

Metabolic Therapi Nutritional Use Guide

Phytotherapi created this nutritional guide so you can obtain the best results. Follow these steps while taking Metabolic Therapi drops for effective weight loss.

Preparation

Even though you may want to start losing weight right away, it's important to review this guide before beginning the program. It requires a little preparation and it's better to be sure that everything is ready beforehand.

One of the most important aspects for weight loss and improving health is mental preparation. We suggest that you start to visualize the way you will feel once you've lost the weight. You can do this in 5 – 10 minutes each day when you're alone. As you maintain a positive attitude, you will realize how your body and mind will respond positively.

The program has Three Steps. As you review the guide, you will notice that the most time is spent on the **Second Step**. During that time, you will be asked to control the portion size or quantity of what you eat and that your focus be on eating highly nutritious foods at the indicated times without skipping any meals. During this time, Metabolic Therapi will help your body may convert body fat into usable energy through cellular signaling.

To help you control meal portions, we've included a list of foods you can enjoy as well foods you should avoid. ***Make sure you take the time to review this list*** and think about meals you can prepare. Preparing your meals one day ahead of time is recommended.

The First Step

Begin using Metabolic Therapi

Start taking Metabolic Therapi as indicated along with other products that are part of your program.

Put 10 drops under your tongue and keep it there for 1 – 2 minutes. Repeat this 3 times a day, 20 – 30 minutes before breakfast, lunch and dinner.

Stay on the First Step for 3 days. Eat breakfast and dinner as you normally do and add a fruit after breakfast, after lunch, and another before dinner.

If you are a woman, we suggest that you don't begin **The First Step** until after you've finished an entire menstrual cycle. If you are in menopause, you may begin at any time.

The Second Step

It's time to lose weight!

Depending upon how much weight you would like to lose, you may decide to stay on **The Second Step** for between 23 to 40 days.

During **The Second Step**, continue taking Metabolic Therapi and all of the products that make up your program everyday just as you did in The First Step.

Weigh yourself each day and keep a record where you can measure your progress from one day to the next. **In case you don't lose weight one day, we ask that you contact the person that got you the products to receive additional instructions and tips.**

Don't be afraid of weighing yourself each day. We know that sometimes it's hard to see how much we weigh. However, this is the best way for you to measure results. Again, don't be afraid. Rather, think about how better health will benefit you and those around you.

Likewise, we would like to remind you and suggest the following:

- We recommend you use a digital weight scale.
- Take into account that weight loss is not always seen on the weight scales.
- Another important indicator is how loose your clothes begin to feel.
- We suggest measuring different parts of your body at the beginning and at the end of each week.
- The best places to measure are the circumference of your waist, chest, hips and thighs.
- The amount of weight that you lose depends upon how disciplined you are in following this guide.

The most important aspect during **The Second Step** is that you eat foods of high nutritional content and that you control the portions of each meal.

During this time, **DON'T EAT ANY KIND OF JUNK FOOD**

There are also certain foods you should avoid. This includes: lactose products, potatoes, corn, carrots, high sugar fruits, (bananas, pineapple, papaya, mangos), processed sugar, carbohydrates, (bread, tortillas, etc.), oils and supplements that have soluble oil, (fish oil, Vitamin D, etc.). You should also avoid all kinds of carbonated drinks, such as sodas, alcoholic beverages, and colas.

As you prepare your meals we don't want to confuse you with counting calories. What we do want is for you to focus on the portions. The following includes a list of foods that we recommend for breakfast, lunch and dinner.

Nutritional Guide

Breakfast:

Choose one from the protein group, one from the carbohydrate group and one from the drink group.

Important: If you decide to choose the smoothie under the "Protein" category, don't choose anything from the "Carbohydrates" category. The smoothie already contains carbohydrates.

