



HealthyBodyHealthyLife
with *Melissa Koerner*

Metabolic Nutritional Type Meal Planning Guide



Copyright © 2020, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

TABLE OF CONTENTS

General Meal Planning Tips for All Metabolic Nutritional Types4

Planning Meals for a Protein Type6

Planning Meals for a Carb Type10

Planning Meals for a Mixed Type14

General Meal Planning Tips for All Metabolic Nutritional Types

Your Metabolic Nutritional Type is meant to serve as a starting point for meal planning; it is a guideline to give you an idea of how you should begin planning your balanced meals, but keep in mind that within each Metabolic Nutritional Type there is some variability as your dietary needs can change from meal to meal and day to day.

Your Metabolic Nutritional Type is not set in stone. It is important not to get “stuck” with a Metabolic Nutritional Type label. It is common for people’s dietary needs to change, as their bodies get healthier so I encourage you to take your Metabolic Nutritional Type Self-Test again in three months.

The best way to know if you’re truly eating right for your needs is to learn how to listen to your body’s signals after eating and track your responses to meals in your Success Journal.

Vegetables

Be aware of the glycemic index of the fruits and vegetables you eat. The Glycemic Index Chart ranks foods on how quickly they raise blood sugar levels. A general rule of thumb to follow: above ground vegetables have a lower glycemic index than below ground, and therefore, are the preferred carbohydrate sources.

Beverages

When planning your meals, you need to consider the carb content of your drinks. Soda, energy drinks, fruit juices, wine coolers, cocktails and liquors are very high in sugar. When you drink these beverages on an empty stomach, it will leave you in a hypoglycemic state (low blood sugar) and you’ll end up eating anything that is available, like chips, crackers and other “junk foods.” Consider anything sweet or alcoholic, to be a “carb” food. Of course, I don’t recommend drinking any of these beverages. Water is *always* your body’s preferred beverage.

Condiments

You need to consider butters and oils/dressings as part of your fat ratio. Pay close attention to your feelings after consuming these products. Carb Types and Mixed Types may feel sluggish and tired, but Protein Types typically feel satiated. Sauces like teriyaki, and sweet and sour, have a lot of sugar, and can push you over your carbohydrate limit, especially for Protein Types. Eat these in moderation, or better yet, not at all. You can easily use a variety of spices to add flavor to your meals or make your own marinades and sauces.

Fatty acid supplements

When taking omega-3 fatty acid supplements, you need to consider their fat content. Carb Types are especially sensitive to fats. You can eat a well-balanced meal and feel great, then fish oil, and it can throw your body out of balance making you feel lethargic and sleepy and/or crave sweets, or coffee. You may need to experiment with your carbohydrate intake and increase your carb servings to bring your body back in balance.

Sweets

Desserts need to be considered it as part of your carbohydrate portion. For example, Protein Types may need to completely eliminate carbs from their meals or only eat a small amount in order to keep their bodies in balance when they eat dessert (of course, I don't recommend doing this). But regardless of your Metabolic Type, sweets need to be consumed in moderation. You don't want to get into the habit of substituting your green beans or baked potato for a piece of chocolate cake! Remember, you're making small, diet and lifestyle changes, that you can maintain for the rest of your life. The key is learning to eat right for at least 80% of the time.

Planning Meals for a Protein Type

It is important that you understand the basics of what foods and which proportions are best for your body type so you can make the best choices when planning your meals. Here are some considerations and characteristics for the Protein Type. Protein Types are typically people who love to eat! They're often hungry, and when they're ravenous they may be a bit edgy—they need food now! A diet high in protein and fats is key for a Protein Type, but that doesn't mean you don't need various, healthy carbs like fruits, and vegetables. If you don't eat enough protein or too many carbs, you may feel hungry and crave sweets. Too much sugar typically causes a Protein Type to get anxious, jittery or tired, so be cautious of your intake—it can really throw your body out of balance. Protein Types often crave salty, fatty foods, which is okay as long as they're healthy sources. Heavy proteins such as dark meats, full-fat, raw dairy and whole eggs are healthy food choices.

