Metabolic Rehab Program
8-Week Nutrition Overview

In the Metabolic Rehab program, you will begin by using a caloric measurement for your food intake. Use a 20-40-40 ratio of carb-fat-protein calories.

**Weeks 0-2:** Calculate 10 x your body weight = total daily calories

**Weeks 2-4:** Calculate 11 x your body weight = total daily calories

**Weeks 4-6:** Calculate 12 x your body weight = total daily calories

**Weeks 6-8:** Calculate 13 x your body weight = total daily calories

Remember, for some with severe metabolic dysfunction, you might need to spend longer in any of these phases. 8 weeks is probably the fastest you will progress on this plan. You will be following the nutrition recommendations, along with the exercise, lifestyle and supplement information. Monitor symptoms, energy, mood, sleep and stress, and if they are improving, move to the next phase. This process is going to take some introspection and being “in tune” with your body.

We recommend keeping a journal where you rate the following every day on a scale from 1 to 10, so that you can monitor your response:
- Energy
- Motivation
- Mood
- Sleep quality
- Stress (physical or mental)

Once you complete the above protocol, we want you to feel free to stop counting calories, and simply pay attention to your hunger, energy and cravings. Use the Metabolic formula in The Metabolic Effect Diet book, and eat according to your Burner Type. The above recommendations represent a transitory phase of eating that eventually you will not have to follow.

Remember, Metabolic Effect is all about the individual—meaning you. Not everyone will respond the same way to a specific protocol. The key will lie in your ability to understand how you feel. Ask yourself daily, and monitor your symptoms. Adjust as necessary.