



Metabolic Majic

28 Day

Weight Loss Program



METABOLIC™
— WEB STORE —

The ultimate guide for healthy
weight loss that works.

A Letter From Dr. Spreen

Greetings from Dr. Spreen!

I was in private family practice for 10 years, concentrating on nutritional therapies for patients who preferred alternative options to traditional allopathic techniques. I have written two books on the subject of alternative and complementary medicine: "Nutritionally Incorrect" and the bestselling collaboration "Smart Medicine for Healthier Living" with Janet Zand. The increasing popularity of 'The Nutrition Physician' also led to assignments as a nutrition expert for "America Online" and "iVillage-The Women's Network," followed by positions on the medical review board of the Discovery Health Channel and the Health Sciences Institute.

During this time, I met the co-founders of Metabolic Research Center and was impressed by both the program's techniques and successes.

There are different techniques for the treatment of weight loss, but having examined the approach taken by Metabolic Research Center; this is the one that I recommend to you for it is completely balanced nutritionally, supplementally, and philosophically.

I recommend the Metabolic Majic 28 Day Weight Loss plan for your good health and successful weight loss!



A handwritten signature in black ink that reads "Allan N. Spreen".

Allan N. Spreen, MD
America's Nutrition Physician

*Note: It is always recommended that you consult a physician before undertaking a weight loss program.

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Welcome To Your New Lifestyle

Healthy living starts here!

Metabolic Research Center has been in the weight loss, health, and wellness industry for over 35 years. Metabolic Majic is the program for you if you want to...

- Lose weight through a structured, guided approach
- Reignite and reach your healthy weight loss goals
- Build a healthier relationship with food
- Learn how to spot and choose healthier foods and food combinations
- Cook delicious meals without spending hours in the kitchen
- Put an end to failed dieting attempts and calorie counting
- Take the guesswork out of weight loss
- Learn and develop new, livable healthy habits

See the "MRC Difference" for yourself with an approach to weight loss that provides the ideal balance between structure and flexibility.



Metabolic Majic Kit Checklist

- ✓ 56 Protein Drinks (8 Boxes)
- ✓ 1 Phentramin Plus™ Supplement (90 count)
- ✓ 1 MRC-6 Supplement (180 count)
- ✓ 1 Box of Caramel Nut Bars (7 count)
- ✓ 1 MRC Blender Bottle Shaker
- ✓ 1 MRC Tote Bag
- ✓ Exclusive Access to Our Private Facebook Group
- ✓ Enhance Your Program! All "Metabolic Majic PLUS Cortitrim" kits include a bottle of Cortitrim. Or add-on for \$77.99

