

# Mastering Metabolic Health



*Healthy Lifestyle Coaching  
for Australian women  
at every stage of life.*





**Are you ready to  
transform your health,  
and find balance  
in just 15 days?**

The first few pages will give you foundational knowledge on why metabolic health is so important. Then, there are 15 pages in which to record what you eat each day. It is important to include everything that goes into your mouth!

I've also included some handy cheat guides you can stick on the fridge. At the end, there's room to reflect on all you've learnt. Let's help every Aussie girl to thrive, one bite and one break at a time!

Let's get started at Mastering Metabolic Health.

Over the next 15 days you'll need a Glucose Monitor, and some Ketone testing strips.

You'll be recording what you eat and monitoring how your blood sugar responds to the food you eat.

Each day you'll be taking a step towards developing a feasting and fasting lifestyle that aligns with your unique hormonal needs.



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# 15 days to Master Metabolic Health ...

## **Introduction:**

### **Let's Get ready for transformation**

- Why metabolic health is so important
- Identifying your 'WHY' reason for the journey

## **Week 1 | Mastering the Foundations**

- Mastering Metabolic Flexibility & Health
- Understanding your Metabolic Switch
- Separating your Feasting from your Fasting
- Ketobiotic Feasting for your hormones
- Impact of Rest & Sleep for Blood Sugar Stability

## **Week 2 | Watching our Blood Sugar & Ketones**

- Using the "Ultimate food & lifestyle diary"
- Reflection questions and things to notice

## **BONUS ADDITIONS**

- \*\* Cheat Sheets for the Fridge
- \*\* Invitation to join a group transformation journey

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# Get ready for your journey ...

## Preparing for your 15 Day Transformation

To assist you to reach your health goals, there are some important tools that are essential to make your transformation success. Each tool helps in a different way, providing information about how your body is responding to either the food you eat, or your detoxification efforts.

Having these tools handy will provide invaluable information of your progress, and they will also keep you safe should an adverse detox symptoms arise during extended fasting.

## Free Apps for Fasting, Cycle Tracking & Macronutrient Measuring

EasyFast©  
Fasting App



Clu© Cycle  
Tracking App



Carb Manager©  
Macronutrient Tracker



The free version is adequate for your 15 Day Transformation. Download from Google Play or iTunes. Set up your account and have a play!

## Essential Tools for tracking Blood Sugar and Ketones

LIFESMART©



CARESENS Dual ©



ACCUGENCE©



ACCU-CHEK©



These Australian readers are *inexpensive*. Don't forget to order both the Blood Glucose AND Ketone test strips. Also, LifeSmart's Libre2 introductory offer is highly

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# Week 1

## Let's Master the Foundations!



# The Big Picture

## Why is Metabolic Switching so Important?

Whether you're suffering from chronic disease, or just want to lose some kilos, you're about to embark on a powerful journey toward better health. Many of the principles you're about to learn were first taught to me by Dr. Mindy Pelz. She has spent years studying and teaching women how to harness the power of fasting, not just for weight loss but for overall well-being. This Guide captures the essence of her teachings, making it easy for you to apply fasting and feasting principles in a way that works for your body. Please note that this Guide does not replace Dr Mindy's books *Fast Like A Girl* and *Eat Like A Girl*, it simply provides a summary from an Australian perspective.

Before diving into the details, let's start with the big picture. Health is very closely related with **metabolic switching**—training your body to move between burning sugar and burning fat efficiently. When you understand this, fasting becomes a tool for **hormonal balance, mental clarity, and long-term health**.

Also a founding principle is the truth that our female body was created with an incredibly unique design. We can't follow the same fasting patterns as men. When women try to fast and eat like men, you'll often hear them say, "I think I've broken my body"! Rest assured, that's not true. God designed our female bodies to heal itself. If we honour and apply the principles God instructed us to follow, we give our bodies the space and opportunity to heal and restore. Remarkably, God embedded our bodies with an incredible ability to adapt and recover.

So, why is it that so many women today are facing a health crisis of chronic disease? Researchers are now learning that many chronic diseases stem from metabolic dysfunction. Unfortunately, the medical profession have yet to tap into the miraculous power fasting plays to reset your metabolism without expensive supplements or medications?

