

## Phase 3: Relaxed Conversion Phase

### Metabolic Balance - The individual Phases

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

Your food list and meal plan have now been extended. In addition; you may also wish to 'carefully' bring in new foods, which are not on your personal food list, to see how well you tolerate them. While 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 are 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 a 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.
- 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.

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## Extension of the personal Food List for Karri Penley

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

	<b>Fish</b>	Whitebait
	<b>Vegetable</b>	Chinese cabbage, Green capsicum, Large Mushrooms, Sprouted Wheat Germ, Zucchini  All cabbage should be cooked.
	<b>Salad</b>	Radicchio, Romaine Lettuce
	<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

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## Shopping Helper Phase 3 for Karri Penley

<b>Oilseed</b>	Pumpkin Seeds
<b>Fish</b>	Barramundi, Basa, Blue-eyed trevalla, Flathead, Flounder, Gemfish, King George Whiting, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Salmon, Sardines, Swordfish Steak, Trout, Whitebait, Yelloweye Mullet
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Nuts</b>	Almonds
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Borlotti Beans, Chickpeas, Lima Beans, Mung Beans, Red Lentils, White Beans (Cannellini; Butter; Haricot; Navy)
<b>Mushrooms (Protein)</b>	Oyster Mushrooms, Shiitake mushrooms
<b>Sprouts</b>	Alfalfa Sprouts, Mung Beans Sprouts, Soy Sprouts, Sunflower Sprouts
<b>Seeds</b>	Sunflower Seeds
<b>Eggs</b>	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Bamboo Shoots, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cauliflower leaves, Chanterelle mushrooms, Cherry Tomatoes, Chicory (Belgium Endive), Chinese cabbage, Choko, Daikon/ White Radish, Fennel, Garden Cress, Green Beans, Green capsicum, Green Cabbage, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Sorrel, Spinach, Sprouted Wheat Germ, Turnip, Turnip, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Apricot (dried) (30 g), Blackberries (90 g), Blueberries (90 g), Mango (150 g), Papaya (160 g), Raspberries (90 g), Red Currants (90 g)
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)