

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 may even have seen a noticeable improvement to your health and you can now reward yourself for all your hard work. For one month, you will enter stage 3. By doing so you will give your body, and especially your skin, a chance to adapt to the changes. After this 'break' you will be able to go back onto the Strict Adjustment Phase feeling physically stronger, and mentally fitter. If you have already reached your target weight, you can remain on Phase 3 until your metabolism has completely stabilised. Please remember, though, to stay in contact with your coach.

Do you simply want to treat yourself; at a party, on holiday or on a business trip? If so, you should stay on Phase 3 for this time, whilst following the 8 rules and the guidelines for treat meals.

Your food list and meal plan have now been extended. In addition, you may also wish to 'carefully' bring in new foods, that were 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 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.

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- ▶ 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.

Watch the reactions of your body very carefully. If you put on weight, experience cravings, or ravenous appetite, please make a note of the precipitating food and for a few days go back to the Strict Conversion Phase. If you feel uncertain, discuss your experiences with your coach.

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Extension of the personal Food List for Marco Klous

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

	Fish	Redfish Filet
	Seafood	Crab, Squid
	Meat	Beef Brisket/Point End of Beef
	Pulses	Mung Beans
	Sprouts	<p>Alfalfa Sprouts, Lentil Sprouts, Mung Beans 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>
	Vegetable	Beetroot, Large Mushrooms, Pepperoncinini, Sprouted pumpkin seeds, Yellow button squash
	Fats / Oils	Ghee (for hot vegetables)

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Shopping Helper Phase 3 for Marco Klous

Fish	Basa, Bream, Cod, Flounder, Garfish, Gemfish, Hake, Herring, King George Whiting, Leatherjacket, Morwong, Perch, Redfish Filet, Salmon, Snapper, Trevally, Trout, Whiting, Yelloweye Mullet
Seafood	Crab, Moreton Bay Bugs, Squid
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Brisket/Point End of Beef, Beef Fillet, Lamb, Ostrich, Roast Beef, Steak (Beef), Veal
Poultry	Chicken Breast, Turkey Breast
Cheese	Feta Cheese (Sheep), Goat Cheese (Brie), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Flageolet Beans, Kidney Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Lentil Sprouts, Mung Beans Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Artichokes (canned or frozen), Asian greens, Asparagus white, Beetroot, Bok Choy, Carrots, Celeriac, Chanterelle mushrooms, Chicory (Belgium Endive), Daikon/ White Radish, Eggplant, Fennel, Green Beans, Green capsicum, Green olives, Horseradish, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, Spring Onions, Sprouted pumpkin seeds, Swede, White & brown mushrooms, Yellow button squash, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Dandelion Greens, Frisee, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Blueberries (110 g), Mango (170 g), Papaya (180 g), Strawberries (130 g)
Fats / Oils	Ghee (for hot vegetables)