sprouts</b>	<p>Soy Sprouts, Sunflower Sprouts</p> <p>From now on you have sprouts on your food list. In your plan they count as vegetables. Please do not eat sprouts raw; but instead blanch them briefly in boiling water before consuming.</p>

## Analysis for the Coach





































<b>Vegetable</b>	Mustard Sprouts
<b>Salad</b>	Iceberg Lettuce
<b>Fruit</b>	Prunes (dried) (50 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)



## Analysis for the Coach

### Collected blood values

Client: Michelle Penfold

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	138.00	g/L	115.00		165.00
RBC	4.49	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.41	Ratio	0.35		0.47
MCV	90.00	fl	80.00		99.00
MCH	30.70	pg	27.00		32.00
White Cell Count	5.00	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	2.70	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	1.80	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.50	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.10	10 <sup>9</sup> /l	0.00		0.60
Platelets	285.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	139.00	mmol/l	136.00		146.00
Potassium	4.40	mmol/l	3.50		5.20
Urea	5.60	mmol/l	2.50		8.00
Creatinine	61.00	μmol/l	40.00		85.00
Urate	0.35	mmol/l	0.15		0.45
Glucose	5.20	mmol/l	3.00		5.40
Calcium	2.23	mmol/l	2.10		2.55
Total Protein	71.00	g/L	60.00		82.00
Alk. Phos	59.00	U/l	30.00		120.00
Bilirubin	8.00	μmol/l	2.50		25.00
GGTP	19.00	U/l	0.00		50.00
AST	18.00	U/l	0.00		41.00
ALT	18.00	U/l	0.00		41.00
LD	198.00	U/l	50.00		280.00
Total Cholesterol	5.50	mmol/l	1.40		5.00
HDL Cholesterol	1.40	mmol/l	1.00		2.50
LDL Cholesterol	3.50	mmol/l	0.00		2.50
Triglycerides	1.40	mmol/l	0.00		1.50
Creatine Kinase	80.00	U/l	0.00		161.00
Iron	12.00	μmol/l	10.00		27.00
Amylase	82.00	U/l	0.00		111.00
C-Reactive Protein	2.44	mg/l	0.00		3.00
TSH	1.30	mIU/l	0.50		5.00
Lipase	38.00	IU/l	0.00		300.00
LDL/HDL Ratio	2.50	kA	0.35		4.00

## Shopping Helper Phase 2 for Michelle Penfold

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	200 ml Milk Products, 55 g Starch, Fruit	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Fish, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread	130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Mushrooms (Protein), 160 g Vegetable, Bread	140 g Fish, 160 g Vegetable, Bread	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Flake, Flathead, Flounder, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whiting, Yelloweye Mullet
<b>Seafood</b>	Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Poultry</b>	Chicken Breast, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Red Currants (110 g)

## Shopping Helper Phase 3 for Michelle Penfold

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
200 g Yogurt, Fruit	200 ml Milk Products, 55 g Starch, Fruit	30 g Nuts, 20 g Seeds, 105 g Vegetable, Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
130 g Fish, 150 g Vegetable, Fruit, Bread	75 g Pulses, 150 g Vegetable, Fruit, Bread	130 g Poultry, 150 g Salad, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
150 g Mushrooms (Protein), 160 g Vegetable, Bread	140 g Fish, 160 g Vegetable, Bread	95 g Cheese, 160 g Vegetable, Bread

<b>Fish</b>	Anchovy (fresh), Barramundi, Basa, Blue-eyed trevalla, Bream, Cod, Eel, Flake, Flathead, Flounder, Flounder, Fresh Tuna, Garfish, Gemfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Mahi Mahi, Morwong, Ocean Trout, Pacific Butterfish, Redfish Filet, Salmon, Snapper, Swordfish Steak, Trevally, Trout, Whitebait, Whiting, Yelloweye Mullet
<b>Seafood</b>	Crab, Scallop, Squid
<b>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal Steak, Venison
<b>Poultry</b>	Chicken Breast, Chicken Thigh, Duck Breast
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 5 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Mustard Sprouts, Okra, Parsley (Root and Leaves), Parsnip, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Porridge Oats, Rye flakes
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (50 g), Mango (170 g), Papaya (180 g), Prunes (dried) (50 g), Red Currants (110 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables), Native Coconut Oil (for frying)