Tips for meal planning:

✓ Eat Protein with *Every Meal or Snack*

As a Protein Type your body needs higher amounts of protein, especially ones high in purines (amino acids found in dark meats), in relation to carbohydrates. Consuming too many carbs causes your blood levels to rapidly elevate and then plummet, which will manifest through increased hunger pangs, decreased energy levels, increased nervousness or anxiety and sugar cravings. Eating heavier proteins will keep your blood sugar levels in balance and leave you feeling satiated and energized, both physically and mentally.

✓ Eat Smaller Meals or Snacks Throughout the Day

By nature, Protein Types need to eat frequently. They tend to do best eating several smaller meals as opposed to the traditional three meals a day.

✓ Limit or Avoid Grains and Beans

Grains (even the whole ones) and beans convert to sugar and contribute to insulin abuse and glycemic stress. It's best to eat them in moderation, or better yet, not at all.

✓ Eat Mostly Low-Glycemic Carbs

High glycemic fruits and vegetables break down into sugar very quickly, so these are caution foods for Protein Types. Low-glycemic fruits and vegetables should make up the majority of the carbs in your meal planning. The ideal fruits and vegetables are listed on your food lists.

✓ Drink Only Freshly Squeezed Fruit and Vegetable Juices

If you're someone who likes juice, the only acceptable kind is freshly squeezed vegetable juice and it should only be consumed in *moderation*. Otherwise, avoid juice all together. Protein Types DO NOT do well on fruit juices—the high sugar content dramatically affects insulin levels (and remember this basically leads to fat storage).

✓ **Eat Fats and Oils with Each Meal or Snack**

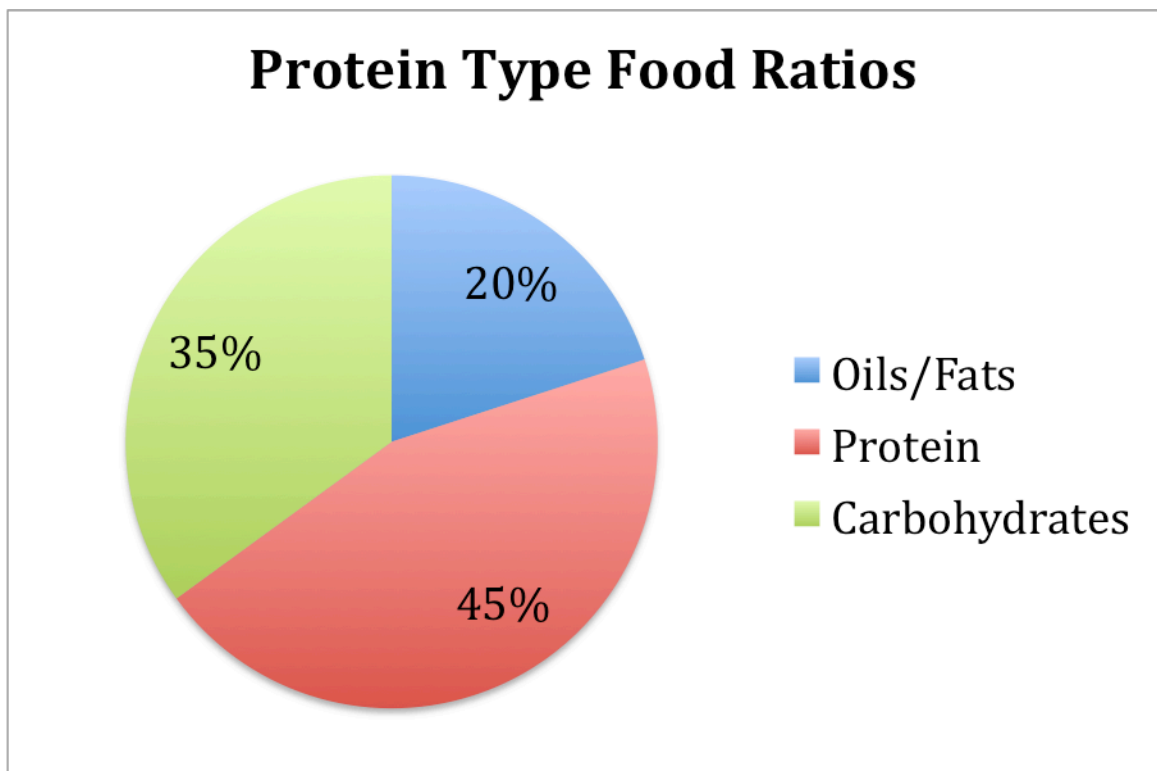
Not all fats are bad for you. You need to be sure to select healthy fats with each meal. A list of healthy fats is provided on your food list.

