Welcome to the program.
This document is all you require for this program and will outline for you the plan as well as resources related to the program.
The Diet Plan Overview:

The plan in this program was built around a simple S-4 model to make it easy to remember.

Your diet has 4 meals that can remembered easily:

- Meal 1= Shake.
- Meal 2= Salad
- Meal 3= Snack
- Meal 4= Starch (one regular meal that contains starch)

Meal 1. The Shake

A 20-40g protein shake. Made with protein powder and an unsweetened liquid of choice. We recommend unsweetened almond or coconut milk. Do not add anything else other than ice. No fruit, fat or extras.

The protein shakes most preferred by our clients are the Isagenix brand as well as biotrust. Both of these can be purchased on line. You can also see a list of other over the counter protein shakes in the resources sections.

Isagenix [HERE](#)
Biotrust [HERE](#)

For those who simply cannot tolerate or stomach shakes, this meal can be a protein and veggie based meal. Choose from the green foods.

Meal 2. The Salad

A salad is just what it means. Try to cram as many vegetables into this salad as you like. Top with a protein source like chicken, fish or beef. Use vinaigrette-based dressings.

This also could be a soup or a stew so long as it does not contain any starch and is meat and vegetable based.

The easiest and most convenient way to eat this meal is to eat what we at ME call a convenience salad. This is a meal where extra vegetables are ordered along with a meat source and the starch is tossed away. Examples include:

- Burger with extra lettuce, tomato, onion and pickles with the bun thrown off
- A chicken and vegetable stir fry without the rice
- A vegetable and meat burrito minus the tortillas, rice or beans.
• A sandwich with extra veggies and the bread thrown away.

A convenience salad can be created from any meal anywhere. It is super easy and always available.

**Meal 3. The Snack**

This is a small meal that consists of protein and/or vegetable and/or low sugar fruit (i.e. apple, pears, berries, citrus).

This snack can be chosen from the green list of foods in the HEC & Fat Loss diagram below. Examples include:

• Celery and carrots
• A protein shake or protein bar
• Cold cuts
• An apple

**Meal 4. The Starch Meal.**

This meal is a meal of mostly vegetables and protein, but with a healthy addition of starch as well. This is best eaten at the last meal of the evening. Which will help with sleep. Example include:

• Steak, vegetables and baked potato
• Salmon, vegetables and sweet potato
• Chicken, mixed vegetables and brown rice
• Large salad with meat and black beans and rice.
**The Exercise Plan Overview:**

The plan in this program was built around a simple S-4 model to make it easy to remember.

Your exercise program has 4 aspects to it that can remembered easily:

- Stress
- Strides
- Strength
- Sprints

**Stress.**

The menopausal metabolism is one that is more stress reactive. This means that stress hormones, especially cortisol, have a more detrimental impact on fat gain that they did when you were younger.

To combat that, it is essential to make rest and recovery activities a central aspect of your life style. These activities should be prioritized and done daily, or multiple times daily if possible. Shoot for at least 4 times weekly.

These activities include:

- Leisurely walking (i.e. slow walking less than 3mph or 5kmh)
- Hot baths (especially using Epsom salts. 4 cups to a tub)
- Hot showers or contrast showers (alternating hot and cold)
- Massage (including self-massage like foam rolling)
- Meditation
- Naps
- Sleep ins (i.e. sleeping in late)
- Sex/masturbation (taboo to discuss in health circles we realize, but one fo the best if not the best way to reduce cortisol and relax)
- Physical affection/cuddling
- Time with pets (as long as that time is not stressful)
- Time with family and loved ones (As long as that time is not stressful)
- Yoga (restorative forms only)
- Tai chi
- Laughter (funny movies)
- Relocating herbal tea time (i.e. drinking tea with chamomile, passionflower, valerian, hops, skullcap and others)

Shoot for 30 to 90 minutes of any of these at least 4 times per week. These types of activities can not be done too often or too much.
**Strides (walking).**

There is a difference between movement and exercise. Exercise can be an extra stress to the body especially at menopause, but movement is necessary. It keeps the body very sensitive to insulin and when relaxing, such as slow walking, it lowers cortisol too.

You will notice slow walking shows up in this section and the above section to combat stress. It is probably the most critical aspect of this program. You cannot do too much walking so long as the walking is not power walking.

Keep the walking slow and relaxing. Research has shown that when walking is done in a relaxing setting, like nature or a park, then effects on reducing stress hormones are even greater.

Consider getting an activity tracker that tracks your steps. The entire ME team likes and uses the fitbit. Shoot for between 50,000 to 70,000 steps per week. More is fine so long as you are not power walking and keeping it relaxing.

**Strength.**

You will be doing two strength workouts per week. These workouts will be full body and are described in more detail below.

These workouts help to sensitize the body to insulin, rebuild metabolic capacity and help strengthen bone.

The workout we came up with was designed to do at home with dumbbells, but if you are an advanced exerciser, feel free to use a fully equipped gym with heavy barbells or machines.

You will be doing the following exercises for 4 sets of 8-12 reps:

- Push-ups
- Squats or Bulgarian Split Squats
- Bent-over Row
- Shoulder Press

**Sprint**

By sprint we simply mean workouts that stimulate the metabolism to burn fat. You will know you are doing this sprint component when the body feels what we call the Bs and Hs, breathless, burning, heavy and heat.
There are many different styles of workouts you can do here and we have provided 4 different options for you:

- True Sprint Workout (explained in portal)
- ME Workout DVD Video (in the portal under workouts)
- ME Recorded Metabolic Workouts (In the portal)
- ME Rest-based interval training (described below)
The Supplement Plan Overview:

The plan in this program was built around a simple S-4 model to make it easy to remember.

Your supplement recommendations contain 4 key aspects:

- Multiple vitamin
- Healthy Oil
- Vitamin D
- Female Support Supplement

Multiple Vitamin.

This should be a supplement that contains all the essential vitamins and minerals with a special emphasis on the B-vitamins.

It should not contain iron unless you have been diagnosed with iron deficiency anemia. It also is best if it contains magnesium and calcium.

Many older women still focus all of their attention on calcium supplement when in reality this is not as wise as making sure you are eating a diet that is rich in all the bone building nutrients including magnesium, calcium, potassium, vitamin K, etc.

This is easily accomplished through a diet containing adequate protein and a large amount of green vegetables.

Given the issues with insulin sensitivity that come along with menopause, this product should also have insulin sensitizing nutrients like chromium, alpha lipoic acid (ALA) and others.