Isn't it time women take control of their health by learning how their bodies work and making informed decisions? I believe so! So let's begin.

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# Discovering the Why of my Health Goals

So why are you doing this?

Embarking on a transformation journey is an exciting and potentially life-changing endeavour. However, as you take your first steps, it is crucial to establish clear and personalized health goals. Defining these goals provides direction, motivation, and a framework to measure progress, ensuring that your transformation journey is purposeful and sustainable.

Without defined health goals, it's easy to lose focus or fall into the trap of trying to achieve too much all at once. This can lead to frustration or burnout, preventing you from fully embracing the principles of metabolic flexibility, fasting, and hormonal feasting. Setting specific goals allows you to concentrate your energy on the aspects of health and wellness that truly matter to you. For example, are you seeking improved energy levels, weight management, enhanced mental clarity, or hormonal balance? Knowing your priorities helps tailor the journey to meet your needs.

Goals also act as a motivational anchor. During the transformation journey, there may be challenging moments—such as adjusting to fasting periods or navigating hormonal feasting. By revisiting your goals and the reasons behind them, you can overcome obstacles and stay committed. Furthermore, clear goals provide a benchmark for success, allowing you to celebrate victories and adjust strategies if needed.

Determining your “why” is arguably the most important part of goal-setting. Your “why” is the deeper reason for improving your health—it's the emotional and personal driving force that motivates you to commit to change. Reflecting on your “why” fosters a sense of purpose, making the journey more meaningful.

In conclusion, establishing health goals and understanding your “why” before starting ensures that your path is intentional and aligned with your personal needs. This preparation lays the foundation for success.

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# Defining my Why!



Here are some questions to help uncover your “why”:

What is motivating you to improve your health right now? Is it the desire to feel more energized, set a positive example for loved ones, or address specific health concerns?

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How do you envision your life changing after achieving better metabolic flexibility and hormonal balance?

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What has been holding you back from achieving your health goals in the past? What advice or support did you receive?

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How will achieving your health goals impact your overall happiness, confidence, and well-being?

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# Mastering Metabolic Flexibility & Health

Earlier we introduced a concept called “Metabolic Switching”. We could also call it having ‘Metabolic flexibility’. Have a flexible metabolism might sound a bit fancy, but it’s actually pretty simple—and super important for women’s health. It’s all about how your body switches between using carbs or fats for energy, depending on what’s available. This ability to adapt is a big deal for keeping things like energy levels, hormones, and overall health in check.

For us women, metabolic flexibility really comes in handy, especially because our hormones are always on the move—whether it’s during our monthly cycles, pregnancy, or menopause. A flexible metabolism helps the body handle these changes without throwing everything out of whack, reducing risks like weight gain and insulin resistance that hormonal shifts can bring. It’s also key for managing blood sugar levels. For anyone dealing with issues like PCOS or at risk of diabetes, improving metabolic flexibility can make a huge difference. It helps the body use insulin better and burn fat more efficiently—both of which are crucial for staying healthy, especially if you’re watching your weight.

The good news? You can boost metabolic flexibility with exercise and diet. A mix of cardio and strength training works wonders, and eating whole, nutrient-rich foods or trying approaches like intermittent fasting can give your metabolism the nudge it needs.

Without this adaptability, your body can struggle with things like chronic diseases, inflammation, or just plain old tiredness. By focusing on habits that support metabolic flexibility, you’re not just ticking a box—you’re setting yourself up for better energy, health, and resilience over the long haul. It’s not just some wellness buzzword; it’s a game changer for women wanting to feel strong, healthy, and ready for anything. Before you believe the fallacy that your body has lost its ability to lose weight – let’s discover how to find your personal metabolic switch.

## Reflection Questions:

In a journal or notebook, spend time reflecting on these question:

1. Have you ever said to yourself, “I have a slow metabolism?”
2. Did you know the body has an inbuilt mechanism to burn fat?

