



Nutrition Plan

for Joe McGinlay

Your Metabolic Balance Coach:

Jodie Studley Staveley Place Innaloo, Perth, 6018

Metabolic Balance is not a diet – Metabolic Balance is a tailor-made nutritional concept. Scientifically proven, personalised and simple to follow. Food items are optimally matched to the individual to regulate the metabolism and help keep it in a healthy balance. A balanced metabolism can improve blood values, quality of life, well-being and can support weight management.

Your personalized Nutrition Plan

The Original from Europe

Dear Mr McGinlay,

Thank you for choosing to participate in the Metabolic Balance nutrition program. Metabolic Balance is an individualized, scientifically proven nutritional concept that is specific to your body. Its aim is to bring your metabolism back into a healthy balance and to improve your quality of life. Metabolic Balance is not a diet – but instead a well-being program as well as a way of life.

You have already taken the first step to reaching your goal by committing yourself to the Metabolic Balance program. Together with your coach, you will be carefully guided through the Metabolic Balance four phase program. As you go through the program you are likely to experience: an improved quality of life, increased energy levels, deeper and more restorative sleep, improved hormone balance and the ability to easily maintain a healthy weight.

This program contains your very own personal nutrition plan. Your individual plan has been specially created for you. The plan includes a list of natural, unprocessed foods that are the most suitable for your metabolism, body and well-being.

The first 14 days of the Strict Conversion Phase with Metabolic Balance are the most important. It is essential that you follow the recommendations on your plan implicitly during this time. This is the best way to ensure that you are adequately supplying your body with the nutrients it currently needs. This phase also incorporates foods and principles that do not put a strain on your body. During the program, insulin production has the chance to return to normal, which will have a positive effect on a number of natural body processes. The unique goal of the Metabolic Balance program is to activate your metabolism and influence weight and well-being in a positive way. And entirely without the yo-yo effect!

These initial 14 days are also extremely important in allowing your body a chance to adapt to its new lifestyle. It is your opportunity to let go of any unhealthy habits or attitudes towards food and replace them with healthier ones. You will learn to become familiar with your body's inner signals and will be able to identify the foods your body really needs.

Please do always stay mindful as to what's in your best interests at all times. We have given you a great starting point with your personalised plan, and we want you to follow your plan as closely as possible. But keep in regular contact with your coach and work with them to ensure that you can achieve your best results. Your health, your energy requirements and your lifestyle are unique, and it's exciting to think of the potential that your health has for the future days, weeks, months and years ahead!

Please remember that a Metabolic Balance nutrition plan is designed as a personalised guide to help you eat well. It is not a replacement for professional medical advice. Always follow the guidance of your medical provider regarding your health and any prescribed medications.

Your personalized Nutrition Plan in four Phases

Above all, stay consistent to looking after yourself and eating well for your best health. After just two weeks you will already be able to look back proudly at all that you have achieved. You'll then be able to continue your health journey and move forward naturally to be well and metabolically balanced. With your increased knowledge of nutrition, coupled with your own personal experience, your health is likely to take on a whole new meaning.

We would like to wish you every success on your nutritional adventure!

Your Metabolic Balance team

Important Note:

Try to spend a few minutes outside, several times during the day, to refresh your mind and body. Correct breathing supports detoxification. Therefore consciously aim to take deep breaths several times a day.

Your Metabolic Balance Coach:

Jodie Studley Staveley Place Innaloo, Perth, 6018

Access your plan in the Healthy Lifestyle Companion (HLC) app



A metabolic program in 4 phases

Metabolic Balance

With the Metabolic Balance program you will gently adjust your food to meet the true requirements of your body. The program is divided into four phases, in which you will move towards your goal in stages. During the first 14 days of Phase 2, the guidelines are very precise and it is therefore important that you choose an appropriate time to begin your plan. Later in the program, the rules and guidelines are gradually relaxed, so that as you progress into Phase 3, you will have more freedom when selecting your foods. Your coach will be happy to advise you and offer support.

Over time the rules and guidelines of the Metabolic Balance program will become second nature to you and you will automatically select the foods that are best for your body. After this, your nutrition plan will begin to act only as a guideline.

The 4 phases are:

Phase 1	Preparation Phase
Goal	Relaxing the metabolism, preparation for the nutritional change, reducing cravings.
Start	Individually selected, appropriate time as agreed with your coach.
Duration	Two Days
This is new	Light food, gentle digestive cleanse

Phase 2	Strict Conversion Phase
Goal	To optimise nutrition in order to support metabolic regulation, facilitate healthy weight adjustment, and enhance overall health, symptoms, and well-being.
Start	Following on from the Preparation Phase
Duration	A minimum of 14 days
This is new	The 8 Metabolic Balance rules and your individual food list. No strenuous exercise in the first 14 days.

