



# The Metabolic Makeover

## Metabolic Makeover Shopping List *Part 1– Metabolic Modifiers*

We like to purchase our **metabolic modifiers** from:

- Amazon.com
- Super Supplements
- Vitamin shop
- Univera

Formulations of the metabolic modifiers from Univera include Aloe Select, Aloe Gold, Xtra, Xperia, Vitality, Rhythmatix, Level G, Regenifree, Regenicare, Thermogenic, GoVera, and Prime.

The company named NOW makes the acetyl l-carnitine in a Citrus flavored liquid formula, which makes it easier to consume by adding it to drinks, including using it to flavor water. Leucine is available as a powder, as are creatine and maca, which make them easier to add to beverages.

When purchasing resveratrol, it's always important to get a product that's in a nitrogen flushed capsule such as Univera's Rhythmatix or resveratrol capsules from Kirkland. Steer clear of liquid resveratrol products as these open bottles allow rapid oxidation of the resveratrol within 24 hours.

Wondering which metabolic modifiers to purchase first? Refer to page 187 in the book for helping you decide whether to start, stay or get strong. Stephen divided a few of the metabolic modifiers into these categories so that people can choose which ones they want to add to their program next.



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## Metabolic Makeover Shopping List *Part 2– Protein*

On **page 116** of the book we list some wild and /or naturally raised meat sources.

Depending on where the person lives, these may be more accessible at some local supermarkets. However in this modern day with Internet shopping, it's easier to have dietary protein diversity because of the increased variety accessible from such suppliers.

We like to purchase elk, deer, goat and wildboar from grande meats at **ElkUSA.com**.

Locally, we enjoy

- Wild caught Pacific salmon
- Other Seafoods
- Grass fed lamb
- Almonds
- Hemp seeds
- Sunflower seeds
- Chia seed
- Nut butter
- A wide variety of legumes
- Eggs laid by our own chickens



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### *Part 3– Kitchen Appliances*

Having the right tool for you Metabolic Makeover is just as important as having the right ingredients:

- Vegetable steamer
- Fish poacher
- Egg poacher
- Wok for braising greens
- Rice cooker to use to cook quinoa
- Yogurt maker to make fermented sunflower seed dish that will appear in the metabolic makeover kitchen companion cookbook coming soon



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### *Part 4– Colorful Organic Vegetables*

Today, the produce section of most all supermarkets offer pre-washed and pre-cut vegetables, along with a variety of ready-made salads and leafy greens.

- Swiss chard
- Broccolini
- Broccoli
- Cauliflower
- Arugula/rocket
- Spinach
- Red beets and beet tops
- Kale

Refer to pages 66 and 67 in the book for more inspiration. Remember, your dinner is talking to your cells!