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# Discovering Your Metabolic Switch

I'm going to surprise you – you actually have more than one metabolism! That's because everyone has two fuelling systems in their body: The one most people rely upon is the sugar burner system. But, there is also another – the fat burner system – and it is this one we need to activate if we want to lose fat!

## What! I have two metabolisms?

### SUGAR



### BURNER



Activated when food is eaten



High consumption of processed



carbs and sugars, causes blood



sugar spike, mood

swings, fatigue, and weight gain.

### FAT



### BURNER



Activated when food is absent, during fasting.



When body runs out of stored sugar, it switches



to burning fat for fuel



Ketones are produced, enhancing brain function & energy levels.

VS

- If you're continually eating, you'll get stuck in sugar burning mode.
- This never allows your body to tap into your fat stores.
- The key to metabolic flexibility is being able to switch between these two modes smoothly and easily.
- The easiest way to "find" or activate this switch, is by extending your 'non eating' window (at night), so your body has an opportunity to burn some of its stored sugar

## Health Activity:

Over the next days use the food diary to record everything that goes into your mouth! If you're wearing a Continuous Glucose Monitor, watch how your blood sugar responds to the different foods you eat. Remember to note how you feel after you eat different foods.



# Separating Feasting from Fasting

A great way to start improving your metabolic flexibility is by separating your day into an eating window and a non-eating window.

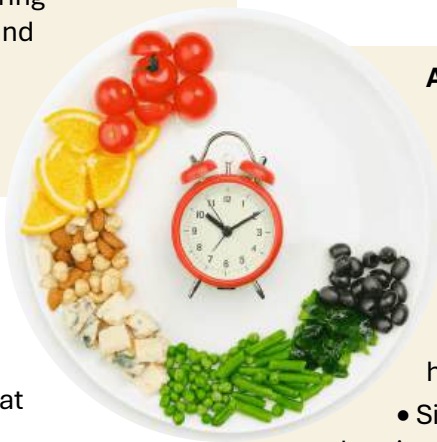
## Why separate your day into an eating and fasting window?

- Helps promote metabolic flexibility by training your body to switch between burning carbs and fats.
- Allows your body to use stored carbs during eating periods and shift to burning fat during fasting periods.

## The role of ketones and ketosis:

- Ketones are produced when your body burns fat during fasting.
- They're a clean energy source that produces less oxidative stress, reducing ageing and inflammation.

- Ketosis (the state of producing ketones) improves insulin sensitivity, supports brain health, and aids weight management by tapping into fat stores.



## Additional benefits of intermittent fasting:

- Gives your digestive system a break, reducing bloating and improving gut health.
- Simplifies daily meal planning—fewer snacks and meals to think about.
- Trains your metabolism to become strong, flexible, and resilient.

So, getting into nutritional ketosis is now your first goal. While in ketosis you'll experience increased energy levels, helps manage weight, and supports long-term health. Ketosis also encourages metabolic efficiency and adaptability, making you feel stronger and healthier. Hopefully your Ketone & Blood Sugar reader has arrived, so let's dive into how to eat to make getting into ketosis a lot easier.

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# Ketobiotic Feasting for your hormones

Dr. Mindy Pelz's Ketobiotic Diet is like the ketogenic diet's more balanced, gut-friendly cousin. While the ketogenic diet focuses on high-fat, low-carb eating to push your body into ketosis (where it burns fat for energy instead of carbs), the Ketobiotic Diet takes it a step further by adding probiotics and gut health into the mix. It's not just about burning fat—it's about nourishing your body and supporting your microbiome at the same time.

The Ketobiotic Diet includes fermented foods like sauerkraut, kimchi, and yogurt, which are packed with good bacteria to keep your gut happy. This is a big deal because a healthy gut can improve digestion, boost immunity, and even enhance mental clarity. So, while keto is great for weight loss and metabolic health, the Ketobiotic Diet adds an extra layer of wellness by focusing on gut health too.



Now, here's the thing about women and ketosis: staying in ketosis for too long isn't always ideal for us. Our hormones are constantly shifting—whether it's during our menstrual cycles, pregnancy, or menopause—and these changes mean our bodies have different needs at different times. For example, during certain phases of the menstrual cycle, our bodies actually need more carbs to produce hormones like progesterone. If we're too strict with keto and don't get enough carbs, it can throw our hormones out of balance, leading to issues like fatigue, anxiety, or even irregular cycles.

