

METABOLIC RESET

The First Three Months

WORKBOOK

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Glycemic index

**Low Glycemic Index
(55 or less)
Choose Most Often**

Apple
Apricot (Fresh, Dried)
Avocado (Unripe)

**Medium Glycemic Index
(56 to 69)
Choose Less Often**

Banana (Ripe, Yellow)
Cherries (Bottled)
Cherries (Fresh)
Cranberries (Dried)

**High Glycemic Index
(70 or more)
Choose Least Often**

Banana (Brown, Overripe)
Watermelon



Workbook

Roadmap

In this module, we'll cover:

1. The Role of Macronutrients: Protein, carbohydrates, and fats and their effects on metabolism.
2. Building a Balanced Plate: Simple strategies to stabilize blood sugar and sustain energy.
3. Meal Timing and Frequency: Finding the rhythm that works best for you.
4. Hydration: Supporting digestion, circulation, and metabolism with proper hydration.

Content



Inside?

Metabolic Reset

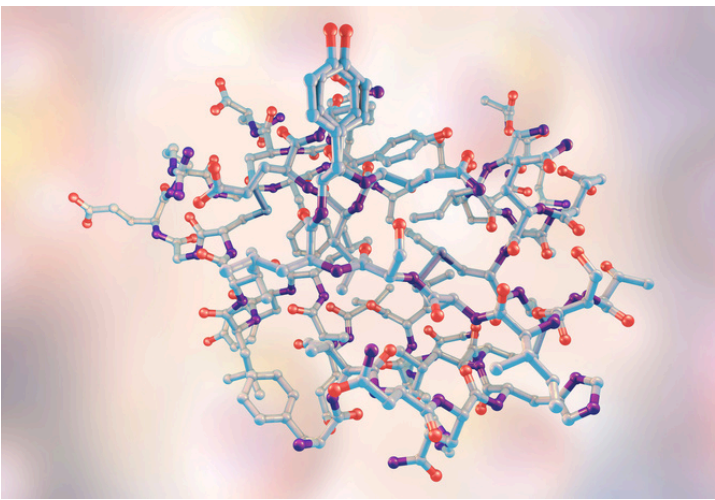
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The Role of Macronutrients

Macronutrients—protein, carbohydrates, and fats—are the building blocks of nutrition. Each plays a unique role in supporting metabolism, energy, and overall health.

- **Protein:** Protein has a high thermic effect, meaning it requires more energy to digest, which helps boost your metabolism. It also supports muscle mass, which is essential for a healthy metabolic rate.
 - **Sources:** Lean meats, fish, eggs, beans, legumes, nuts, and seeds.
- **Carbohydrates:** Carbs are your body's primary source of quick energy. Choosing complex carbohydrates over simple sugars helps stabilize blood sugar, supporting balanced energy levels.
 - **Sources:** Whole grains, vegetables, fruits, and legumes.
- **Fats:** Fats are essential for hormone production and help you feel full longer. Healthy fats provide sustained energy and aid in the absorption of fat-soluble vitamins (A, D, E, K).
 - **Sources:** Avocado, olive oil, nuts, seeds, and fatty fish.



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Building a Balanced Plate

Creating balanced meals is essential for blood sugar control, energy stability, and long-term metabolic health. Aim to include all three macronutrients in each meal, focusing on whole, minimally processed foods.

Balanced Plate Formula:

- **Protein:** Fill about $\frac{1}{4}$ of your plate with protein to support muscle and metabolism.
- **Carbohydrates:** Choose complex carbs to fill another $\frac{1}{4}$ of your plate, aiming for high-fiber options.
- **Vegetables:** Non-starchy vegetables should make up at least $\frac{1}{2}$ of your plate, providing fiber, vitamins, and minerals.
- **Fats:** Add a small portion of healthy fats, such as a drizzle of olive oil or a handful of nuts.



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Blood Sugar Stabilization and Metabolic Health

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Blood sugar spikes

Eating balanced meals with protein, fiber, and healthy fats helps stabilize blood sugar, keeping energy levels steady.



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Tips to Manage Blood Sugar:

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- **Start with Protein:**
- Having protein as the base of your meal can reduce blood sugar spikes.



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Tips to Manage Blood Sugar:



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- **Add Fiber:**
- Fiber slows down digestion, which helps keep blood sugar steady. Aim for a mix of soluble and insoluble fibers from vegetables, fruits, and whole grains.



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Tips to Manage Blood Sugar:



- **Limit Sugary Drinks:**
- Drinks high in sugar (like sodas and juices) can cause rapid spikes in blood sugar. Choose water or herbal tea instead.





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Meal Timing and Frequency

There's no one-size-fits-all approach to meal timing. Some people do well with three balanced meals per day, while others benefit from smaller, more frequent meals. Here are some general guidelines:

- **Three Meals Per Day:** Ideal for those who prefer larger, more filling meals that keep them satisfied for several hours.
- **Smaller, More Frequent Meals:** Can be helpful for those who experience low blood sugar dips, as it provides consistent energy.

- **Intermittent Fasting:** Some people find success with intermittent fasting, where eating is limited to a certain window (e.g., 8-hour eating window). If you're interested in trying this, start slowly and see how your body responds.

Choose the timing that feels most comfortable and sustainable for you. Experimentation will help you find what best supports your energy and metabolism.



