

LIFESTYLE SOLUTIONS

THE METABOWIZE SYSTEM  
SUCCESS GUIDELINES

MetaboWize

TURN YOUR BODY INTO  
A 24 HOUR A DAY

**Fat  
Burning  
Machine**





**Note:** This free booklet is designed to give you the basic guidelines for the MetaboWize™ System. For the complete instructions on how to maximize your long-term fat loss results get Xooma's latest book: MetaboWize – Turn Your Body Into A 24 Hour A Day Fat Burning Machine.

Available exclusively through  
Xooma Worldwide.

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## **Congratulations on beginning your MetaboWize™ Journey**

No one enjoys excess body fat. Aside from the fact that it doesn't exactly look appealing, excess body fat can lead to a variety of problems that rob your energy levels, lead to numerous diseases and steal your longevity potential.

If you are sick and tired of looking, feeling and performing at sub par levels, MetaboWize™ may be the answer you've been waiting for. No matter what may be the reason for wanting to change your present health status—even if it's as simple as wanting to fit into your old pair of jeans—the MetaboWize™ System is designed to get you there in the least amount of time without compromising the integrity of your overall health.

Your metabolism works around natural 24 hour cycles. The MetaboWize™ System supports these natural 24 hour cycles through effective dietary strategies, nutritional supplements and exercise. The metabolism supporting strategies which comprise the MetaboWize™ System have been used for nearly 10 years and have helped thousands of people lose excess body fat and gain energy—even when nothing else seemed to work!

The MetaboWize™ System incorporates 3 proprietary nutritional formulas consisting of the MetaboWize™ Protein/Fiber Shake and the MetaboWize™ AM/PM formulas. Recent studies have suggested that disruptions in our sleep/wake patterns, often linked to our '24 hour' lifestyle, are associated with increased body fat and a slower metabolism. With the MetaboWize™ System you finally have a means to convert a sluggish metabolism into a wise one—24 hours each day.

**Note:** It is important not to exceed the recommended dosage when using the MetaboWize™ System.

**Disclaimer:** *The purpose of this booklet is to provide information only. The reader should consult with their doctor before changing their diet, taking nutritional supplements or starting an exercise program.*

## RECOMMENDED PRODUCT REGIMEN

### MetaboWize™ System Products

PRODUCT	DIRECTIONS
<b>MetaboWize AM</b>	1-2 capsules in the morning on an empty stomach before exercise and 1 capsule in the early afternoon (if needed).
<b>MetaboWize PM</b>	1-2 capsules approximately 1/2 hour before bedtime.
<b>MetaboWize Shake</b>	Should be consumed twice daily as 2 of your 5 recommended meals.

### MetaboWize™ Rapid Results Program (Optional) Designed to Jump Start Your Metabolism

PRODUCT	DIRECTIONS
<b>MetaboWize AM</b>	Same as above
<b>MetaboWize PM</b>	Same as above
<b>MetaboWize Shake</b>	Should be consumed four times a day as 4 of your 5 recommended meals.
<b>Assimilator</b>	1-2 capsules with your solid meals a day.
<b>Nature's Body Cleanse</b>	1-2 capsules approximately 1 hour after the last meal of the day.

**NOTE:** If you are using the **MetaboWize Complete Package**, follow the guidelines under the "MetaboWize System Products." Take 1 Assimilator capsule with every solid meal 3 times a day followed by 1-2 capsules of Nature's Body Cleanse approximately 1 hour after the last meal of the day.

## **Accelerate Your Results with the MetaboWize™ Rapid Results Program**

For those looking to jump start their metabolisms, we have developed the Rapid Results Program that will allow you to safely shed unwanted fat in five days.

As you will see, there is only one solid meal daily on this 5-day program that is to be consumed only in the evening. The rest of the meals are comprised of the specialized **MetaboWize™ Protein/Fiber Shakes** that are to be used for all recommended shakes (the meal plan is listed in this booklet). The **MetaboWize™ Protein/Fiber Shakes** are designed to supply your body with the highest quality protein and fiber at regular intervals throughout the day.