A metabolic program in 4 phases

Phase 3	Relaxed Conversion Phase
Goal	Stabilisation of your metabolism, maintenance of your improved well-being or weight, gradual relaxation of the rules and guidelines, more freedom with your when selecting your food.
Start	Earliest is after 14 days in Phase 2 after consulting with your coach
Duration	Several weeks until your improved metabolism has stabilized.
This is new	The expansion of the food list, the testing of alternative foods and other quantities outside the plan ("trial and error"), the possibility of "treat meals" (deviation meals)

Phase 4	Maintenance Phase
Goal	To support a balanced, healthy life by integrating the Metabolic Balance principles into everyday living. Promoting long-lasting metabolic regulation, improved health, and overall well-being.
Start	Following on from Phase 3, after consulting with your coach
Duration	Indefinitely
This is new	Further freedom from the guidelines of the plan

Important note specifically for this case:

This is your personal plan – please keep it safe so you can enjoy it for a long time.

Please look after your personal plan. Metabolic Balance is only able to store data for 2 years, in accordance with current data protection regulations. Therefore, if you lose your plan, you should talk directly to your coach to try and obtain another copy. Please note; however, that your coach must also take data protection requirements into consideration.

Phase 1: Preparation Phase

Metabolic Balance - The individual Phases

During the 2-day Preparation Phase, your body is gently primed with light, simple meals to support digestive cleansing and detoxification. This process helps improve nutrient absorption and prepares your body for the nutritional transformation ahead. This can reduce the likelihood of cravings and lays the foundation for lasting metabolic balance.

IMPORTANT:



On the first day of the Preparation Phase, we recommend a gentle cleansing of the digestive tract. Your coach can suggest a suitable product (e.g. magnesium citrate, psyllium husk, vitamin C), or even a more gentle method such as enema or colonic hydrotherapy.

Valid for both days of the Preparation Phase:



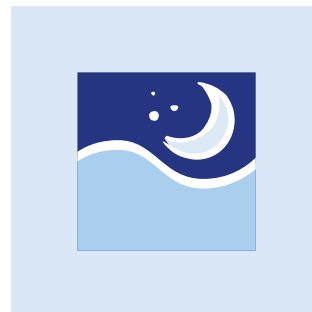
In the morning

Half the amount of your normal breakfast, for example a one-egg vegetable omelette (w/o cheese) instead of two-egg omelette. Please do not have coffee/tea/fruit juices etc on these two days. Only water.



At lunchtime

Homemade vegetable soup using up to 500g (raw weight) fresh or frozen vegetables. Only homemade additive-free vegetable broth allowed —no meat stock. Soup may be puréed or chunky. No pre-made, instant, or canned soups. Salt and pepper permitted. 1 apple.



In the evening

Up to 500g / 1.1 lb (raw weight) of cooked, steamed or raw vegetables or salad, seasoned with fresh herbs. Avoid blends of flavourings and other condiments such as oil, vinegar or other dressings.

Phase 1: Preparation Phase

As an alternative you can choose to eat just one food item per day, for example potatoes, vegetables or rice.

You can enjoy the vegetables raw, steamed or cooked, or even as a smoothie. Please cook rice and potatoes in plain water. You may use spices, but no butter or oil. Unsweetened apple sauce goes well with the rice (2 TBsp per servings, w/o sugar or flavoring).

You do not need to eat the full portion if you are satisfied with a smaller amount than stated below (applies only in Phase 1).

All measurements refer to the raw weight.



Fruit Day

Up to 1 kg of fruit, divided into 3 meals



Vegetable Day

Up to 1.5 kg of vegetables, divided into 3 meals



Potato Day

Up to 1.5 kg / 3.3 lbs of potatoes, divided into 3 meals



Rice Day

up to 200g (uncooked weight) whole grain rice or brown Basmati rice, divided into 3 meals

The 8 Rules Metabolic Balance



1 Eat exactly three meals a day. During the Strict Conversion Phase, please follow the plan to the letter: do not eat more, do not eat less and do not eat anything other than what is included in your personal food list.



2 After each meal, take a break of at least five hours before beginning your next meal.



3 Do not allow any single meal to last longer than 60 minutes.



4 Begin each meal with one or two bites of protein.



5 Eat only one type of protein per meal. For each of your three meals choose a protein from a different protein group, so that you are eating three different protein groups every day.



6 If possible, do not eat anything after 9 pm.



7 Over the course of the day, drink at least the amount of water calculated for you. (In general 35 ml of water per kg of body weight.)



8 Eat an apple every day with a meal or as a dessert.

Phase 2: The Strict Adjustment Phase

Metabolic Balance - The individual Phases

Welcome to Phase 2, the Strict Adjustment Phase. This important phase helps prepare your metabolism to become more robust, balanced, and adaptive. For the best results, it's essential to follow the guidelines carefully for a minimum of 14 days. You'll remain in Phase 2 until you've reached your health goal or completed the required two weeks — whichever comes later.

From the very start of this phase, the 8 Metabolic Balance Rules apply. For the first 14 days, it's especially important to be precise:

Eat only the foods listed on your personal plan, in the specified amounts.

Do not cook with extra oil or fats during this time.

When preparing your meals, use non-stick pans, aluminium foil, clay or steam pots, or a contact grill. You can also simmer your food using plain water or a vegetable broth — just ensure it's free from sugar, additives, or preservatives.

