

A collage of health and fitness items arranged around a central dark grey rectangular area. The items include: a blue dumbbell with '1.5KG' printed on it, a green apple, an orange, a water bottle, a measuring tape, a pair of blue and yellow sneakers, a blue towel, a bunch of cherry tomatoes, a strawberry, blueberries, oats, crackers, and a bunch of green leafy vegetables.

My Metabolic Mastery Profile

Human Person

Created on **Mar 13, 2022**

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My Nutrition Summary

My Info

| | | | |
|--------|---------|--------------------|----------------|
| Age | 25 | Activity Level | Low |
| Gender | Female | Goal | Weight Sustain |
| Height | 5' 5" | My Diet Type | Protien |
| Weight | 125 lbs | My Supplement Type | 5 |

My Numbers

| | | | | | |
|-----|-------|-----|------|---------------|-------------|
| BMI | 20.80 | BMR | 1313 | Calorie Range | 1,605-2,005 |
|-----|-------|-----|------|---------------|-------------|

My Portions

| Proteins | | Fats | | Carbs | | Water (8oz glasses) |
|------------------|------|------------------|-----|------------------|------|---------------------------------------|
| 7 servings | 203g | 5 servings | 60g | 5 servings | 113g | 8 servings |
| 45% daily intake | | 30% daily intake | | 25% daily intake | | ½ body weight in ounces Max 100 oz |

My Diet Type

Preferred Intermittent Fasting Models:

Step #1: 12:12 (5x a day)

Step #2: Drop 1 Meal = 14:10

Step #3: Drop 2 Meals = 16:8

Step #4: Add 24hr. Fast = 1x a month

PROTEIN TYPE

P 45%

C 25%

F 30%

Preferred Fitness Macros:

50% **Strength** (36 min / 60 min)

30% **Endurance** (18 min / 60 min)

20% **Flexibility** (12 min / 60 min)

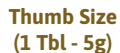
Food Responses: Protein Types typically crave rich, fatty foods such as pizza, sausages, and salty roasted nuts. If you are a Protein Type, chances are that you love food. You may not feel satiated after a snack and may often feel hungry, even after eating a large meal. When you have eaten too many carbohydrates, you tend to crave sugar. And once you start eating sugary foods, you want more and more and may find it difficult to stop. Sugar often causes you to feel jittery and will quickly make your energy levels drop.

Weight Loss: Protein Types may have tried to lose weight by using extreme calorie-cutting methods, only to be unsuccessful—and feel miserable in the process. Protein Types cannot successfully lose weight by drastically decreasing calorie intake.

Energy: When Protein Types eat the wrong kind of food, they may notice energy problems—extreme fatigue or a wired “on edge” feeling. Eating often makes them feel better when they feel anxious, nervous, or shaky, but then they feel worse soon afterward. These cycles of energy ups and downs are definite signs of a mismatch between metabolism type and food consumption.

What Does a Protein Type Need? Protein Types need a diet high in proteins and fats and low in carbohydrates. But think balance—not the Atkins Diet! Protein Types can eat various carbohydrates in the form of some grains, fruits, and vegetables, as long as they are adequately balanced with proteins and fats. Because Protein Types metabolize food more quickly than other metabolism types (which is why they feel hungry all the time), heavier protein choices such as whole eggs, dark-meat poultry, beef, and dairy are essential for ideal meal planning. These foods have long been considered “unhealthy” because of their high fat content, but as you will learn in our Mastery Modules, saturated fat is not the cause of disease; refined carbohydrates, processed foods, and hydrogenated oils are to blame. Protein Types who do not eat heavy proteins with a high fat content will be hungry all day and struggle with their weight. Even worse, eating only carbohydrates at a meal or snack causes your blood sugar to spike and then drop quickly, which will leave a Protein Type feeling hungry, fatigued, and anxious as well as cause cravings for more carbohydrates shortly afterward.