If you would like to compare your brand to the one Metabolic Effect uses and recommends, check out our Metabolic Complex multiple HERE.

If bone health is a specific concern, you can also see the product we use in our clinic, called Metabolic Bone Complex HERE.

Oil.

One of the most important aspects of cellular physiology has to do with cell membrane function. The cell membrane surrounds every cell in your body like a skin and contains most of the cell receptors that interact with your hormones.
The quality and function of these membranes is directly related to the quality of oils you eat. In order to get the metabolism functioning optimally, good quality fats are essential.

By far the best fats for the cell membrane are fish oil, but krill oil may be superior since it contains phospholipids, which are an integral part of the membrane and work with the fats.

To make sure you are optimizing cell function, hormone signaling and metabolic potential, supplement with fish oil and/or krill oil.

Fish Oil= 3g to 6g daily  
Krill Oil= 1g to 3g daily

You can see the products we use in our clinic. HERE (fish oil) and HERE (Krill oil).

**Vitamin D.**

Vitamin D is actually a hormone not a vitamin. Many women are severely depleted in vitamin D. This compound may be the most important compound for female health related to menopausal challenges.

Vitamin D aids bone, health, thyroid health, sensitizes the body to insulin and does much more.

You should not simply start supplementing, it is important to know what your current levels are. Here is a guide based on current levels

- Levels less than 30ng/ml= 10,000iu daily or more (talk to your physician)
- Levels between 30 to 50ng/ml= 2,000iu in summer and 5,000iu or more in winter
- Levels above 50ng/ml= 2,000iu in winter only
- Levels above 100ng/ml= Do not supplement

Vitamin D helps the body get calcium into the bones. Recent study has shown that vitamin K is an essential part of this process as well.

The products we use at our clinic, which contain vitamin K, are called:

Vitamin D Supreme (5,000iu vitamin D with vitamin K). Learn about it HERE  
Vitamin D Synergy (2,000iu vitamin D with vitamin K). Learn about it HERE
Both of these products can be ordered through Designs For Health. Call 1.800.847.8302 and give Dr. Jade Teta or Metabolic Effect as the referring company. Please always talk to your personal physician before ordering.

**Feminine Support Product**

What we mean by a “feminine support product” is one that addresses the unique risk factors associated with menopause, as well as helps improve metabolic function and reduces symptoms. We have had very good success clinically with a product called [Femguard](#), which we sell under the name Metabolic FemBalance.

This product contains many herbs and vitamins designed to sensitize the body to insulin, decrease the risk of female cancers, and balance the hormonal situation in the body.

To see more details on this product, see the label below. You can order this on the Metabolic Effect Website OR at Designs For Health. Call 1.800.847.8302 and give Dr. Jade Teta or Metabolic Effect as the referring company. Please always talk to your personal physician before ordering.
The Diet Plan In Detail:

We know that you are probably used to getting meal plans, recipes, food lists and other such things when entering a “diet program”. You will not be getting much of that is this program, simply because this is not a “diet”.

This program, and all metabolic effect programs are structured very differently than what you are likely used to. Research tells us that 95% of dieters regain the weight they lost and 66% end up fatter. Part of the reason for this is the way dieting is done.

One-size-fits-all solutions of eating less and exercising more along with detailed foods to eat and not eat and meal plans and recipes do not teach you how to break this dieting mentality, but rather perpetuate it.

Our goal is to help you break the dieting mentality for good. We will do that by employing what we call structured flexibility. We will provide you a simple base plan (the structure) and then help you learn how to tweak, adjust and change the approach based on you metabolic tendencies, psychology and personal preferences (the flexibility).

The S-4 approach is an easy way to remember what you are doing, but it is also a pretty sophisticated system to begin this process. It may be simple, but that does not mean it does not pack a lot of nutrition knowledge into it. We have used this process with thousands our menopausal clients with great success.

Shake

In the beginning you are encouraged to follow it exactly as it is outlined. In the morning you will eat a shake. Mix 20 to 30g of protein powder in water, unsweet almond milk, or unsweet coconut milk. Regular milk is fine too if you are not dairy sensitive. Add nothing else to this shake. No fruit and no fat.

Make sure the protein powder you are using has more protein and fiber than starch. To double check this, simply add the grams of protein and fiber together and compare that to the grams of total carb on the label.

It is important you find a protein powder you will like and enjoy. Our patients two favorites by far are Isagenix protein powders and Biotrust protein powders. You can purchase these products at the linx below. Metabolic Effect will make a small amount of money off of these products when purchased through these links. For those who would like a more complete list of protein powders, we included a list of these powders in the resources section below.

Isagenix HERE
Biotrust HERE
Salad

After your breakfast shake, you will want to do a large salad, stew or soup containing only protein and vegetables. This is easily done by simply taking any meal, adding extra vegetables and removing all of the starch. Even a burger can be made into a salad when using this approach. We call this a “convenience salad”. This type of salad can be made anywhere whether eating out or at home.

Here is a great guide to making a salad you will like from our team member Jill Coleman, clinical nutritionist and fat loss coach.

How To Make A Salad You’ll Actually Enjoy Eating

This could also be called “How to Yummify Your Salad” because I don’t know about you, but the common advice of eating STRAIGHT-UP SPINACH LEAVES with freshly squeezed lemon as “dressing” makes me want to skip eating altogether and go hungry instead.

And yet, many fitness pros and magazines tout this, because “you should watch out for hidden calories IN SALADS.”

But ... don’t let perfect be the enemy of good.

Ok, it’s true. You *can* overeat anything I guess and yes, there are going to be hidden cals in almost any processed foods (i.e. dressings). But my main problem with this argument is that Americans are hardly eating vegetables as it is and isn’t a salad–even if it’s a Caesar salad–still better than nothing? I call Caesar salad “the gateway veggie” because often people who don’t like vegetables will still eat it. So what if there’s a creamy dressing on top? The alternative is forgoing the salad altogether because it’s not “ideal” and probably eventually eating something even worse later.

This is the same argument I have with people who tout only plain steamed veggies. Really? The people who enjoy plain steamed veggies likely have been eating lots of veggies for a long time and have grown to like that taste. But rarely people love it right out of the gate. They may need to start with a little butter or sprinkle of cheese. So what? The alternative is skipping the veggies and going for worse starches and sweets later.

