

Metabolic Health 28 Day Plan - Resource Pack

Over 28 days metabolic health can be dramatically improved. In fact, improvement starts to happen within days. Significant and lasting benefits are noticed within a few weeks.

This resource pack provides you with two options to improve your metabolic health:

Option 1: 28 Day Rapid Results Plan

The 28 Day Rapid Results Plan is ten specific actions you will do every day for 28 days. It will get results. But only follow this plan if it looks and feels right for you.

Option 2: Create your own 28 Day Personal Health Plan

The 28 Day Personal Health Plan is suitable for everyone. This is because you can tailor the daily actions to your personal preferences and needs.

In this pack there are charts for both plans. Print the chart for your preferred plan and make sure you record your daily actions. At the end of each day write down your daily score, this is the number of actions you successfully took that day.

After every 7 days, review your progress. Ask yourself the following three questions:

- What have I noticed?
- What has gone well?
- What will I focus on for the next 7 days?

On day 28 it is time to reflect and celebrate.

- Look at your chart, how many ticks have you achieved?
- What has gone well?
- What do you notice about how you are feeling?
- Have you noticed any changes in your body?
- What daily actions are you going to keep doing?

28 Day Rapid Results Plan

The 28 Day Rapid Results Plan is for you if you are ready to make significant improvements to your lifestyle and you want to see quick results. If you have a good reason to do the plan, and it feels the right time, then go for it.

IMPORTANT!

Who should not do the 28 Day Rapid Results Plan?

- People that are underweight (a BMI of <18.5).
- People with a current, or significant past, eating disorder.
- People that are pregnant.
- People with a current serious illness, and where significant lifestyle change is currently inappropriate.

In addition, some people must speak to their healthcare professional prior to commencing the plan:

- People that take medication for diabetes, as doses may need to be altered.
- People who take warfarin, as the testing dates may alter.

Finally, people on blood pressure medication may find blood pressure improves during the plan. Blood pressure should be monitored and people may need their medication doses adjusted.

If you have any other doubts about your medical conditions, you must speak to a healthcare professional prior to starting the plan.

28 Day Rapid Results Plan

	DAY																											
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REAL FOOD HIGH PROTEIN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16 : 8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2L WATER	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
0 ALCOHOL	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 PRESS UPS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 SQUATS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 MINS CV	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
MAGNESIUM	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7 HOURS SLEEP	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
NOTICE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
DAILY SCORE																												

28 Day Rapid Results Plan - Daily Actions

Real Food High Protein

Use the High Protein Diet Food Lists to support your food choices.

- At least 70% of your food should be from the “Enjoy” categories.
- Less than 10% of your food should be from the “Minimise” categories.
- Ultra-processed (junk) food and sugar should be minimised or avoided altogether.

16 : 8 Intermittent Fasting

16:8 is a form of intermittent fasting.

- All food is eaten within an 8-hour window. For example, 8am-to-4pm or 11am-to-7pm. The 8-hour window can be whenever suits.
- There is a 16-hour period where no calorie containing food or drink is taken. During the 16-hour period it is fine to drink water and other drinks that contain no calories.

2L of Water

Aim to consume at least 2 litres of water through the day. This could be pure water, or other non-alcoholic drinks. This is not an exact science but drinking enough water can help to prevent headaches and constipation, especially in the early weeks of dietary change.

Zero Alcohol

Alcohol can reduce fat burning and impact sleep. Ideally alcohol should be completely avoided. Even a single drink can adversely affect sleep.

20 Press Ups

Place hands approximately shoulder width apart and lower body to the floor until the chest is almost touching the floor, then extend the arms again. The 20 press ups can be performed in one go or in smaller numbers throughout the day. They can be made easier by standing up and leaning against the wall, or by kneeling on the floor. They can be made more difficult by performing more slowly.

20 Squats

Place feet approximately shoulder width apart, squat down into the seated position, then extend the legs again back to the standing position. The 20 squats can be performed in one go or in smaller numbers throughout the day. They can be made easier by holding on to a countertop or back of a chair. They can be made more difficult by moving more slowly, holding on to weights, and by performing on one leg at a time.