It is important to consume these shakes at the recommended intervals in order to maintain optimal blood sugar levels, speed fat loss and aid your body in removing stubborn body fat and excess toxins.

### **What to Expect During the MetaboWize™ Rapid Results Program**

Since most people don't get enough fiber in their daily diet, it is not uncommon to initially experience some gas or bloating, however this does subside as the body gets accustomed to the extra fibers and their cleansing reactions.

The **MetaboWize™** Rapid Results Program is designed to eliminate food cravings during the five day period, making it easier to stick to the plan. Having said this, some people may find it hard to consume the required number of meals each day. Once again, try your best to stick to the plan exactly as it is outlined. After all, it is only five days.

After you have completed the **MetaboWize™** Rapid Results Program it is recommended that you follow the recommended eating strategies outlined in the **MetaboWize™** System.

## Your 5-Day MetaboWize™ Rapid Results Program

**Note:** Mix shakes with 8 oz of X2O™ “Weight Loss Water”. However, because of individual preferences, you may add more or less water depending on desired thickness.

MEAL	MENU
Meal 1	MetaboWize Shake.....(1 serving) Berry blend..... (1 cup fresh or 1/2 cup frozen) Flaxseed oil.....(1 tbs)
Directions: In a blender—using water—add berries and blend until proper consistency. Add flaxseed oil and MetaboWize Protein/Fiber blend last and blend for only a few seconds on low.	
Meal 2	MetaboWize Shake..... (1 serving) Nuts or Seeds.....(1 serving)
Directions: In a shaker cup—using water—shake MetaboWize Protein/Fiber Shake. Enjoy nuts or seeds separately.	
Meal 3	MetaboWize Shake..... (1 serving) Yogurt, plain (1-2%)..... (1/4 cup) Nuts or Seeds..... (1 serving)
Directions: In a blender—using water—add yogurt and MetaboWize Protein/Fiber Shake and blend for only a few seconds. Enjoy nuts or seeds separately.	
Meal 4	MetaboWize Shake..... (1 serving)
Directions: In a shaker cup—using water—shake MetaboWize Protein/Fiber Shake.	
Meal 5	Mixed Green Salad Mixed greens or spinach ..... (2 cups) Vegetable (choose from food list)..... (1-2 cups) Protein (choose from food list)..... (1 serving)
Directions: Add vegetables to mixed greens, and toss with 1/2 tbs. olive oil, 1 tbs. balsamic vinaigrette, 1/4 tsp. basil. You may also add the juice of 1/2 freshly squeezed lemon.	

## MetaboWize™ Rapid Results Program

### Recommended Food List

(Use organic foods from the following lists whenever possible)

**Berries** Blackberries, Raspberries, Blueberries, Strawberries

**Vegetables** Artichokes, Garlic, Asparagus, Green Beans, Broccoli, Mushroom (Portobello), Cabbage (red, green), Onions, Cauliflower, Peppers (red, yellow), Celery, Radicchios, Eggplant, Rhubarb, Endive, Spinach, Tomatoes

**Nuts and Seeds** All nuts and seeds should be fresh, unsalted, unroasted and unblanched. The following is the recommended number of nuts per serving: (10) Almonds, (9) Cashews, (8) Pecans, (20) Pumpkin seeds, (22) Pistachios, (7) Walnuts, (25) Sunflower seeds

**Protein Sources** **Fish**—salmon, cod, tuna, bass, halibut, snapper, swordfish, trout, haddock, sole  
**Seafood**—shrimp, scallops, lobster, crab, clams, oysters, mussels  
**Poultry**—free range: chicken breast, turkey breast, duck, ostrich, goose, quail



## **Eating the MetaboWize™ Way**

In order for you to create a “wize” metabolism, have your body use fat as a primary fuel source, optimize your energy levels and increase lean muscle tissue (thereby further enhancing metabolism twenty four hours each day), it is important to consume high quality foods at regular intervals throughout the day.

