



The Metabolic Support Program

Are you struggling with low energy, stubborn weight, or feeling overwhelmed by conflicting health advice? The Metabolic Reset Program is designed to address these challenges and provide you with a clear, personalized path to long-term wellness. With expert guidance and proven strategies, this program empowers you to reset your metabolism, improve your energy, and create sustainable habits—all tailored to your unique lifestyle.

✨ What You Get Each Week

 **Weekly Video + Written Lessons** - Short, easy-to-digest content that breaks down key topics like metabolism, nutrition, movement, hormones, and more—backed by science and delivered with compassion.

 **Guided Workbook Pages** - Reflect, plan, and apply what you learn with printable workbook pages, trackers, and journal prompts that help connect information to action.

 **Balanced Meal Plan & Recipe Ideas** - Enjoy sample meals and flexible, culturally inclusive recipe inspiration—plus a “build your own plate” framework to create meals that work for your body and lifestyle.

 **Simple Weekly Action Steps** - No pressure to be perfect—just small, realistic goals each week to help you build momentum and feel confident in your progress.

 **Live Group Check-In Sessions** - Weekly virtual check-ins with your dietitian to ask questions, get feedback, celebrate wins, and stay accountable in a supportive space.

 **Private Group Chat (via Practice Better)** - 24/7 access to a judgment-free, supportive community where you can share your wins, ask questions, and stay connected with others on the same path.

Building the Foundation

Module 1: Understanding Your Metabolism

- **Focus:** This week is all about getting grounded. You'll learn what metabolism *really* is and why it matters—not just for weight, but for energy, mood, digestion, and overall well-being.
- **Key Topics:**
 - What metabolism is (without the diet culture confusion)
 - The components of your Total Daily Energy Expenditure (TDEE)
 - Key factors that influence your metabolic rate
- **Workbook:**
 - Metabolic health quiz.
 - Baseline habit tracker.
 - Journaling: "What does a healthy metabolism mean to me?"
 - Week 1 Meal Plan + Build a Plate Guide
- **Action Steps:**
 - Start tracking your meals, activity, and energy for awareness—not perfection. The goal this week is to observe your body's patterns and lay the foundation for meaningful change

Module 2: Optimizing Nutrition

- **Focus:** Nutrition as the foundation of metabolic health.
- **Key Topics:**
 - Macronutrients: Protein, carbohydrates, fats.
 - The balanced plate formula.
 - Meal Timing
 - Hydration
- **Workbook:**
 - Personalized nutrition plan worksheet.
 - Meal planning and shopping list templates.
- **Action Steps:**
 - Create a weekly meal plan.
 - Begin tracking food choices and portion sizes.

Module 3: Blood Sugar Regulation & Hormonal Balance

Module 4: Exercise and Movement

Module 5: Gut Health and Metabolism

Module 6: Sleep Optimization

Module 7: Reassessing Goals and Progress

Module 8: Building Flexibility & Managing Social Situations

Module 9: Emotional Eating & Mindful Practices

Module 10: Enhancing Accountability

Module 11: Nutrition & Supplementation for Longevity

Module 12: Building Resilience Through Lifestyle Goals