



real food.
REAL RESULTS.

Our menus include lean proteins, smart carbs, and good, healthy fats. You'll feel satisfied, sustained, and in control. Our menus are simple to follow. You'll eat real, nutritious foods that you purchase at your local supermarket or order in restaurants.

And best of all, no pre-packaged meals, no counting calories, and no guesswork.

healthy, simple
AND DELICIOUS

Prepare uncomplicated meals at home that your entire household can enjoy or eat out with ease. Explore endless variety on your own or choose from hundreds of recipes found in our printed cookbook and website collections.

start today!

MRC IS THE PROGRAM FOR YOU!

We've put over 35 years of research and experience into fine-tuning our approach to weight loss to deliver personalized programs that maximize success. Teaching you, through customized menus and one-on-one coaching, how to make healthy, livable changes to reach your goals.



Locations Near You

www.emetabolic.com

weight loss
THAT WORKS!



RESULTS YOU'LL LOVE!

✓ **35+ years of experience**

With over three decades of helping clients succeed, you can trust MRC.

✓ **Weight loss & health coaching**

Reach your goals with the support of your MRC coaching team.

✓ **An all-encompassing approach**

A completely customized approach that's tailored to the uniqueness of you. Support your success with professional one-on-one coaching, hormone imbalance testing & DNA testing, customized menus, premium nutritional & dietary supplements, and more.



#MRCmilestones

THE TIME IS NOW



"This program really works!"

The support and accountability I received during (and after) my weight loss has completely changed my life!

-Nina M.



"Exactly the program that I needed!"

The coaching helped me stay on track and it challenged me week in and week out to accomplish my goal.

-Jared N.

*Success stories shown are from actual Metabolic Research Center clients who followed the MRC program, prepared their own food, visited an MRC center regularly, and modified their diet and lifestyle. Results are not typical and will vary.

EXPERIENCE THE "MRC DIFFERENCE"

We're real humans, not bots! With your dedicated team of professional coaches, you'll have all of the tools, tips, accountability, & motivation you'll need to see success.

YOUR SUCCESS IS OUR PRIORITY!



Come into our center for your free consultation. We'll create a unique program and plan tailored to your goals and lifestyle.



We're by your side every step of the way. Receive support, advice, & encouragement, celebrate success, overcome roadblocks, plan for upcoming events, & more with your team of trained Weight Loss Specialists.



Connect with a community that understands your journey. From mindset to meal prep, we've got you covered.



From every pound lost on the scale to every victory off the scale, we're here to celebrate each milestone with you.

MY WEEK AHEAD		
	CURRENT	GOAL
STATS	WEIGHT 182	180
	FITNESS walk x3	walk x4
	OTHER tried chili-gum!	make brownie rug

Goals

- 1) walk 30 min/day
- 2) eat healthier

REWARD!

get a massage!