

# Prepare Yourself For Success

things you need to know before you begin.



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# Preparation Time...

## before we begin

Changes in foods and eating habits may feel a bit overwhelming for some people. By making small adjustments prior to starting your Metabolic Balance Plan, you can adjust yourself mentally, emotionally, and physically into an easier transition.

A period of preparation time, with some changes in your current diet, will enable your gut to get used to the change in diet, that you will have with your Metabolic Balance Plan and the commencement of your Cherish Vitality Program.

Emotionally we are attached to certain foods for certain reasons. By ceasing to consume some of your regular foods, you may experience a struggle between your commitment to yourself and your new health goals and to the foods you usually consume for comfort, that are not on your plan.

By making small incremental changes prior to starting your MB plan, you give your mind time to adjust to the emotional void you may feel.

When your body begins to break down fat cells, the toxins that have been held in these tissue cells are released back into circulation and travel through the body.

Toxins cause symptoms and many people will experience headaches, body pains, restlessness, or agitation for example.

By making some small adjustments slowly over a few days, prior to starting Metabolic Balance, you will lessen the impact of any toxin release.



## Next Move....

- Begin by making at least one of your daily meals a soup. Your soup can be made from any vegetables and one type of meat. If you are going to use a shop-bought broth to build your soup from, choose one with few ingredients and no added glucose, sugar, or additives.
- Limit your coffee to one a day.
- Begin to stick to 3 meals a day without snaking.
- Try and decrease the size of your meals slightly to prepare yourself for the reduction of weight in food that you will receive with your Metabolic Balance Plan.
- Your protein should be the size of the palm of your hand.
- Your vegetables should include as many colours as possible.
- Switch to rye bread.
- Try and limit your dairy at this stage until we know which dairy option you can use.
- Practice mindful eating. Notice when you are actually feeling full and stop eating. You don't need to finish everything on your plate. It is okay to put the surplus away as leftovers.



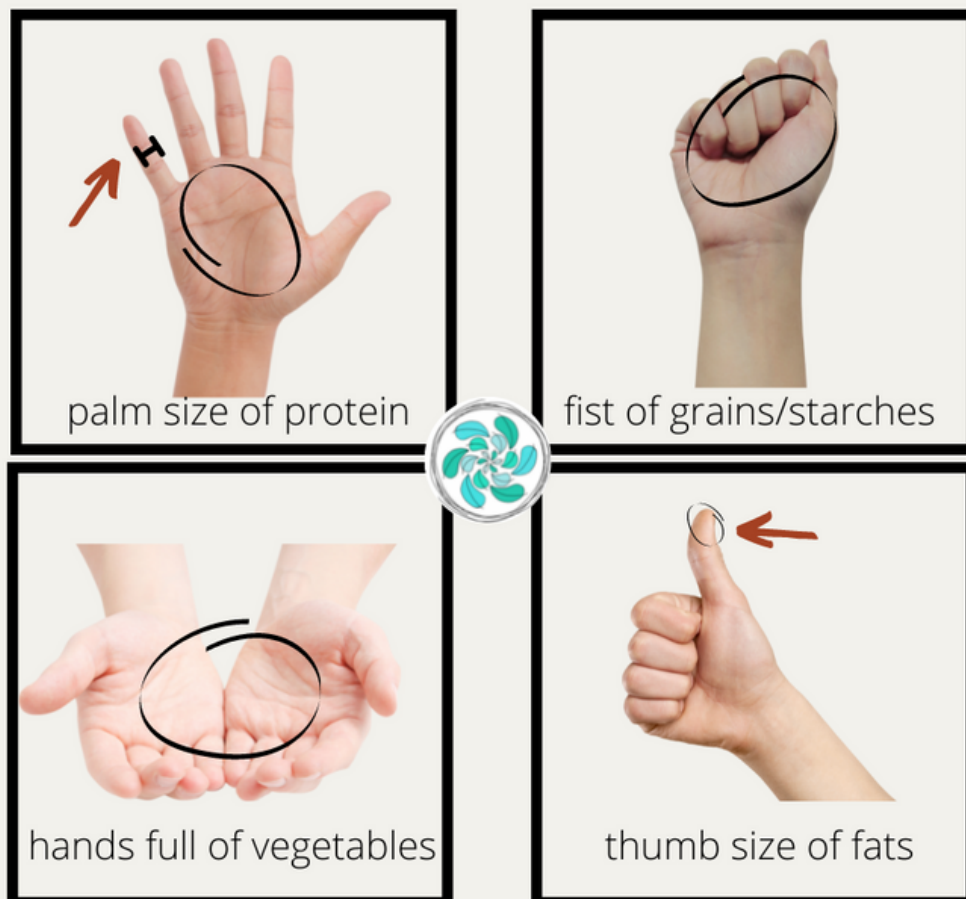
# Handy Portion Sizes for a Healthy Balanced Meal

**Protein:** a portion that fits into the palm of your hand. Men can have a size that fits the whole hand. Meat portions will be about as thick as your pinky finger.

**Vegetables:** Enough vegetables that fit inside of your two hands. Try and include at 7-8 different types throughout the day. Eat the rainbow.

