

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 Hanna Rafferty

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

	Fish	Hoki/ Blue Grenadier
	Seafood	Crab
	Meat	Veal Steak
	Poultry	Chicken Thigh
	Cheese	Goat Cheese
	Vegetable	Orange capsicum
	Salad	Leafy Lettuce
	Fruit	Prunes (dried) (30g)
	Sprouts	<p>Alfalfa Sprouts, 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>

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Extension of the personal Food List for Hanna Rafferty



Fats / Oils

Flax Seed Oil (for Salads), Ghee (for hot vegetables), Native Coconut Oil (for frying)

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Shopping Helper Phase 3 for Hanna Rafferty

Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Flounder, Garfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Ocean Trout, Salmon, Sardines, Swordfish Steak, Trevally, Trout, Yelloweye Mullet
Seafood	Crab, Crab (Crab Meat), Scallop, Squid, Tiger prawns
Milk Products	Goat Milk, Soy Milk (unsweetened)
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Nuts	Almonds
Meat	Beef Loin, Kangaroo, Lamb Chop, Ostrich, Roast Beef, Veal, Veal Steak
Poultry	Chicken Breast, Chicken Thigh, Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cheese, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Broad Beans (Fava Beans), Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
Vegetable	Artichokes, Asparagus white, Bamboo Shoots, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celeriac, Chanterelle mushrooms, Choko, Fennel bulb, Green Cabbage, Green olives, Kohlrabi (Cabbage Turnip), Leek, Morel mushrooms (fresh or dried), Orange capsicum, Parsnip, Pepperoncinis, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Red leaf/Red amaranth, Sauerkraut, Savoy Cabbage, Silverbeet, Sorrel, Spinach, Tomato, Turnip, Turnip, White & brown mushrooms
Salad	Cucumber, Curly Endive, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Radicchio, Red Oak Leaf Lettuce, Rocket, Romaine Lettuce
Starch	Porridge Oats, Rye flakes
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1), Apricot (dried) (30g), Blueberries (90g), Mango (145g), Papaya (155g), Peach (1), Prunes (dried) (30g)
Fats / Oils	Flax Seed Oil (for Salads), 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!