METABOLIC Scale

12-Week Metabolic Transformation Program

RECLAIM YOUR HEALTH THROUGH THE POWER OF REAL FOOD

Welcome to Your Transformation

MetabolicScale™ is not another quick-fix diet or restrictive calorie-counting scheme. It is a sustainable, 12-week framework designed to restore your metabolic health, eliminate sugar cravings, and build lasting daily energy using the power of Real Food.

What's Included in Your 12 Weeks

🧠 *Phase 1: Reset & Adaptation (Weeks 1–4)*

- Initial Metabolic Assessment: A comprehensive evaluation of your current health status, diet, and lifestyle.
- The Real Food Foundation: Eliminating ultra-processed foods and hidden sugars while transitioning to nutrient-dense, whole ingredients (quality meats, fish, eggs, and healthy fats).
- 2-3 Day Food Diary Review: Personalized feedback on your baseline eating habits.
- Cravings & Sugar Detox: Stabilizing blood sugar levels without starvation or persistent hunger.

⚡ *Phase 2: Optimization & Energy (Weeks 5–8)*

- Nutrient Density Focus: Enhancing nutrient absorption and supporting overall digestive health.
- Meal Prep System: Practical strategies for efficient meal preparation to keep you on track during busy workdays.
- Hydration & Electrolyte Strategy: Targeted mineral replenishment to maintain mental clarity and physical vitality.
- Progress Check-in: Evaluating early physical and metabolic changes to fine-tune your strategy.

🌿 *Phase 3: Sustainability & Lifestyle (Weeks 9–12)*

- Metabolic Flexibility: Integrating your new lifestyle into long-term routines, social events, dining out, and travel.
- Long-Term Habit Blueprint: Master the skills needed to maintain your results for life without yo-yo dieting.
- Final Transformation Review: Assessing your 12-week accomplishments and mapping out your future blueprint.

Dedicated 1-on-1 Support & Included Resources

- Weekly Accountability Check-ins: Direct tracking of your progress each week with answers to all your questions.
- Direct Messaging Support: Continuous guidance and coaching support throughout your 12-week journey.
- Real Food Shopping List & Pantry Guide (PDF): A practical UK supermarket guide to sourcing genuine, whole-food ingredients.
- 15-Minute Meal Prep Guide: Fast, simple, and highly nutritious recipes designed for busy schedules.

Program Terms & Investment

- Investment: £119.99 / month
- Commitment: 3-Month Minimum Commitment (12-Week Transformation)
- Billing Structure: Automatic monthly recurring payment via Stripe for 3 consecutive billing cycles (£119.99/month). Following the 3rd month, membership automatically continues on a flexible month-to-month basis at £119.99/month and can be cancelled anytime with 7 days' notice.

Ready to fix your metabolism?
Visit MetabolicScale to apply for the next intake.