By following these steps, you're giving your body the best possible start to restore balance and activate lasting metabolic change.

IMPORTANT:

If you stay longer in the Strict Adjustment Phase, after 14 days please add healthy, cold-pressed oils to supplement your meals. We recommend at least three table-spoons of healthy oil per day in the form of a balanced 'blend' of omega-3 and omega-6 fatty acids. Alternatively, you may use a good quality cold-pressed flax or linseed oil which is high in omega-3 fatty acids. Your coach can recommend your additional healthy oils for cooking.

From now on your meal plan will act as a framework in which you can include foods from your personal food list. To maintain variety in your diet, and to ensure that you are receiving all the nutrients your body requires, it is important to include as many different foods as possible from your personal food list. Please also take note of the Additional Information which is given after your food list. Remember your coach will be able to provide you with further inspiration and recipes that comply with the Metabolic Balance principles.

Usually you would follow your plan's suggestions for breakfast, lunch and dinner. In the strict phase, please follow your breakfast suggestions exactly as they are. It's important to note that eggs may only be eaten for breakfast if they are suggested as a breakfast for you.

You may; however, swap your lunch and dinner suggestions. If you do this you must remember that different quantities will now apply. When lunch is swapped for dinner, please add 10 grams more to both the protein and the vegetables/salad. If you choose to swap your dinner suggestion for lunch, you must decrease the amount by 10g. For example, if there is currently 115 g of fish for lunch and 80 g cheese for dinner, you would instead eat 70

Phase 2: The Strict Adjustment Phase

g of cheese for lunch and 125 g of fish for dinner. Please also remember that you need to add or subtract 10g to the amount of vegetables or salad.

During Phase 2, your metabolism will adapt to its optimal nutrition, allowing you to mentally adjust to your new way of life. It is important to focus on yourself during this time whilst becoming aware of your body's natural signals. Try to be aware of any changes you experience during this time and enjoy the feeling that you are replacing old and unhealthy food habits for newer, healthier ones. Always keep in regular contact with your coach and remember that together with your coach you can adjust and tweak all aspects of the plan to ensure that it really suits you.

We hope that during this time you will be able to embrace your new lifestyle. Learning to eat mindfully and eating the foods that are best suited to your body can take time and perseverance. Although there are a few limitations, Metabolic Balance focuses on the abundance of foods you can choose rather than focusing on any restrictions. On account of Metabolic Balance you might even discover new foods or alternative cooking methods that you haven't tried before. Not only will you be enjoying new and exciting foods; but you will also notice that you remain comfortably full between your meals.

Please note that physical or emotional stress can also have a negative impact on your health and your willpower. You can replace physical activity during this time by spending more time on yourself and allowing yourself time to relax. This will help to give your body the rest it needs to reset!

To avoid becoming distracted from your goal, it might be necessary to avoid tempting situations, such as parties or certain invitations during the first 14 days. Preferably of course you could look at these events in a different way and work out how you can say yes but do them in a way that suits you best and allows you to stick to your plan and goals.

As you move through your Metabolic Balance journey, take a moment to consider the people around you. Are they supportive, or is someone unintentionally undermining your efforts? Learning to care for yourself takes time, practice, and patience — but it's one of the most valuable investments you can make. Daily self-care is essential and helps build the resilience needed for lasting change. You deserve support, and your success is worth protecting.

After the first two weeks on the Strict Adjustment Phase, you can now begin to add exercise into your plan. Incorporate physical activity into your daily routine in order to get your metabolism going, boost your lymphatic system and to enjoy your new-found energy. If you remain on the Strict Adjustment Phase for more than 14 days, consult with your coach to find out the best ways for you to successfully incorporate exercise into your Metabolic Balance program.

Keeping a personal diary can help you to keep track of any improvements. This can be done in addition to the plan's progress report, where you record all your results. You might find it helpful to make notes every day while reflecting upon the following two questions: What

Phase 2: The Strict Adjustment Phase

was important today? What went well today? Don't forget to praise yourself regularly for both your success and your effort. No matter how small, each small positive change is a big success.

After you have completed at least 14 days but preferably 28 days on the adjustment phase, you can enjoy a 'treat' meal once a week. You should always talk to your coach about when is the right time for you to introduce "treat meals". They will also talk you through the guidelines for how best to enjoy them. Enjoying the occasional indulgence is actually good for you as it helps to curb cravings, which could in turn jeopardise your goals.

If you feel in the mood for a piece of dark chocolate or even something more substantial, you should eat it mindfully, enjoy it and most importantly see how you feel in the next few hours and days. This is a great way to learn what treats suit you and what you want to include moving forward! If there is an occasion such as a holiday or a family event, it could be possible to enjoy this time as a 'treat meal' providing that you have successfully completed the first 14 days of focused adjustment.

Enjoy your new eating habits:

Chew, Digest, Absorb – and Enjoy

Give yourself the time and space to truly enjoy your meals. Eat slowly, chew thoroughly, and be present — this supports better digestion, nutrient absorption, and satisfaction.

