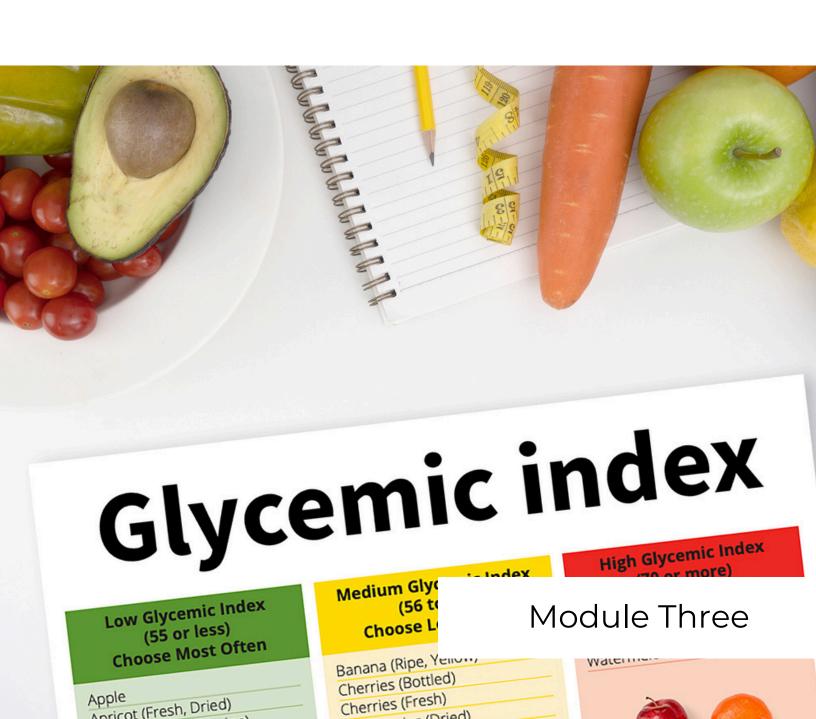
METABOLIC RESET

The First Three Months

WORKBOOK



Cranberries (Dried)

1. Dried)

Apple

Apricot (Fresh, Dried)

Banana (Green, Unripe)

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	Rate you energy levels 1-2
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Cortisol and Stress Management

Identify Top Stressors: List the three main stressors in your life.
Select Stress-Reducing Techniques: Choose from options like meditation, breathing exercises, or a quick walk.

Cortisol and Stress Management

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

Hormone-Supportive Meal Planning Template

Step 1: Choose protein, fiber-rich carbohydrates, and healthy fats
Step 2: Incorporate magnesium- and antioxidant-rich foods into your plan.

Hormone-Supportive Meal Planning Template

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