“Must Dos” for Protein Types: Eat protein at every meal and with every snack. **PROTEIN PRO TIP: Make sure to eat your protein food FIRST!!** Eating protein—especially animal protein—at every meal and for snacks will help to control your blood sugar levels and leave you feeling satiated and steady throughout the day. Again, remember to listen to your body; pay attention to which meals and snacks leave you hungry or craving more. Eat small meals frequently or healthy snacks between meals. Protein Types need to eat often; otherwise, they’ll suffer from extremely low blood sugar levels. Going too long between meals (or snacks) also will create ravenous hunger, which in turn will cause overeating at the next meal—only to lead to lethargy and an uncomfortable feeling afterward. Avoid refined carbohydrates. Foods such as bread, crackers, and pastas—especially those made from wheat—can be extremely disruptive for Protein Types. Wheat breaks down into sugar faster than any other grain and causes the rapid release of large quantities of insulin. That is why sprouted whole grain bread products are most nutrient dense, recommended option. Avoid most fruits and fruit juices. Fruits are a wonderful, healthy food, but Protein Types need to be extra careful with their fruit selections. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. The best fruit choices for Protein Types are apples and avocados (high in fiber and low in sugar). Some protein types may be able to eat more of these fruits than others.

[illegible]

Focus Food List - PROTEIN TYPE

| PROTEINS | | | CARBOHYDRATES | | | FATS | |
|--|--|---|--|---|---|---|--|
| Meat | Seafood | Dairy | Grains | Vegetables | Fruits | Nut/Seeds | Oil/Fats |
| High Purine: Liver & other organ meats Medium Purine: Grass Fed Beef Bison Buffalo Lamb Goat Pastured Pork Venison Nitrite / Nitrate Free Uncured Bacon Nitrite / Nitrate Free Sausage Dark Meat Pastured Turkey Dark Meat Pastured Chicken Dark Meat Quail <i>*Dark meat is from the leg, thigh & neck</i> | High Purine: Anchovy Herring Sardine Caviar / Roe Mussels Medium Purine: Mackerel Rainbow Trout Salmon Tuna Clam Crab Crayfish Lobster Oyster Scallops Shrimp <i>*Wild Caught is high preferred over farm raised</i> | Cheese Eggs Cottage Cheese Yogurt Kefir Sour Cream Cream Cheese <i>*Organic, pastured (grassfed), raw and cultured is best</i> | Oats Wild Rice Amaranth Brown Rice Corn (on the cob) Quinoa Buckwheat Couscous *Kamut Millet *Rye *Spelt <i>*Limit Gluten containing grains, SPROUTED grains are highly preferred.</i> | Low Glycemic: Celery Mushrooms Spinach Asparagus Cauliflower String beans Garlic Onions, Leeks Moderate Glycemic: Carrots Artichoke hearts Peas High Glycemic: White potato Winter squash Sweet potato Legumes: Kidney beans Black beans Navy beans Garbanzo beans Lentils Split peas <i>*Make sure to soak and rinse legumes</i> | Apple Pear Banana Avocado Olive Coconut <i>*Avoid fruit juices, canned fruits and citrus of all kinds</i> | Walnut Peanut Almond Cashew Brazil Pecan Chestnut Pistachio Coconut Hickory Macadamia Pumpkin Sunflower Sesame <i>*Soaking nuts & seeds in salt water then roasting them helps with digestion</i> | *Coconut Olive Sesame Sunflower Avocado Walnut Flax Seed Ghee Butter <i>*Only oil you can high heat above 250 degrees</i> Seasonings Unrefined sea salt Herbs Vinegars Sweeteners Raw honey Monk fruit Stevia Coconut sugar <i>*Use sparingly</i> |

****Download our FREE Shopping Guide for tips at the store: <https://eurekaholisticnutrition.com/e-favorites/>**

Sample Meal Plan - PROTEIN TYPE

Sunday

Breakfast

P - Scrambled eggs

C - Sautéed spinach + mushrooms

F - Bacon

Lunch

P - Baked chicken legs

C - Raw carrots, celery & cauliflower

F - Ranch yogurt dressing dip

Dinner

P - Herb Pecan Baked Salmon

C - Steamed green beans / Spinach salad

F - Olive oil, vinegar dressing

Snack

Cultured cottage cheese + green apple slices

Monday

Breakfast

P - 2 boiled eggs

C - Sprouted toast

F - Butter, Canadian bacon

Lunch

P - Tuna salad with celery & apple

C - Lentil soup

F - Olive oil mayo

Dinner

P - Turkey Meatballs

C - Steamed asparagus & Quinoa

F - Butter garlic sauce

Snack

Almond butter with celery slices

Tuesday

Breakfast

P - Chocolate whey or pea protein powder, dairy kefir or almond milk - Smoothie

C - Spinach

F - Avocado, almond butter

Lunch

P - *Herb Pecan Salmon

C - Raw carrots, celery & cauliflower

F - Ranch yogurt dressing dip

Dinner

P - Grilled grass fed burger

C - Fried Cauliflower rice with garlic & onion

F - Sesame oil (rice, avocado & cheese (top burger)