You may be surprised by how powerfully your Metabolic Balance plan supports you when you honour these simple practices. It not only nourishes your body but also strengthens your confidence and commitment to lasting success.

Phase 2: The Strict Adjustment Phase

Meal Plan for Joe McGinlay

Suggestion 1

Breakfast

75 g Cheese
100 g Vegetable
Fruit
Bread

 5 h

Lunch

90 g Pulses
145 g Vegetable
Bread

 5 h

Dinner

155 g Poultry
155 g Vegetable
Bread

Suggestion 2

Breakfast

215 g Yogurt
Fruit

 5 h

Lunch

145 g Meat
145 g Salad
Bread

 5 h

Dinner

155 g Fish
155 g Vegetable
Bread

Suggestion 3

Breakfast

40 g Oilseed
20 g Seeds
100 g Salad

 5 h

Lunch

1 Eggs
95 g Starch
145 g Vegetable
Fruit

 5 h

Dinner

165 g Sprouts
155 g Vegetable
Bread

Finish last meal by 9 pm at the latest.

Phase 2: The Strict Adjustment Phase

Individual Food List - Protein for Joe McGinlay

	Oilseed	Pumpkin Seeds
	Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
	Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
	Yogurt	Goat Milk Yogurt, Sheep Yogurt
	Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
	Poultry	Chicken Breast, Chicken Breast (smoked), Duck Breast
	Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
	Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
	Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts Please do not eat sprouts in their raw state. Always blanch sprouts briefly in boiling water before consuming.
	Seeds	Sunflower Seeds
	Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

Phase 2: The Strict Adjustment Phase

Personal Food List - Carbohydrates for Joe McGinlay

	Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
	Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket Please eat rocket salad no more than twice a week.
	Starch	Potato Please eat potatoes with eggs only twice per week.
	Bread	Crispy Rye Bread, Wholegrain Rye Bread
	Fruit	Apple (1)

Phase 2: The Strict Adjustment Phase

Additional Information about the Nutrition Plan for Joe McGinlay

	Water	We recommend that you drink 3 ¼ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
	Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
	Mandelade	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 40 g of almonds and 30 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
	Vegetables	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
	Herbs and Spices	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil in the first 14 days.
	Bread	Do not to exceed your limit of 5 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
	Fruits	Eat a medium-sized, tart apple every day. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!

Phase 2: The Strict Adjustment Phase

	Coffee and Tea	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
	Alcohol, Soft Drinks and Fruit Juices	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
	Vitamins	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.
	Seeds and Nuts	You can eat the seed mix plain or prepared. Suggestions for preparation: ➤ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables ➤ soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds ➤ sprinkle the seeds over the vegetables and bake in the oven ➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

Your Plan is Uniquely Yours

Your Metabolic Balance meal plan and food list have been created exclusively for you, based on your personal health information and blood values. This individualised approach is what makes the program so effective in supporting your metabolism and overall health.

Please do not share your plan with others. While someone else may experience temporary weight changes, your plan may not meet their nutritional needs and could potentially lead to negative health outcomes. True metabolic regulation can only be achieved with a personalised, lab-based plan tailored to each person's unique biochemistry.

Phase 2: The Strict Adjustment Phase

Shopping Helper Phase 2 for Joe McGinlay

Breakfast	Breakfast	Breakfast
75 g Cheese, 100 g Vegetable, Fruit, Bread	215 g Yogurt, Fruit	40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch	Lunch	Lunch
90 g Pulses, 145 g Vegetable, Bread	145 g Meat, 145 g Salad, Bread	1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner	Dinner	Dinner
155 g Poultry, 155 g Vegetable, Bread	155 g Fish, 155 g Vegetable, Bread	165 g Sprouts, 155 g Vegetable, Bread

Oilseed	Pumpkin Seeds
Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread

Phase 2: The Strict Adjustment Phase

Shopping Helper Phase 2 for Joe McGinlay

Fruit	Apple (1)
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Phase 2: The Strict Adjustment Phase

Expert tips for everyday life!