Getting Your Program Started

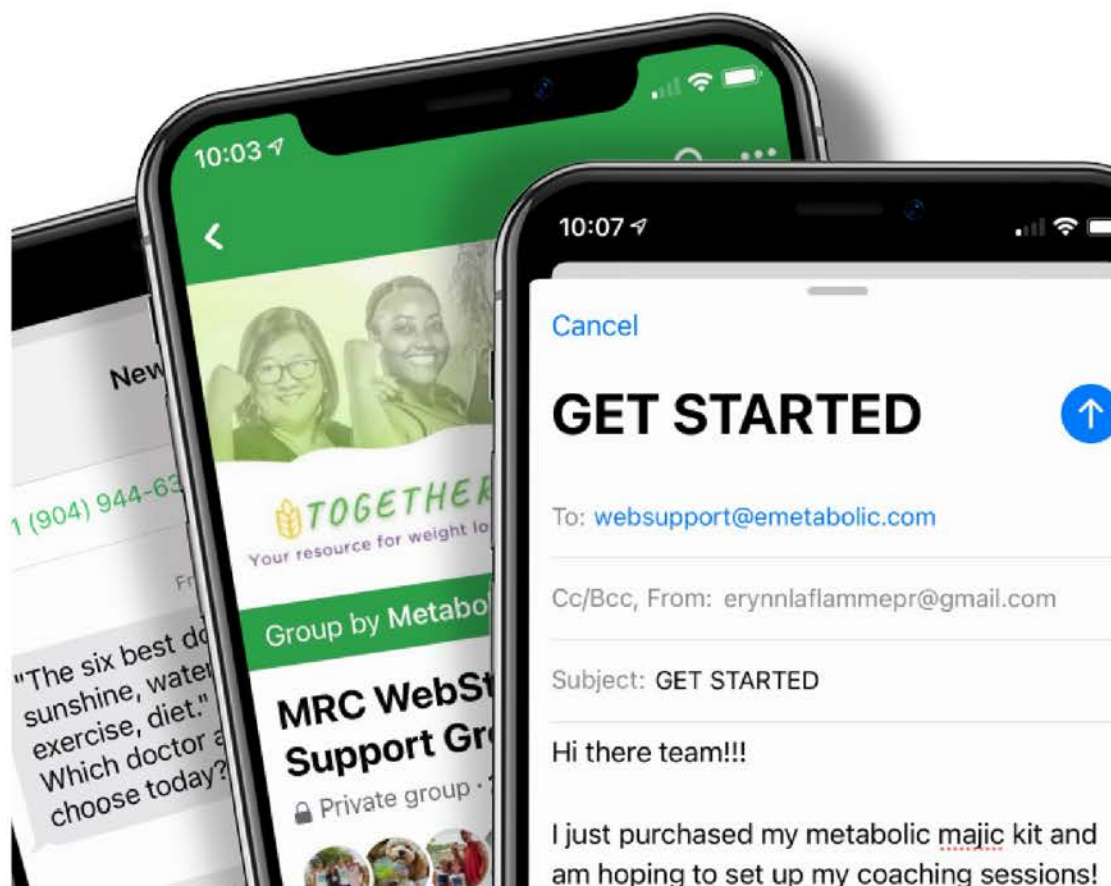
Join the Private Facebook Support Group

Receive support, free recipes, exclusive content, and more by joining hundreds of other Metabolic Web Store customers in our private Facebook group.

[Join here!](#)

Have Questions?

Send us an email at websupport@emetabolic.com and a Support Specialist will be happy to assist you further.



What is Metabolic Majic

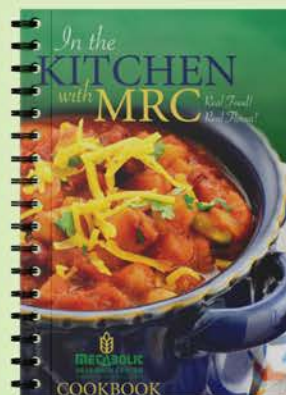
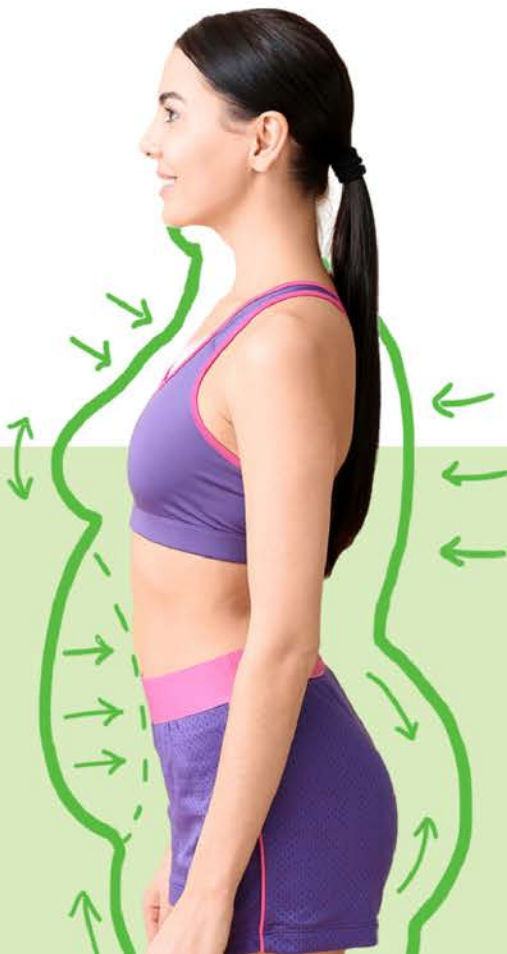
What is Metabolic Majic?

- A healthy, balanced, high-protein program
- Options! Choose from a multitude of protein, vegetables, and carbs
- A source of endless variety
- Your choice of 8 different flavors of protein drinks made from high quality collagen & whey proteins
- Premium supplements to support healthy bodies, fat metabolism, and satiety*



Results

Lose the weight and discover many other benefits that come along with a healthier lifestyle!