Dr. Pelz's approach encourages cycling in and out of ketosis to align with these hormonal changes. It's about listening to your body and giving it what it needs when it needs it. The Ketobiotic Diet isn't just a one-size-fits-all plan—it's a flexible, thoughtful way to support women holistically.

## Health Activity:

Have you tried sauerkraut or Kimchi? Why not put it on the shopping list and have a taste?

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# Importance of Rest & Sleep on Blood Sugar

Rest and sleep aren't just indulgent luxuries—they're absolute essentials for women's health and well-being. When you sleep, your body goes into full-on repair mode. Think of it like your body's night crew clocking in to tidy up, rebuild, and reset for the next day. Tissues repair themselves, your immune system gets a boost, and your brain clears out the "mental clutter" so you wake up feeling fresh and ready to take on the world.

Sleep is especially important for regulating hormones, including cortisol—the stress hormone. Now, cortisol isn't always the bad guy; it has its job to do. But when you're sleep-deprived or stressed, cortisol can skyrocket, which sends your body into "fight or flight" mode. Unfortunately, in this state, your body is more likely to store fat rather than burn it, especially around the belly area. Plus, high cortisol levels can mess with your sleep even further, creating a frustrating cycle. Rest and quality sleep are the best way to break that loop, giving your body and mind the chance to relax and heal.

If you're trying to become metabolically flexible—able to switch easily between burning carbs and fat—unmanaged stress is like trying to drive with the handbrake on.

So today, I want you to *breathe*. Literally. Deep belly breathing, a short walk outside, journaling—whatever helps you unwind. Managing stress isn't just about mental health; it's a key part of your metabolic puzzle.

It's not just about getting enough hours of sleep (though that's crucial too); it's about creating a restful routine that works for you. Sleep is your body's secret weapon, so embracing it can lead to some pretty amazing shifts—not just in how you feel day-to-day, but also in your overall health.

## Reflection Questions:

In a journal or notebook, spend time reflecting on these question:  
Look closely at your CGM. Did you notice a spike when you were stressed or active?

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# 15 Days Food & Lifestyle Diary



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# My Food & Lifestyle Diary



Date:  
cycle:  
Fasting: \_\_\_\_ to \_\_\_\_

Weight

AM Ketone

Exercise



Mood



Coffee/Breakfast:

Ketone

B/Glucose

Morning Tea:

Lunch:

Afternoon Tea / Snacks

Dinner:

After Dinner Snacks:

Drinks:

Notes:

Commence fast at:

Water:



Sleep hrs

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Commence fast at:		Water:		Sleep hrs
				

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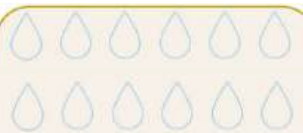
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# What I've noticed ...

## Physical and Mental Changes:

- How has your energy level shifted over the past month?
- Do you feel stronger, fitter, or more in tune with your body?
- What changes have you noticed in your mental clarity or focus?

## Habits and Lifestyle:

- What was the most rewarding new habit you established during this journey?
- Are there any old habits you successfully replaced or refined?
- Which aspects of the transformation guide felt most sustainable for you?

## Challenges and Growth:

- What was the hardest part of the journey, and how did you push through?
- How did you overcome moments of doubt or frustration?
- In what ways have you grown or surprised yourself?

## Looking Ahead:

- What lessons from this journey will you carry forward?
- How will you continue to prioritise consistency in your life?
- What's one goal you'd like to set for the next 15 days?