Snack

Full fat Greek yogurt with

Wednesday

Breakfast

P - Egg bacon muffins

C - Sautéed spinach + mushrooms (in muffins)

F - Cheese (top muffins)

Lunch

P - *Grilled grass fed burger

C - *Lentil soup

F - *Avocado & Cheese (top burger)

Dinner

P - *Baked chicken legs

C - *Steamed green beans / Spinach salad

F - *Olive oil, vinegar dressing

Snack

*Cultured cottage cheese + green apple slices

Thursday

Breakfast

P - *Chocolate whey or pea protein powder, dairy kefir or almond milk - Smoothie

C - *Spinach

F - *Avocado, almond butter

Lunch

P - *Tuna Salad with celery & apple

C - *Raw carrots, celery & cauliflower

F - *Ranch yogurt dressing dip

Dinner

P - *Turkey Meatballs

C - *Fried Cauliflower rice with garlic & onion

F - *Sesame oil (rice, avocado & cheese (top burger)

Snack

Turkey slices & Mashed potatoes

Friday

Breakfast

P - *Egg bacon muffins

C - *Sautéed spinach + mushrooms (in muffins)

F - *Cheese (top muffins)

Lunch

P - *Baked chicken legs

C - *Lentil soup with carrots

F - *Ranch yogurt dressing dip

Dinner

P - Roast beef

C - Steamed cauliflower, Spinach salad with mushrooms &

F - Bacon, Olive oil vinegar dressing

Snack

Almond butter with celery slices

Saturday

Breakfast

P - *Scrambled eggs

C - *Sautéed spinach + mushrooms

F - *Bacon

Lunch

P - *Philly cheese steak

C - *Sprouted grain bread, green apple slices

F - Melted cheese, butter

Dinner

OUT TO EAT!!

Snack

*Full fat Greek yogurt with berries

Nutrition Tips

- #1. Eat in a slow, relaxed state as much as possible
- #2. Chew food thoroughly (try putting utensil down in between bites)
- #3. Drink water, coconut water, herbal tea in between meals rather than with your meal
- #4. Add a tiny pinch of sea salt to half your water intake (electrolytes help absorption)
- #5. Choose 90% of your meals to be from your Focus Food list
- #6. Always consume your metabolically important food FIRST and COMPLETELY before eating the next food.
- #7. Stop eating when you first start to feel full (learn to listen to your body)
- #8. Choose highest quality foods available as much as possible: fresh, organic, pastured, non GMO, wild caught, etc.
- #9. Include RAW foods if tolerated based on your Diet Type (fruits, veggies, dairy, proteins)
- #10. Choose a meal prep method that works best for you! (Talk with your Coach at Get Started Session for methods)

My REST Rx

Rest Rx Rating: **FAIR**

Step 1 - Habits (Tips #2, #3, #5)

Step 2 - Hygiene (Tips #1, #4)

Step 3 - Hormones (My Restoration Plan)

My RESToration Plan

Try these strategies as Factors occasionally affect your quality and quantity of sleep

#1 Factor: Trouble Getting to sleep

(Try Tip #4, Brain dump (write everything down), Try Support Minerals supplement blend)

#2 Factor: Trouble Staying asleep

(Try Tip #5, 50-150 mg of 5 HTP as needed)

#3 Factor: Waking up tired or not refreshed

(Try Tip #2, Try Adrenal Adaptogen like ADHS)

Quality Rest Tips

#1: Keep room cool, dark, quiet. Use ear buds or white noise, black out drapes and cool sheets. Unplug all devices/all screens.

