



# BIOHACK YOUR METABOLISM

# SHOPPING LIST

*Here's your 'getting started' shopping list for the UltraMetabolism Program. Here are some basics that — with the addition of fresh vegetables and fruit — will let you make meals for any phase.*

## **Grains and nuts**

Steel-cut oats or old-fashioned rolled oats

Quinoa

Brown rice

Raw nuts - raw almonds, cashews or walnuts (no peanuts)

Raw sunflower seeds

Freezer section

Frozen berries (when berries are out of season)

## **Meat and fish**

Turkey or chicken breasts. Buy organic or hormone free if possible.

Roast beef or turkey deli meat. Buy nitrate-free if possible.

Canned tuna (in water)

Salmon (best place to buy non-farmed salmon

<https://thecanadianway.com.au/retail-locations>)

Barramundi

Whole fish

Sardines

## **Condiments and pantry items**

Chicken, beef or vegetable stock or homemade broth (check labels as some brands contain sugar, corn or soy)

Canned or dried beans. Canned beans are convenient, but most can linings contain BPA. You can also soak and cook dried beans, which is economical

Himalayan salt or sea salt

Balsamic vinegar

Tamari, a gluten free soy sauce that's acceptable on the diet as it is fermented

Olive oil. You can use other oils, but if you only want to buy one, go for extra-virgin olive oil.

# SHOPPING LIST

## Basic fresh veggies and fruits

Buy whatever phase-appropriate fruits and veggies are in season. But here are some basics that most stores stock all year round:

- Apples
- Oranges
- Lemons and limes
- Cabbage
- Carrots
- Celery
- Broccoli
- Cucumbers
- Kale or spinach
- Green or red capsicum
- Mushrooms
- Sweet potatoes
- Yellow onions
- Garlic
- Ginger
- Rocket
- Mint

## Nice-to-have extras (these are not essential but are nice to have);

- Almond milk or coconut milk
- Sprouted-grain bread. This can be used on both Phase 1 and Phase. (Find Ezekiel in health food stores)
- Brown-rice pasta or quinoa pasta
- Birch-based xylitol (non-gmo:  
<https://www.naturallysweet.com.au/naturally-sweet-birch-xylitol-1kg>)

# SUPPLEMENT BERBERINE

Better than metformin

1000gm-1500mg daily

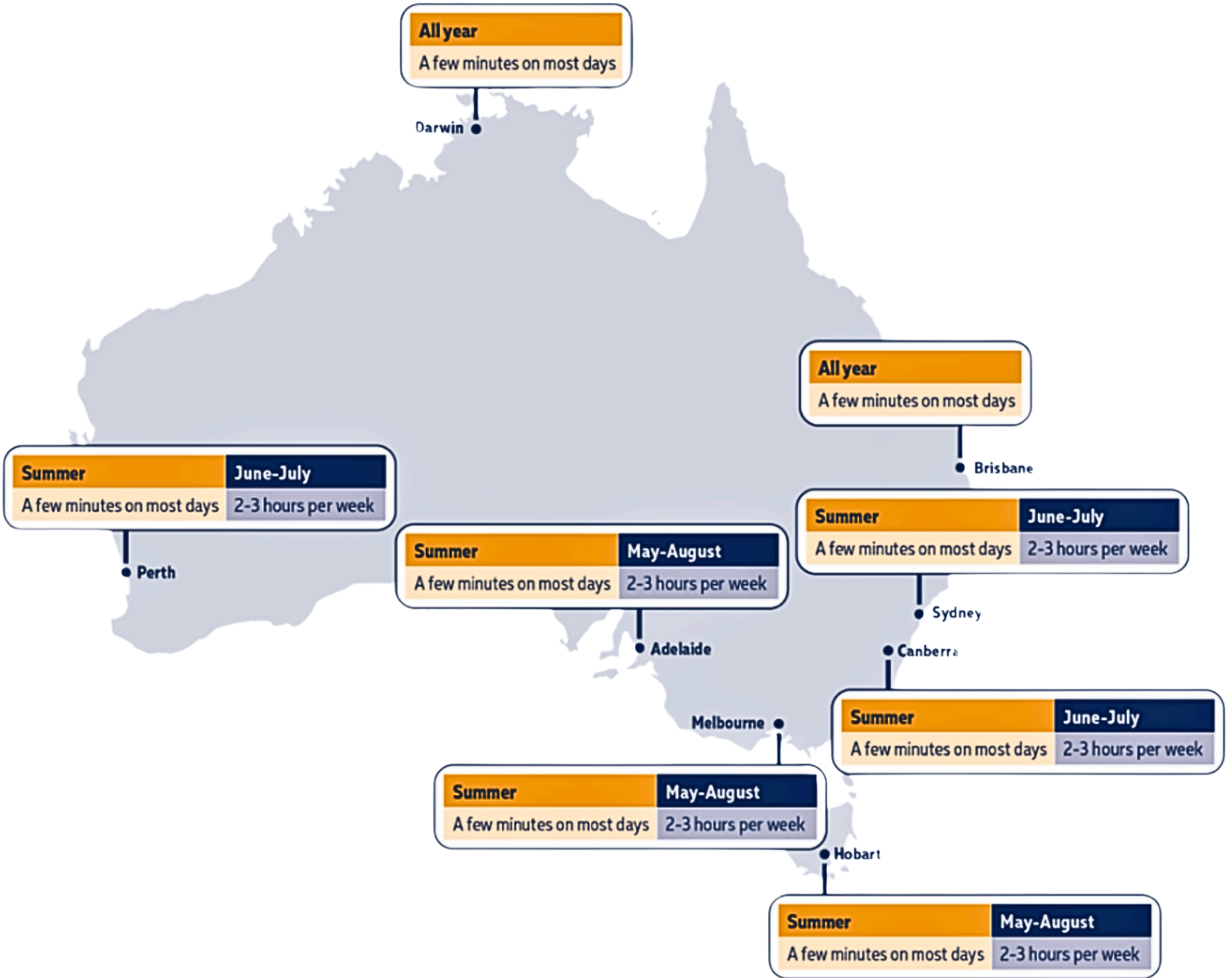
Take on weekdays, break on weekends.