Metabolic Balance in day-to-day life

- The quantities in your meal plan refer to the weight of fresh or uncooked foods. If you're using cooked legumes or lentils, or those drained from a can, you should use double the amount stated. For frozen fruits and vegetables, use the same quantity as you would for fresh. When using frozen meat, poultry, or fish, it's best to thaw fully before weighing. If you need to weigh them frozen, simply add 25 grams to the stated amount to account for water loss during thawing.
- The daily meal examples in your plan are personalised suggestions created specifically for you. You're welcome to adapt these meals to suit your preferences, provided you continue to follow the 8 Metabolic Balance rules and stay within your individual food list and portion recommendations. If you're considering making changes, we encourage you to discuss them with your coach to ensure they remain balanced and aligned with your nutritional needs.
- As you are drinking regular water throughout the day, it's important to also include salt in normal quantities to help maintain your body's mineral balance. Be sure to use only unrefined salt without additives, such as sea salt, Himalayan salt, or rock salt, to support your body with essential trace minerals.
- If you are missing certain foods, consider how you could re-create these using options from your personal food list. For example, you might swap traditional pasta for spiralised courgette to create a lighter, nutrient-rich version of a classic dish. You can also substitute vegetables or salad ingredients in any recipe — as long as the alternatives are listed on your approved foods.
- Adding fresh or dried herbs and spices (free from additives and sugar) not only enhances the flavour of your meals but also brings valuable health-supporting properties. Colourful, vibrant food is naturally more appealing—and as hunter-gatherers, colour helped us identify nutrient-rich, edible plants. Aim to include a variety of colours in your daily vegetable choices to boost both the visual appeal and nutritional value of your meals. Taking time to prepare your meals with care, setting the table, and making your food look inviting all help to stimulate digestion and support both body and mind.
- If you have a favourite restaurant, consider speaking with the chef about your food plan. Many chefs are happy to accommodate specific requests, especially when it comes to preparing simple, fresh meals. A quick conversation can go a long way in helping you stay on track while still enjoying the experience of dining out.
- With Metabolic Balance, your daily routine can stay flexible and stress-free by preparing your meals at home and taking them with you. It's simple to plan ahead. For example preparing a delicious breakfast or lunch the evening before makes it easy to stay on track, even on your busiest days.

IMPORTANT:

Please remember that your nutrition plan has been created exclusively for you, based on your personal information and blood test results. Do not share your plan with others as it may not meet their individual needs. In some cases, following a plan not tailored to them could even lead to a deterioration in their health by including foods that aren't suitable for their body.

Phase 2: The Strict Adjustment Phase

The basic principles behind the 8 Rules Metabolic Balance



Eat exactly three meals a day, each lasting a maximum of one hour. After the end of a meal and before the beginning of the next meal, you should take a break of at least five hours (maximum seven hours). Ideally, we also suggest that you aim to extend the overnight break between your evening meal and breakfast the next day to 14 hours twice a week if possible. These structured breaks between meals allow insulin levels to drop to healthy levels, promoting effective fat burning. In contrast, frequent meals or snacks keep insulin levels elevated, encouraging fat storage over muscle development and inhibiting the production of key hormones that protect against inflammation and ageing.



Start each meal with one or two bites of your protein portion. This simple habit helps regulate insulin levels more effectively. When protein reaches the stomach first, it stimulates the release of glucagon — a hormone that naturally opposes insulin. As a result, initial insulin release is reduced, helping to promote a feeling of fullness, support fat burning, and minimise cravings.

To make this easy, your meal plan and examples always list the protein component—such as legumes, fish, or cheese—in the first row. Prioritising protein at the start of each meal is a small step that brings lasting benefits.

Phase 2: The Strict Adjustment Phase

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Eat only one type of protein per meal. For each of your three meals choose a protein from a different protein group so that you are eating three different protein groups every day.

When you eat protein, your body begins breaking it down in the digestive tract using enzymes. These enzymes separate the protein into its basic building blocks—called amino acids. These amino acids are then absorbed through the intestinal wall and used by your body to create its own proteins, which are essential for countless bodily functions. What's most important for your metabolism isn't how much protein you eat, but whether it contains the right types of amino acids—especially the eight essential ones your body cannot make on its own.

The more closely a food's amino acid profile matches your body's needs, the more efficiently it can be used. This is known as the biological value of a protein.

For example, egg yolk has a perfect amino acid balance and a biological value of 100, meaning it can be fully converted into human protein. Milk, by comparison, has a slightly lower value of 91 because one essential amino acid—threonine—is present in smaller amounts.

If you combine different protein types in a single meal, the body can only use them as effectively as the amino acid present in the lowest quantity. This lowers the overall biological value and may produce excess by-products, which can lead to acid build-up in the body.

That's why Metabolic Balance® recommends enjoying just one type of protein per meal and three proteins throughout the day. This approach supports smooth digestion, optimal protein utilisation, and a balanced, healthy metabolism.

Phase 2: The Strict Adjustment Phase

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If you drink less than the amount of water stipulated in your individual plan (the rule of thumb is a minimum of 35 ml of water per kilogram of body weight), then you will lose weight more slowly. Water cleanses the body and helps wash out the residues and toxins resulting from tissue breakdown. If you drink too little, these substances remain in the body.

It is best to drink water before you feel thirsty and to divide the beverages throughout the day. Particularly suitable is water that is not carbonated. Coffee and black tea, green tea, white tea, or rooibos tea is only permitted with meals.

8

As the old saying goes, "An apple a day keeps the doctor away." Apples truly stand out among fruits, thanks to their impressive content of vitamins and minerals that support healthy cholesterol and uric acid levels. They are also rich in fibre, particularly pectin and cellulose, which aid digestion and help eliminate metabolic waste more efficiently.

Older apple varieties are especially beneficial as they contain higher levels of polyphenols, powerful antioxidants that help protect the body against free radicals. Apples also provide excellent nourishment for the gut microbiome, supporting a healthy digestive environment.

Fruit in general offers many health benefits, providing essential vitamins, minerals, dietary fibre and trace elements. And of course, fruit is simply a pleasure to eat.

