

## 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.

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## Extension of the personal Food List for Ivan Kezurer

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

	<b>Fish</b>	Anchovy (fresh), Bream, Eel, Flathead, Hoki/ Blue Grenadier, Mackerel, Redfish Filet, Whitebait
	<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>Fruit</b>	Prunes (dried) (50 g)
	<b>Fats / Oils</b>	Ghee (for hot vegetables)

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### Shopping Helper Phase 3 for Ivan Kezurer

<b>Fish</b>	Anchovy (fresh), Barramundi, Blue-eyed trevalla, Bream, 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>Milk Products</b>	Goat Milk, Soy Milk (unsweetened)
<b>Yogurt</b>	Goat Milk Yogurt
<b>Nuts</b>	Almonds
<b>Meat</b>	Beef Loin, Goat, Kangaroo, Lamb Chop, Roast Beef, Veal
<b>Cheese</b>	Goat Cheese, Goat Cream Cheese (Chèvre)
<b>Pulses</b>	Black Beans, Chickpeas, Flageolet Beans, Red Lentils
<b>Tofu</b>	Choose your tofu according to your personal preference and taste (soft, firm, extra firm or smoked).
<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 4 eggs per week.
<b>Vegetable</b>	Artichokes, Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Fennel bulb, Green Beans, Green olives, Green Cabbage, Kale, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Okra, Parsley (Root and Leaves), Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Spring Onions, Turnip, Turnip, White & brown mushrooms
<b>Salad</b>	Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Purslane (Verdolaga), Radicchio, Red Oak Leaf Lettuce, Rocket, 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), Blueberries (110 g), Mango (170 g), Papaya (180 g), Peach (1), Prunes (dried) (50 g)
<b>Fats / Oils</b>	Ghee (for hot vegetables)