

12 WEEK METABOLIC WEIGHT LOSS EATING PLAN

STAGE ONE = 6 weeks of very low carbohydrate intake

During this stage, choose snacks and foods that are lower in carbohydrate and higher in protein.

- You will NOT be able to eat any of the following - Bread, pasta, rice, noodles, cakes, biscuits, crackers, muffins, lollies, chocolate, desserts or starchy vegetables (potatoes, pumpkin, parsnip, swede) during these 6 weeks.
 - You will be more successful if you choose low carbohydrate vegetables and low carbohydrate green leafy salads, accompanied by pure protein such as eggs, poultry, seafood and lean fresh meat.
 - You can have legumes but be aware that although they have a low GI, they contain significant amounts of carbohydrate. Thus you may eat legumes in moderation during this stage.
 - You can have two serves of fresh fruits daily, but avoid the fruits high in sugar such as bananas, mango, pears, pineapple and papaya.
- During stage one, your rate of weight loss will vary, according to -
- The state of your liver
 - How overweight you are
 - The degree with which you suffer Syndrome X

Some people can expect a weekly weight loss of ½-1kg, while in others, the rate of weight loss may be much more than this.

STAGE TWO = 6 weeks of low carbohydrate intake

During these six weeks, choose snacks and recipes which are slightly higher in carbohydrate, yet still high in protein.

- You are allowed to have one slice of bread daily and one serving of starchy vegetables daily.
- You can have two to three serves of fresh fruit daily, but avoid papaya, pineapple, mangoes, and bananas.
- You can replace the one slice of bread with pasta, or a grain such as brown rice if desired.
- You should avoid desserts.

STAGE THREE = Maintenance Eating Plan

You can begin the maintenance program once you have reached your desired weight, or if you do not want to continue with Stage Two after six weeks.

- Stage Three provides approx. 40-45% of daily calories from carbohydrate.
- You can choose snacks and recipes which are slightly higher in carbohydrate, yet still high in protein.
- You are allowed to have two slices of bread daily and one serve of starchy vegetables daily, or one slice of bread and two serves of starchy vegetables daily. You can replace the two slices of bread with pasta or noodles, or more starchy vegetables or a grain such as brown rice if desired.
- You can have two to three serves of any fresh fruit daily.
- You may have two to three desserts per week.



EXTRA TIPS

FREE FOODS

Salad vegetables and green vegetables are free foods, and you may eat as much of these as you like.

SPEED THINGS UP

Spicy foods can boost a sluggish metabolism. Research has shown that spicy food and culinary herbs (such as basil, coriander, oregano etc.) are able to speed up the metabolic rate, which is useful for those who are metabolically resistant and don't burn fat easily.

DIGESTIVE AIDS

Acidic substances such as apple cider vinegar and lemon juice have a beneficial effect upon the metabolism. They may also help the digestive process when they are consumed with a meal. Digestive Enzyme capsules will increase digestion of carbohydrate, protein and fat.



SHOPPING LIST

- All seafood
- Poultry (skin off) – chicken, duck, quail, turkey etc.
- Lean red meat (fat trimmed off) – lamb, beef, veal etc.
- Eggs (Free-range)
- Vegetable protein (used in meat substitutes suitable for vegetarians) – tofu, tempeh, etc.
- Cold pressed oils for cooking or salad dressings - such as olive oil, coconut oil, flaxseed oil, macadamia nut oil, rice bran oil (rice bran oil is suitable for use at high temperatures eg. oven baking)
- Nuts (raw) eg. almonds, Brazil nuts, walnuts etc.
- Seeds (raw) eg. sunflower seed, pepitas, sesame etc.
- Legumes eg. chickpeas, beans, lentils etc.
- Protein powder for smoothies
- Berries – raspberries, strawberries, blueberries etc.
- Lemons – have ½ lemon in water each morning
- Yoghurt – Traditional Greek style or Jalna
- Synd X High protein muesli
- Guilt-free/Synd X/QuickLoss protein snack bars
- All vegetables (especially green leafy vegetables)
- Fresh herbs and spices such as garlic, ginger, turmeric, coriander, basil, mint, parsley, fennel and chives etc.
- Australia's Own (malt-free) soy milk
- Unprocessed cheese; fetta, ricotta, bocconcini, goats, romano and parmesan cheeses
- Stevia or Xylitol (natural low-carb sweeteners)
- Dips – avocado, hummus, eggplant, spicy capsicum etc. (dip should have less than 2g carbohydrates per serve)

SNACK ATTACK!