Proteins	Carbohydrates	Drinks
<p>Omelet made with:</p> <p>3 egg whites*</p> <p>1 slice of of lean turkey ham (no sausage & without additives)</p> <p><i>*Organic, cage-free eggs are recommended</i></p>	<p>Baked crackers without gluten.</p> <p><i>*We suggest Melba or Wassa crackers</i></p>	<p>1 cup of pure water + 1 lemon squeezed</p>
<p>Omelet made with:</p> <p>3 egg whites*</p> <p>Mixed vegetables</p> <p>Choose veggies from the lunch and dinner section</p> <p><i>*Organic, cage-free eggs are recommended</i></p>	<p>1 piece of toasted whole wheat bread</p>	<p>1 cup of herbal tea</p> <p><i>Sweeten with stevia OR agave. Do not use cream</i></p>
<p>Smoothie: (Choose an option)</p> <p>1 cup of coconut water without sugar</p> <p>1 egg white</p> <p>½ cup of permitted fruit</p> <p>1 cup of spinach</p> <p>OR</p> <p>1 orange with everything</p> <p>1 egg white</p> <p>1 cup of water</p> <p>½ cup of permitted fruit</p> <p>1 cup of spinach</p> <p>You can also use organic almond or rice milk without sugar.</p>		
<p>3 slices of of lean turkey ham (no sausage & without additives)</p>		

Lunch and Dinner:

Choose one from the protein and carbohydrates sections. **You may choose as much from the vegetable section as you'd like, with the exception of tomatoes, which you should limit.**

Important: Since fried foods aren't healthy, you should grill, bake, or steam food. Use cooking spray or a teaspoon of coconut oil.

Proteins (remove the skin and fat)	Carbohydrates	Vegetables
Fish ceviche	Baked crackers without gluten. *We suggest Melba or Wassa crackers	Lettuce (all varieties)
Fish, preferably white		Asparagus
Vegetable soup (made with permitted vegetables)		Celery
Chicken breast soup or broth (remove skin and fat)		Cabbage
Shrimp		Lemon
Tuna (preferably fresh water)		Tomatoes
Lean Beef		Cucumbers
Lean ground beef		Cilantro
1 cup of black beans		Parsley
1 cup of garbanzo beans		Broccoli
1 cup of lentils		Garlic
		Chard
		Radishes
		Spinach
		Purslane
		Bell Peppers
		Chili peppers (all varieties)
		Onion
		Pumpkin
		Peas

Snacks:

Eat one between breakfast and lunch and another between lunch and dinner. Choose one from the fruit OR smoothie sections.

If you choose from the fruit section you may combine different kinds of berries so long as it doesn't exceed the portion/ration. Choose a portion/ration from the following list.

We recommend drinking tea with a snack.

Fruits	Smoothies	Drinks
1 orange with pulp	1 10 oz. cup of Strawberry with red peppers smoothie (Strawberry bell)	1 cup of pure water + 1 squeezed lemon
1 apple (any kind)	1 10 oz. cup of spinach with 1 whole orange	1 cup of herbal tea <i>Sweeten with stevia OR agave. Do not use cream</i>
1 cup of strawberries		
1 cup of blackberries		
1 cup mulberry		
1 cup of fresh blueberries		
1 grapefruit		

The Portions – A Reference

We understand the concept of portions/rations might be new, however we want this to be as simple as possible for you. The following is a resource to help you understand the size of a portion/ration for different types of foods:

Food	Size of 1 Portion / Ration
Meat, chicken, fish	(Including the fat) The size of your palm
Vegetables	1 cup (if you are still hungry, you may have more than 1 cup)
Leafy greens	2 handfuls
Fruit (apples and oranges)	1 small or medium
Small fruit (berries)	1/3 cup; strawberries = 4 large or 6 medium
Beans (including garbanzo and lentils)	1 cup

Important Additional Note During the Second Step

- **Drink plenty of water** – at least 8 glasses of water daily. This will help to eliminate toxins that may be in the body and it will give the body the water that it needs. If you wait until you're thirsty to drink water, you have waited too long. Don't drink water late at night.
- **Buy fresh and organic fruits and vegetables whenever possible.** If you can't buy them fresh, you can buy them frozen. Avoid canned fruits and vegetables, as these contain high levels of sodium and preservatives that can impede your progress.
- **Spices are fabulous for adding flavor to foods,** however, we advise that you read the labels. They shouldn't have sugar, salt, or added MSG. A good brand to use is "Mrs. Dash", since they have a variety of flavors. **You can also use chili of every kind, unless you suffer from ulcers. However, don't overuse the chili pepper.**
- **Eat every three hours.** This will help your body to not be hungry and will help you to accelerate your metabolism and maintain the mind alert and focused. **Begin your breakfast between one hour, to one and a half hours from the time you wake up.**
- Eat your last meal before **7:00 PM** or **4 hours** before going to bed.
- Although exercise isn't required, **you can participate in light exercise such as yoga or light walks,** if you wish. If you are already exercising do not increase the level of activity.
- If at any time you feel constipated, **you may use any herbal laxative tea that contains Senna leaves. Smooth Move by Traditional Medicinals is a great one to use.**
- **Sleep 7 – 8 hours each night.**

The Third Step

The transition week

after finishing Metabolic Therapi

The transition week is an important step that will help you to maintain your weight loss. When you get to the transition week, discontinue taking the Metabolic Therapi drops.