# 🎁 BONUSES 🎁 Cheat Sheets for the fridge



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# Your Hormonal Cycle Phases



## THE POWER OF FASTING AND YOUR CYCLE

DAY 1-10	DAY 11-15	DAY 16-19	DAY 20-BLEED
POWER PHASE	MANIFESTATION	POWER PHASE	NURTURE PHASE
(MENSTRUATION)*	(OVULATION)*		
<b>FASTING:</b>	<b>FASTING:</b>	<b>FASTING:</b>	<b>NO FASTING:</b>
13-72 HOURS	13-15 HOURS	13-72 HOURS	
<b>FOOD:</b>	<b>FOOD:</b>	<b>FOOD:</b>	<b>FOOD:</b>
KETOBIOTIC	HORMONE FEASTING	KETOBIOTIC	HORMONE FEASTING
<b>OESTROGEN BUILDING DAYS</b> all seeds & nuts, kidney beans, pinto beans, mung beans, black-eyed peas, peas, lentils, cabbage, spinach spouts, onions, garlic, zucchinis, broccoli, cauliflower, strawberries, blue berries, cranberries.	<b>PROGESTERONE BUILDING DAYS</b> red & white potatoes, sweet potatoes, chickpeas, kidney beans, black beans, beets, turnips, fennel, pumpkin, squash all, sprouts, cauliflower, broccoli, tropical fruit, citrus fruits, lemons, limes, oranges, seeds, wild & brown rice, quinoa, pumpkin seeds. 3Ps below especially important.	<b>OESTROGEN BUILDING DAYS</b> all seeds & nuts, kidney beans, pinto beans, mung beans, black-eyed peas, peas, lentils, cabbage, spinach spouts, onions, garlic, zucchinis, broccoli, cauliflower, strawberries, blue berries, cranberries	<b>PROGESTERONE BUILDING DAYS</b> red & white potatoes, sweet potatoes, chickpeas, kidney beans, black beans, beets, turnips, fennel, pumpkin, squash all, sprouts, cauliflower, broccoli, tropical fruit, citrus fruits, lemons, limes, oranges, seeds, wild & brown rice, quinoa, pumpkin seeds. 3Ps below especially important.
<b>PROBIOTIC:</b> sauerkraut, kimchi, pickles, yoghurt (live & active cultures, LAC seal, Lactobacillus, streptococcus, Bifidobacterium) kefir, tempeh, miso, kombucha, cheddar, mozzarella, gouda (live cultures)	<b>POLYPHENOL:</b> berries, coffee, spices, beans, broccoli, shallots, brussels sprouts, parsley, artichoke hearts, olives, red wine, dark chocolate.	<b>PREBIOTIC:</b> chicory root (Bartley Cup), barley, dandelion greens, artichoke, garlic, onions, leeks asparagus, bananas, oats, apples, konjac root, cocoa, burdock root, flaxseeds, yacon root, jicama root, wheat bran, seaweed.	
<b>FATS:</b> olive oil, avocado oil, coconut oil, MCT oil, sesame oil, flaxseed oil, black cumin oil, coriander oil, avocados, olives, coconut, raw nut butters, grass fed dairy, grass fed butter.	<b>GOOD CARBS:</b> sweet potatoes, potatoes, kidney beans, squash, leafy greens, asparagus, peppers, broccoli, brussels sprouts, cauliflower, celeriac, celery, cucumbers, eggplant, fennel, green beans, leeks, onions, rhubarb, spaghetti squash.	<b>PROTEIN:</b> quinoa, eggs, turkey, chicken, cottage cheese, mushrooms, fish, shellfish, red meat, pork, chia seeds, tofu, tempeh, salmon, tuna.	
<b>DAYS 1-13</b> Cycling & Power Walking (followed by protein rich food)	<b>DAYS 13-15</b> Gentle Stretching, Pilates, Power Walking & Weights	<b>DAYS 16-19</b> Cycling & Power Walking	<b>DAYS 20-28</b> Gentle Stretching, Pilates & Power Walking

Would you prefer a Personalised Care Plan specific to your health needs?

[Book an Initial Consultation with Me!](#)

# Fasting Cheat Sheet



## STEP 1: PICK YOUR FAST

What is my fasting goal?