Daily Progress Report

Sheet 1: For monitoring daily progress during the first 14 days of the Strict Adjustment Phase.
If possible, please record your progress daily during the first 14 days of the Strict Conversion Phase. This is beneficial to document changes and to discuss issues and progress with your coach. Preferably measure and enter the values before breakfast.

Days	Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Weight in kg	94														
Blood Pressure ****															
Blood Glucose ****															
Pulse ****															
Water intake (litres)															
General Well-Being															
Fatigue															
Sleep															
Headache															
Joint Pain															
Acid Reflux															
Digestion															
Allergy / Allergies															
Skin															

When evaluating your progress, use a scale of 1 to 5. For example, a 1 stands for no fatigue and a 5 stands for extreme fatigue. Use the smileys for guidance, and if you are uncertain, ask your coach for assistance.

😊 = 1 😊 = 2 😊 = 3 😊 = 4 😊 = 5

Phase 2: The Strict Adjustment Phase

Weekly Progress Report

Sheet 2: For the weekly check-up																	
Record your symptoms once a week after the first 14 days in the Strict Conversion Phase.																	
Week	Start	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
WtHR*	0.6																
BMI**	29																
Weight in kg	94																
Body Fat in %																	
Waist in cm ***	108																
Hips in cm	106																
Upper Thigh in cm	63																
Blood Pressure ****																	
Blood Glucose ****																	
Pulse ****																	
Water intake (litres)																	
General Well-Being																	
Fatigue																	
Sleep																	
Headache																	
Joint Pain																	
Acid Reflux																	
Digestion																	
Allergy / Allergies																	
Skin																	

When evaluating your progress, use a scale of 1 to 5. For example, a 1 stands for no fatigue and a 5 stands for extreme fatigue. Use the smileys for guidance.

😊 = 1 😊 = 2 😊 = 3 😊 = 4 😊 = 5

*) Waist to Height Ratio (WtHR): waist circumference in cm (inches) / height in cm (inches)

**) Body Mass Index (BMI): weight in kg / (height in meter)²

***) Waist circumference is measured at navel height

****)

Treat Meals

Metabolic Balance

Mindfully Enjoy Your Treat Meal

From time to time, especially during special occasions like a family gathering or celebration, it's perfectly fine to enjoy a treat meal. Eat what you choose without guilt. Treat meals are included in your plan for a purpose: to support your metabolic flexibility and allow you to enjoy food in real-life situations. A delicious meal out is not only morale-boosting but also part of a balanced and sustainable approach to reaching your goal.

Use these moments to relax and connect. On special occasions, take a break and enjoy something you truly fancy while you savour every bite.

The key is to stay mindful and tune in to your body's signals. You may notice that your sense of taste and smell has sharpened, that you feel full more quickly, or that foods you once craved no longer satisfy you or even leave you feeling unwell. These are positive signs that your metabolism is adapting. We encourage you to honour these changes and have the confidence to stop eating when you feel content. Your well-being is always the priority.

To get the most from your treat meal, be sure to follow the 8 Treat Meal Guidelines (see next page). And remember, sharing what you're noticing with your coach is a valuable way to stay supported, encouraged, and in tune with your progress.



The 8 Guidelines for Treat Meals Metabolic Balance

Tip 1:

You may enjoy a treat meal once a week. As always start your treat meal with a little protein.

Tip 2:

Drink extra water before and after a treat meal.

Tip 3:

If the meal lasts longer than one hour, please take a break of at least 15 minutes between courses, during which you may only drink water. Then continue your meal again with a bite of protein.

Tip 4:

If you are eating out, take a few nuts or some cheese with you - so that you can have a protein portion 'on-the-go'.

Tip 5:

For the remaining two meals on the day of your treat meal, please omit any fruit and additional starchy foods such as bread or rice. However, do make sure to still enjoy your daily apple, either as part of your treat meal or included in one of your other meals that day.

Tip 6:

Avoid rich, heavy sauces and carbohydrate-rich side dishes.

Tip 7:

If you enjoy chocolate; always opt for a minimum of 70 % cocoa content, eat only a small amount and really savour the taste.

Tip 8:

Limit your consumption of alcoholic drinks and remember to drink plenty of water alongside any alcohol.

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 should now have reached your desired weight and/or seen a noticeable improvement to your health. It may be that you have entered Phase 3 in order to enjoy a one-off meal or event. If this is the case, you should stay on Phase 3 for this event, before returning to Phase 2 again. Remember to follow the 8 rules and the extra guidelines for treat meals. In phase 3 your food lists have also been extended. In addition, you may also wish to 'carefully' bring in new foods that are not currently on your personal food list in order to see how well you tolerate them. Whilst 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 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.
- 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.

Observe carefully how your body reacts to any changes. If you have added variation to your plan which has led to negative symptoms, try to correlate the symptoms with the changes that you have made. Try going back to Strict Adjustment Phase for a few days or if you are unsure, discuss your experiences with your coach.