**Grains/Starches:** Enough to hold inside your fist. This will be around 1/2 cup.

**Fats/Oils:** About the size of your thumbnail. These are essential.



### **Organise your pantry and refrigerator.**

As Metabolic Balance is all about 'wholefoods', it is advised to either Use, Remove or Store any packet foods, bottles or jars of prepared mixed foods out of your pantry or refrigerator prior to starting your plan. This removes the temptation of using foods that are not on your plan.

### **Herbs: Find your green thumb?**

Consider finding a place in your garden to grow fresh herbs that you like such as basil, sage, rosemary, parsley, mint, coriander. Fresh herbs are a wonder way to add nutrition and flavour to your meals. Particularly when you are in the strict phase of 'no oils'.

Of course, fresh herbs are easy to purchase. Consider, ginger, lemongrass, kefir leaf as well.

### **Spices: spice it up.**

Time to update your spice rack. Throw away any that have expired and think about putting some staple ones in such as cumin, coriander, paprika, turmeric, oregano, cinnamon, ginger, rock salt and black pepper

You can be inspired by different cuisines and used the associated herbs and spices to change the taste of a meal and still use the same protein and vegetable ingredients. Think Mediterranean or Oriental flavours.

### **Storage Containers.**

Glass jars are the best way to store your foods. As you experiment with new foods, you will find that you will do some batch cooking and need to store small portions in the fridge for easy access. Try Woollies, Red Dot, or the back of your cupboard for glass jars.

### **Freezer**

Buy bulk meat to keep costs down. You can portion the meats into the right weights for your meals and freeze the portion sizes. Purchase some freezer appropriate containers.

### **Pantry**

Buy some staple items and keep handy for a quick meal. Tuna or sardines in spring water, canned beans, Ryvita crackers, almonds, sunflower seeds. These foods will change when you receive your metabolic balance plan however they are a great starting point.

### **Read the Labels**

It is really important to learn to read the labels of packaged products. When looking at pickles, tuna, artichokes, yoghurts, teas, sauces, etc, the hidden sugars and chemicals are abundant and will disrupt your plan. Fresh is best and so I encourage the use of herbs and spices to bring flavour to your meals. As your body becomes cleaner you will notice that your taste buds become more refined and the need for flavouring from shop-bought premixed products will pleasantly disappear.



**Kitchen Equipment:**

- A set of electronic kitchen scales are essential. (Kitchen stores, Woolworths, or Coles)
- You will be required to weigh all of your food in the different phases of metabolic balance. Your meal plan will have exact measurements that have been formulated specifically for you and your health goals. These weights will change slightly as the plan progresses and so you will need to become acquainted with your portion sizes.
- A good non-stick pan that helps to cook without added oils.
  - If you have a thermomix, consider utilising the Varoma for cooking your protein.
  - Alternatively, An Air fryer may be a good investment for cooking foods to retain flavour and moisture.
  - Alternatively, a benchtop oven, with a sealed section for cooking. These options help retain the moisture in your food when you are cooking without oils.

**Stainless steel water container:**

You will be given your specific water quota to drink each day. Your specific amount is dependent on your body weight and health conditions. Some people find it difficult at the beginning to consume their full water quota. To make it as easy on yourself as possible, choose a large stainless steel water bottle to take with you throughout your day's journey, so you won't be caught out.

**Water Filter:**

Filtering your water removes all the chemicals and nastiest from your tap water. Our body is made up of a large percentage of water. As we are working towards cleaning and balancing your body, one of the most important things I believe you should consider is how you are going to obtain the purest water to drink that you can afford. The cheaper end of the scale might be a Brita jug. There are many different types of filters available. Personally I use a Zazen water filter and my water tastes like its been running through a river bed of minerals. If you would like to consider a Zazen filter I can arrange this for you. The starting price is \$495.00 and can only be purchased through a registered stockist.



### **Local growers' markets:**

These can be the best place to get the freshest ingredients. As your taste buds and body chemistry adjust to fresh whole foods, you will notice that your taste will become more discerning. Some foods that you may be eating now, may actually make you feel uncomfortable as your body gets cleaner.

### **Food experiment:**

From now until you begin your plan, I would encourage you to begin having soup each day. At this stage, you can use any ingredients you like as you have not officially started your food list. Soup is easy to make in a big batch and store in containers for a quick healthy meal option. Give it go. Find the flavours that work for you at this stage and use as many vegetables as you can manage.

Consider lots of different colours and flavours, use bones and carcasses to get the benefit of collagen, add a dash of apple cider vinegar along with your bones to help bring out the minerals from the bones, Add a green apple along with your vegetables to give flavour and to begin your apple a day rule. Add dried mushrooms such as shitake or portobello to add a difference in flavour and nutrition.

### **Journaling:**

Keeping a record of how you are feeling as you progress along your Metabolic Balance journey is the best way for you to recall how you are feeling. It is too easy to forget your timeline if it is not recorded. Fill it with gratitude, inspiration, thoughts, goals, foods, recipes, as well as progress, signs, and symptoms, etc.

The journey may be challenging at times however if you keep your end goal in your mindset then you are going to find it easier to focus and jump any hurdles that may pop up.

Pull words into your vocabulary that depict where you would like to see yourself.

I Am... Feeling Strong and Vigorous

I Am... Feeling Cheerful in every way

I Am... Feeling Alert and Active

I Am... Enjoying Excellent Health

I Am... Full of Life Energy

I Am... \_\_\_\_\_

I Am... \_\_\_\_\_

I Am... \_\_\_\_\_