Protein Type Food Ratios

As a Protein Type, about 2/3 of your meals and snacks should consist of healthy proteins/fats and the remaining 1/3 should consist of healthy carbohydrates (see the chart below for a visual representation of what your plate should look like.)

Keep in mind that these percentages are not meant to be exact and the idea is not to turn your meal planning into a math assignment; rather, the pie chart is used to give you a general idea of how to proportion your meals.

To help you determine healthy serving sizes for your meals and snacks, refer to the General Servings Guide on the next page.



Protein Type General Servings Guide

Determining how much to eat is one of the biggest challenges for most people. The best way to determine how much food your body needs is to learn how to listen to your body, but I've found that most people have lost this ability. So to help you figure out a healthy and simple starting point use the palm of your hands.

Keep in mind that these suggested amounts are only meant to serve as a general guide. Eating too much or too little for your body will impact your weight and overall health, so it's really important that you learn to pay close attention to your body's signals to determine when you've eaten enough. You may find that you need to eat more or less than these estimated amounts—that's ok! Your goal is to consume as many healthy nutrients as your body needs to keep your body fueled and your metabolism elevated.

As I mentioned above, as a Protein Type about 2/3 of your meals and snacks should consist of healthy proteins/fats and the remaining 1/3 should consist of healthy carbohydrates. In other words, for every one serving or one *fist size* of carbs and you should eat 2 servings or 2 *palm sizes* of protein/fat. So your protein/fat to carb ratio should be about 2:1.

Use the chart below to determine serving sizes.

Carbs (Fruit & Vegetables):

- 1 serving = about size of your fist

Proteins (Meat, Poultry Fish & Eggs):

- 1 serving = about the size of your palm

Fats (Oils, Nuts & Seeds):

- 1 serving oil = two thumb tips placed together
- 1 serving nut butter = two thumb tips placed together
- 1 serving nuts and seeds = 1 cupped palm full
- 1 avocado serving = 1/2 avocado (avocados are technically fruits, but for meal planning purposes, count them as a fat)

Planning Meals for Carb Type

It is important that you understand the basics of what foods and which proportions are best for your body type so you can make the best choices when planning your meals. Here are some considerations and characteristics for the Carb Type.

Carb Types are just the opposite of Protein Types—the majority of their meals should consist of healthy carbs to keep their bodies balanced. Typically, Carb Types tend to have weak appetites; they don't need to eat a huge breakfast and they can often get by on three meals per day. And when I say carbs, I don't mean chips, pretzels and donuts! I mean *low-glycemic* fruits and veggies.

Carb Types don't usually do well eating a lot of full fat dairy or fatty meats—too much may make Carb Types feel dull and lethargic which in turn will trigger resorting to stimulants (coffee, tea or soda) for a pick-me-up. On the other hand, Carb Types tend to handle fruits and vegetables well, but it can be very easy to over do it. Remember, too much sugar even from fruits and vegetables means more stored fat body!

Tips for meal planning:

✓ Eat Low-Fat Proteins with *Every Meal or Snack*

Even Carb Types need to eat protein, but not all proteins work well for Carb Types. Carb Types tend to do best eating light meats like white meat poultry and white fish.

