

Metabolic Revolution Group - July 2026

Monday, July 13 – **SET-UP**

Special Guest - Silvia Rodriguez

My intention in organizing this 4-week Focus Group ...

is to come together, combine our energies, and experience the possibilities.

Each person gets to choose what they want to do and what they're willing to do...

People get incredible results when they truly give an authentic effort.

We have a Guest Speaker today who did just that...

She decided that she wanted to change her trajectory.

She applied herself fully.

Her results are inspiring!

And, I believe *everyone* can experience those same wins.

I don't have all the answers and I am not here to tell you what to do or to control what you decide to do.

I am here to participate alongside you, support your efforts, encourage you and offer guidance to help you navigate.

What's motivating you to be involved?

As part of:

- being present
- taking inventory and making note of your current state
- being clear and intentional
- clarifying the data to have an accurate perspective of WHERE you started, allowing you to course-correct and celebrate your progress later.

→ Make a list of the symptoms you are experiencing

Examples of symptoms people have mentioned

- Painful joints. If so, where?
- Low energy
- Low mood, feeling blue, or anxiety
- Confusion about what to eat
- Difficulty losing weight

→ (Optional) Note your current weight

→ (Optional) take "before" photos.

For most, just the thought of doing that makes them want to run for the hills, including me... but I can't tell you how many times people say, "I wish I would've

taken photos.”

--People forget where they've come from.

--Taking photos can also really galvanize commitment.

That being said, this is optional because I don't want that to be a deterrent.

Honestly, I don't push people to take photos for that reason, but we regret it nearly every time.

What Map will you be using?

Map A,B or C

- Map A –
 - Close to your ideal weight.
 - Higher emphasis on carbohydrates
 - 4 higher carbs days /3 lower-carb days with protein + fat
- Map – B
 - stabilize easily shifting weight
 - more balanced ... more Protein and Veggies than Map A
 - 4 higher carbs days /3 lower-carb days with protein + fat
- Map C –
 - Metabolisms that need most intervention
 - Nourish the adrenals and calm stress response
 - Larger portion sizes.
 - More Protein and less carbs
 - 3 higher carbs days /4 lower-carb days with protein + fat

Action Steps and suggestions:

1. Make this of symptoms you're experiencing and why you are doing this
2. print Food List (pages 15 & 16).
 - a. Have that easily accessible
3. print blank map templates for your Map
 - a. Map A - see page 159
 - b. Map B - see page 163
 - c. Map C - see page 167
4. starting on page 39 are recipes that have been pre-adjusted for each map
5. plan first week of meals
6. This week - shop for food
7. On Friday or Saturday the week prior, plan the next weeks food so you can shop for the week to be prepared

Tricks & Tips:

1. Planning ahead is HUGE. It's what I call a "Subtlety of Discipline".
 - a. If you don't know your plan...
 - You can't shop for food
 - You won't have the food to prepare
 - When you're hungry it will be difficult to be able to stay on the protocol
2. Keep the food simple.
 - a. It's easier on your digestive system. Your body can put its attention on repair, healing, detoxification and burning fat
 - b. A favorite of mine is
 - i. Chunked chicken or Ground beef + a veggie – sauteed
 1. Chunked chicken + squash
 2. Chunked chicken + mushrooms
 3. Chicken + pea pods
 4. Ground beef + shaved cabbage
 5. Ground beef + bell peppers
 6. Ground beef + broccoli
3. When you do cook, make more servings so you're not preparing food as often.
4. It's ok to repeat easy and favorite meals
5. Foundations counts as Resistance Training
6. Most people say it's too much food.
 - a. Eat what you can. Prioritize the protein and forgo some veggies if you need
7. If you get off track, get back on. Everything is not lost. The biggest mistake people make is they feel lost or guilty and they keep going farther off.
8. Drink your water.
 - a. You need water to burn fat. It's part of the "recipe" to burn fat
 - b. The metabolic byproducts that are produced from fat metabolism are toxic. Water flushes out those toxins.
 - c. Water helps flush out the inflammatory chemicals
 - d. Water can also fill you up and quells hunger
9. Liver reset nightly
 - a. Helps you get to know your belly and your liver.
 - i. So you have a perspective for when it's not in harmony
 - ii. You can troubleshoot what to do to support it
 - b. By keeping the lymph from getting backed up, your body will flow better

- c. When you are overrun with toxins and your own sewage, it tends to make you crave whatever your addiction is. Besides for the health benefit, you want that to be flushed out

Other supportive activities that charge the battery of YOU

1. Try to get to bed earlier than normal. A rested body...
 - a. detoxifies more effectively
 - b. burns fat more prolifically
2. Build up your solar callus with morning/sunrise sun. Try to get sunshine...
= Circadian Biology
 - a. charges your mitochondria, the batteries of your cells.
 - b. Only 1/3 of our energy comes from food
 - i. 1/3 from food +
 - ii. 1/3 from sun +
 - iii. 1/3 from Earth (magnetism).
3. Reduce exposure to blue light, EMFs and dirty electricity
 - a. Screen time is synonymous with eating cake
 - b. Raises Insulin levels

Started a new thread in TG called “Food Group Chat”

Next Meeting scheduled → TBD

Special Guest - Silvia Rodriguez

Speaking on...

1. Her personal experience with this protocol
2. What she found challenging and how she overcame those challenges
3. Silvia’s suggestions