*"After one month of supplementation... levels of fasting blood glucose, 2 h postprandial blood glucose, insulin resistance index and blood lipid indexes in observation group were significantly lower.*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2410097/>

# SUN EXPOSURE



Deficiency	Insufficiency	Sufficiency	Ideal Vitamin D range
< 20 ng/ml (< 50 nmol/L)	< 30 ng/ml (< 75 nmol/L)	> 30 ng/ml (> 75 nmol/L)	(75 - 120 nmol/L)
Serum 25-hydroxyvitamin D			Toxicity > 375 nmol/L

AIS, 2022

# ARE YOU READY TO LOOK AND FEEL YOUR BEST?

	NORMALLY <del>\$1497</del>	YOUR DEAL! NOW ONLY \$997
ULTRAMETABOLISM PROGRAM	✓	✓
ADVANCED HEALTH PROGRAM	✓	✓
*VITALITY FOR WOMEN 35+ (Value \$397)	✗	✓
FROM ANXIETY TO PEAK POTENTIAL (Value \$497)	✗	✓
12 WEEKS COACHING CALLS + ACCOUNTABILITY (Value \$1497)	✗	✓
PRIVATE COMMUNITY/ DAILY SUPPORT (6 months) (Value \$997)	✗	✓
PATHOLOGY ASSESSMENT (Value \$497)	✗	✓
MIND OVER WEIGHT (Value \$197)	✗	✓
MONTHLY WORKSHOPS WITH VESNA (VALUE \$1497)	✗	✓

\*pay in full bonus only

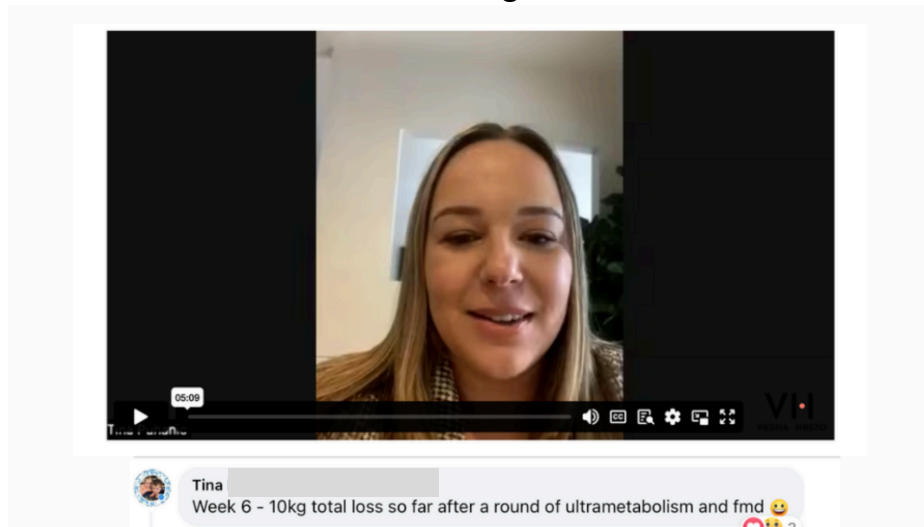
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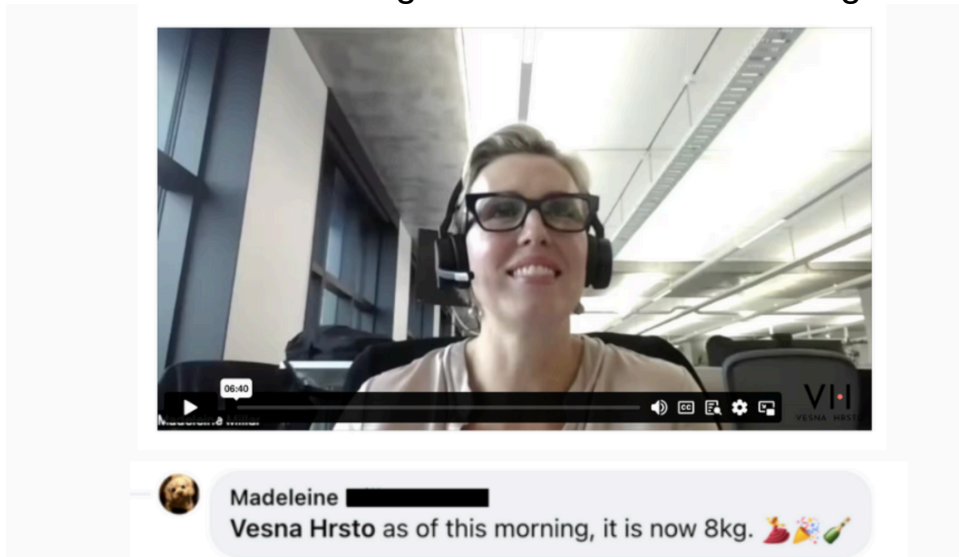
*I am making my husband do this with me for support. The first week he lost 5kg. He even gave up his cherished coffee! I just walked into work and one of my friends who I see once a week atm, said, "Wow! You look great! Have you lost weight?" Yay!!!*

# WHAT OTHER PEOPLE ARE SAYING

Tina lost 10.5kg in 6 weeks



Madelaine Lost 8kg in 4 weeks while eating more



Simone's health has improved and anxiety decreased