#2: Establish a predictable sleep schedule. (10:00 pm - 6:00 am) is optimal for most people. *(The liver detox time is 1:00-3:00 am)*

#3: Avoid stimulants *(caffeine, strenuous exercise, desserts)* 2-3 hours before bedtime

#4: Try Epsom salt bath or foot soak or magnesium warm drink before bed *(Natural Calm dissolved in warm water)*

#5: Eat a small protein snack *(boiled egg, spoonful nut butter, small piece of chicken, almonds)* 30 minutes before bed *(helps to keep blood sugar stable during the night)*

My EXERCISE F.I.T.T.

| | | | |
|---|---|---|---|
| My FITT Rating: ADVANCED | STRENGTH (+ADD Resistance) 15-20 Reps | ENDURANCE (Advanced Level) 5-7 min @ THR | FLEXIBILITY (Hold or Repeat for 25 sec.) |
| Frequency: 4-6x a week | Choose 1-2 exercises from STRENGTH. Choose 1-2 Exercise from ENDURANCE. Do them back to back and REST while doing 1 FLEXIBILITY exercise. Repeat this Circuit to match your Fitness Macro min. percentages. (approximately 6 circuits) | | |
| Intensity: 90% of workout in THR Zone | <i>Dumbbells, Stretch Bands</i> <i>Ankle or Wrist Weights, Barbell,</i> <i>KettleBell, Medicine Ball, Weight Vest,</i> Plank & Push up Versions Bridge Versions Quadraplex Genie Sits Supermans Squat Versions Lunge Versions VSit Versions Pilates TRX Exercises | Walking Jogging / Running Elliptical Rowing Burpees Versions Jumps (Squat, Tuck, Plank) Mountain Climber Versions Jumping Jacks Versions Jumping Rope Rebounding Kickboxing Plyometrics Stepper | Child Pose Upward & Downward Dog Cat Cow Pyramid Pose Revolved Chair Triangle Standing Backbend Warrior 1 Warrior 2 Warrior 3 Twisted Wide Leg Triangle Half Seated Twist |
| Time: 40-60 min | | | |
| Type: Whole Body H.I.C.T. | | | |
| Fitness Macros <u>176</u> bpm THR <u>50</u> % Strength (<u>30</u> min / 60 min) <u>30</u> % Endurance (<u>18</u> min / 60 min) <u>20</u> % Flexibility (<u>12</u> min / 60 min) | | | |

Pro Tips

#1: FOCUS on **WHOLE BODY**, HICT (High Intensity Circuit Training) that incorporate all three fitness macros simultaneously with short rests.

#2: Workout nutrition - Try a combination of FASTING workouts don't eat anything till AFTER you have exercised. This assumes you would be able to exercise in the morning. And FEASTING workouts sip on protein shake mixed with sugar free electrolyte blend like Ultima mixed in Coconut Water DURING exercise.

My Daily F.I.T.T. Tracker



How Often



How Strenuous



How Long



How To

| Fitness Factors | FREQUENCY | INTENSITY | TIME | TYPE |
|-----------------|-----------|-----------|------|------|
| Daily Numbers | — | — | — | — |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

My STRESS STAGE

My Stress Stage: **ACUTE**

"There is no one like the God of Jeshurun who rides the heavens to help you ...The eternal God is your refuge and underneath are the everlasting arms." Deuteronomy 33:26-27

Stress Mastery Steps

#1 Physical - Eat 5 small meals a day, Light aerobic exercise, Schedule downtime, Get outside in sunshine, Take Adrenal Adaptogen and Vit. B complex with Vit.C, make sure to add electrolytes to water (either sea salt pinch or Ultima works!)

#2 Psychological - The Five A Strategy applies really well in this stage of stress. Have an OUTLET (a person) to process through these mental and emotional stressors

#3 Spiritual - Music & Worship are critical in this stage (quiet 1:1 & corporate) Faith Affirmations will fill your heart with truth during high stress.

Stress Mastery Tools

#1: Physically: Support sugar balance by not skipping meals - Stay active - Identify hidden physical triggers - Get some sunshine

#2: Mentally / Emotionally: Brain dump - Journaling - List making - Gratitude Board - Get your thoughts OUT - Counseling

#3: Spiritually: Daily Biblical Meditation - Prayer Time - Music & Worship - Identify Spiritual Stressors - Faith Affirmations

#4: FIVE A's of Stress Mastery Mindset: Avoid / Alter / Adjust / Accept / Appreciate

#5: The FIVE D's of Stress Mastery Lifestyle: Diet / Downtime / Dumbbells / Devotions / Delegate