So, bottom line, are veggies all by themselves healthy and fat loss friendly? You bet. They’re “ideal.” But very few people can eat them like that sustainably. If you can, then good for you. But the average person will need something more substantial to satiate them and keep them satisfied for longer.
I love enormous salads because when you do them up right, they can not only be healthy, but also legitimately satiating and a great way to down lots of veggies in a single sitting. They can actually make you feel FULL! Amazing, I know, right?!

With a few quick rules, and a few gimmes, you can make a delicious #BAS (Big-Ass-Salad) that will, well, make you want to actually eat it! Here are some of my tips for ya:

1) Start with a ton of greens (at the bare minimum romaine, but add in mixed greens, spinach, arugula, etc) and chop it all up.

I love the OXO Salad Chopper because it increases the palatability of the salad (I actually add all ingredients in, then chop). Rather than having to STUFF LEAVES into your mouth, the chopped-ness of the salad makes it so that you can even eat it with a spoon. Sooo nice. Plus, you can also fit waaaaaay more greens in effortlessly.

2) Add as many and as much fibrous veggies as you want.

Don’t limit things like broccoli, cucumber, onions, peppers, mushrooms, carrots, cabbage, chopped tomato, celery, etc. Pile as many fibrous veggies as you want on that thing.

3) Add 1-2 servings of protein.

I hate to cook so I opt for convenience options here, like pre-sliced grilled chicken breasts or rotisserie chicken meat pulled from the bone. Or some quickie sautéed ground turkey, lean beef or bison. Or a can of water-packed tuna or salmon. Add enough lean protein to make you feel full. I usually do the equivalent of two small chicken breasts (8-10 oz total). No counting, just eye-balling. I don’t stress about “too much protein” or cals from the protein because I know that if I eat to feel satiated then I won’t need anything else later. I always have at least one #BAS every day.

4) Add 1-2 dietary fats.

When I eat salads, I normally opt for dietary fats INSTEAD OF STARCHES. Why? Because they help me to feel more satisfied and fuller for longer (the taste, plus they slow digestion). Choose 1-2 of the following to add on top: 1/2 avocado, sprinkle of parmesan (remember the harder cheeses will be better fat-loss wise, stay away from the fetas and blue cheeses in general), few strips of bacon or Bacon Bites, pepperoni, hard-boiled eggs or nuts (non-candied).

5) Skip sweet additions and use portion control for other starches.
Skip altogether the suuuuuper-sugary additions like dried fruit/cranberries, raisins, candied nuts, granola, etc. Sorry, but that's pretty much a hard and fast rule–too much sugar for too little a portion (basically candy). And if you want to add starches like regular fruit or tabbouleh, quinoa, rice, beans, corn, succotash, chick peas, etc then a) cut back on the fatty toppings (remember, choose starch OR fat, not both) and b) watch portions. I usually do about 5 big bites worth of a single starch (aprx 1/2 cup black beans for example).

6) Often the best salads have a texture we enjoy, so add a lil’ crunch to your salad.

Best ways to add crunch: cabbage, sprinkle of slivered almonds or other nuts, or a sprinkle of seeds, even a small amount of bacon bits. Skip: croutons (no one needs hard, stale bread), dried fruit and granola-ish items. The chopped nature of the salad helps here too.

7) As for dressings, choose a vinaigrette variety as often as possible.

The vinegar helps blunt the insulin response of the meal and the oil will slow digestion. I also like oil-based dressings because a little goes a long way and you can (actually) get away with the recommended 2 TB. Other options are lighter dressings like Italian or Greek. Mustard-based dressings are usually fine too. Skip the heavy stuff–bleu cheese, creamy Italian, ranch or thousand island. However, if you find you can’t do anything but a creamy dressing, fine, but have it on the side to dip, instead of drenching the whole salad right off the bat. Usually we don’t need as much as we think.

Finally, here’s the moment I tell you how lazy I am, and how much I really don’t like cooking or prepping food. I usually—gasp!–get take-out salads or even do the Salad Bar at Whole Foods 5-7 times each week!

Now you might be asking, “Jill, how can you know that there’s not a bunch of crap in take-out salads?”

Well, the good news is that a) salads are the one food where you can actually see every single item because it’s made up of all whole food parts, so you can remove anything you don’t want, and b) I don’t stress about a little marinade or salt on the meat–it’s a small concession to feel more satiated and satisfied. Which is always my goal. Because I know that the more satisfied I am with my everyday eats, the less likely I will need to binge later. Simple.

As for dressings, I always opt for a vinaigrette (vinegar has been shown to reduce the insulin effects of a meal) variety and since it’s take-out I can even use the brand I like that I keep in my fridge at home.
So that's it! Go forth and yummify those salads! There's no excuse for not eating a huge #BAS every single day now and getting your requisite 5-8 servings of fruits and veggies. And if anyone asks you why you're eating a salad as large as your head, just tell them I said it's ok 😊 #justsaynotolemonjuice

**Snack**

The snack is optional. Some will need it and some will not. We recommend you take this snack and use it strategically prior to times you may experience hunger or cravings. These snacks should come primarily from the green list of foods in the diagram below. Although, based on your results, some may be able to include many of the yellow foods as well. Avoiding the red foods is a good idea.

Snacks should be small and really should be eaten at a time where you are not excessively hungry. The best time we have found for snacks is about an hour before you typically begin to crave foods that are not going to be helpful for you.

You will notice that the green list of foods does contain fruits. Feel free to use these low sugar, high water fruits when you have a sweet tooth. Frozen blueberries with a little sprinkle of a low/zero cal natural sweetener like Truvia, is a great option as a sweet treat snack.

Another great snack idea, which is one of the most clinically effective things we have ever found to crush cravings is unsweet cocoa powder mixed in water. Add the water on top of a tablespoon of cocoa powder. Add slowly and stir to avoid clumping. Add a low/no cal sweetener along with any other items to make it enjoyable (i.e. cinnamon, cayenne, almond milk, etc).
How Foods Affect HEC & Fat Storage

**Green (eat unlimited)**
- Protein/Veg: Chicken, turkey, wild fowl, game meats, most fish, bison, lean ground beef, shellfish, lean cuts of pork, egg whites and protein powders.
- Non-starchy high fiber veggies: kale, collards, brussel sprouts, broccoli, cabbage, cauliflower, spinach, lettuce, salad greens, tomato, jicama, asparagus, green beans, cucumber, celery, peppers, carrots, radish, zucchini, squashes, pumpkin.
- High water, low sugar fruits: berries, apples, pears, citrus fruits.

