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Deliciously Satisfying Recipes
to Reset Your Metabolism,
Fight Inflammation, and Lose Weight



THE
metabolic balance[®]
KITCHEN

JANE DURST-PULKYS, PHD



BenBella Books, Inc.
Dallas, TX

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What Is Metabolic Balance and How Does It Work?

Metabolic Balance is a healthy way of life that provides innumerable benefits, including enhanced youthfulness and vitality, and optimal weight and fitness. If you are skeptical, you're not alone. I cannot count how many times clients have walked through the door after trying (and failing) to lose weight, and wondered if Metabolic Balance was just yet another program that would fail. The public has been bombarded with conflicting information for years, and even the experts cannot seem to agree. But science has spoken—and the secret to overall health lies in our hormones!

There are 4 types of hormones that regulate metabolism, and they need to be balanced for optimal health:

1. **Ghrelin** is the hunger hormone that signals for you to eat.
2. **Leptin** is the hormone that signals fullness. It's an appetite suppressant.
3. **Insulin** is the blood sugar balancing hormone. Elevated levels lead to fat storage.
4. **Glucagon** blocks insulin and helps to balance blood sugar.

Various things happen when you have high insulin levels. You are permanently hungry and have food cravings. Fat builds up easily in your body. Your ability to burn fat is blocked. And you age faster. Too much insulin increases the creation of triglycerides and blocks their breakdown. High levels of insulin can also rob you of restful sleep because it impairs your melatonin production, which promotes deep sleep. The Metabolic Balance program

The 8 Rules of Metabolic Balance

1. Eat 3 meals each day (see page 39).
2. After each meal, take a break of 5 to 7 hours (not including sleeping) before your next meal (see page 39).
3. Don't allow a single meal to last longer than 1 hour (see page 39).
4. Always begin each meal with 2 bites of protein (see page 65).
5. Have only 1 complete protein at each meal and eat 3 different protein groups each day (see page 60).
6. If possible, do not eat after 9:00 pm (see page 206).
7. Drink 35 milliliters of water per kilogram of body weight every day, or 1 fluid ounce of water for every 2 pounds of body weight (see page 131).
8. Eat 1 apple each day as part of a meal (see page 34).

Metabolic Balance is based on 2 important assumptions:

1. The human body is capable of producing all the hormones and enzymes it needs for a healthy metabolism.

2. The body has the ability to develop an appetite for foods containing the nutrients that the body needs.

is designed to reset your metabolism and balance hormone levels, particularly insulin, to enable your body to reach its optimal weight. There are 4 phases in the program (which we'll cover shortly) and 8 rules to follow every day—see the boxes on those throughout the book!

We know the Metabolic Balance program works—both from research and from what clients report. Independent studies of the Metabolic Balance nutrition program showed impressive results, including significant improvement in triglyceride levels and cholesterol (both total and LDL and HDL) levels. In one study, 62.5 percent of participants successfully maintained a 5 percent reduction in baseline weight for a period of one year. The level of pain improved significantly across the board. There was also a high level of compliance on the program, which was attributed to having individually designed nutrition plans and personal counseling with a Metabolic Balance coach.

Is the Metabolic Balance Program for Everyone?

Who can participate in the Metabolic Balance program? Pretty much anyone who wants to:

- improve their quality of life
- detox their body
- stay fit into their senior years
- lose weight and keep it off
- increase libido
- decrease blood pressure
- decrease high cholesterol
- manage type 2 diabetes
- decrease pain
- eliminate swelling

- eliminate suffering with fatty liver disease
- improve mental health
- become pregnant*
- have more energy and stop feeling exhausted
- eliminate the feeling of being burned out
- look and feel better
- handle symptoms of menopause

(*The program is not recommended for people who are already pregnant or are nursing.)

How Can You Get a Personalized Metabolic Balance Plan?

The first step to getting your own customized plan is to contact a coach who can help you decide if a Metabolic Balance program is right for you, and will explain the process. This meeting can occur in person or online anywhere in the world. Your coach will want to find out all your health goals and any health challenges you may have. The coach will provide a questionnaire that covers some basic information, like your age, height, desired weight, food preferences, any medications you may be taking, and your waist, hip, and thigh measurements. Your coach will arrange the blood work needed to provide precise information on your health status, organ function, and potential metabolic issues. It also will reveal if you have inflammation and/or if you are at risk of potential problems like heart disease or fatty liver disease. Once those results are ready, the coach will send all your information to MB's headquarters in Germany, where each plan is created.