20 Minutes Cardiovascular (Aerobic) Activity

Cardiovascular (CV) activity is any form of movement that increases the heart rate and breathing rate. Examples include walking, cycling, running, swimming, dancing, active housework, active gardening. It does not have to be very strenuous. It should be enjoyable and energising. The 20-minutes of activity can be performed in one go or in two 10-minute episodes.

Magnesium Supplementation

Magnesium is essential, including for energy production in the body. In addition, when taken at night it may aid sleep. It is also a remedy for muscle cramps and constipation that can sometimes happen with sudden dietary change. There are many different formulations of magnesium. Some are better absorbed such as magnesium bisglycinate, magnesium citrate (better for constipation), magnesium threonate, magnesium malate. (Magnesium oxide and magnesium hydroxide are poorly absorbed.). Purchase a reliable supplement and take the dosage advised on the container.

7 Hours Sleep

Most adults benefit from at least 7-hours sleep. A routine should be maintained, with bedtime within the same hour every day. Focus should be on allowing time for 7 hours sleep, even if a full 7 hours is not achieved. Some people may benefit from 9 hours sleep.

Notice

Noticing achievement helps to establish habits and it creates positive feelings. The mind will follow whatever it focuses on. Each day notice and pay active attention to one achievement.

High Protein Diet – Food Lists

Sheet 1: Foods that are higher in protein and/or fat.

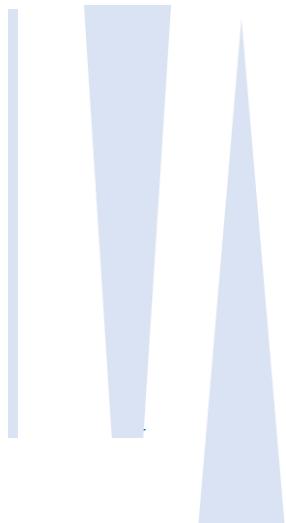
ENJOY : more than 70% of food

MODERATE : maximum 20% of food

MINIMISE : less than 10% of food

Very low carbohydrate

CARB PRO FAT



High protein, Very low fat Egg white, Prawns, Lobster, Shell fish, Scallops, Squid, Chicken & turkey (light meat), Venison. Tripe, Non-oily fish, Crab (white meat), Mussels

High protein, Low fat Ham, Lean beef, Lean pork, Chicken & turkey (dark meat), Rabbit, Kidney, Liver, Heart

High protein, Medium fat Gammon, Back bacon (fat trimmed), Beef steak, Pork, Poultry with skin, Pheasant, Whole eggs, Half-fat cheese, Oily fish, Crab (brown meat), Lamb, Duck, Oxtail

Medium protein, Medium fat Cheese, Bacon, Fatty cuts meat, Tongue, Nuts (Brazil, hazel, almond, walnut, macadamia), Pâté

No protein, High fat Cream, Crème fraîche, Sour cream, Butter, Lard, Dripping, Olive Oil, (Vegetable oils – aim to avoid)

Low carbohydrate

CARB PRO FAT



High protein, Low fat Quorn

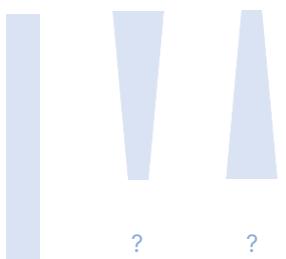
Medium protein, Medium fat Tofu, Tempeh

Low protein, Medium fat Avocado, Seeds (pumpkin, melon, sunflower), Nuts (peanut, pistachio, cashew)

No protein, High fat Coconut, Olives

Medium carbohydrate

CARB PRO FAT



Medium protein, Low fat Legumes (lentils, chickpeas, green peas), Beans (aduki, mung, pinto, blackeye, black, haricot, broad (fava), borlotti, butter, cannellini)

Low protein, High fat 80%+ chocolate

Protein and fat vary (check individual foods) Dairy and alternatives: Quark, Fromage frais, Yoghurt, Cow's milk, Soya milk, Coconut milk, Oat milk

High Protein Diet – Food Lists

Sheet 2: Foods that are low in protein and fat.

