

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)
Cranberries (Fresh, Dried)

High Glycemic Index
(70 or more)

Module Five

Watermelon



Gut Health

- 1. Food Journal for Identifying Gut Triggers** Use the Food Journal Worksheet to track meals and identify any foods that may cause discomfort.
 - a. Record Each Meal:** Include the foods eaten and note any symptoms like bloating, fatigue, or discomfort.
 - b. Review Patterns:** After several days, look for patterns that may point to specific foods or ingredients that trigger symptoms.
- 2. Gut Health Checklist** The Gut Health Checklist provides a daily list of gut-supportive foods and habits to incorporate.
 - a. Probiotic Foods:** Track your intake of yogurt, kefir, sauerkraut, and other probiotics.
 - b. Prebiotic Foods:** Check off prebiotic foods like onions, garlic, and asparagus.
 - c. Fiber and Water Intake:** Note whether you're meeting your daily fiber and hydration goals.
- 3. Fermented Foods Challenge** Challenge yourself to try one new fermented food each week, using the **Fermented Foods Challenge Worksheet**.
 - a. List of Fermented Foods to Try:** Include foods like kombucha, miso, kimchi, and pickles.
 - b. Weekly Reflection:** Record how each food makes you feel and any benefits you notice.

Gut Health

Action Steps:

- 1. Add Gut-Friendly Foods to Your Diet** This week, focus on adding one or two gut-supportive foods each day. Choose from probiotics, prebiotics, fiber-rich foods, and polyphenol-rich options like berries and green tea.
- 2. Track Gut Health Triggers** Use the Food Journal to observe how your body responds to specific foods. Look for any common triggers and consider reducing or eliminating them if they cause discomfort.
- 3. Stay Consistent with Hydration** Aim for 8-10 glasses of water daily to support digestion and nutrient absorption.
- 4. Incorporate Stress Management** Include a daily stress-relief activity, like deep breathing or a short walk, to support a calm, healthy gut environment.

Food Journal Worksheet

Record Each
Meal

Record symptoms like bloating,
fatigue, or discomfort.

Review Patterns: After several days, look for patterns that may point to specific foods or ingredients that trigger symptoms.

Gut Health Worksheet

Probiotic Foods: Track your intake of yogurt, kefir, sauerkraut, and other probiotics.

Prebiotic Foods: Check off prebiotic foods like onions, garlic, and asparagus.

Fermented Foods Challenge

List of Fermented Foods to Try: Include foods like kombucha, miso, kimchi, and pickles.

Weekly Reflection: Record how each food makes you feel and any benefits you notice.