During this week, we have made it as easy as possible to begin re-introducing other healthy foods.

The drinks we have recommended for each morning of this week will cleanse the liver, and have other health benefits. As you prepare your meal remember the following:

- Use organic coconut oil, sesame seed oil or peanut oil.
- Drink 1 glass of water (16oz.) with the juice of 1 lemon, preferably on an empty stomach.
- Don't fry any food. Grill, bake or steam your food.
- To sweeten foods, use Stevia or a small amount of agave honey.
- In preparing the omelets we recommend using organic, cage-free eggs.

Day 1

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
Omelet with 3 egg whites and 1 cup of your favorite vegetables Or 3 slices of turkey ham, (no sausage and without additives). 1 Wassa or Melba Cracker 1 glass of water, (16 oz.), with juice of 1 lemon.	1 apple. 1 glass of water, (16 oz.).	1 serving of steak. 1 serving of salad made with broccoli, spinach and tomato. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.) with juice of 1 lemon.	1 cup of strawberries Or 1 cup of blackberries. 1 glass of water.	1 serving of chicken breast. 1 cucumber salad with cauliflower. 1 glass of water, (16 oz.), with juice of 1 lemon.

The Third Step

The transition week

after discontinuing the use of Metabolic Therapi

Day 2

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
<p>1 smoothie with 1 serving of fruit with coconut milk or almond milk with no sugar. 1 egg white.</p> <p>1 glass of water, (16 oz.), with the juice of 1 lemon.</p>	<p>½ can of tuna with pico de gallo, served on 1 Wassa or Melba cracker.</p> <p>1 glass of water, (16 oz.).</p>	<p>1 serving of chicken breast.</p> <p>1 serving of salad with lettuce watercress and onion.</p> <p>1 oz. of almonds or nuts.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>1 cup of strawberries</p> <p>Or</p> <p>1 cup of blackberries.</p> <p>1 glass of water.</p>	<p>1 serving of black beans.</p> <p>1 serving of salad with lettuce salad, watercress and onion.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>

Day 3

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
<p>Omelet with 3 egg whites and 1 cup of your favorite vegetables</p> <p>Or</p> <p>3 slices of turkey ham, (not in sausage and without additives).</p> <p>1 Salmas cookie.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>1 apple.</p> <p>1 glass of water (16 oz.).</p>	<p>1 serving of white fish (e.g. tilapia).</p> <p>1 serving of salad with zucchini, red bell pepper and celery.</p> <p>1 oz. of almonds or nuts.</p> <p>1 glass of water, (16 oz.) with juice of 1 lemon.</p>	<p>1 cup grapefruit</p> <p>Or</p> <p>1 cup of pears.</p> <p>1 glass of water.</p>	<p>1 serving of white fish (e.g. tilapia).</p> <p>1 serving of salad with zucchini, red bell pepper and celery.</p> <p>1 glass of water, (16 oz.) with juice of 1 lemon.</p>

The Third Step

The transition week

after discontinuing the use of Metabolic Therapi

Day 4

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
<p>Oatmeal with water. Mix oatmeal with cinnamon and strawberries.</p> <p>1 slice whole wheat bread, toasted.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>1 orange with all the pulp</p> <p>Or</p> <p>¼ cup of nuts.</p> <p>1 glass of water, (16 oz.)</p>	<p>1 serving of salmon.</p> <p>1 cup of whole grain rice.</p> <p>1 oz. of almonds or nuts.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>1 cup of strawberries or,</p> <p>1 cup blackberries.</p> <p>1 glass of water.</p>	<p>1 serving of salmon.</p> <p>1 cup of whole grain rice.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>

Day 5

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
<p>Greek yogurt with ½ cup of your favorite fruit that's permitted on the protocol.</p> <p>1 teaspoon low-sugar, baked granola.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>½ cup of cottage cheese with 1 cup melon.</p> <p>1 glass of water, (16 oz.).</p>	<p>1 serving of chicken breast.</p> <p>½ cup of baked sweet potato.</p> <p>¼ medium avocado.</p> <p>1 oz. of almond or nuts.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>½ cup cottage cheese with 1 cup strawberries.</p> <p>1 glass of water, (16 oz.).</p>	<p>1 serving chicken breast.</p> <p>½ cup baked sweet potato.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>

The Third Step

The transition week

after discontinuing the use of Metabolic Therapi

Day 6

Start the day drinking 1 cup of dandelion tea, (8 oz.).