**Yellow (eat to tolerance)**
- Fatty meats: Lamb, fatty cuts of beef, fatty cuts of pork, fatty fish like salmon.
- Vegetable fats: avocado, olives, olive oils, coconut oil, vegetable oils, nuts & seeds, peanuts.
- Lower-fiber higher sugar fruits: banana, melons, cherries, pineapples, mango, kiwi.
- Starchy low fiber veggies: potatoes, corn, peas, sweet potatoes.
- Wet starches: potatoes, corn, peas, sweet potatoes, rice, quinoa, oats, cream of rice, beans and legumes.
- Dairy foods: milk, yogurt, butter, cheese.

**Red (eat rarely if ever)**
- Dry starches: Pasta, bread, crackers, pretzels, chips, rice cakes, cereals, junk foods.
- Junk Foods: Cookies, cakes, candy, sweets, soda, etc.
Green Foods (eat unlimited amounts):

**Protein:** Chicken, turkey, wild fowl, game meats, most fish, bison, lean ground beef, shell fish, lean cuts of pork, egg whites and protein powders

**Non-starchy, high fiber veggies:** kale, collards, brussel sprouts, broccoli, cabbage, cauliflower spinach, lettuce, salad greens, tomato, jicama, asparagus, green beans, cucumber, celery, peppers, carrots, radish, jicama, zucchini, squashes, and pumpkin

**High-Water, Low Sugar Fruits:** berries, apples, pears, and citrus fruits

Yellow Foods (exercise caution and eat to your individual tolerance):

**Fatty meats:** Lamb, fatty cuts of beef, fatty cuts of pork, fatty fish like salmon

**Vegetable fats:** avocado, olives, olive oil, coconut oil, vegetable oils, nuts and seeds and peanuts

**Lower fiber, higher sugar fruits:** melons, cherries, kiwi, banana, pineapple, mango, grapes, fruit juice

**Starchy, low fiber wet starches:** potatoes, corn, peas, rice, quinoa, oats, beans and legumes

**Dairy foods:** Milk, yogurt, cheese

**Whole Eggs:**

Red Foods (eat rarely or never):

**Dry Starches:** breads, pasta, cereal, crackers, rice cakes, tortilla wraps, popcorn

**Junk food, snack food:** cookies, cakes, chips, crackers, desserts, pastries, soda

Note on eggs:

We are big fans of the yoke—one of the healthiest foods on earth, so feel free to keep some or all of them in and veggies in for the fiber. If you feel you need to do detective work around fat intake, egg whites can serve the purpose of a pure protein source. The only reason we make a distinction to separate egg whites from egg yolks is to help you understand the difference between how pure protein foods impact you (i.e. egg whites), versus protein/fat combinations (i.e. whole eggs)
Starch

Many menopausal women have fallen into the low calorie and low carb traps. This “diet plan” is very high carb as you can see. It is high carb because of the very high amount of vegetables you will be eating both at lunch and dinner. These should be the bulk of your food intake.

However, starchy carbs can be beneficial in lowering stress hormones and helping you sleep. This is why you should include them in your diet and why they are delivered one time strategically at the end of the day.

While the plate diagram depicts a very small sliver of starch/fat, this is where the flexibility comes in. In reality, you may need much more. So long as you are getting results you can feel free to tweak the amount.

Part of this approach is determining how protein, fat and starch impact your hunger, energy and cravings differently. This is why it may be a good idea to separate them in the beginning focusing on foods that are all of one rather than a mix.
Sample Weekly Meal Plan:

Monday

Meal 1: Protein smoothie (30-50g protein powder in unsweetened almond/coconut/milk/water)
Meal 2: Large salad with chicken
Meal 4: Can tuna fish celery
Meal 5: Skirt Steak, Broccoli, cauliflower, boiled potatoes

Tuesday

Meal 1: Protein smoothie (30-50g protein powder in unsweetened almond/coconut/milk/water)
Meal 2: Large convenience salad with chicken, mixed greens and vinegar dressing
Meal 3: Post workout protein shake
Meal 4: Mixed veggie stir-fry with chicken and rice

Wednesday

Meal 1: Veggie frittata
Meal 2: Large Chopped Salad with Chicken
Meal 3: Grilled chicken breast, vegetable medley
Meal 4: Grilled chicken, broccoli and brown rice leftover from night before

Thursday

Meal 1: Grilled chicken, broccoli leftover from night before
Meal 2: Large Greek Salad

Meal 3: Large apple

Meal 4: Salmon, Spinach salad, mixed squash medley

Friday

Meal 1: 20g protein smoothie

Meal 2: Large bowl beef & vegetable stew

Meal 3: Beef jerky and apple

Meal 4: Meal out, Teriyaki fish, vegetables and rice

Saturday

Meal 1: Scrambled eggs and blueberries

Meal 2: Protein smoothie (30-50g protein powder in unsweetened almond/coconut/milk/water)

Meal 3: Skipped. Was not hungry

Meal 5: Salad, pasta (small portion) and meatballs, red wine

Sunday

Meal 1: Skipped

Meal 2: Protein smoothie (30-50g protein powder in unsweetened almond/coconut/milk/water)

Meal 3: Large mixed green salad with chicken

Meal 4: Grilled Filet tips, broccoli, baked potato
The Program Workouts:

The menopausal metabolism is more insulin resistant and cortisol reactive. This means that the exercise component needs to address both of these elements. This is why movement, not exercise, and stress reducing activities take precedent.

The distinction between movement and exercise is not often made. Think of movement as anything that is used as transportation or as part of activities of daily living. This means walking from place to place and working in the garden, cooking, taking out the trash, etc. Movement should be prioritized. You should look for every opportunity to move.

One way to distinguish movement from exercise is to think about two things, 1) am I huffing and puffing? 2) Is this a structured class or scheduled time to exercise?

You can’t do too much movement, but you can do too much exercise.

The S-4 approach is:

- Stress
- Strides
- Strength
- Sprints

We have covered the Stress and Strides component in the workout overview section. Here we will give more details on the two types of workouts you will be doing.

Strength Workouts

These workouts are traditional weight training workouts and can be done at home with dumbbells or at a gym.

Do four sets of each of the following four exercises paying attention to these considerations:

- Use a weight that keeps you in an 8-12 repetition range
- If you can do more than 12 reps, then increase your weight.
- If you can’t get at least 8 reps, then reduce your weight.
- If you are using dumbbells, a quick way to find a good weight is to find a
weight you can do no more than 3 times and then cut that weight in half.

