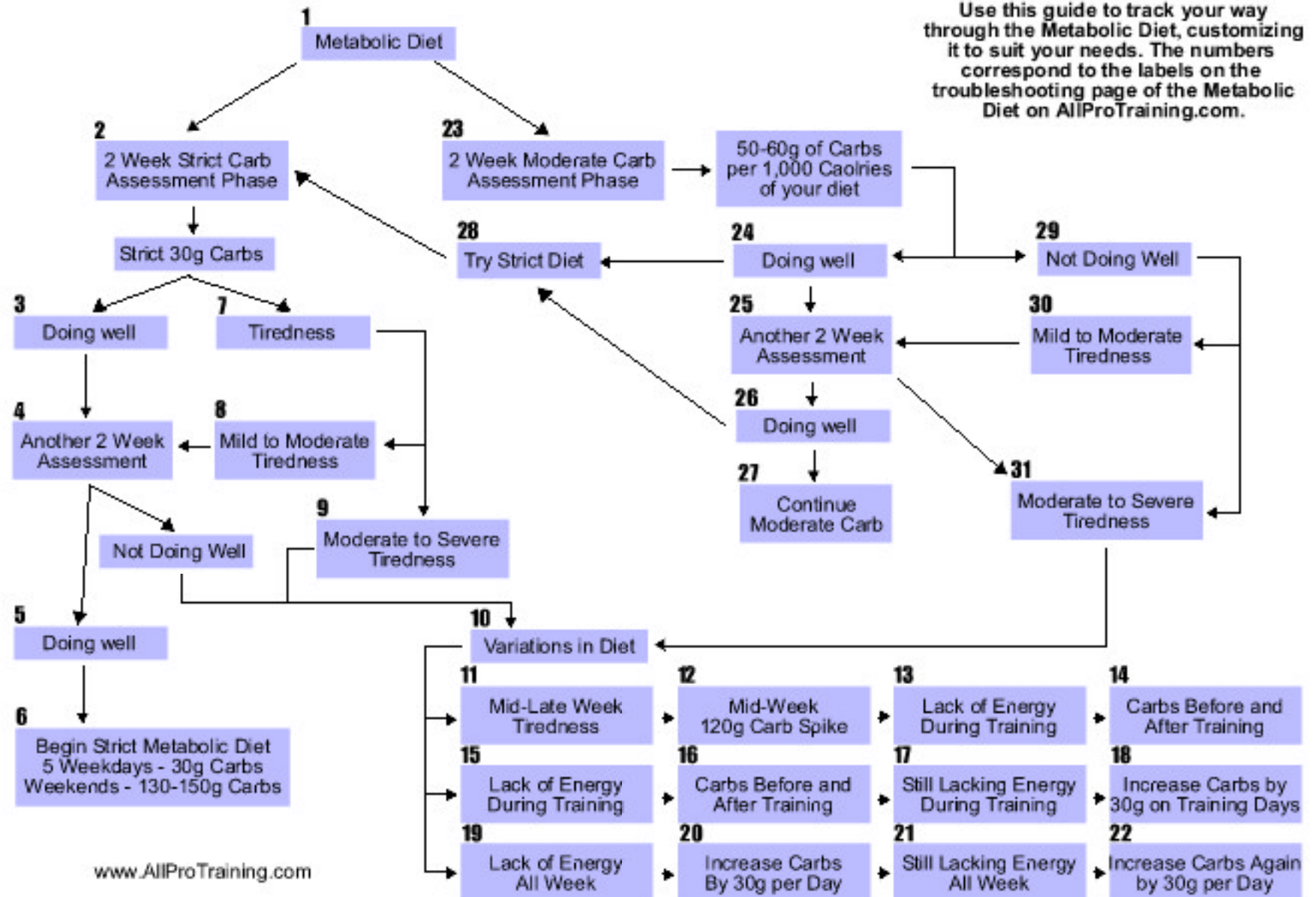


The Metabolic Diet Troubleshooting Guide

Use this guide to track your way through the Metabolic Diet, customizing it to suit your needs. The numbers correspond to the labels on the troubleshooting page of the Metabolic Diet on AllProTraining.com.