Breakfast	Snack	Lunch	Snack	Dinner
<p>Smoothie:</p> <p>Blend 20 oz. apple juice, (without sugar), 2 oz. organic rice milk, (no sugar), 1 egg white, 1 teaspoon vanilla extract, and ½ banana with 1 cup ice.</p>	<p>1 organic low-fat mozzarella cheese stick.</p> <p>1 small pear.</p> <p>1 glass of water, (16 oz.), with the juice of 1 lemon.</p>	<p>1 serving of pasta with fresh diced tomatoes and mushrooms with a pinch of salt.</p> <p>1 serving of chicken breast.</p> <p>¼ of medium avocado.</p> <p>1 oz. of almonds or nuts.</p> <p>1 glass of water, (16 oz.), with juice from 1 lemon.</p>	<p>1 cup of apple</p> <p>¼ cup of nuts</p> <p>1 glass of water</p>	<p>1 serving of pasta with fresh diced tomatoes and mushrooms with a pinch of salt.</p> <p>1 serving of chicken breast.</p> <p>1 glass of water, (16 oz.), with juice from 1 lemon.</p>

Day 7

Start the day drinking 1 cup of dandelion tea, (8 oz.).

Breakfast	Snack	Lunch	Snack	Dinner
<p>2 eggs prepared to taste.</p> <p>1 slice of whole wheat bread, toasted.</p> <p>1 glass of water, (16 oz.), with juice from 1 lemon.</p>	<p>1/3 cup of humus or dressing made with natural yogurt with 1 cup vegetables such as cucumber or celery or carrots.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>A large salad with all your favorite vegetables, with low-fat vinaigrette dressing made with olive oil and pinch of salt.</p> <p>1 portion of medium chicken breast.</p> <p>¼ medium avocado.</p> <p>1 oz. of almonds or nuts.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>	<p>1 cup apple.</p> <p>¼ cup of nuts.</p> <p>1 glass of water.</p>	<p>Big salad with all your favorite vegetables with low-fat vinaigrette dressing made with olive oil and a pinch of salt.</p> <p>1 portion of fish, such as tilapia.</p> <p>1 glass of water, (16 oz.), with juice of 1 lemon.</p>

After the Program

All things in moderation

Now that you've completed the transition week, surely you've learned a few healthy habits, such as eating healthier portion sizes and eating every 3 hours. It's important you understand this is the best way to maintain a healthy metabolism and weight. You've also acquired other healthy habits. Remember to eat fresh food and not processed food.

Surely your tastes for food have changed!

We invite you to take advantage of this opportunity and make the decision to make these changes part of your lifestyle. Eating whole grain rice instead of white rice, eating foods like nuts, whole wheat bread, and consuming organic, low-fat dairy products will help you live a healthier life.

As a resource, we've created the following so that you may continue eating healthy:

- **Nutritional food guide** – This directory has foods that you should eat to maintain healthy weight levels.
 - o <http://phytotherapi.com/food.html>
- **Nutrition corner** – Contains recipes for dinner, lunch, and breakfast. It also contains recipes for smoothies you can use as snacks or when you're in a hurry. We're always adding more recipes.
 - o <http://bit.ly/1T0QGtH>
- **Phytotherapi Blog** – contains various entries that talk about different important points of physical and mental health. We write a new entry each week.
 - o <https://phytotherapi.wordpress.com/>

Aside from eating healthy, it's important that you sleep enough, (7 – 8 hours for adults; 9 – 10 hours for children). During this time, the body and mind regenerate, repair, and detoxify. It is also important to control stress. Stress plays a big role in our health. If we don't manage it well, we can suffer several problems, including weight gain and metabolic problems, or with our digestive system. Here are some entries in our blog that can help you better understand the effects that sleep and stress have on our health:

- **The Importance of Sleep** - <http://bit.ly/1E7KQ0a>
- **Stress and Anxiety** - <http://bit.ly/1DI3bwF>

Phytotherapi wants you to continue having success with your health goals. If you have any question about Metabolic Therapi or any of our other products, please contact us at contact@phytotherapi.com