**Exercise 1, Push-ups:** Start in the *up position*. Your hands should be shoulder width apart and inline with your chest. Your neck should be straight with your eyes looking straight down to the floor. Your feet will be together and on your toes (if you can’t do toe pushups, then drop to your knees and keep them close together.) Keep your core tight by imaging a string is pulling your belly button back to your spine. Now lower yourself slowly to the floor until your chest touches. Keep your hands turned slightly out so your elbows stay closer to the body rather than flailing out to the sides. Now push hard with your chest and arms to push yourself back to the up position. Repeat 8-12 times. If you are a more advanced weight lifter and push-ups are too easy for you, feel free to sub in incline push-ups or heavy bench press here.

**Push-Up Start:**
Push-Up Finish:

Knee Push-Up Start:
Knee Push-Up Finish:

**Exercise 2, Bulgarian Split Squats:** Start in a lunge position with your front leg on the floor and the back leg elevated up on a bench or chair. Keep your chest high and tummy tight with neck straight while you look straight ahead. The toes of your front leg should be pointing straight ahead. The toes of the back leg should be bent as if you are on your tippy toes and in contact with the bench or chair. Now think about dropping the back knee down to the floor. This will cause the front knee to bend. Drop down until the upper leg is parallel to the floor. Be sure to keep your head and chest up. From here push hard down through the heel of the front foot and raise the body back up. Repeat 8-12 times. If your body weight is too easy to lift and allows more than 12 reps, then you will need to carry dumbbells with you. After 8-12 reps
on one leg, switch and do 8-12 reps on the other leg.

**Split Squat Start:**

![Split Squat Start Image]

**Split Squat Finish:**

![Split Squat Finish Image]
**Exercise 3, Bent-Over Row:** Bent the knees slightly and push the butt back so that you are in a slight lean over your front legs. Keep your low back from arching too far back or bending too far forward. It should be flat. The correct position will have your torso in a 45-degree angle with the floor. Your head and neck should be straight and your eyes should focus on the floor just slightly in front of you. Hold dumbbells in your hands and let them hang down with your arms straight. The correct position will have the weights positioned just to the outside and slight in front of your knees. Keep your weight in your legs. Now pull the weights up with your arms, by pulling your elbows back and up towards the ceiling. This should cause your shoulder blades to pinch together and the weights should end up position to the side of the body between your underarms and belly button. Return the weights to the straight arm position and repeat 8-12 times. This is a very difficult position for some beginners to get. If you feel too much stress in your low back, you can sit in a chair and lean over your legs and do the movement from here. If you have access to a gym you may choose to use the back row machine. Advanced weight lifters will likely choose to use a barbell instead of dumbbells for this exercise in order to increase the weight.
Bent-Over Row Start:

Bent-Over Row Finish:
Seated Row Start:

Seated Row Finish:
**Exercise 4, Shoulder Press:** Stand with feet shoulder width apart with a slight bend in the knees and while holding dumbbells with your palms facing each other so that the head of one end of the dumbbell is gently touching your shoulders. Keep your chest up and head and neck straight with eyes looking straight out in front of you. Now press the weights straight up toward the ceiling until your elbows are almost completely locked out. Lower the weights slowly keeping them under control until they gently touch the shoulder again. Now repeat the moment 8-12 times.

**Shoulder Press Start:**
Shoulder Press Finish:
Sprint Workouts, Twice Per Week.

By sprint we simply mean workouts that stimulate the metabolism to burn fat. You will know you are doing this sprint component when the body feels what we call the Bs and Hs, breathless, burning, heavy and heat.

There are many different styles of workouts you can do here and we have provided 4 different options for you:

- True Sprint Workout (explained in this youtube video with team member Jill Coleman)
- ME Workout DVD Video (you will find this in the menopausal fat loss portal under workouts, but we have also provided an example of this workout style below, called the “Spark workout”)
- ME Recorded Metabolic Workouts (In the portal. These workouts are a mix of metabolic workouts that incorporate some of both the Spark workout and Metabolic Chains, also described below)
- ME Rest-based interval training (described below)

True Sprint Workouts:

This style of workout simply requires a stretch of running service, typically flat, but many prefer an incline. This can be done over 50 to 100 meters. The trick is too ease into and out of the sprint slowly. In the beginning it is a good idea NOT to go 100% percent. It takes several weeks to months to build up the strength and flexibility to run as hard as you can.

The good news is, running as hard as you can is not required. These are tough enough and highly beneficial even when running at half to three quarter speed.

Run 50 to 100 meters. Then turn around and walk very slowly back to the start. Ret 3-5 minutes or longer and repeat. Try for 10 times max.

ME DVD or Spark Workouts.

These workouts come right out of our first book The Metabolic Effect Diet. The ME Workout DVD video in the Menopausal Weight Loss portal contains the workout DVD you can stream right from your computer and follow along with.

These workouts are actually very simple. Just choose four full body exercises. Do 12 of one and then immediately go to the second exercise. Do 12 of the second exercise and progress to the third exercise. Complete 12 of the third exercise and then move on to the fourth. After finishing 12 of the fourth exercise, start back over again by completing 12 of the first exercise.
You continue in this non-stop circuit going from one exercise to the next in succession without rest until you reach a point where you are so fatigued you must stop and rest. At that point take a rest by walking around slowly until you feel completely ready to go again. When you are ready, begin again right where you left off. Time the workout for 20 minutes. After 20 minutes you are done.

You can find an example of a basic Spark workout on our Youtube channel HERE.

The diagram below shows how this workout is done. The workout DVD you have access to in the portal is essentially this workout and can be done with no equipment other than a pair of dumbbells.

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The ME™ Spark Workout is designed to reignite your fat burning physiology.

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5 Workout Rules:

- **Choose 4 Hybrid Exercises**
- Do each exercise 12 times & immediately start the next exercise.
- Do a circuit repeating each exercise one right after the other.
- Rest when you need to-then... start again right where you left off.
- Complete as many rounds as possible in 20 minutes.

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After picking the correct weights (see below), follow the 5 workout rules listed. Attempt to complete at least 4 rounds in 20 minutes with a goal of 5 rounds. After you are able to get 5 rounds increase your weight by 2.5-5 pounds in each dumbbell. Once you choose your workout, do it 8 times over a 2 week period before choosing a new workout with 4 different exercises.

**Guide to Choosing Weights:** Do 3 perfect dumbbell bicep curls (for) 2-3 too easy, not too difficult, then cut the weight in half. Use this weight to start each new workout.