Find great recipes in our cookbook for sale at www.weightlossmrc.com

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

About the Supplements

Quality you can trust. Our supplements are made in cGMP Certified Facilities and are tested for potency and purity. Our vegetarian capsules are easy to digest and free from dairy, dyes, and sugars. We pride ourselves on our superior ingredients and manufacturing processes.



Phentratrim Plus™

This proprietary blend of Hoodia gordonii and other natural herbs is formulated to support healthy fat metabolism and energy without the use of stimulants.* 30 day supply.



MRC-6

This powerful multifaceted supplement has been formulated to help improve body composition and appearance while supporting healthy digestion and weight management.* 30 day supply.



Corti-Trim* +Add-On for Only \$77.99

Three unique propriety herbal blends work in tandem to encourage a healthy stress response, maintain already healthy levels of Cortisol, and support weight management.* 30-60 day supply.

Quality & Certifications



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Your Metabolic Majic Meal Schedule

	Breakfast	Lunch	Dinner
Before	☐ Phentratrim Plus™ ☐ MRC-6 ☐ Corti-Trim (not included in all kits)	☐ Phentratrim Plus™ ☐ MRC-6 ☐ Corti-Trim (not included in all kits)	☐ Phentratrim Plus™ ☐ MRC-6 ☐ Corti-Trim (not included in all kits)
During	☐ One 16 oz. glass of water ☐ One serving of fruit ☐ One serving of protein ☐ One protein drink ☐ Coffee or tea (black or with 1 oz. of 2% milk with sweetener)	☐ One 16 oz. glass of water ☐ One serving of protein ☐ Two servings of vegetables ☐ One protein drink	☐ One 16 oz. glass of water ☐ One serving of protein ☐ Two servings of vegetables
After	☐ One 8 oz. glass of water	☐ One 8 oz. glass of water	
Supplements should be consumed according to the label instructions or as directed by a healthcare provider			

Snacks

Most individuals don't experience hunger between meals while following the Metabolic Majic Plan. If you need a SNACK, then you can consume the following:

- Up to two more protein drinks per day (for a total of 4 protein drinks)
- An 8 oz. glass of water as needed
- One additional serving of protein
- Unlimited vegetables

PROTEIN BARS may be used as snacks or as meal replacements, up to 3 times per week. When used as a meal replacement, consume 1 protein bar + 1 protein drink at a meal time.

*Limit hard cheese to once daily.





Menu Plan

Protein

Cooking notes: All proteins can be prepared with cooking spray and baked, grilled, broiled, poached, sautéed, or air fried. These same guidelines apply to vegetables.

Lean Meats:

5 oz./142g cooked

- Beef
- Ham
- Lamb
- Liver (beef, chicken or veal)
- Skinless chicken breast
- Rabbit
- Turkey
- Veal

Lean Fish

6 oz./170g cooked

- Canned tuna in water
- Cobia
- Grouper
- Haddock
- Mullet
- Salmon
- Snapper
- Tilapia
- Whiting

Shellfish

5 oz./142g cooked

- Lobster
- Prawn
- Shrimp

Vegetarian/Vegan:

- 2 oz. hard cheese
- 2 medium eggs
- 3 egg whites
- 4-6 oz. low fat cottage cheese
- 4-6 oz. nonfat, plain Greek yogurt
- 5 oz. Tofu (firm+) or tempeh
- 5 oz. "Impossible" meat
- 5 oz. Seitan

Fruits

- Apple, 1 small
- Apricots, 2 small
- Blackberries, 1/2 cup
- Blueberries, 1/2 cup
- Cantaloupe, 1/4 small
- Cranberries, 1/2 cup
- Grapefruit, 1/2 cup
- Honeydew, 1 medium
- Kiwi, 1 small
- Orange, 1 small
- Peach, 1 medium
- Pineapple, 1/2 cup
- Strawberries, 3/4 cup
- Tangerine, 1 small
- Watermelon, 1 cup
- Unflavored non-dairy milk, 1 cup

Drinks

- *Required: minimum of 64 oz. of water per day
- Coffee (black or with 1 oz. of 2% milk & sweetener allowed)
- Crystal Light, sparkling water, diet sodas, zero-calorie beverages or drink mixes
- Tea (plain or with 1 oz. of 2% milk & sweetener allowed)