Your information is analyzed and the results used to determine your individual eating plan to boost your metabolism and create healthy weight loss or weight management. Best of all, this is all accomplished

The CRP Blood Test

Metabolic Balance assesses the degree of inflammation in the body using C-reactive protein (CRP). CRP is a protein made in the liver and is part of the body's immune response. It is released in high levels during infection, injury, or chronic disease. CRP is just 1 of the 36 blood values used by Metabolic Balance to assess a person's health for their plan.

Metabolic Syndrome

Metabolic syndrome, a.k.a. insulin resistance, is a serious health problem around the world. The syndrome is actually a cluster of conditions, including type 2 diabetes, high blood pressure, and abnormal cholesterol or triglyceride levels, that occur together and can increase the risk of stroke and heart disease.

What is causing this global problem of metabolic syndrome? It is our diets. We now have four new food groups: fast, fried, junk, and processed. These foods lack water, fiber, enzymes, and life force. You can recognize many of these foods as they are often beige in color: fries, bagels, muffins, chips, cookies, waffles, and many others. Our digestive systems have a very difficult time with that industrial magic.

These foods are all high in sugar and unhealthy carbohydrates and thus turn into fat. When sugar intake is too high for prolonged periods of time, our body's cells try to protect themselves by taking in more glucose; our insulin receptors, which facilitate this process, become negatively impacted. Ultimately, glucose, the fuel for the brain, drops and energy is depleted. This is how insulin resistance can start.

How do you know if you are at risk for metabolic syndrome? Regardless of how tall you are, or even your build, the size of your waist matters. With a waist size of 35 inches and higher for females or 40 inches and higher for males, you will see the signs of metabolic syndrome.

Why does waist size matter? It all has to do with visceral fat, which is the fat right behind the belly button. This is the fat that, no matter how hard we try, simply won't seem to go away. It often gives the body an apple shape, but even in thin people, visceral fat can be dangerous. This fat wraps around organs (the heart, kidneys, pancreas, and liver) and puts out inflammatory cytokines, which ultimately lead to inflammation and interfere with the hormones that regulate appetite, weight, mood, and brain function. Metabolic Balance targets the visceral fat by providing a diet designed to lower insulin and balance hormones so that an optimal weight can safely and easily be reached.

through the power of real food, with no pills or proprietary powders or shakes. Each food item on your plan will be carefully selected based on its glycemic load, its biological value, and its nutrient content. Low glycemic load foods will be selected on the Metabolic Balance program as they are typically higher in fat, fiber, and/or protein and will make you feel full and satisfied. Foods are chosen with high biological value. This indicates the quality of protein a food contains and how quickly it can be synthesized into protein in the body. Foods are also chosen based on their levels of macronutrients and micronutrients. It is the unique Metabolic Balance analysis that ensures your ideal foods are matched for you. The selected food items are chosen for your specific Metabolic Balance plan and are designed to regulate your metabolism and keep everything in balance for you.



The 4 Phases of Metabolic Balance

Once your MB coach has delivered your personalized plan, you'll begin the 4 phases of the program.

Phase 1: Preparation/Detox

Phase 1 is short and is generally the same for most people. The purpose of phase 1 is to encourage the body, gently and safely, to embrace the new foods and way of eating. It takes place over just 2 days and I always recommend to my clients to find the right time to do this. It's ideal over a weekend or when you can take it easy, stay home, and relax. If you have a coach, then it's essential you follow their advice on what to do on phase 1 as outlined in your plan. In general terms, you start with a gentle digestive cleanse and then eat vegetables for your three meals over the 2 days. During this phase, you cannot have:

- Processed foods
- Caffeinated drinks or soda
- Any type of tea or coffee
- Fruit juice or anything containing sugar or sweeteners

This break from these types of stimulating foods is why some people may not feel so great at the start. The

Resting the Body in Phases 1 and 2

During the first 16 days of your Metabolic Balance program, only minimal exercise is recommended. If you've been exercising hard to lose weight, it can feel odd to stop now—but don't worry, this brief break is worth it. When we rest, the body uses fat as its primary fuel source. At rest, fat constitutes as much as 85 percent of calories burned. That figure shifts to about 70 percent even at an easy walking pace. This is why people can lose between 5 and 20 pounds in the first 16 days even when they are not exercising. Exercise has its place in life—and it's very important—but only after day 16 of resetting your metabolism on the Metabolic Balance program.

body is detoxing, and headaches may occur due to a detox reaction or caffeine withdrawal. My 2 top tips for this phase are first, make sure you drink water regularly throughout your day. A general guide you could use to calculate this is $\frac{1}{2}$ fluid ounce per pound of body weight. So, a 150-pound person would want to drink a minimum of 75 ounces of water (about nine 8-ounce glasses). And next, remember this phase is only for 2 days. You can do this—it's so worth it!