ENJOY : more than 70% of food
MODERATE : maximum 20% of food
MINIMISE : less than 10% of food

Very low carbohydrate (0-4g carb/100g)

Mushrooms 0.3, Alfalfa sprouts 0.4, Watercress 0.8, Rhubarb stems 0.8, Rocket 1, Celery 1, Cucumber 1, Lettuce 1, Radish red 2, Endive 1, Artichoke 1, Kale 1, Limes 1, Fennel bulb 2, Pak choi 2, Chinese cabbage 2, Spinach 2, Radicchio 2, Spring greens 2, Asparagus 2, Courgette 2, Aubergine 2, Pumpkin 2, Celeriac 2, Chives 2, Lemons 3, Leeks 3, Broccoli 3, Chard 3, Chicory leaf 3, Radish 3, Runner beans 3, Gourd 3, Tomatoes 3, Cranberries 3, Cauliflower 4, Brussels sprouts 4, Kohl rabi 4, Mangetout 4, Green beans 4, Beansprouts 4, Bell peppers 4, Shallots 4, Chillies 4, Cabbage 4, Mustard leaves 4, Loganberries 4

Low carbohydrate (5-6g carb/100g)

Turnip 5, Squash spaghetti 5, Pea sugar snap 5, Sweetcorn baby 5, Grapefruit 5, Raspberries 5, Guava 5, Mushrooms dried 5, Swede 6, Bamboo shoots 6, Blackcurrants 6, Blackberries 6, Plums 6, Strawberries 6, Passion fruit 6, Quince 6, Pears 6

Low-medium carbohydrate (7-14g carb/100g)

Melon 7, Elderberries 8, Apricots 8, Beetroot 8, Peaches 8, Pomegranate 8, Onions 8, Orange 8, Butternut squash 8, Sweetcorn 8, Blueberries 9, Mulberries 8, Kiwifruit 9, Gooseberries 9, Damsons 10, Greengages 10, Nectarine 10, Papaya 10, Figs fresh 10, Apples 10, Water chestnuts 11, Pineapple 11, Mango 11, Physalis 11, Parsnips 12, Prickly pears 12

Medium-high carbohydrate (15-25g carb/100g)

Lychees 15, Cherries 15, Grapes 17, Sharon fruit 19, Carrots 20, Potatoes 20, Sweet potato 20, Bananas 20, Jackfruit 22

High carbohydrate (>25g carb/100g)

Whole wheat pasta (cooked) 28, Pearl barley 28, Yam 28, Plantain 28, Rice (all types cooked) 30, White pasta (cooked) 32, Cassava 33, Bread (all types) 50, Quinoa 55, Dried dates 58, Raisins 63, Dried fruit 63, Crispbread (rye) 63, Flour (grain, all types) 70, Porridge oats 70, Sultanas 70, Currants 70, Breakfast cereals (all types) 80-90

28 Day Rapid Results Plan – Side effects and solutions

Sudden and significant dietary change, especially when reducing carbohydrate, can sometimes cause 'side effects'. These typically happen within the first week and have resolved by week three.

Some of the 'side effects' are thought to be due to excess loss of water and salt via the kidneys during the first week. After one to two weeks the kidneys have usually adapted to the dietary change and salt and water balance returns.

It is helpful to know what to expect and ways to manage the 'side effects'. In most cases they are only mild. By week three many people report feeling fitter and healthier than they have in years. Many of the 'side effects' can be prevented or managed by increasing salt and water intake in the first couple of weeks of the plan.

Do listen to your body. If something doesn't feel right it is okay to stop the 28 Day Rapid Results Plan. If you have any medical concerns, you must seek attention from an appropriate healthcare professional.

Fatigue

Fatigue can develop after two or three days on the plan. About one in two people may experience fatigue. The fatigue typically resolves after two weeks. By the third week people often report having more energy than they have had for many years.

The reason for the fatigue is partly due to the body switching from being a sugar burner to a fat burner. This adaptation takes one to two weeks.

Solutions

- Ease back on strenuous physical activity. You can still perform your press ups, squats, and CV activity, but perform them in a relaxed and enjoyable way.
- Where possible, reduce other life demands and know most people have greater energy by week three.
- You should not feel unwell. Listen to your body. If you are unwell, do not assume it is the lifestyle changes you are making and seek appropriate medical attention.

Headache

A small number of people experience a mild headache in the forehead region. It isn't severe and it typically only lasts a few days. The reason for the headache is not fully understood. It may be due to a sudden reduction in sugar, or possibly due to excess salt and water loss. On a positive note, many people that have experienced migraines for years, find these improve during with the 28 Day Rapid Results Plan.