This is why the MetaboWize™ System is built around consuming three solid meals and two MetaboWize™ Protein/Fiber Shakes per day (recipes provided in the booklet). These meals are to be consumed every 2 1/2 to 3 1/2 hours – for optimal metabolic effect. By consuming smaller portions of nutrient dense foods throughout the day, your body is able to balance blood sugar chemistry, keep insulin levels in check and reduce cravings.

Listed on the next page are recommended food choices you should be consuming as you follow the MetaboWize™ System. It is important for your success to stay as close to these recommended food choices as possible.

### **How do I measure my protein portion?**

(See the MetaboWize™ Recommended Food Choices for protein sources)

When it comes to constructing a properly designed MetaboWize™ meal, you should start by fulfilling your protein needs. To do this, 1 serving of your protein choice should be the approximate size and thickness of your palm, which should equate to approximately 3-4 oz. for a woman and 4-6 oz. for a man.

## MetaboWize™ Recommended Food Choices

(These foods are not listed in any particular order)

### PROTEINS

**Fish**—salmon, cod, tuna, bass, halibut, snapper, swordfish, trout, haddock, sole

**Seafood**—shrimp, scallops, lobster, crab, clams, oysters, mussels

**Lean cuts of meat**—grass fed: tenderloin, sirloin, filet,

**Game Meats**—grass fed: bison, venison,

**Poultry**—free range: chicken breast, turkey breast, duck, ostrich, goose, quail

### HEALTHY FATS/ DAIRY PRODUCTS

**Ghee**—clarified butter—cow ghee only

**Butter\*\***—plain unsalted, almond, cashew

**Cheese\***—goat, mozzarella, feta

**Cottage Cheese\*** (2%)

**Omega-3 Eggs** —chicken, duck, goose

**Yogurt**, plain\*—goat, whole milk

\*Only if you are not dairy sensitive

\*\* To be used for cooking only

**Nuts and Seeds:** All nuts and seeds should ideally be plain, unsalted, unroasted & unblanched—you're best bet being raw. Almonds, Sunflower seeds, Flaxseeds, Pumpkin seeds, Hemp seeds, Walnuts, Sesame seeds, Macadamia nuts

**Oils:** Coconut Oil, Olive Oil (extra virgin-cold pressed), Flaxseed Oil, Walnut Oil, Avocado Oil. If you are cooking with these oils, it is recommended to cook over low to medium temperatures only.

**CARBOHYDRATES** Artichokes, Asparagus, Green Beans, Broccoli, Mushroom (Portobello), Cabbage (red, green), Onions, Cauliflower, Peppers (red, yellow), Celery, Radicchios, Eggplant, Rhubarb, Endive, Spinach, Garlic, Tomatoes, Dark Leaf Lettuces — romaine, spinach, butter

**Legumes:** Adzuki beans, Navy beans, Black beans, Split peas, Black-eyed peas, Haricot beans, Butter beans, Kidney beans, Garbanzo beans

**Fruits:** Apples, Nectarines, Apricots, Oranges, Avocados, Peaches, Blackberries, Pears, Blueberries, Plums, Cherries, Raspberries, Cranberries, Strawberries, Grapefruit

**Grains:** Barley, Whole sprouted grains, Bran cereals (no sugar added), Whole-grain pasta, el dente, Buckwheat, Muesli cereals (without dry fruit), Bulgar, Kamut and quinoa pasta, Porridge oats, Red basmati whole-kernel rice, Cooked oatmeal and bran

**BEVERAGES** Water with X20™ and/or Xooma Blast™, Green Tea, Pear juice (unsweetened), Grapefruit juice (unsweetened)

\*It is highly recommended that your main beverage of choice be WATER along with X20™ and Xooma Blast™ while following the MetaboWize™ System.