Vegetables

8 oz. raw or 4 oz. cooked

- Artichokes
- Asparagus
- Bamboo Shoots
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Endive/Chicory
- Fennel
- Green beans
- Green onions
- Greens (chard, collard, mustard)
- Lettuce (all varieties)
- Mushrooms
- Peppers
- Radish
- Shallots
- Spinach
- Snow peas
- Squash (yellow, summer, spaghetti)
- Tomatoes
- Turnips
- Zucchini
- 2 scoops of MRC Super Fruit & Vegetable Drink Mix

Cooking/Condiments

Up to 1 tbsp.

- Butter
- Flavored extracts
- Hot sauce
- Lemon juice
- Mustards
- Oil (olive, avocado, grapeseed, safflower, sesame)
- Seasonings
- Vinegar (apple, white)



Weekly Meal Planner

Plan your meals in advance for success!

	Breakfast	Lunch	Dinner
Example	• 5 oz. low fat cottage cheese • 1/2 cup pineapple • 1 protein drink	• 1 protein drink • 5 oz. grilled chicken • 8 oz. cucumber salad • 4 oz. cooked green beans	• 6 oz. tilapia • 4 oz. roasted broccoli • 8 oz. salad • 1 tbsp. oil and vinegar dressing
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Maximize Your Results

Four tips for getting the most out of your program:

- ✓ Drink lots of water (at least 64 oz. per day). You can add up to 1 Tbsp. of lemon juice in your water per day.
- ✓ Plan your meals and prep foods ahead of time so that if a craving hits, you're more inclined to stay away from convenience foods.
- ✓ Take Phentratrim Plus™, MRC-6, and Corti-Trim (not included in all kits) per the label instructions or as recommended by a healthcare professional to help stay in control and on top of your healthy goals.
- ✓ Engage in physical activity three times per week - remembering that physical activity doesn't have to mean "going to the gym." Move at a level and pace that works for you and your body.



Track Your Journey

Fill out this form and take a picture of yourself right before you begin your 28 day program and then again on the last day of the program to see how much progress you've made. Email your before and after photos and a picture of this completed form to websuccess@emetabolic.com and we'll send you a **\$25 Metabolic Web Store credit!**

START DATE: _____ CURRENT WEIGHT: _____ GOAL WEIGHT: _____

MEASUREMENTS

	INCHES
BUST/CHEST	
WAIST	
HIPS	
LEFT ARM	
RIGHT ARM	
LEFT LEG	
RIGHT LEG	

HEALTH JOURNAL

How do you feel both mentally and physically?

GOAL

How do you want to feel?

END DATE: _____ CURRENT WEIGHT: _____ POUNDS LOST: _____

MEASUREMENTS

	INCHES
BUST/CHEST	
WAIST	
HIPS	
LEFT ARM	
RIGHT ARM	
LEFT LEG	
RIGHT LEG	

HEALTH JOURNAL

How has your health improved?

GOAL

What is your next goal?



Garlic Lemon Roasted Brussel Sprouts

Servings: 1

Ingredients:

- 8 oz. brussels sprouts, uncooked
- 1 Tbsp. of olive oil
- 2 tsp. fresh lemon juice
- 2 tsp. Mrs. Dash seasoning (table blend)
- 2 tsp. pepper

Instructions:

Preheat oven to 400° F. Wash brussels sprouts, remove ends and halve them lengthwise. In a bowl toss brussels sprouts, garlic, oil and lemon juice. Spread onto a cookie sheet with a lip and season with pepper and Mrs. Dash table blend. Bake for 10 minutes. Toss, and then bake for another 15 minutes. Serve and enjoy!

MRC Frappuccino Meal Replacement Shake

Servings: 1

Ingredients:

- 2 packages MRC Creamy Hot Chocolate, Decaf Cappuccino, or Unflavored protein drink
- 12 oz. cold coffee
- 1 tsp. vanilla extract
- Ice



Instructions:

Blend all ingredients together. Replaces 1 entire meal. Feel free to add ½ tsp. instant decaf coffee for a stronger coffee flavor. PRO TIP: if you're not in the mood for a coffee shake, make a fruit smoothie instead by blending together 1 packet of any fruit flavored protein drink, 4-6 oz. of non-fat Greek yogurt, 1 tsp. vanilla extract, a serving of fresh fruit, and ice (using water as needed to reach your desired consistency!). Omit fruit at lunch and dinner.