Solutions

- Ensure you are drinking adequate water.
- Ensure you have some salt in your food.
- The headache should only be mild and not cause any other problems. If you have a severe headache, you should not assume this is due to your lifestyle change and you must seek medical attention if necessary.

Light headedness

Blood pressure can significantly improve in the first one to two weeks of the plan. This can lead to light-headedness, especially for people on blood pressure medication.

Solutions

- Ensure you are drinking adequate water.
- Ensure you have some salt in your food.
- If you take blood pressure medication, monitor your blood pressure and review your medication doses with an appropriate healthcare professional.

Constipation

Any dietary change can lead to a change in bowel habit. This typically then improves after one or two weeks. Moving from a high carbohydrate diet to a high protein and lower carbohydrate diet sometimes causes constipation for the first fortnight. This is likely due, at least in part, to excess salt and water loss from the kidneys.

Solutions

- Ensure you are drinking adequate water.
- Ensure you have some salt in your food.
- Make sure you are taking the magnesium supplement. This can provide significant benefit.
- Some people may find increasing intake of fibrous vegetables helpful.

Important to note. Any change in bowel habit will typically settle after one to three weeks. Anyone who is experiencing altered bowel habit for six weeks or more should seek medical attention, this may be nothing to do with dietary change and may need further investigation.

Leg and muscle cramps

Spasming and cramping of muscles, especially in the legs while at rest, can happen in the first couple of weeks. This is thought to be due to the changes happening in the kidneys and the sodium, potassium, magnesium, and calcium levels in the blood

and body. Also, if press ups and squats are new to you this can cause muscle aching for the first few days - this is known as delayed onset muscle soreness, or DOMS, and it is normal.

Solutions

- Ensure you are drinking adequate water.
- Ensure you have some salt in your food.
- Make sure you are taking the magnesium supplement. This can provide significant benefit, usually within 3-10 days.

Important to note. There are other causes for leg cramps or pain that are nothing to do with dietary change or new exercise regimes. The other causes include narrowing of blood vessels, or blood clotting in the blood vessels. If you experience significant leg pain, especially if there is a change in colour or temperature of the skin, you should seek urgent medical attention.

Hunger

Some people report feeling hungry in the first week of the plan. This will typically occur if they are not eating enough. Fortunately, by week two or three the body has converted to being a 'fat burner', and with this many people find their appetite is reduced. At this point some people find they may sometimes naturally skip meals.

Solutions

- Eat more of the 'Enjoy' foods on the High Protein Diet Food Lists.
- Eat enough to satisfy your appetite.

Cravings

Changing food choices can sometimes be difficult. Many people experience food cravings, especially for sugary foods, refined carbohydrates such as bread, and ultra-processed foods. This can pose a significant challenge. Being prepared for this can help.

Solutions

- Eat more of the 'Enjoy' foods on the High Protein Diet Food Lists.
- Eat enough to satisfy your appetite.
- Remember not to judge yourself.
- Try to adapt your home. If the sugary foods are not in the house, it is easier to resist them.
- Know that over time cravings reduce.
- Know the plan is only 28 days and every day is a new day.

28 Day Personal Health Plan

The 28 Day Personal Health Plan is suitable for everyone. You can tailor your plan to your preferences and needs. However, caution may be needed, especially if you plan to make significant dietary change.

IMPORTANT!

The following people may need to seek medical attention before for making changes:

- People that are underweight (a BMI of <18.5).
- People with a current, or significant past, eating disorder.
- People that are pregnant.
- People with a current serious illness, and where significant lifestyle change is currently inappropriate.

In addition, appropriate healthcare professional advice must be sort prior to making significant dietary change, for:

- People that take medication for diabetes, as doses may need to be altered.
- People that take warfarin, as the testing dates may alter.

Finally, people on blood pressure medication may find blood pressure improves. Blood pressure should be monitored and people may need their medication doses adjusted.

If you have any other doubts about making lifestyle change with your medical conditions you must speak to a healthcare professional prior to starting the plan.

28 Day Personal Health Plan

		DAY																													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28		
DAILY SCORE		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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