## MetaboWize™ System Meal Choices

The following meals are examples of a typical day on the MetaboWize™ System.

Some of the following recipes call for a blender, but if you do not have access to one, these shakes can be made ahead of time and kept in the refrigerator. **Very important note: Delicate oils like flaxseed must not be added until time of consumption.** If this is not an option, the Meal 4 recipe (which does not require a blender) can be interchanged for the Meal 2 recipe.

**Note:** Mix shakes with 8 oz of X2O™ “Weight Loss Water”. However, because of individual preferences, you may add more or less water depending on desired thickness.

While it is best that ONLY X2O™ “Weight Loss Water” is used to make each shake (ice can be used to enhance the thickness) other items such as milk (soy, cow, goat, etc.) can be added. However, please note that the addition of other liquids such as milk will increase the calorie intake of each shake.

MEAL	MENU
Meal 1	<b>Egg No Muffin</b> Egg, whole ..... (2) Oven roasted turkey breast ..... (2 slices) Salsa..... (2 tbsp) Grapefruit..... (1/2)
<b>Directions:</b> Soft poach eggs in boiling water. Warm turkey breast over medium-low heat. Place turkey slices on your plate, add poached eggs and cover with salsa. Grapefruit is to be eaten separately.	

MEAL	MENU
<b>Meal 2</b>	<b>Ras-Apple Delight</b> MetaboWize Shake .....(1 serving) Raspberries ..... (1/4 cup) Small Apple..... (1/2)
<b>Directions:</b> Core and skin apple. In blender, combine raspberries, apple and water. Blend well. Add MetaboWize Protein/Fiber Shake and blend on low for an additional 10 seconds.	
<b>Meal 3</b>	<b>Wrap it Up!</b> Large lettuce leaf ..... (1) Protein source (choose from food list)..... (1) Avocado ..... (3 thin slices) Tomato ..... (3 thin slices) Mustard..... (1/2 tsp) Healthy Mayonnaise (see below) ... (1/2 tsp)
<b>Healthy Mayonnaise recipe:</b> 3 egg yolks, pinch of sea salt, 2 tbs Dijon mustard, 2 cups olive oil, 1/2 tsp. lemon juice  In a bowl, lightly whisk yolks, mustard, lemon juice and salt together. In a small steady stream, slowly drizzle the oil in while continuing to whisk. If the oil is added to quickly, the mayonnaise will not emulsify or thicken. TAKE YOUR TIME. This can be done in a blender or food processor but you still MUST add the oil slowly. Adjust to taste with lemon juice and salt.	
<b>Directions:</b> Using the piece of lettuce (butter or romaine works best) as your wrap, place your choice of protein, layer with avocado and tomato. Spread mustard and mayonnaise then roll the leaf tightly, folding in the sides to make a roll-up tight and compact. (Toothpicks work great to hold it together)	

MEAL	MENU
<b>Meal 4</b>	<b>Cashin' In</b> MetaboWize Shake .....(1 serving) Almonds..... (5) Cashews..... (4)
<b>Directions:</b> In a shaker cup, mix MetaboWize Protein/Fiber Shake with water. Eat almonds and cashews separately.	
<b>Meal 5</b>	<b>A Very Veggie Stir-fry</b> Chicken or Beef ..... (1) Celery ..... (2) Soy sauce, low sodium..... (1 tbs) Water chestnuts..... (5) Orange juice ..... (1 1/2 tsp) Broccoli..... (1/2 cup) Peppers (red or green) ..... (1/4) Portobello mushroom ..... (1) Egg, whole..... (1)
<b>Directions:</b> Cut all vegetables into bite-size pieces. Slice chicken or beef into strips. In a lightly oiled skillet, over medium heat, add your chicken or beef—cook for two minutes and then add vegetables. In a separate bowl, mix soy sauce and orange juice. Once cooked, move vegetables and meat to one side of the skillet and break the egg on the clear side. Let egg cook for 15-30 seconds, then mix with meat and vegetables. Add soy sauce/orange juice mixture and continue stirring.	