My Supplement Profile: **GI TYPE**

| Schedule | Supplements | Dose | Sequence # | Titration | Notes |
|------------------------|--|--|-------------------------|---|---|
| Water (upon rising) | MegaSpore Biotic | 2 capsules | #3 | <i>Start with 1 a day & increase to 2 wk 2</i> | Start Day 3 |
| BREAKFAST Time: | Plant Enzymes ProOmega - D Liquid MultiVit/Min. | 1 capsule 1 softgel 2 TBL | #1 #4 #5 | #1 <i>Start with 1 a day & increase to 2 a day, then 3 a day</i> | Start Day 1 Start Day 4 Start Day 5 |
| Water (mid morning) | | | | | |
| LUNCH Time: | Plant Enzymes ProOmega - D | 1 capsule 1 softgel | | | |
| Water (mid afternoon) | Gastro One Gut Health | 1 Scoop mix in water | #2 | | Start Day 2 - Could try mixing in Aloe Vera juice or unsweetened Coconut Water |
| DINNER Time: | Plant Enzymes | 1 capsule | | | |
| Water (at bedtime) | | | | | |

My Metabolic Mastery Profile: D.R.E.S.S. Routine Dashboard

| Diet Type: Protien | Daily Portions: P 7 C 5 F 5 W 8 | Supplement Type Gl | Exercise FITT Advanced | Stress Mastery Acute | Rest Week Day:_____ |
|----------------------------------|--|------------------------------|----------------------------------|--------------------------------|------------------------|
| Water | <input type="checkbox"/> _____glasses | | | | Rise Time: |
| BREAKFAST <i>Time:</i> | <input type="checkbox"/> P: C: F: Meal Type: _____ | | | | |
| Water | <input type="checkbox"/> _____glasses | | | | |
| LUNCH <i>Time:</i> | <input type="checkbox"/> P: C: F: Meal Type: _____ | | | | |
| Water | <input type="checkbox"/> _____glasses | | | | |
| DINNER <i>Time:</i> | <input type="checkbox"/> P: C: F: Meal Type: _____ | | | | |
| Water | <input type="checkbox"/> _____glasses | | | | Bed Time: |

Mastery Coaching Options:

Chat Support / LIVE Group / Private 1:1

Coaching support is based on Membership Level (Basic, Plus, Complete) and can be changed, paused or deactivated at anytime and is delivered through our online platform Practice Better.

Chat Support

Unlimited Coach messaging is included with every Membership Level. Coaches check in weekly with members via chat, share documents and resources, send encouragement and reminders PLUS give guidance on a personalized protocol they created for you! Group chat with other Mastery members for additional accountability and support!

LIVE Group

***Mastery Mondays are offered LIVE each week for Plus and Complete members.** These group sessions are structured 60 min. opportunities to share progress, learn about a specific Phase topic, ask questions and leave motivated and inspired to start your week!*

Private 1:1


***Meet with your Coach 1x a month as you move through your Mastery Program.** These 60min. sessions offer highly customized lab interpretation, DRESS Protocols and high touch Coach support in addition to Chat and Group support for our **Complete** Members.*



Your Support TEAM

Virtual Coaching

****Schedule your Get Started Session Today!!**



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Journals

Programs

Bookings

Packages

Invoices & Billing

Protocols

Forms

Documents

Tasks

Request a session

Complete forms

Complete a task

Send a message

Log journal entries

Upload a document

My Journals - June 30

FOOD & MOOD JOURNAL

0 entries

+ Add

LIFESTYLE JOURNAL

0 entries

+ Add

> 0.0 FL.OZ

0 glasses

+ Add

View entries

My Programs

El Discovery Club Member Resource Library

Evergreen

0% completed

El Discovery Nutrition Course

Evergreen

0% completed

Meal Planning Guide

Evergreen

0% completed

View all

Pending Forms

You have 40 forms to complete.

Metabolic Type Quiz

Sent 2 days ago

✕ Not started

HIPAA Notice of Privacy Practices

Sent 2 days ago

✕ Not started

Coaching Agreement

Sent 2 days ago

✕ Not started

View all

Protocol Details

Upcoming Sessions

No upcoming sessions

Request session

Pending Tasks

You have 62 tasks to complete.

Lesson 5: My Get Started Plan Challenge

No due date

...

Lesson 4: Pantry Purge Challenge

No due date

...

Lesson 3: Hydration Challenge

No due date

...

