

Exclusive Access to the Body by AIM360 App which includes:

- Daily Instructions on What to Do and What to Eat
- Meal Plans, Grocery Lists and Delicious Recipes
- Weight Loss Guides, Tips and Educations Resources
- 800,000 + Food Database to Track Daily Calories
- Recipe Builder, Quick Food Search and Bar Scan Reader
- Food, Exercise, Sleep & Activity Tracker with Progress Graphs
- Virtually Connect with a Body by AIM360 Nutrition Coach Via In-App Messaging

Track Your Progress

The Metabolic Reset Protocol is based on a very precise regimen, so it is very important for you to track your day-to-day progress. you can easily track your weight, sleep, exercise, food, water intake and medication use in your app or patient web-portal. your nutrition coach will be able to review your tracker and offer advice and answer any questions via the in-app messaging feature.

Exercise

Because of the very restrictive diet you are following, you are advised NOT to perform any strenuous exercise during the first 30 days of the weight loss plan (Phase 1). Walking is advisable in small amounts, but you should save all strenuous activity for the phase two or the maintenance phase of the program.



Contact Us

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Metabolic Reset Protocol



Metabolic Reset Protocol

The Metabolic Reset Protocol is exclusive to Body by AIM360 and is the ultimate food guide with proven success to help you lose weight, control craving, and boost your metabolism. It is a low calorie, low carb, whole food meal plan, excluding sugar, grains and processed foods. Combine this program with dietary supplements to help accelerate results. Metabolic Reset is offered as a 30-day, 60-day, or Maintenance Plan.

Vegetarian options are available.

What are the Goals of the Metabolic Reset Protocol?

• Restoring Metabolic Health

- Metabolic Health is how well we generate and process energy in the body.
- Effects of poor metabolic health include
 - Decreased cognitive function & memory
 - Mood disturbances
 - Low energy levels
 - Poor skin health
 - Fertility issues or hormone imbalance
 - Metabolic dysfunction - this is one of the leading root causes of chronic disease processes.
- How can we improve it?
 - By consistently choosing foods that keep glucose levels in a stable and healthy range, thus avoiding wide glucose level fluctuations that cause hunger & fat accumulation.
 - Choose whole natural foods and avoid excess sugar and processed carbohydrates.

- **Detoxification**
 - Prioritize non-starchy vegetables that help to aid the body in the detoxification process and promote bowel regularity, such as cruciferous vegetables.
- **Inflammation Reduction**
 - Eliminate trigger foods known to cause inflammation in the body (some food eliminations during this phase may be temporary and some may be permanent).
- **Weight Loss**
 - The body is better able to shed excess weight through improved metabolic health, detoxification and reduced inflammation.

What to Expect on the Metabolic Reset Protocol

Metabolic Reset Phase 1 (the first 30 days)

It is designed to shed excess fat. The food plan eliminates grains, gluten, dairy, legumes, and excess sugars. Focus on clean sources of protein, seafood, vegetables, nuts, and seeds. Most daily recipe plans are approximately 800-1,000 calories. This meal plan is designed to be simple and effective with minimal foods needed.

Metabolic Reset Phase 2 (days 30-60)

You will continue eating the metabolic reset foods and increasing calories to approximately 1,200 daily while expanding food options with new recipes. The emphasis of this phase is on the quality of foods you consume, the amount you eat, and the type of nutrients consumed to continue weight loss and improve energy levels.

Metabolic Reset Maintenance Phase

This is a 60-day meal plan to help prepare you to live in more of a primal state like our ancestors did by taking a very simplified approach to eating whole foods. As hunters and gatherers, our paleolithic ancestors ate simple foods of protein, fish, nuts, seeds, vegetables and fruits. This protocol is meant to be a new lifestyle approach to eating healthy and should be followed beyond 60 days for long-term metabolic health and weight management.

Metabolic Reset AI (Anti-Inflammatory)

This plan is designed to help reduce inflammation in your body by eliminating inflammatory foods and reintroducing ingredients and nutrients into your diet that are known to help heal the body, mind and gut. You will be eliminating all grains, gluten, dairy, legumes, nuts, seeds, nightshade vegetables and excess sugar from your diet over the next 30 days.