✓ Monitor Your Response to Dairy

Although Carb Types need lighter, lower-fat proteins, they often don't metabolize dairy very well. If you find that consuming dairy products makes you feel lethargic or mentally sluggish, then it may be best to restrict dairy from your diet. And don't worry if this is the case. There is a huge misconception that you need dairy in your diet for calcium, when the truth is, most of what is sold in your grocery store is very harmful to you and there are much better sources of calcium. If you choose to consume dairy buy grass-fed, organic, raw products.

✓ Eat Mostly Low-Glycemic Carbs

High glycemic carbs convert to sugar very quickly, which disrupts insulin levels and essentially leads to storing more fat on your body. Be sure to eat lots of low starch carbs like broccoli, cabbage and leafy greens to keep your blood sugar levels in check. You have a complete list of appropriate fruits and vegetables in your food list.

Tips for meal planning cont.

✓ **Limit or Avoid Grains and Beans**

Grains (even the whole ones) and beans convert to sugar and contribute to insulin abuse and glycemic stress. It's best to eat them in moderation, or better yet, not at all.

✓ **Drink Only Freshly Squeezed Fruit and Vegetable Juices**

If you're someone who likes juice, the best way to go is to make your own. Be sure to choose fruits and vegetables from your food list. Canned or bottled fruit juices should be avoided altogether as they contain a lot of sugar. Instead of drinking fruit juice, eat a piece of whole fruit.

✓ **Be Cautious of Fats and Oils**

We need healthy fats and oils to look and feel our best, but Carb Types can be sensitive to fats. Too much fat can throw your body out of balance making you feel lethargic and sleepy and/or crave sweets, or coffee. You may need to experiment with your fat intake and either increase your carb servings or decrease your fat servings to create the right fuel mix you need.

✓ **Eat Nuts and Seeds in Moderation**

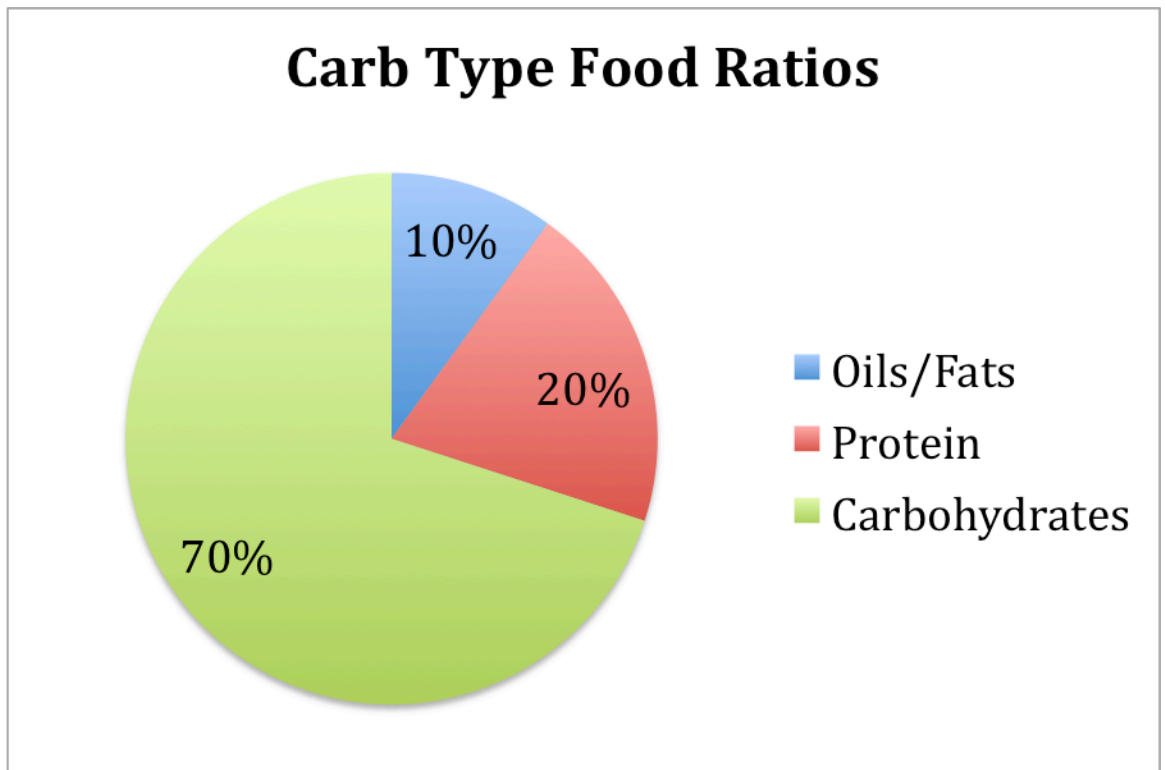
Too many fats and oils will throw your body out of balance. Raw nuts and seeds are good sources of protein, but they also contain a lot of fat. Too much fat for a Carb Type will make your feel sluggish and ultimately lead to weight gain, so it's important to eat them sparingly.