View all

Log into your Member Portal from eurekaholisticnutrition.com - My Portal Button on Top Right. Bookmark that log in page for quick access.

[TOUR VIDEO](#)

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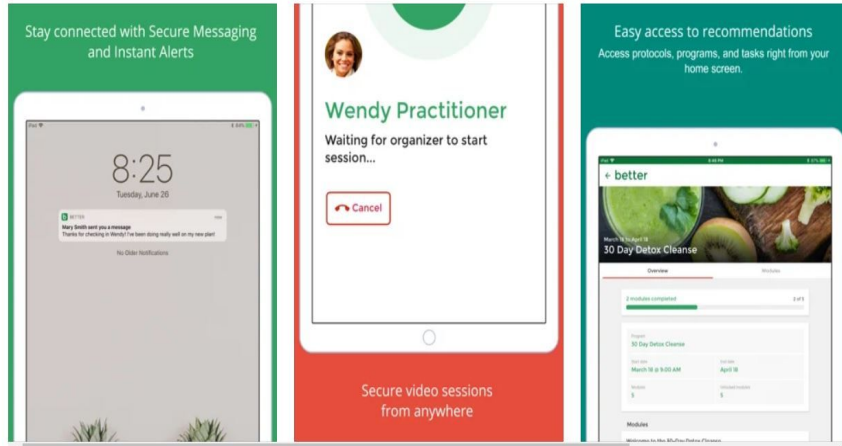
Green Patch Inc.

Designed for iPad

★★★★★ 3.4 • 64 Ratings

Free

Screenshots [iPad](#) [iPhone](#)



On the go access to:

- Phase Guide
- Mastery Modules
- Member Resource Library
- Coaching Sessions
- DRESS Protocols
- Lab Test Results
- Coach Chat Support
- Journal Tracking Tools
- Supplement ordering
- Your Wellness Targets
- Session notes
- Tasks and reminders
- Your Support Community!!



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Nutrition & Holistic Health Tips

Community of Support

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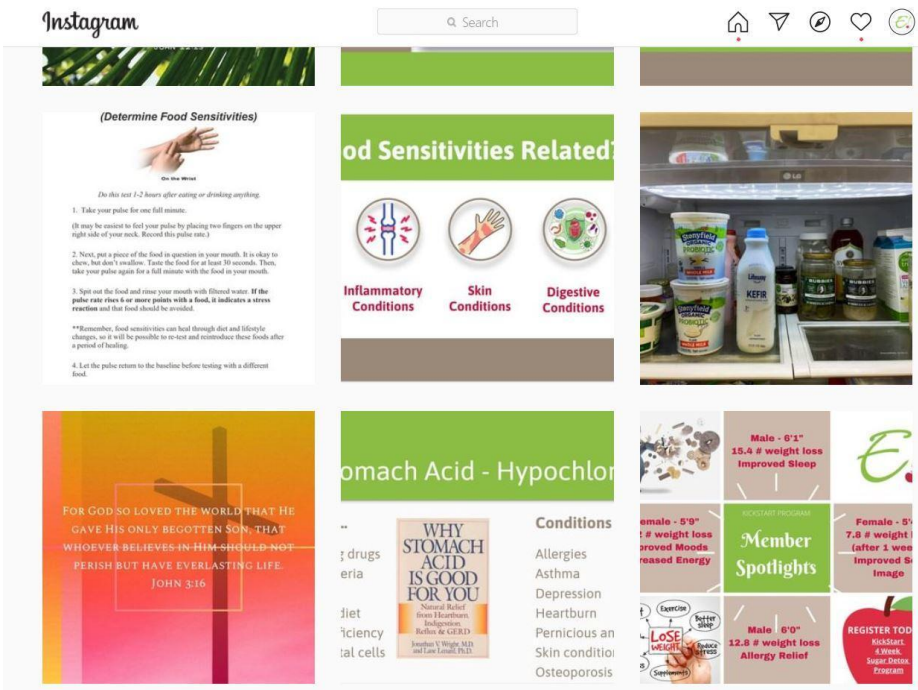
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Functional Diagnostic Nutrition & Holistic Health Coaching

BRIDGES the gap between symptom based, conventional medicine and root cause based, functional medicine to achieve lasting weight MASTERY by rebuilding metabolic health.

Our opt in, self care model works in partnership with you and your physician to provide a customized TEAM approach.

Let's Get Started!



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