



Metabolic Code®

DIET & NUTRITION

LOOK GOOD, FEEL BETTER

Metabolic Code Diet: **Phase 2 Quick Guide**



Metabolic Code®
unlock your healthiest you

Metabolic Code Diet: Phase 2- A Quick Guide

If you have been following Phase 1 of the Metabolic Code Diet, you have greatly lowered your intake of high glycemic carbs and have eliminated many common food allergens like wheat/gluten, cow's milk foods, and soy. After following Phase 1 for at least two weeks you should have some idea how your body is responding. Are you losing weight and/or feeling fewer aches and pains and/or nasal congestion? If so, these are all good signs that you are reducing insulin levels and inflammation. When you are ready to move to Phase 2 you can start to add some foods back in, as needed or desired.



The biggest issue that can happen in Phase 1 is that people lose weight very rapidly and may be pretty hungry. If that is the case, it is time to increase starchy food servings. Not everyone will need to make a change though, so here are some instructions to guide the process.



Weight and Hunger **Decision Tree**



1. Are you happy with your rate of weight loss and are you feeling satisfied with your food intake (not feeling too hungry)?

If yes, then you can stay on Phase 1 for a while longer without making adjustments.

2. Have you lost 2-3lbs or more per week, and are feeling pretty hungry most days?

If yes, you can increase your starchy food servings by one additional serving per day:

1500 Kcal: increase to 2 servings / day

1800 Kcal: increase to 3 servings / day

Adding Starchy Food Choices and Serving Sizes

Each measurement below = 1 Serving.

Each serving = 15 grams digestible carbohydrate*

- 1/2 cup beans/lentils, cooked oatmeal, sweet or white potato, green peas, or corn*
- 1/3 cup hummus, rice, quinoa, or gluten free, brown rice pasta
- Lentil GF pasta- read the label to find the portion size for 1 serving carb (15 grams digestible carbs).
- Al Dente brand Plant-Based “Green Pea and Wild Garlic” pasta; it’s gluten free and very good.
1 serving of this pasta = 1 cup cooked.
(Please note that some Al Dente products have wheat in them, so avoid those!)

**Digestible Carbohydrate= Total Carb grams minus Dietary Fiber grams*

NOTE: After eating increased starches for a week, notice if your rate of weight loss slowed down. If weight loss slows down but you DO continue to lose weight, you can continue to eat 2 or 3 starches per day until you reach your desired weight loss. If weight loss stops, cut back down, but maybe eat increased starch servings, 3 days per week to find the balance.



Phase 2: Food Allergen Reintroduction

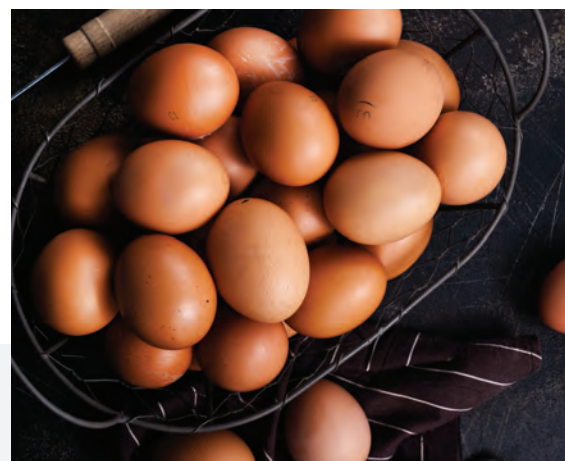
Once you are happy with your weight loss and hunger levels throughout the day, you can begin experimenting with reintroducing foods that had been eliminated in Phase 1 like animal-dairy products, soy etc.

Step 1: Reintroduce foods one at a time. Choose the food you want to try first and start by eating 1 serving of the food.

Examples:

- 2oz of goat or sheep milk cheese on a salad, burger, or chili
- 1-2 eggs, cooked over easy or medium, or hard boiled eggs
- 1 oz. tofu with veggies for dinner

Step 2: Watch for symptoms over the next 12-24hrs
See next page for possible symptoms



Signs and Symptoms of Food Allergy

Runny nose, nasal swelling/congestion, itchy eyes, watery eyes, red-rimmed eyes, under eye circles, mucus in throat, scratching in throat, chronic throat clearing, eczema or other skin rash/itch, sneezing, heartburn

Signs and Symptoms of Food Sensitivities/Intolerance

Joint pain, achiness, or increased general pain, nasal congestion, bloating, indigestion, headaches, mental fog, fatigue, water retention (swollen fingers), depression or other mood changes, stubborn weight (1-2 lb or more that is very difficult to lose and keep off), IBS – like symptoms- constipation or loose stool/diarrhea, or fluctuation between the two, mouth ulcers (sores on inside of mouth), psoriasis, autoimmune conditions like Hashimoto's thyroiditis, arthritis or Sjogren's, noticeable increased hunger and/or food cravings after eating the food.



Step 3: Use the Food Trial Chart on the next page to record whether you got symptoms from the food or not and whether they were fairly strong, moderate or mild.

Step 4: Based on the reaction and symptoms you experience, decide if your body can tolerate the food, or if it's better to simply eliminate it from your diet for now.

- **If you DO feel a symptom(s):**

- o Go back off of the food and retry later, typically after you have tried all the other foods or in 2 months or so.

- **If NO symptom(s):**

- o You can add the food back into your diet, but because it is an allergenic food, it's best not to eat it daily. Try to eat no more often than every 3-4 days, and for corn within daily allowed amounts on the starches.

Food Reintroductions Chart

It's best to avoid these food allergens for a full 3 weeks, however a minimum of 10-14 days can be long enough in some cases to tell if a food will give you a symptom after not eating it. If you eat any allergen accidentally before the 3 weeks but have avoided it for 10 days, just watch for symptoms and take note below.

Food Tried	Date Tried	Weight Gained	Symptoms
Corn			
Eggs (If followed egg free diet)			
Goat Cheese			
Sheep Cheese			
Whey Protein			
Soy			
Peanuts/Peanut			
*Cow's Milk (put this off until 2nd to last)			
*Wheat (put this off until last)			

**For those who have a lot of symptoms or health issues and/or high Triad 2 scores, or who have a lot of weight to lose (i.e. 50 lb and up) we strongly recommend avoiding wheat and cow's milk almost entirely until you are closer to your goal weight or until symptoms, like arthritis or joint pain, have dramatically improved. This could be weeks or months, but if you do eat some before that, just notice any symptoms they cause and go back off the food. For some people, these strong allergens may continue to cause symptoms any time you eat them, even after several months and should continue to be avoided as a result.*

**Metabolic Code® Diet Disclaimer:**

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

Copyright © 2016-2020 Integrative Health Resources, LLC and James B. LaValle. All rights reserved.

No part of this material may be used or reproduced in any manner whatsoever, stored in a retrieval system, or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

metaboliccode.com