Recipes For Success



Casserole Zucchini Boats

Servings: 3

Ingredients:

- 2 medium-large zucchinis
- 2 Tbsp. butter, melted
- 1.5 oz. sharp cheddar cheese, grated
- 5 oz. chicken breast, shredded
- 8 oz. broccoli or broccolini florets, uncooked
- 2 Tbsp. plain Greek yogurt
- 2 oz. green onion
- Sea salt and black pepper, to taste

Instructions:

1. Preheat oven to 400°F.
2. Cut zucchini in half lengthwise. Using a spoon, scoop out the seeds and insides until you're left with a shell between $\frac{1}{4}$ - $\frac{1}{2}$ inch thick.
3. Pour or brush melted butter on the inside (bowl side) of each zucchini boat and season with sea salt and black pepper. Bake in the preheated oven for about 20 minutes.
4. While zucchini is cooking, shred your chicken, grate your cheese, cut broccoli florets into smaller pieces, and chop your green onion. Set grated cheese aside. Set green onion aside.
5. Combine shredded chicken and broccoli florets in a bowl with Greek yogurt. Season with black pepper.
6. Once the zucchini has finished cooking, remove from the oven, and fill boats with the chicken and broccoli filling.
7. Sprinkle grated cheese on top and bake for an additional 10-15 minutes; until the cheese is melted and beginning to brown.
8. Garnish with chopped green onion and enjoy!

View more healthy recipes and lifestyle tips at
www.weightlossmrc.com/blog



Frequently Asked Questions

How much weight am I going to lose each week?

Weight loss varies from person to person due to a number of factors. Individuals following the Metabolic Majic program can expect to lose 1-2 pounds weekly. Results are not typical and will vary.

How can I order more products after I finish this plan?

Go to www.weightlossmrc.com to purchase additional healthy living products and supplements like our [All Day Weight Loss Plan](#) to support your newfound healthy habits.

How can I get support?

Join our [private Facebook group](#) to get tips, tricks, recipes, and motivation from other Metabolic Web Store customers! Simply click or type this URL into your website browser and request to join:

<https://www.facebook.com/groups/mrcwebstore>

For additional questions, you can contact us toll-free at [1-800-289-1087](tel:1-800-289-1087) or email us at websupport@emetabolic.com.

Can I start the plan again immediately if I want to lose additional weight?

Yes. You can use the Metabolic Majic 28 Day Plan again without a break between finishing the first kit and starting the next one. Or if you are looking for a maintenance program that allows a higher caloric intake, ask us about our Virtual Coaching or In Person Coaching options through an MRC Team near you. Email websupport@emetabolic.com to find out more.



Frequently Asked Questions

Why are the protein drinks (or High Nutrient Supplements) important?

The protein drinks are key to your weight loss success on our program. They provide you with 15g of high quality collagen or whey protein per serving. Protein helps preserve lean muscle mass, promotes satiety, and supports healthy bones. To maximize your program, women should have up to four HNS drinks per day and men should have up to five. [Learn more here.](#)

Why should I drink 64 oz. of water daily?

Water has no calories, making it a perfect pair for managing body weight and reducing caloric intake when substituted for drinks with calories. Water also helps keep a normal temperature, lubricate and cushion joints, protect tissues, and rid the body of waste. [Learn more here.](#)

Can I put something in my water like Crystal Light or buy bottled flavored water from the store?

Yes, you can, but these drinks do not count towards your daily water intake! When anything aside from lemon is added to water, it does not as effectively flush and cleanse the kidneys. Pro tip: when it comes to water, it should be "clear" to count.

Why do I experience plateaus during my weight loss?

Contrary to popular belief, plateaus are not a sign of failure. They are a normal part of the weight loss process. If your plateau continues over a week, it may be time to talk to a weight loss coach about your menu to see if there is something you can do to kick-start the weight loss again. [Learn more here.](#)

What if I want to eat more variety than what's on this meal plan?

Our program is designed to help rid your system of excess sugars so you regain and stay in control. Our customers find that the faster they are free of sugars, the easier their program becomes. All bodies are different, though, and if more variety is what you need to find success, then ask a weight loss coach for a customized menu! Email websupport@emetabolic.com to be connected with a Weight Loss Coach.