Phase 3: Relaxed Conversion Phase

Extension of the personal Food List for Joe McGinlay

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

	Fish	Anchovy (fresh), Eel, Hoki/ Blue Grenadier, Mackerel
	Seafood	Crab
	Meat	Ground Beef, Veal Steak, Venison
	Poultry	Chicken Thigh
	Cheese	Goat Cheese
	Pulses	Borlotti Beans, Kidney Beans
	Vegetable	Cauliflower
	Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Phase 3: Relaxed Conversion Phase

Shopping Helper Phase 3 for Joe McGinlay

Oilseed	Pumpkin Seeds
Fish	Anchovy (fresh), Barramundi, Blue-eyed trevalla, Bream, Cod, Eel, Garfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Crab, Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Ground Beef, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal, Veal Steak, Venison
Poultry	Chicken Breast, Chicken Breast (smoked), 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, Borlotti Beans, Chickpeas, Flageolet Beans, Kidney Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Cauliflower, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)
Fats / Oils	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!

Analysis for the Coach

Client Information Joe McGinlay

Analysis created: 21.11.2025		Client-ID-No.: 2007371	
Title:	Mr		
First Name:	Joe		
Last Name:	McGinlay		
Gender:	male		
Address:			
Town / State / Postcode	-		
e-mail:	joemcginlay@gmail.com		
Phone:	+0402035581		
Profession:			

Date of Birth (DOB):	11.08.1971	Height:	180 cm
Starting Weight:	94 kg	Navel:	108 cm
Target Weight:	88 kg	Hips:	106 cm
BMI (Body Mass Index)	29	Upper Thigh:	63 cm

Remarks:	-
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Personal information regarding your individual health and nutrition profile

Eating Habits	Will eat but not keen on Poultry
Dislikes	-
Medication	-
Illnesses / Allergies	Psoriasis, Sleep disturbances / Insomnia, Cardiovascular disease, Cholecystectomy (removed gall bladder), Migraines

Analysis for the Coach

Meal Plan

Client: Joe McGinlay

Breakfast 75 g Cheese, 100 g Vegetable, Fruit, Bread	Breakfast 215 g Yogurt, Fruit	Breakfast 40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch 90 g Pulses, 145 g Vegetable, Bread	Lunch 145 g Meat, 145 g Salad, Bread	Lunch 1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner 155 g Poultry, 155 g Vegetable, Bread	Dinner 155 g Fish, 155 g Vegetable, Bread	Dinner 165 g Sprouts, 155 g Vegetable, Bread

Water: 3 ¼ litres per day	Bread 0 - 5 slices per day
Fruits: 1 kinds per day	Eggs: 2 - 4 piece(s) per week

Analysis for the Coach

Personal Food Lists

Client: Joe McGinlay

Personal Food List - Phase 2

Oilseed	Pumpkin Seeds
Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.

Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

Analysis for the Coach

Additional Information about the Nutrition Plan

Water	We recommend that you drink 3 ¼ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.
Mandelade	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 40 g of almonds and 30 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
Vegetables	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
Herbs and Spices	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil in the first 14 days.
Bread	Do not to exceed your limit of 5 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
Fruits	Eat a medium-sized, tart apple every day. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
Coffee and Tea	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.

Analysis for the Coach

Alcohol, Soft Drinks and Fruit Juices	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
Vitamins	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.
Seeds and Nuts	You can eat the seed mix plain or prepared. Suggestions for preparation: ➤ roast the raw seeds in a non-stick pan without using oil and sprinkle them over a salad or vegetables ➤ soak the seeds over night in a little bit of water; in the morning eat one teaspoon first, then mix the rest with your vegetables; you may also purée the soaked seeds ➤ sprinkle the seeds over the vegetables and bake in the oven ➤ purée seeds with a little vegetable stock (with no added sugar or additives) and enjoy as a soup or a smoothie

Extended personal food list: Phase 3

Fish	Anchovy (fresh), Eel, Hoki/ Blue Grenadier, Mackerel
Seafood	Crab
Meat	Ground Beef, Veal Steak, Venison
Poultry	Chicken Thigh
Cheese	Goat Cheese
Pulses	Borlotti Beans, Kidney Beans
Vegetable	Cauliflower
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)

