



**HealthyBodyHealthyLife**  
with *Melissa Koerner*

## Total Transformation

### Module 2 – Part 1:

### Create Balanced Meals for Your Unique Nutritional Needs

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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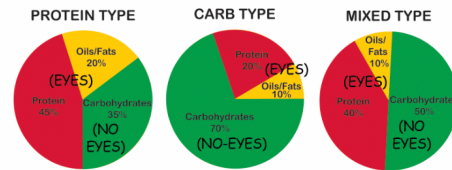
## No One Diet Fits All

- We each have a **genetic requirement** for a given amount of plant and animal foods – proteins, fats and carbs (“macronutrients”).
  - Our needs are based on what our **ancestry programmed** into our genes by the selective pressures of nature—the availability of foods.
  - Most of us are of mixed racial heritage; combined with stress and illness can alter optimal plant to animal ratio.
- Metabolic Nutritional Typing helps you determine the **right** balance of macronutrients for YOU!
  - It’s **NOT** about following nutritional dogma.

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## Eat Right for Your Metabolic Type

- Knowing your Metabolic Nutritional Type gives you a general starting point for planning healthy, **balanced** meals for your **unique** nutritional needs.
- There are **3** Metabolic Nutritional Types:
  - Protein Type (Paleo)
  - Carb Type (Plant-Based)
  - Mixed Type
- Each type requires **ideal amounts** of healthy proteins, fats and carbs to create balanced meals.



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## Why It's Important to Balance Your Meals for Your Metabolic Nutritional Type

Balanced Meals for Your Unique Needs → Balanced Blood Sugar, Insulin & Hormones → Reduced Inflammation → Healthy Cholesterol Levels, Healthy Blood Pressure, Strong Bones & Joints, Healthy Weight and all Kinds of Other Benefits....

NOTE: Most people eat way too many carbs and not enough fat and protein. This leads to imbalanced blood sugar and insulin levels, and ultimately sickness and disease.

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## Metabolic Nutritional Type Macronutrient Needs

### Which Metabolic Type Are You?



#### Carb Type

65% Carbs : 35% Proteins & Fats



#### Mixed Type

50% Carbs : 50% Proteins & Fats



#### Protein Type

65% Proteins & Fats: 35% Carbs

**\*See the Metabolic Nutritional Type Meal Planning Guide for more details about each type.**

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## How Do I Know How Much to Eat?

### Use your palm and fist to determine serving sizes

- **Mixed Types** = 1:1 ratio
  - 1 palm proteins & fats to 1 fist carbs
  - 2 palms proteins & fats to 2 fists carbs
- **Protein Types** = 2:1 ratio
  - 2 palms proteins & fats to 1 fist carbs
  - 3 palms proteins & fats to 1.5 fists carbs
- **Carb Types** = 2:1 ratio
  - 2 fists carbs to 1 palm proteins & fats
  - 3 fists carbs to 1.5 palms proteins & fats
- **Listen to your body to determine how much to eat.**



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Creating a **balanced** meal  
is like creating a fire...




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## Eat at the Right Times

- Knowing your Metabolic Nutritional Type also helps you determine the **BEST** times to eat.
- All 3 Metabolic Nutritional Types require different amounts of healthy protein, fats and carbs at **different frequencies** throughout the day.
  - **Protein Types** tend to do better eating **5 - 6** times per day.
  - **Carb Types** tend to do better eating **2 - 3** times per day.
  - **Mixed Types** tend to do better eating **3 - 4** times per day.
- It's important to eat at the *right* times during the day because it keeps your blood sugar and insulin levels **stable**, which leads to **reducing** inflammation, **eliminating** cravings, feeling **satisfied**, having better **focus**.
- For all types it's a good idea to keep your eating schedule to an **8 to 12-hour** window and eat your **last** meal by **7pm**.

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## 3 Reasons NOT to Count Calories

- **#1: There's no scientific formula for determining your *exact* calorie needs.**
  - **Various** lifestyle factors like physical and mental stress, sleep quality, weather changes, and activity levels impact calorie needs; there's **no way** to accurately equate these factors to an exact calorie measurement.
- **#2: When you restrict calories you risk not fueling your body properly.**
  - When this happens, your body **increases** its fat storing enzymes and **decreases** its fat burning enzymes, **slowing** your metabolic rate and **increasing** weight gain.
- **#3: Not all calories are created equal.**
  - The calories in whole proteins, fats and carbs have very **different** effects on your metabolism than the calories in processed foods.
  - Which one's **healthier**? (They're both 100 calories!) 
- Focus on the **quality** (not the calories) of foods that you eat. (See Module 2 – Part 4: Why Buy Organic Whenever Possible?)

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**Next Up...**

**Module 2 – Part 2:**

**How to Do an Elimination Diet to Identify  
Hidden Food Sensitivities**

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