Next Steps for Continued Success

For most people who complete this program, it isn't enough to just lose the weight. They want to continue and expand upon their new healthy lifestyle. Here's how to do just that!

Ask About Virtual or In-Person Coaching

Health is for life... not just 28 days! So, say goodbye to pre-packaged meals, counting calories, and weight loss guesswork. To continue expanding on these new healthy habits, get connected with an MRC Coach online or in a local center. Our Metabolic Research Center coaches are available to continue to provide you weight loss and maintenance guidance that supports your health goals! [Click here to learn more.](#)



Join the Newsletter

Never miss out on weight loss tips, recipes and Web Store coupons again! Sign-up for our e-newsletter and get our latest content straight to your inbox!

Sign up at www.weightlossmrc.com

Coupons

Enjoy these coupons for continued weight loss support!



FREE \$10 GIFT CARD

**WHEN YOU SHARE A PICTURE OF YOURSELF WITH
YOUR KIT ON FACEBOOK AND TAG @WEIGHTLOSSMRC**

Must use #Metamajic and tag @weightlossmrc to qualify. You will receive a direct message on Facebook with your gift card code.



\$15 OFF YOUR NEXT KIT

USE DISCOUNT CODE: MAJIC15

Good towards \$15 off your next Metabolic Majic Kit purchase. Discount valid only on Metabolic Majic Kit items. All kit variations are eligible.



FREE SHIPPING ON ALL ORDERS

\$99.00 AND UP

Automatically applied at checkout. No code required.



\$10 OFF VIRTUAL COACHING

**REFER THE METABOLIC MAJIC PROGRAM TO A FRIEND AND
RECEIVE \$10 OFF 4 WEEKS OF VIRTUAL COACHING**

Share your referrals with websupport@emetabolic.com to receive your \$10 coupon for your next Virtual Coaching purchase!

These coupons are only valid online at The Metabolic Web Store, weightlossmrc.com. These coupons are not redeemable in retail locations. These coupons cannot be used in combination with other coupons or offers.

Success Stories



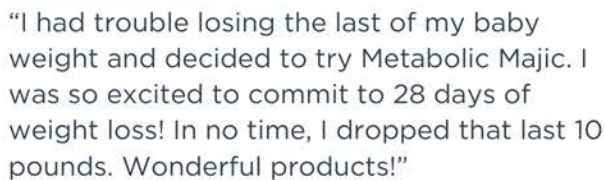
"I have been on the Metabolic Majic 28 Day Plan for two weeks and I have lost 8 lbs. Very excited since I was hoping to lose at least 10 pounds before my reunion and I still have two weeks to go. I am VERY HAPPY and have not felt this good in a long time. Thank you so much for making this available online!"

-Marnelle



"This is my second time using MRC products. In 2011 I lost 30 pounds using MRC products with healthy diet and power walking 3-5 days a week. Over the last 5 years I've gained all my weight back and struggle due to my thyroid issues. I decided to try the 28 day plan this time and I am on day 26. After the first week I was sleeping better and had more energy and lost 5 pounds. I've been eating better and drinking all my water and was able to get all the pills down. This was a starting back point and I will continue my journey. After this plan is done I will just use the Corti-Trim, protein drinks, MetaShakes and Fat and Carb Blocker. Looking forward to the future!"

-Melody



-Tiffany

A collection of Metabolic Research Centre products. In the center is a large grey shaker bottle with a green lid. To its left is a box for 'Cranberry Chocolate Shake' and a box for 'Mango Pomegranate Shake'. To its right are boxes for 'Kiwi Lemon Drink' and 'Grape Drink'. In the foreground, there are boxes for 'Caramel Nut Protein Bar' and 'Phenitratin Plus' capsules. Several white bottles of 'Phenitratin Plus' capsules are also visible. The products are arranged on a dark surface.

The life you love is at your fingertips. Now is the time to start. And when you finish your 28 days, share your story with us at websuccess@emetabolic.com to help inspire others to take the next step toward a healthier lifestyle!



Thank you

For choosing Metabolic Majic. We are excited to be a part of your successful weight loss journey!

1-800-289-1087 | www.weightlossmrc.com