Analysis for the Coach

Collected blood values

Client: Joe McGinlay

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	154.00	g/L	130.00		180.00
RBC	4.94	10 ¹² /l	5.50		6.50
Haematocrit (PCV)	0.44	Ratio	0.40		0.55
MCV	88.00	fl	80.00		99.00
MCH	31.20	pg	27.00		32.00
White Cell Count	4.90	10 ⁹ /l	2.50		18.00
Neutrophils %	2.30	10 ⁹ /l	1.50		9.00
Lymphocytes %	2.20	10 ⁹ /l	1.00		6.50
Monocytes %	0.30	10 ⁹ /l	0.02		3.00
Eosinophils %	0.10	10 ⁹ /l	0.00		2.00
Platelets	209.00	10 ⁹ /l	70.00		700.00
Sodium	139.00	mmol/L	136.00		146.00
Potassium	4.50	mmol/L	3.50		5.20
Urea	5.50	mmol/L	2.50		8.00
Creatinine	82.00	μmol/L	40.00		85.00
Urate	0.43	mmol/L	0.20		0.45
Glucose	5.00	mmol/L	3.00		5.40
Calcium	2.31	mmol/L	2.10		2.55
Total Protein	72.00	g/L	60.00		82.00
Alk. Phos	83.00	U/l	30.00		120.00
Bilirubin	13.00	μmol/l	2.50		25.00
GGTP	27.00	U/l	0.00		50.00
AST	35.00	U/l	0.00		41.00
ALT	37.00	U/l	0.00		41.00
LD	194.00	U/l	50.00		280.00
Total Cholesterol	5.40	mmol/L	1.40		5.00
HDL Cholesterol	1.20	mmol/L	1.00		2.50
LDL Cholesterol	3.40	mmol/L	0.90		2.50
Triglycerides	1.80	mmol/L	0.00		1.50
Creatine Kinase	97.00	U/l	0.00		161.00
Iron	17.00	μmol/l	10.00		27.00
Amylase	99.00	U/l	25.00		120.00
C-Reactive Protein	0.66	mg/l	0.00		3.00
TSH	2.04	mIU/l	0.50		5.00
Lipase	56.00	IU/l	350.00		1,950.00
LDL/HDL Ratio	2.83	kA	0.35		4.00

Shopping Helper Phase 2 for Joe McGinlay

Breakfast	Breakfast	Breakfast
75 g Cheese, 100 g Vegetable, Fruit, Bread	215 g Yogurt, Fruit	40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch	Lunch	Lunch
90 g Pulses, 145 g Vegetable, Bread	145 g Meat, 145 g Salad, Bread	1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner	Dinner	Dinner
155 g Poultry, 155 g Vegetable, Bread	155 g Fish, 155 g Vegetable, Bread	165 g Sprouts, 155 g Vegetable, Bread

Oilseed	Pumpkin Seeds
Fish	Barramundi, Blue-eyed trevalla, Bream, Cod, Garfish, Hake, Herring, King George Whiting, Leatherjacket, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal
Poultry	Chicken Breast, Chicken Breast (smoked), Duck Breast
Cheese	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
Pulses	Adzuki Beans, Black (Beluga) Lentils, Black Beans, Chickpeas, Flageolet Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)

Shopping Helper Phase 3 for Joe McGinlay

Breakfast	Breakfast	Breakfast
75 g Cheese, 100 g Vegetable, Fruit, Bread	215 g Yogurt, Fruit	40 g Oilseed, 20 g Seeds, 100 g Salad
Lunch	Lunch	Lunch
90 g Pulses, 145 g Vegetable, Bread	145 g Meat, 145 g Salad, Bread	1 Eggs, 95 g Starch, 145 g Vegetable, Fruit
Dinner	Dinner	Dinner
155 g Poultry, 155 g Vegetable, Bread	155 g Fish, 155 g Vegetable, Bread	165 g Sprouts, 155 g Vegetable, Bread

Oilseed	Pumpkin Seeds
Fish	Anchovy (fresh), Barramundi, Blue-eyed trevalla, Bream, Cod, Eel, Garfish, Hake, Herring, Hoki/ Blue Grenadier, King George Whiting, Leatherjacket, Mackerel, Ocean Trout, Salmon, Sardines, Trevally, Trout, Yelloweye Mullet
Seafood	Crab, Moreton Bay Bugs, Round Clams, Scallop, Squid, Tiny Shrimps
Yogurt	Goat Milk Yogurt, Sheep Yogurt
Meat	Beef Loin, Goat, Ground Beef, Kangaroo, Lamb Chop, Ostrich, Pork Fillet, Roast Beef, Veal, Veal Steak, Venison
Poultry	Chicken Breast, Chicken Breast (smoked), 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, Borlotti Beans, Chickpeas, Flageolet Beans, Kidney Beans, Lima Beans, Mung Beans, Red Lentils, Soy Beans, White Beans (Cannellini; Butter; Haricot; Navy), Yellow Lentils
Sprouts	Alfalfa Sprouts, Soy Sprouts, Sunflower Sprouts
Seeds	Sunflower Seeds
Eggs	Eat a minimum of 2 eggs and a maximum of 4 eggs per week.
Vegetable	Artichokes, Asian greens, Asparagus white, Bamboo Shoots, Bok Choy, Carrots, Cauliflower, Chanterelle mushrooms, Chicory (Belgium Endive), Chinese cabbage, Cress, Fennel bulb, Green olives, Leek, Morel mushrooms (fresh or dried), Okra, Onion, Pickled gherkins (sugar free), Porcini mushrooms, Pumpkin, Radish, Red capsicum, Sauerkraut, Savoy Cabbage, Silverbeet, Spinach, White & brown mushrooms, Zucchini
Salad	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Iceberg Lettuce, Lollo Rosso Lettuce, Mache Rosettes, Red Oak Leaf Lettuce, Rocket
Starch	Potato
Bread	Crispy Rye Bread, Wholegrain Rye Bread
Fruit	Apple (1)
Fats / Oils	Ghee (for hot vegetables), Native Coconut Oil (for frying)