# A COMPLETE FITNESS WORKOUT

A complete fitness workout improves your shape, tone, flexibility, endurance and strength. By using these exercise components at least 3 times a week you will attain a greater level of fitness.



**5-10  
MINUTES**

## WARM UP

A good warm up of 5-10 minutes of stretching exercises or mild calisthenics helps prepare your muscles, tendons and ligaments for your upcoming workout. Warming up increases your blood flow and enhances flexibility, while helping to reduce muscle stiffness, soreness and injuries.



**20-30  
MINUTES**

## AEROBIC EXERCISE

The most important component of your fitness program, especially if you are in your 30's or older, should be aerobic exercise. Your workout should include at least three 20-30 minute sessions of continuous, rhythmic exercise at your target heart rate.



**20-30  
MINUTES**

## WEIGHT TRAINING

Weight training is a fast and effective way to improve your shape, tone and strength. Workout at least 2, preferably 3, times a week for 20-30 minutes, lifting 2-3 sets of 8-12 repetitions (1-2 of 15-20 reps for beginners.) Each workout should target major muscle groups of chest, shoulders, back, arms, abs and legs.



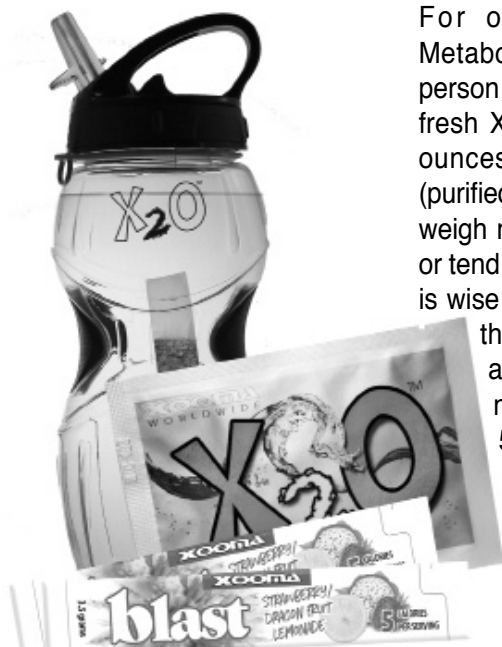
**5-10  
MINUTES**

## COOL DOWN

At the end of each workout session, ease your heart rate and activity level to normal while you do 5-10 minutes of cool down stretching exercises, which can be the same as your warm up session. Cooling down helps prevent dizziness and muscle soreness after your workout.

## **X2O™ “Weight Loss Water” is a key component to your success!**

Whether you're participating in the Rapid Results Program or simply following the daily MetaboWize™ System, drinking plenty of water treated with X2O is a key component to getting the results you desire. Remember...proper hydration, replacement of vital minerals and electrolytes (especially during and after exercise) and a healthy pH balance are extremely important in allowing your body to safely release those unwanted fat cells.



For optimal results with the MetaboWize™ system, the average person should be using at least two fresh X2O sachets with **at least** 64 ounces (2 liters) of water per day (purified water is best). For people who weigh more than 150 pounds (68 Kg) or tend to be more physically active, it is wise to consume even more water throughout the day. (Consume approximately 24 ounces (750 mL) of water for every additional 50 pounds (23 Kg) of weight.)

Hydrate, Mineralize, Revitalize & Metabolize by simply adding X2O™ to your water! If you're serious about your health, X2O™ and Xooma BLAST™ are the right choice for you and your family. Try X2O™ and Xooma BLAST™ today and discover why we say

**“Healthy Never Tasted This Good!”**

**XOOMA™**  
WORLDWIDE