A Flowchart Overview of the Metabolic Diet

Steps to take in determining your carbohydrate set point.

1. This is your starting point with two decisions to make: (a) would I like to try the Strict Metabolic Diet or (b) would I like to start on a Moderate Carb Metabolic Diet.
2. I'm starting on a 2-Week Assessment Phase of the Strict Metabolic Diet to see how well I do on the 30g Carb Weekday, 130-150g Carb Weekends.
3. I've been following the 30g Carb Weekday, 130-150g Carb Weekends for 2 weeks now and I'm doing well so what do I do now please?
4. Please continue with a further 2-Week Assessment Phase of the Strict Metabolic Diet to see how well you do.
5. It's now been four weeks on the Strict Metabolic Diet Assessment Phase and I feel great so what do I do now please?
6. Now your Strict Metabolic Diet begins in earnest so please stay on the 5 weekday @ 30g Carbs and 2 Weekend @ 130-150g Carbs.
7. I'm feeling tired and I need some help with the carbohydrate part of my diet please?
8. I only have low to moderate tiredness at this time so I will do another 2-week Assessment Phase to see how well I do.
9. I have moderate to severe tiredness so I need to introduce "Variations In Diet" to overcome this tiredness.
10. I'm at the "Variations In Diet" junction and need to review my options to combat this tiredness.
11. I have 'Mid-Late Week' tiredness so what do I need to do please?
12. Try a 'Mid-Week Carb Spike' of an additional 120g of carbs just on Wednesday and see how well you do.
13. I did the 'Mid-Week Carb Spike' but now I lack energy during training, what should I do please?
14. You need to take 30g of carbs, half an hour before training and 30g of carbs, half an hour after training to combat this lack of energy on training days.
15. I suffer from a lack of energy during training so what do I need to do please?
16. You need to take 30g of carbs, half an hour before training and 30g of carbs, half an hour after training to combat this lack of energy on training days.
17. I'm still lacking energy during training so what can I do please?
18. Increase your carbohydrate intake on training days by 30g again and every week until you feel normal during your workouts.

19. I lack energy all week so what can I do please?
20. You will need to increase your daily intake of carbs by 30 grams.
21. I increased my daily carbohydrate intake by 30g for a 1-week period and I still feel tired all week, so what can I do next please?
22. Add another 30g of carbs to your daily intake for a 1-Week Assessment and again every week until you feel normal.
23. I'm starting a 2-Week Assessment Phase of the Moderate Carb Metabolic Diet to see how well I do. This is where my carbohydrate intake is 50-60g for every 1,000 Calories of my particular diet.
24. I've completed the 2-Week Assessment Phase of the Moderate Carb Metabolic Diet and I'm doing well. What should I do now please?
25. Continue on the Moderate Carb Metabolic Diet for a further 2-Week of Assessment.
26. I've completed the additional 2-week Moderate Carb Metabolic Diet Assessment and I'm doing well. What do I do now please?
27. Now your Moderate Carb Metabolic Diet begins in earnest. You will be consuming 50-60 grams of carbs for every 1,000 Calories of your Diet.
28. Alternatively, you may wish to try the Strict Metabolic Diet after doing so well on the Moderate Carb Metabolic Diet.
29. I've been on the 2-Week Assessment Phase of the Moderate Carb Metabolic Diet and I feel that I'm not doing well. Here is my tiredness level.
30. I feel 'Mild to Moderate' tiredness after the 2-Week Assessment Phase of the Moderate Carb Metabolic Diet. I will continue on the Moderate Carb Metabolic Diet for a further 2-Week of Assessment.
31. I feel 'Moderate to Severe' tiredness after the 2-Week Assessment Phase of the Moderate Carb Metabolic Diet so I need to introduce "Variations In Diet" to overcome this tiredness.