

# METABOLIC WEEK



- fit and light in 7 days

During Metabolic Week your body resets itself. Using nutritional intervention and Cell Training your body learns to use its energy by metabolising fat.

Metabolic Week begins and ends with a Metabolic Analysis and a Body Composition Analysis to track your progress. The 7-day programme includes nutritional intervention and daily Cell Training in order to activate your lipid metabolism. After completing Metabolic Week, our clients report that they feel more vital and energetic and they struggle less with excess weight. In contrast to diets, the aim of the Metabolic Week is not primarily to lose weight - rather, its aim is to improve your quality of life.

## GROCERY LIST

- 1 x organic coconut fat («Kokosöl», available at Coop)
- 7 lemons (minimum)
- 7 x “Perfect Meal” and Omega-3 will be given to you before the start of the Metabolic Week (included in the price)

## PROCEDURE



All Body and Metabolic Analyses take place **in the morning**.

⚠ NB while preparing for the **Body Analysis**:

- Max. 1 glass of water in the morning
- No eating in the morning
- No hand cream in the morning
- During the 1-minute measurement you wear only your underclothes

⚠ NB while preparing for the **Metabolic Analysis**:

- Max. 1 glass of water in the morning
- No eating in the morning
- No coffee in the morning
- No cigarettes in the morning
- No chewing gum or sweets in the morning
- Do not rush to your analysis appointment (otherwise results will be falsified)
- **No exercise in the 24 hours before**

## NUTRITIONAL INTERVENTION

During the Metabolic Week **only 2 daily meals** are allowed (during days 1-7): A "Late Breakfast" (1 Bullet Proof Coffee; recipe below) and a "Dinner" (1 "Perfect Meal" with 4 x Omega-3 capsules).

Take the Bullet Proof Coffee in the morning (as late as possible, but **not after 12 pm**).

The "Perfect Meal" is taken **between 5 and 8 pm**. If you are overpowered by hunger, you can split the drink into two portions: take one half at 4 pm and the other half at 6 pm. **Before** consuming the "Perfect Meal", take 4 Omega-3 capsules with lemon water (3 dl water + 1 squeezed lemon).

Apart from the 2 meals, **no food** is allowed. What is allowed, however, is:

- 2-3 cups of coffee (without sugar or sweetener) are allowed before noon. No coffee allowed after 12 pm.
- **3-5 liters of non-carbonated water** are **mandatory!** Otherwise, there is a risk of headaches. Allowed fluids are pure water, tea, or lemon water (3 dl water + 1 squeezed lemon) - always **without sugar**, without honey and free of all other sweeteners.
- (Only) In an emergency, 1 piece of black chocolate with at least 80% cocoa content may be consumed in case of hypoglycemia.

## RECIPE: BULLET PROOF COFFEE (<<Late Breakfast>>)

1 cup of coffee (if you don't like coffee: 1 cup of tea)

2 level tablespoons of coconut oil

Mix all ingredients together.

*If you have any questions or are uncertain about any of the directions, please call Antü (079 397 68 59) at any time.*