NUTRITIONSTARTSNOW!

KEYS TO SUCCESS

Get plenty of protein per day. Shoot for approximately 1 gram per pound of lean body mass (your MetFix Coach will help you determine this), and spread it out evenly over your meals. Choose meats, fish, poultry, eggs, and whey protein as your go-to sources. If you get hungry, these protein sources are your first line of defense.

Drink water, coffee, or tea. Avoid any sugar-sweetened beverages.

Eliminate sugar and refined carbs. To maximize fat loss, avoid foods high in carbs, especially the "white" carbs, and choose green leafy vegetables as your primary carb source. The carbs should be divided throughout the day.

Don't worry about eating too much fat; as long as you **choose natural sources of fat**, including olive oil, coconut oil, avocado, butter, and fat from meats, fish, poultry, and eggs. **Avoid the processed oils: canola, rapeseed, safflower, soybean, corn, etc**.

Choose the meal frequency that works best for you. Smaller, more frequent meals will help ensure regulation of blood sugar, and keep insulin levels low, which allows you to use your fat for fuel. Larger, less frequent meals are OK, too, so long as you focus solely on animals and plants as your food choices. Quality over quantity. It can't be said enough.

Don't go hungry! If you are hungry, opt for poultry, fish, meats, and green leafy vegetables

Losing weight is not about starving the body. It's about normalizing the regulation of your fat tissue.

Focus on eating real food: animals and plants; Avoid eating processed foods: sugars and refined grains. If you must supplement, do it with high quality protein: whey protein is as good as it gets in terms of quality and convenience. Make sure the whey protein is low in carbohydrates. Plan ahead: think about your week ahead on Sunday and plan out what you're going to eat, what you're going to accomplish, and how satisfied you will feel one week from now. Visualize your success, plan, and prepare. Your mentality becomes your reality.

You can do it! The first few days can be challenging, but it gets easier every day and you'll be happier and healthier for the rest of your life. Your body is going to be switching metabolic fuels; going from a sugar-burner to a fat-burner, and this can take a little adjustment. Believe in the program and believe in yourself and you will be successful in the long-run. Be 100 % committed to transforming your body and transforming your life!

You're not alone. It's our job to support you and hold you accountable. If you have questions or concerns, never hesitate to talk to us about your goals and how we can help you get there!

MEAT & VEGETABLES | NUTS & SEEDS | SOME STARCH

LITTLE FRUIT | NO SUGAR | NO SEED OILS