

30-Day Metabolic Reset: Implementation Guide

Fitness

- Do **short bursts of high intensity** exercise.
 - 2 minutes first thing in the morning and 2 minutes an hour before bedtime (daily)
 - 30-second bursts throughout the day, ideally 1-2 hours before meals and 1-2 hours after meals (4-8 of these daily, 4-5 days a week)
- Include **moderate intensity aerobics** like walking, jogging, cycling, swimming, a class, or activity on exercise equipment (30-60 minutes, 4-5 times a week). Walking for 10 minutes 3 times a day counts.

Nutrition

- Follow diet guidelines in the *Sweet Spot Menu Planner*, including the *Digestion Enhancing Strategies*.
- Use the food chart on the next page in conjunction with the *Sweet Spot Recipe Collection* to make delicious, blood sugar balancing meals.

Attitude & Stress

- Practice breathing and appreciation breaks **at least 5 times a day**: upon waking, before meals, and before bed (for example, HeartMath™ “Quick Coherence”, aka **mini-vacations**).
- Learn to identify early on **when you are going into “autopilot”** and experiencing the negative effects of stress and use breathing and appreciation to shift your energy.

Sleep

- Get to bed **by 11:00 p.m.** and stay in bed **at least 8 hours** most nights.
- Turn down the activity intensity** starting a couple of hours before bedtime.
 - Dim the lights
 - Turn off the TV / Get away from the computer
 - Take a warm bath
 - Relax, meditate, and/or listen to soft music, etc.

Timing

- Stop eating at least **3 hours before bedtime** and allow at least **12 hours** before eating breakfast.
- Eat a low-carbohydrate, high-fiber, moderate-protein, moderate-fat breakfast that includes sources of omega-3 fats, ideally within an hour of getting up.
- Space your **meals 4-6 hours apart** with no snacking.

30-Day Metabolic Reset Diet Guidelines

Foods to Consume Regularly			Eat only if Sugar Stays < 110	Foods to Avoid During Reset		
<p>Unlimited Non-Starchy Vegetables <i>Raw or cooked</i></p> <ul style="list-style-type: none"> • All non-starchy vegetables / greens • Arugula • Artichoke • Bok choy • Broccoli • Cabbage • Cauliflower • Celery • Chard • Collard greens • Cucumber • Eggplant • Green Beans • Herbs • Jicama • Kale • Kelp noodles • Konjac noodles • Lettuce • Leeks • Mushrooms • Peppers • Radish • Spinach • Sprouts • Summer Squash • Tomato • Zucchini <p>**All foods in the Sweet Spot Recipe Collection recipes are allowed unless they raise your blood sugar above 110.</p>	<p>Moderate Amounts <i>Watch omega-6:3 ratio, saturated fat, and excessive fat</i></p> <ul style="list-style-type: none"> • Almond • Avocado • Brazil • Cashew • Chia Seeds • Coconut • Filbert (hazelnut) • Flax Seeds • Hemp Seeds • Macadamia Nut • Pecan • Pine nut • Pumpkin Seeds • Sesame Seeds • Sunflower Seeds • Walnut • Other raw nuts and seeds <p>Animal Foods <i>(optional)</i></p> <ul style="list-style-type: none"> • Deep ocean fish (limit to 1-2 times a week, 3 ounce serving) • Organic, free-range, pastured or wild lean meat (3 oz) 	<p>Include Often <i>to help blood sugar regulation</i></p> <ul style="list-style-type: none"> • Alfalfa • Algae and seaweed • Avocado • Basil • Bitter melon • Blueberries – if they don't raise glucose • Broccoli • Brussel sprouts • Cabbage • Cardamom • Carob • Cinnamon • Citrus peel extract • Cucumber • Fenugreek • Garlic • Ginger • Greens • Jerusalem artichoke • Maitake mushroom • Onion • Prickly pear or nopal cactus • Stevia • Turmeric 	<p>Gluten-Free Grains</p> <ul style="list-style-type: none"> • Brown rice • Buckwheat • Millet • Quinoa • Teff • Wild rice <p>Legumes</p> <ul style="list-style-type: none"> • Adzuki beans • Black beans • Chick Peas (Garbanzo Beans) • Kidney beans • Lentils • Mung beans • Peas • Pinto beans • Red beans • White beans <p>Low-Glycemic Fresh Fruits <i>Best eaten with greens in smoothies or salads</i></p> <ul style="list-style-type: none"> • Apples (green) • Blackberry • Blueberry • Raspberry • Strawberry • Other berries <p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Beets • Carrot • Parsnip • Rutabaga • Sweet potato • Turnip • Yam 	<p>Medium and High-Glycemic Fruits</p> <ul style="list-style-type: none"> • Apricots • Banana • Cherimoya • Guava • Mango • Papaya • Passion fruit • Peaches • Pears • Persimmon • Pineapple • Plums • Pomegranate • Star fruit <p>Dried Fruit</p> <ul style="list-style-type: none"> • Dates • Goji Berry • Prunes • Raisins • Others <p>Fruit Juice – Fresh or Pasteurized</p>	<p>High-Glycemic Foods</p> <ul style="list-style-type: none"> • Flour and flour products – crackers, bread, pasta etc. <i>(avoid even if whole grain)</i> • Grains unless tested and blood sugar stays below 110 • Legumes unless tested and blood sugar stays below 110 • Starchy vegetables unless tested and blood sugar stays below 110 • White potato • Yellow potato 	<p>Processed Foods (always Avoid)</p> <ul style="list-style-type: none"> • Alcohol • Animal products - commercial • Coffee • Deep fried food • High-fructose corn syrup • Hydrogenated oils • Margarine • Mayonnaise • Processed polyunsaturated oils <i>(they come in glass jars and are already oxidized)</i> • Refined flour • Refined grains <i>(i.e. white rice)</i> • Shortening • Sweeteners - artificial • Sweeteners - whole: honey, maple syrup, raw dehydrated cane juice, agave • White sugar <p>Allergens (Avoid During Reset, and until proven tolerable)</p> <ul style="list-style-type: none"> • Corn • Dairy • Eggs • Gluten • Peanuts • Soy • Your personal allergens