

8 RULES FOR SUCCESS



1. Eat exactly three meals a day. During the Strict Conversion Phase, you must 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 your protein portion



5. With each meal, you must eat only one type of protein, and you must eat three different types of protein each day



6. If possible, don't eat after 9pm



7. Over the course of the day, drink at least the amount of water calculated for you



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

metabolic balance



4 STEPS TO START

4. Present plan and support your client over 7 consults for them to achieve their health goals

1. Complete your usual initial appointment/health assessment. Discuss Metabolic Balance® with client and complete necessary paperwork.

3. Receive pathology results and generate their personalised nutrition plan

2. Send client for pathology collection