**Keywords:** afterburn, metabolic effect, rest-based
Other options for these sprint-based workouts are the metabolic workouts called metabolic chains. These workouts are highly effective, but are best for advanced exercisers only. The following is taken from a detailed blog on this style of training. The 40 workouts you have access to in your portal use combinations of this Metabolic Chain approach, as well as some of the spark workout approach.

For beginners to this style of training or those who are frail and have limited abilities stick to walking, the ME DVD workout, and the traditional workout above.

For those who are advanced, fit and without limitations, these workouts are some of the best fat burning workouts around.

The Metabolic Chain Workout

A chain is two or more exercises strung together.

Parts of the chain are then “compacted” by overloading the reps on one or more exercises with each repeat of the chain.

These chains are both metabolic AND cause overload on specific muscles so they are quintessential examples of Metabolic Effect’s system of Metabolic Physique Conditioning. They are often called “metabolic chains”, “compact chains”, or “metabolic compact chains”.

Here are some examples using a 3 rep overload for simplicity and demonstration. The typical format is a 5 rep scheme. You can go up (an up chain) or down (a down chain) the rep scheme:

Chest Press/Crunch Chain= do 1 chest press/crunch (that is one repeat of the chain). Then do 2 chest presses and 1 crunch. Then do 3 chest presses and 1 crunch. Then start over....1 chest press and 1 crunch, 2 chest presses 1 crunch, 3 chest presses and 1 crunch. Then start over again.......and so on.

The above was a short chain. Here is a long down-chain for you:

Burpee/push-up/row/press 5-down multi chain= 5 burpees, followed by 5 pushups, followed by 5 bent-over rows, followed by 5 shoulder press......then........4 burpees, followed by 4 pushups, followed by 4 bent-over rows, followed by 4 shoulder press......then........3 burpees, followed by 3 pushups, followed by 3 bent-over rows, followed by 3 shoulder press......then........2 burpees, followed by 2 pushups, followed by 2 bent-over rows, followed by 2 shoulder press......then........1 burpees, followed by 1 pushups, followed by 1 bent-over rows, followed by 1 shoulder
5 burpees, followed by 5 pushups, followed by 5 bent-over rows, followed by 5 shoulder press...and work your way back down again.

**Picking weights:**

The choice of weights is a 10 rep max on the weakest exercise.

**Rest-Based Training (RBT):**

As you can see the rest-based training concept of “pushing until you can’t and resting until you can”, makes this system possible. You just go until time is up, starting and stopping as need for rest.

A short 5 up or down chain using light to moderate weights and followed by a rest-period is much like doing an all out sprint.

Here is an example with pics so you can see the sequence of moves:

**Full Body Chain= Incline Curl/Press/Stand/Lunge/Row/Lunge/Side raise. The chain can be compounded at any move or multiple moves.**
Incline Curl:

Incline Press, then Stand:

Lunge with right leg, push back, then row position:
Row, then lunge with left leg, then side raise and repeat the sequence:

**Rest-Based Interval Training (RBIT):**
In these workouts, we want you to push as hard as possible, then rest as long as needed. The work intervals are set, the rest intervals are not. We’re putting the control in your hands. You will decide how much rest you need and when you are ready to go again. During your rest, we really want you to rest by literally moving in slow motion until you feel 100 percent ready to do another high intensity effort again.

In these workouts, you will focus on time, not intervals. You will do as many interval rounds as you can complete in 20-minutes. Depending on your fitness levels this may be less than 1 or much more. Go at your level. You will see improvement as you continue with these workouts.

Feel free to use any piece of cardio equipment or even a track, steps or a patch of flat road or grass. These can even be done at home in a small area using high knees, jumping jacks, jump rope, mountain climbers or any other cardio based or callisthenic exercise that is aimed at the cardiovascular system.

Here is the protocol:
- 20-second full exertion sprint followed by slow motion rest as long as is required
- 30-second full exertion sprint followed by slow motion rest as long as is required
- 40-second full exertion sprint followed by slow motion rest as long as is required
- 60-second full exertion sprint followed by slow motion rest as long as is required
- Repeat this sequence for 20 minutes achieving as many rounds as possible. Feel free to do a 5-minute warm-up and cool down at the beginning and end of your RBITs.

**Sample Weekly Meal Plan:**

**Monday**

Strength Workout

1-hour leisure walk

Hot epsom salt bath.

**Tuesday**

Sprint workout

1-hour leisure walk

**Wednesday**

1-hour leisure walk

30-minute nap
Thursday
Strength workout
1-hour leisure walk
30-minute sauna

Friday
Sprint workout
1-hour leisure walk

Saturday
1-hour leisure walk
1-hour massage

Sunday
Sleep in
Watch funny movie
What causes weight gain at menopause?

Why are the low calorie diets that worked in your younger years no longer effective?

**Estrogen & Progesterone**

Estrogen and progesterone, while lower down on the fat burning totem poll compared to insulin and cortisol or thyroid and adrenaline, nevertheless do impact a woman's fat burning metabolism. Estrogen is an insulin sensitizing hormone and a hormone that controls the negative impact of cortisol. Progesterone works together with estrogen in controlling the negative impact of cortisol.

Why is this important? Because insulin and cortisol are a bad hormonal combination for fat loss. These two hormones, when combined together in high amounts over long periods, push the female physiology towards storing fat when calories are high (as opposed to building muscle), and reduce the amount of fat burned when calories are low (burning muscle instead).

This is a bad combination for any woman, but a menopausal woman is affected to a much greater extent.

Since insulin and cortisol may be the primary culprits in female belly fat storage, the transition into menopause often results in fat gain especially around the middle.

**The Fix?**

Realize you are far more carbohydrate reactive and stress sensitive after menopause. Which means the carbohydrates you used to be able to eat that did not affect your waistline may now be too many and do just that.

The stressful exercise and lack of sleep you could tolerate in your younger years, while still remaining lean, will now start to show itself on your waist.

To deal with these hormonal impacts, requires a far more insulin centric approach versus a caloric one. In other words, whereas a lower calorie diet may have been enough in your younger days, you now need a hormonal approach to body change.

**What to eat?**

You will need to start controlling all the foods that have potential insulin promoting action. This includes many foods that are regarded as “healthy”. Whole grain breads, sweet fruits, dairy foods, and starchy vegetables, which may have once been a central part of your lean diet, may now be working against you.
Reducing these foods while simultaneously increasing low starch vegetables, low sweet fruits (berries, apples, and pears), and protein foods has to become your new solution to burning fat.