Phase 2: Strict Conversion

The aim of the second phase of the program is to take in optimal nutrition to harmonize your metabolism so you can achieve your desired weight. This phase lasts for at least 16 days, or until you reach your goal. During phase 2, you will need to carefully follow the 8 Rules of Metabolic Balance and closely stick to eating only those foods listed on your personalized food list. This means that the foods people eat during this phase are different for everyone. Believe me, no two plans are exactly alike.

For some people, phase 2 can have two parts. This happens if it takes an individual longer than 16 days to reach their health goals. If so, they'll simply go into an extended phase 2.

During the first 16 days

During the Strict Conversion phase, you eat exactly from your plan. If you are using this book for recipes, remember that all the recipes can be adapted to match the foods on your personalized list. If you are using these recipes without an individualized Metabolic Balance plan, most ingredients are considered core foods, so they will be a great place to start. In addition, if there is a recipe that you like, remember you can always substitute a different protein, like using chicken instead of beef.

Note: No added oils should be used for the first 16 days of phase 2. Cook only with water or veggie broth.

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Foods on a Metabolic Balance plan are rich in minerals, fiber, protein, essential fatty acids, and antioxidants. These foods are easily accessible and taste great! Look for boxes throughout this cookbook to learn more about the properties of specific ingredients.

Reducing your fat intake for this short period can support insulin sensitivity. When insulin levels are more balanced in the body, it is easier to lose weight.

In the first 16 days, it is not uncommon to lose between 5 and 20 pounds. Margaret, a 73-year-old client of mine, lost 21 pounds in the first 16 days. By the time most people hit day 16, they feel great and they come to love the Metabolic Balance food list. They report that some foods like sugary desserts and fast foods just don't have the same appeal.

Day 17 and beyond

If you have not reached your goal weight by day 16, you will simply continue to stay in phase 2 until your goal weight is achieved. Folks who have reached their goal weight will move on to phase 3.

However, whether you're staying on phase 2 or moving on to phase 3, on day 17, we typically want everyone to include oil in their cooking, such as coconut oil, ghee, or olive oil.

Whether you are at your goal weight or need to lose some more weight, there are additional changes that can occur, based on your coach's recommendations, like:

- introducing some daily movement or exercise
- introducing a weekly "treat meal"

Phase 3: Relaxed Conversion Phase

By the time you reach phase 3, you have reset your metabolism, decreased inflammation in your body, and achieved your ideal weight! This is when you enter phase 3 to further stabilize your metabolism.

In phase 3, depending on their goals, my clients have dropped anywhere between 5 and 100 pounds, which makes them (and me) feel thrilled. By this time, most people will be feeling renewed, and they often comment

that everything is simply working better. My clients' faces always change at this point, due to the detoxification and their increased water intake. They look and feel younger! Often, they cannot believe the difference in their bodies and are amazed that they have arrived here. Lots of aches and pains have generally disappeared, and often their doctors marvel at the results of their blood work.

Phase 3 is when you tune in more closely to your body's own inner signals. You can experiment with eating increased portion sizes as you need to and add in additional foods, depending on the season and what's fresh in your local food stores.

Phase 4: Maintenance Phase

It is best to remain on phase 3 for at least 2 weeks before transitioning to phase 4, or maintenance. The goal is to maintain your new state of health by following the 8 rules most of the time and continuing to exercise regularly. This keeps your metabolism stable and working optimally. Phase 4 becomes your new, natural lifestyle.

In this phase, you no longer need to weigh your food as you will have now learned the right portion size for you. Most people typically still have their favorite MB-breakfasts and lunches (because they love them!), but then

Treat Meal

Metabolic Balance is about balance, balance in your meal plans and balance in life. This is why, once a week, everyone is encouraged to have anything they want for 1 meal. This is not cheating—this is balance!

Treat meals are typically introduced 2 to 4 weeks after starting phase 2 and are about relaxing and enjoying any regular meal once a week. This could be a breakfast, a lunch, or a dinner, but remember the other 2 meals of the day need to be your MB meals. It's often interesting what people choose for their treat meals, as their new balanced metabolism means they may have a greater sensitivity to salt and sugar, so what they previously thought of as a treat no longer has the same appeal.

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It is best to remain on phase 3 for at least 2 weeks before transitioning to phase 4, or maintenance.

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