- ½ - 1 serve of Sandra Cabot low carb snack bars
- A handful of nuts and/or seeds with a piece of fruit
- Hummus/tahini/guacamole with vegetable sticks
- Freshly cut apple segments spread with natural nut butter
- Cottage cheese sprinkled with crushed walnuts
- Celery sticks filled with ricotta cheese or natural nut butter
- 50g of unprocessed cheese with celery, capsicum or carrot

How common is Syndrome X?

It affects approximately
**30% of Australians aged over 25 years and
40% of Australians over 40 years of age.**

Need more help?

For assistance with weight problems, email our friendly naturopaths at info@weightcontroldoctor.com.au

If you would like to find out more about carbohydrate addiction, email Wendy Perkins who is a counsellor specialising in this area. Visit her website www.couragetochange.com.au



RECIPE IDEAS

We recommend that you make smoothies from any of the following - water, diluted coconut, unsweetened soy milk, low fat milk or almond milk. Check that the milk you are using does not contain added sugar. Use unsweetened plain acidophilus yoghurt (dairy or soy). Add fresh or frozen berries to the smoothie for their high content of antioxidants. Berries of all kinds contain organic acids, which assist in fat burning. To increase Omega 3 fatty acids - add 1 tablespoon cold pressed flaxseed oil. To add fibre - add 1 tablespoon psyllium husks or Fibretone powder. Add liquid to blender first, and cut fruit into small chunks. For a thicker, colder smoothie - freeze some of the fruit before blending.

Berry Slimming Smoothie

- 4 tsp canned coconut milk
- 2 tsp Synd-X Slimming Protein Powder
- ½ cup water
- ½ cup ice
- 1 cup berries (fresh or frozen)

Place in blender, blend until smooth.

Passionfruit Slimming & High Libido Smoothie

- ½ cup plain yoghurt
- 2 tsp Synd-X Slimming Protein Powder
- ½ mango, peeled and chopped
- Pulp from 3 passionfruit
- ½ cup ice

Blend until smooth - serve immediately.

Peach and Nut Smoothie

- 1 medium peach, chopped
- 1 cup water
- 1 heaped tablespoon almond butter/paste
- 2 tsp Synd-X Slimming Protein Powder

Place in blender, blend until smooth. Scrape the sides of the blender with a spatula if needed. Add more water, or a pinch of stevia powder for your desired consistency and sweetness.

Low Carb Ice Cream

- 400ml coconut cream
- 400ml fresh dairy cream
- 1 cup Synd-X Slimming Protein Powder
- 1 cup cooked or sugar free canned fruit, drained and chopped or 1 cup fresh or frozen berries
- 2 tsp xylitol (natural sweetener)
- ½ teaspoon coconut essence

Using electric beaters, mix together coconut cream, dairy cream, protein powder, xylitol and essence until smooth. Fold in fruit of your choice, pour into a flat container, cover with food wrap and freeze until firm around the edges. Remove from freezer, break up mixture and place in a large bowl. Beat again until smooth and creamy, return to freezer until firmly set, then serve in scoops.

Fresh Raspberry Dessert

- 250g raspberries
- 400g plain yoghurt
- 1 tbsp gelatine
- ¼ cup fresh orange juice
- 2 egg whites
- ¼ cup coconut cream
- ¼ cup Synd-X Slimming Protein Powder



Blend or puree ¾ of the raspberries with ¾ of the yoghurt. Place in a mixing bowl; stir in the coconut cream and protein powder and mix well until combined. Warm orange juice in a small bowl by standing container in a pan of boiling water, sprinkle gelatine on top and stir until gelatine has dissolved. Stir into berry mixture. Beat egg whites in a separate bowl until soft peaks form, then add into berry mixture. Spoon into individual serving glasses and refrigerate until set. Serve with a dollop of remaining yoghurt and berries.

ONE FOR THE KIDS!

This recipe is not low carb but it is very high in protein and is ideal for including in children's lunch boxes or as a special treat for them after school. Delicious and healthy!

Protein Slice

- ½ cup of desiccated coconut - toasted
- ½ cup rolled oats
- ½ cup chopped dried apricots
- ½ cup natural sultanas
- ½ cup slivered almonds
- 1 cup Synd-X Slimming Protein Powder
- ½ cup fresh squeezed orange juice
- 1½ tablespoons cold pressed olive oil

Mix all ingredients together in a bowl, stir through oil and juice and mix until all combined. Spread mixture into 23cm x 23cm cake tin lined with baking paper and press down firmly and evenly. Place in refrigerator for approx. 4 hours or even better, overnight. Cut into bars or bite sized pieces. Store in refrigerator.