The S4 model of dieting easily accomplishes these dietary changes without putting much thought into what you are doing. Following the model as it is written assures a very high vegetable, adequate protein and low calorie diet. One that controls insulin.

**How to exercise?**

Exercise too must be approached differently. Cortisol is produced during intense exercise and long duration exercise. This includes long duration jogging or running and high intensity interval training (HIIT), metabolic conditioning, or weight training.

However, intense exercise that is short also raises growth promoting hormones like HGH and testosterone, and these hormones work with cortisol to burn fat and build, or at least maintain, muscle.

Long duration exercise works differently. It has a different hormonal impact, and it may exacerbate the negative effects of cortisol because it raises cortisol without the balancing action of the growth hormones.

And raising cortisol this way during menopause, a time where the female physiology is far more susceptible to the negative impact of cortisol, can frequently cause more issues than it solves for weight gain.

For this reason, shorter intense exercise is probably more beneficial compared to long duration moderate intensity exercise. It is not that this type of exercise can never be done again, it just needs to be balanced and reduced compared to other types of exercise.

Cortisol can also be controlled and lowered nicely by relaxing activities. These include leisure walking (to be distinguished from power walking), restorative yoga (to be distinguished from intense yoga), Tai Chi, as well as massage, sauna, and other restorative non-exercise practices.

**Why is this important?**

All of this is important because the dominant message sent to menopausal women, from their nutritionists and doctors, as well as the mainstream press, runs completely counter to all we just covered.

The message is to do more jogging and power walking, not less. They are instructed to eat more grains and dairy and less protein. And they are rarely told to lift weights or educated on the benefits of rest and recovery centered activities.
Together, a lower insulin promoting diet and a smarter stress inducing exercising regime can make a huge difference.

Remember, the menopausal physiology is more carbohydrate reactive (estrogen is no longer there to help offset insulin) and more stress sensitive (estrogen and progesterone are not there to dampen cortisol's negative effect).

The changes to diet, exercise, and lifestyle laid out in this program are critical to circumventing menopausal weight gain. Here are some of the key areas this program emphasizes and why.

- Leisure walk daily 1 hour per day (it lowers cortisol). Preferably do it in a nature setting (it lowers cortisol even more).
- Weight train intensely at least one times per week, preferably two. These sessions should be short. Shoot for less than 60 minutes or even better, less than 30. They work great along with walking too.
- Drastically increase your non-starchy vegetable intake while cutting back on starchy foods, grains, and dairy (this does not mean not to eat these foods, just eat less). This blog helps you understand the best carbohydrates to eat.
- Raise your protein intake with foods that are mostly protein (fish, chicken, etc) versus mostly starch or fat (beans and nuts have some protein but WAY more starch and fat). To help, consider a protein powder replacement shake 1 or two times per day.
- Vegetables and protein are more slowly digested, so if you notice increased gas, that is because your stomach HCL and pancreatic enzyme secretion can also fall with age (and stress). A shot of vinegar, or a nice green salad before meals will almost always solve this. When they don’t, an OTC enzyme preparation is great.
- Build in restorative and relaxing activity into your life. A concept we call rest-based living. Sleep, nap, physical affection, laughter, massage (even self-massage like foam rolling), sauna, restorative yoga, and Tai Chi are all great.
- And because bone health is always a concern for women in menopause here is a blog to help you understand why the recommendations above are also best for bone.
How To Be A Diet Detective & Find What Works For You:

Structured Flexibility

The S-4 plan provides structure, but then your experimenting and detective work will create and build in flexibility. The goal: for you to discover exactly what works for you.

Keep HEC In Check

The first tool you will need to develop skill with is what we call HEC. It’s an acronym and it stands for hunger, energy and cravings. These sensations are directly impacted by hormones and give you a sense of metabolic balance or not. Keeping your HEC in check, means you are also keeping your metabolism in balance.

HEC fluctuates constantly based on what you eat and how you live. In fact, any time your metabolic thermostat readjusts HEC may be impacted. If HEC is in check, then you know you are on the right track. If it is not, that’s an early alarm bell that you are in dieting mode again and will soon suffer the consequences.

Using HEC

Once per week at the end of the week make a note of each of the parameters separately. Rank them like this:

- Hunger on a 1-10 scale with 1 low and 10 high. It should be less than 5
- Energy on a 1-10 scale with 1 low and 10 high. It should be 6 or more
Cravings on a 1-10 scale with 1 low and 10 high. It should be less than 5

If any one of the three is out of check, then your HEC as a whole is out of check. Once you have this assessment, you can investigate what may have had a positive or negative influence over HEC. You can then take steps to adjust your approach. This is critical in designing a plan that works for you.

Get HEC In Check

The first thing to consider if HEC goes out check is more protein, fiber and water. Protein and vegetables balance blood sugar and provide bulk to fill you up. They are low calorie and create hormonal balance, the exact formula for fat loss.

The next step is to adding starch or fat. Add fat first. If that does not work, add starch and remove fat. If neither of those work, try combining fat and starch. Finally, more frequent eating might work. Allow a few days between each change to give time to assess the outcome.

An overview, the steps go like this:

1. Add more protein fiber and water (such as lean protein and veggies)
2. Add in fat
3. Add in starch and subtract out fat
4. Add starch and fat
5. Add one or two snacks between meals.

How much of each should you add?

- **Protein and Fiber**: consider adding *five* more bites of each. That is about four ounces of protein or 20 grams and probably eight ounces or one cup of vegetables.

- **Starch**: consider adding three big bites of starch. That is about half a cup or 15 grams.

- **Fat**: consider adding one extra tablespoon or 10 grams.

Remember, stay flexible in your approach and be open to trial and error.

There is no more important skill to have than this type of metabolic mastery.

**Your Shape Change Means Results**

HEC is a great tool, but it is not the only one. You also need to assess your results. Weighing yourself tells you very little about the type of weight you have gained or lost. You might be losing fat, but you might be losing muscle.

You want to know how much fat versus muscle you have lost or gained. The way to effectively know if you are getting at the stubborn fat of menopause is when your body begins shift back to the shape of a young women. When your apple or pear shape begins turning into an hourglass shape you know you are successfully
winning the menopause weight gain battle.

So you need more than just a scale, you also need a tape measure.

Measuring the waist to chest ratio and the waist to hip ratio tells you all you need to know about your progress. A menopausal woman who is pushing herself back to an hourglass shape is making amazing progress. You want the waist to hip ratio, what we call the “pear point”, to be symmetrical with the waist to chest ratio, or what we call the “apple point.”