Beginner

1

**INTERMITTENT  
FASTING (IT)**  
13-15 hours

2

**AUTOPHAGY  
FASTING**  
16-18 hours

3

**24 HOUR  
FASTING**  
OMAD

4

**36 – 48 HOUR  
WATER  
FASTING**

5

**3 – 5 DAY  
WATER  
FASTING**

Advanced

## STEP 2: GET YOUR TOOLS



EASY FAST OR ZERO  
FASTING APP



LIFESMART, ACCUCHECK  
Blood sugar and Ketone reader



CARB MANAGER APP  
macro tacker

## STEP 3: LEARN TO TRACK

When to measure blood sugar: You should take two sets of readings. The first set of blood sugar and ketone readings will be taken as soon as you wake up and before consuming any food. The second test will be taken right before consuming your first meal of the day. Write down and keep track of your readings. Your blood sugar should be somewhere **between 3.9 – 5 mmol/L**, and you want your ketones to be **above 0.5 mmol/L**. Also, in the second reading you should find your blood sugar has done down and your ketones have gone up.

## WARNING!

### WHEN TO BREAK A FAST

If your blood sugar drops **below 2.2 mmol/L** and your ketones rise **above 7 or 8 mmol/L** this is a warning sign that you should break your fast.

## STEP 4: BREAKING YOUR FAST

Break your fast with foods such as avocado, olives, nut butter, ghee, bone or mushroom broth. Then move on to steamed vegetables. Then regular nutritious food.

Would you prefer to take this journey with a group? Join our:  
TWINKLE ■ TRANSCEND ■ THRIVE ■ FLOURISH ■ SHINE ■ LOSE-IT ■ CLEAN-ME-UP

*30 Day Transformation Journey*

# Fasting Benefits Timeline



Would you prefer a Personalised Care Plan specific to your health needs?

[Book an Initial Consultation with Mel.](#)

# Prefer to journey with a group?



**Struggling with unwanted weight gain, especially around your stomach?**

Once a year Mel runs a  
**\*LOSE-IT\* 30 Day Group Transformation Journey.**

You'll get an information booklet, weekly zoom calls and access to group discussions.



**CLEAN-ME-UP**  
**30-Day Group**  
**Transformation Journey**

**Stuck and not making any progress? Often its due to a toxic load that needs cleansing**

Once a year Mel runs a  
**\*CLEAN-ME-IT\* 30 Day Group Transformation Journey.**

You'll get an information booklet, weekly zoom calls and access to group discussions.

Would you prefer to take this journey with a group? Join our:  
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*30 Day Transformation Journey*

# Join us at Fast Training Week

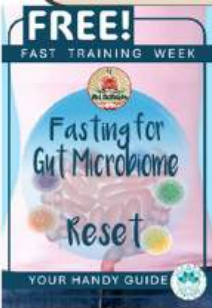


## 16:8 Fasting For Metabolic Flexibility

Metabolic health is at the root of most chronic diseases. By learning how to create a fasting lifestyle, you're paving the way for better health in the future.

## 17 Hr Fasting For Autophagy Cleansing

Autophagy is a naturally occurring process in which the cells are cleaned and restored, when the food supply is not provided. Join us as we focus on autophagy fasting!

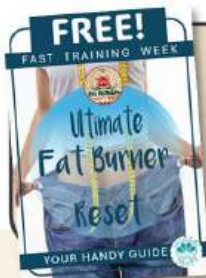
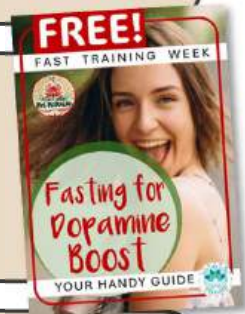


## 24 Hr Fasting For Gut Microbiome Repair

A 24-hour fast can promote the restoration of the microbiome by allowing beneficial bacteria to flourish while reducing the growth of harmful pathogens, leading to improved gut health.

## 48 Hr Fasting For Dopamine Boost

A 48-hour fast can boost dopamine levels, helping to restore depleted hormonal imbalances, enhancing mood and cognitive function. Join us for Fast Training Week!



## 36 Hr Ultimate Fat Burner Fast

A 36-hour fast significantly depletes glycogen stores, prompting the body to tap into fat reserves for energy. Join us for Fast Training Week and learn how to maximize your fat-burning potential!

*Would you prefer a Personalised Care Plan specific to your health needs?  
[Book an Initial Consultation with Mel.](#)*