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Common Metabolic Dysfunctions

Hypothyroidism

- An underactive thyroid can slow metabolism, leading to symptoms like fatigue, weight gain, sensitivity to cold, and even mood changes.

Insulin Resistance

- When cells become less responsive to insulin, blood sugar levels remain elevated, which can lead to weight gain, cravings, and energy fluctuations.

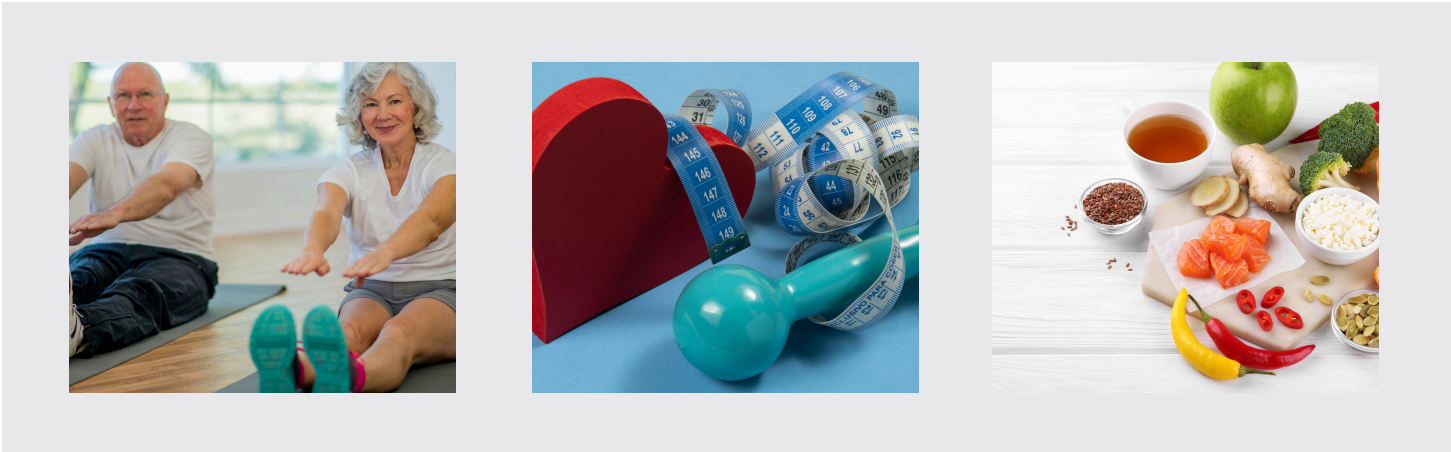
Metabolic Syndrome

- A combination of conditions, such as high blood pressure, abdominal obesity, and elevated blood sugar, which increase the risk of heart disease and diabetes.

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Metabolic Flexibility is the ability of your body to switch between burning carbohydrates and fats for energy, which can help improve energy levels, stabilize weight, and enhance overall health. You can improve metabolic flexibility by balancing your macronutrient intake, engaging in both aerobic and resistance exercises, and experimenting with meal timing.



Metabolic Flexibility

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Assessing Your Metabolic Health

To get a sense of your current metabolic health, reflect on the following areas:

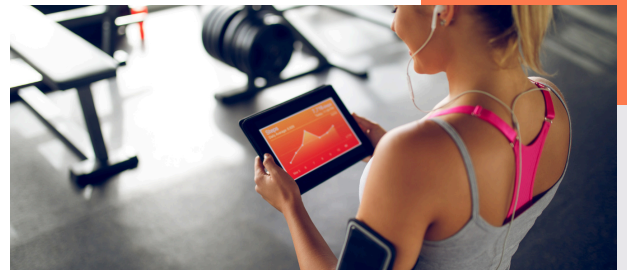
- Energy Levels: Do you often feel fatigued or energized?
- Weight Management: Are you experiencing unexplained weight gain or difficulty losing weight?
- Digestive Health: Notice any bloating, irregularity, or digestive discomfort?
- Mood and Cognitive Function: Struggling with brain fog or mood swings?

If you notice challenges in any of these areas, they may indicate an area of focus as we work on resetting your metabolism.



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Additional Resources



Recommended Reading

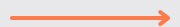
- "The Metabolism Reset Diet" by Dr. Alan Christianson
- "The Obesity Code" by Dr. Jason Fung

Educational Videos

- "Metabolism & Nutrition, Part 1: Crash Course A&P #36" (available on YouTube) provides a visual breakdown of metabolism basics.

Mobile Apps

- Food Tracking: MyFitnessPal or Lose It! for tracking calorie and nutrient intake.
- Activity Tracking: Fitbit App (no device needed) for steps and activity, MapMyWalk/Run for tracking distance and duration.



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Congratulations on completing your first module! Remember, understanding your metabolism is the first step toward creating sustainable, positive change. As you go through the week:

- Stay consistent with tracking but avoid aiming for perfection. This is about gaining insights.
- Reflect on how you feel as you log your food, activity, and energy.
- Keep your goals visible to remind yourself why you're committed to this journey.

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Foundations

You'll learn how to optimize your nutrition to further support your metabolism. Keep tracking and logging, and stay curious about what you discover! Let's keep building on this foundation.



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Thank You