Both of these numbers should be between .6 and .9 and the closer to .7 you get and the more the two numbers approach being equal, the more pronounced the hourglass shape and the better results you are achieving.

These measurements take into account the individual shape and size of all women. In fact, you can be overweight and still be an hourglass. The assessment to make is: when you lose fat, are you maintaining the hourglass shape or becoming more of a pear or an apple? If you are already an apple or pear shape, is that shape morphing into the hourglass shape or simply becoming a smaller more pronounced and mushier apple or pear shape?

If your pear point, the waist to hip ratio, starts drifting further away from .7 and closer to .6, you know your are not successfully reaching the stubborn fat in the hip,
butt and thighs. If your apple point (the most troublesome area at menopause), the waist to chest ratio, starts moving away from .7 and closer to .8, then you know you are not successfully getting at the stubborn belly fat.
Female Measuring Points

- measure chest across nipple line
- measure waist at smallest point between the rib cage and top of hip bone
- measure hips at widest protrusion of the butt muscle.

Calculate:

Waist to Chest Ratio (Apple Point):
Normal is between .6-.9 and .7 is optimal.

Waist to Hip Ratio (Pear Point):
Normal is between .6-.9 and .7 is optimal.

Hourglass Shape=both waist to hip and waist to chest numbers approximately equal (.7 optimal for each).
How to Measure

Always measure at the same time and under the same conditions. We suggest first thing Friday morning before eating or drinking anything.

- Measure your chest across the nipple line
- Measure your waist at the smallest portion above your bellybutton, but below the ribcage
- Measure your hips at the largest protrusion of the butt muscle (women only).
- Weigh yourself without clothing or shoes

For ease you can use our online shape-calculating tool at:

www.metaboliceffect.com/me-shape-calculator

We will do the calculations for you and send them right to your email. It is completely anonymous. We do not store personal data or your results.

When You Are Not Burning Fat

If you are assessing your shape and doing your measurements, but not losing fat, you need to figure out why.

Here are the steps, these adjustments should be made only after HEC is in check:

1. Cut starchy foods back at each meal
2. Move all your starch intake to one meal only (best at either breakfast, dinner, or post workout)
3. Cut back on fat
4. Eat less frequently
5. Search for trigger foods
6. Start closely monitoring calories

The first two steps are most important. We refer to them as “finding your carbohydrate tipping point” or CTP. This is the amount of starch, type of starch and timing of starch that keeps HEC in check and helps you burn fat. The only time you should completely eliminate carbs is if doing so keeps your HEC in check and helps you burn fat.

**The Fat Loss Formula: AIM**

To use this tool, remember the acronym AIM: Assess, Investigate and Modify.

- **Assess** by checking in on HEC and your shape change results.
  - **Investigate** the results. Was your HEC in check? Did you lose fat and from the right places?
  - **Modify** by asking: Do you need to increase foods rich in protein, fiber and water to stop hunger? Or add in a little bit more carbs to stop cravings?

**Potential Outcomes**

There are four potential outcomes of this process each with a particular approach to
consider.

Outcome One

Assess: HEC in check and fat loss plus shape change

Investigate: This is the holy grail of body change. You have solved the mystery of your metabolism and effectively unlocked your stubborn fat. You now have the opportunity to understand how your metabolism functions. It may be that you stumbled upon this result, but it can also be that your trial and error predictably led you to this point. Either way, make note of how you arrived here and all the elements involved from diet, to exercise to lifestyle and mindset.

Modify: Don't make the two critical mistakes many make. Do not try to speed things up by pushing on your metabolism harder, you are more likely to push yourself right out of this balanced state. Do not start looking for another way. We humans are funny, often when we find something that works, we promptly stop doing it. Your job now is practice, practice, and more practice.

Outcome Two:

Assess: HEC in Check and Fat is not lost or even gained

Investigate: In this outcome, you are certainly doing something correct because you have gotten one side of the equation correct, hormonal balance. You know that because HEC is in check. But your fat loss results are either not coming or heading in the wrong directions. Surprisingly this is not as bad as you think. The fact that your HEC is in check means you are operating from a place of strength and your
metabolism will be able to tolerate you pushing on it a little harder without it overreacting. Since HEC is in check you can focus on the two biggest components of your nutrition that will increase calories and unbalance hormones, fat and starch. We will tell you the steps we take with our patients, but remember you are your own detective. Therefore it is up to you to filter this through your preferences and what you know about your body.

**Modify:** Here are the steps to follow:

1. Cut starchy foods back at each meal
2. Move all your starch intake to one meal only (best at either breakfast, dinner, or post workout)
3. Cut back on fat
4. Eat less frequently
5. Search for trigger foods
6. Start closely monitoring calories

**Outcome Three:**

**Assess:** HEC not in check. Losing fat and shape change.

**Investigate:** You may think this is a desirable state, but it is the classic dieters trap. It is alluring because you are getting some short-term results. But the fact that your HEC is out of check tells you that you are in metabolic compensation and will soon suffer the same fate of 95 percent of dieters, yo-yo weight regain. If you are really unlucky, you will actually end up fatter after these short-term gains. And if you are extremely unlucky you will create metabolic damage making you fatter and your fat
parts more stubborn. If you are a long-term dieter, you know exactly what we mean and it is probably the very reason you are reading this book.

Modify: In this scenario you need to get HEC back in check by:

1. Add more protein fiber and water (such as lean protein and veggies)
2. Add in fat
3. Add in starch and subtract out fat
4. Add starch and fat
5. Add one or two snacks between meals.

Outcome Four:

Assess: HEC not in check and fat not lost or fat gained

Investigate: This is the worst of all possible scenarios, but by now we hope we have drilled into you that the first order of business is to get HEC in check. Once that is done, then you can start working on burning fat. In this scenario you should be careful to take it one step at a time. HEC in check first, fat loss second. Here are the steps. Notice how this is a combination of HEC strategies and fat loss strategies. One hint here is that adding in more protein, fiber and water foods is often the only strategy required. This increases food volume and lowers calories by displacing high calorie foods often creating the best of both worlds in one fell swoop. Always take this step first.

Modify:

1. Add more protein fiber and water (such as lean protein and veggies)
2. Cut starchy foods back at each meal

3. Add one or two snacks between meals.

4. Move all your starch intake to one meal only (best at either breakfast, dinner, or post workout)

5. Modify fat up or down

6. Look for trigger foods

7. Track calories