

# METABOLIC RESET

The First Three Months

WORKBOOK



## Glycemic index

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

Apple  
Apricot (Fresh, Dried)  
Banana (Green, Unripe)

**Medium Glycemic Index  
(56 to 70)  
Choose Less Often**

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

**High Glycemic Index  
(71 or more)**

Module Three

Watermelon



# Blood Sugar Regulation

1. **Blood Sugar Tracking** Use the Blood Sugar Tracking Worksheet to log meals and snacks, noting how they affect energy levels.
  - a. **Record each meal:** Include what you ate and how balanced the macronutrients were.
  - b. **Rate your energy:** Note energy levels 1-2 hours after eating.
  - c. **Reflect on patterns:** Identify which meals stabilize your energy and which may lead to crashes.
2. **Cortisol and Stress Management Plan** Create a plan for daily stress management using the Cortisol and Stress Management Worksheet.
  - a. **Identify Top Stressors:** List the three main stressors in your life.
  - b. **Select Stress-Reducing Techniques:** Choose from options like meditation, breathing exercises, or a quick walk.
  - c. **Set a Daily Schedule:** Choose a time to practice your techniques each day.
3. **Hormone-Supportive Meal Planning** Use the Hormone-Supportive Meal Planning Template to design meals that support blood sugar and hormone balance.
  - a. **Step 1:** Choose protein, fiber-rich carbohydrates, and healthy fats.
  - b. **Step 2:** Incorporate magnesium- and antioxidant-rich foods into your plan.
  - c. **Step 3:** Write out a weekly meal plan that supports hormonal health.

# Blood Sugar Regulation

## Action Steps

1. **Practice Blood Sugar Stabilization** Focus on balanced meals with protein, fiber, and healthy fats to avoid spikes. Make a conscious effort to limit high-sugar foods.
2. **Implement Cortisol-Reducing Practices** Choose a daily stress-reducing activity, such as:
  - a. **Mindfulness or Meditation:** Spend 5-10 minutes a day on focused breathing.
  - b. **Physical Activity:** Take short movement breaks throughout the day.
3. **Support Your Hormones with Nutrition** Add foods that naturally support hormone balance:
  - a. Include **healthy fats** in one meal daily.
  - b. Add **leafy greens** or other magnesium-rich foods regularly.
  - c. Prioritize **quality sleep** to support cortisol and insulin balance.

# Blood Sugar Tracking

Record  
each meal

Rate you energy levels 1-2  
hours after eating.

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Reflect on patterns: Identify which meals stabilize your energy  
and which may lead to crashes.

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# Cortisol and Stress Management

Identify Top Stressors: List the three main stressors in your life.

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Select Stress-Reducing Techniques: Choose from options like meditation, breathing exercises, or a quick walk.

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# Cortisol and Stress Management

Set a Daily Schedule: Choose a time to practice your techniques each day.

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# Hormone-Supportive Meal Planning Template

Step 1: Choose protein, fiber-rich carbohydrates, and healthy fats

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Step 2: Incorporate magnesium- and antioxidant-rich foods into your plan.

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# Hormone-Supportive Meal Planning Template

Step 3: Write out a weekly meal plan that supports hormonal health.

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