Carb Type Food Ratios

As a Carb Type, about 2/3 of your meals and snacks should consist of healthy carbohydrates and the remaining 1/3 should consist of healthy proteins/fats. See the chart below for a visual representation of what your plate should look like.

Keep in mind that these percentages are not meant to be exact and the idea is not to turn your meal planning into a math assignment; rather, the pie chart is used to give you a general idea of how to proportion your meals.

To help you determine healthy serving sizes for your meals and snacks, refer to the General Servings Guide below.



Carb Type General Servings Guide

Determining how much to eat is one of the biggest challenges for most people. The best way to determine how much food your body needs is to learn how to listen to your body, but I've found that most people have lost this ability. So to help you figure out a healthy and simple starting point use the palm of your hands.

Keep in mind that these suggested amounts are only meant to serve as a general guide. Eating too much or too little for your body will impact your weight and overall health, so it's really important that you learn to pay close attention to your body's signals to determine when you've eaten enough. You may find that you need to eat more or less than these estimated amounts—that's ok! Your goal is to consume as many healthy nutrients as your body needs to keep your body fueled and your metabolism elevated.

As I mentioned above, as a Carb Type about 2/3 of your meals and snacks should consist of healthy carbohydrates and the remaining 1/3 should consist of healthy proteins/fats. In other words, for every one serving or one palm size of protein/fat you should eat 2 servings or two fist sizes of carbs. So your protein/fat to carb ratio should be about 1:2.

On the next page is a food list of suggested ideal proteins, fats and carbs to include in your meals. This list is designed to give you a starting point for your meal planning.

Use the chart below to determine serving sizes.

Carbs (Fruit & Vegetables):

- 1 serving = about size of your fist

Proteins (Meat, Poultry Fish & Eggs):

- 1 serving = about the size of your palm

Fats (Oils, Nuts & Seeds):

- 1 serving oil = two thumb tips placed together
- 1 serving nut butter = two thumb tips placed together
- 1 serving nuts and seeds = 1 cupped palm full
- 1 avocado serving = 1/2 avocado (avocados are technically fruits, but for meal planning purposes, count them as a fat)

Planning Meals for Mixed Type

It is important that you understand the basics of what foods and which proportions are best for your body type so you can make the best choices when planning your meals. Here are some considerations and characteristics for the Mixed Type.

As a Mixed Type, you are a mix of *both* a Protein Type and a Carb Type. Though you may find that at times you lean more toward a Protein Type and at other times more toward a Carb Type—your body will fluctuate depending on your environment, hormonal changes, and emotional stress. So for some meals you may need to eat more like a Carb Type and for others you may need to eat more like a Protein Type. Learning how to read your body is key. The best way to determine if you're planning your meals correctly for your body is to listen to your body's signals.

Your appetite may vary throughout the day—you may be really hungry at times and other times have no appetite at all. Keep in mind that appetite very much depends of what you've eaten. Like the other two Metabolic Types, eating sugar will trigger sugar cravings, so it's should be eliminated or eaten in moderation.

As a Mixed Type it's especially important that you pay close attention to your body's signals as they fluctuate. You'll need to make note of which foods leave you feeling hungry, tired and craving sweets, and which ones leave you feeling satiated, energized and free of cravings by tracking your responses in your Success Journal.

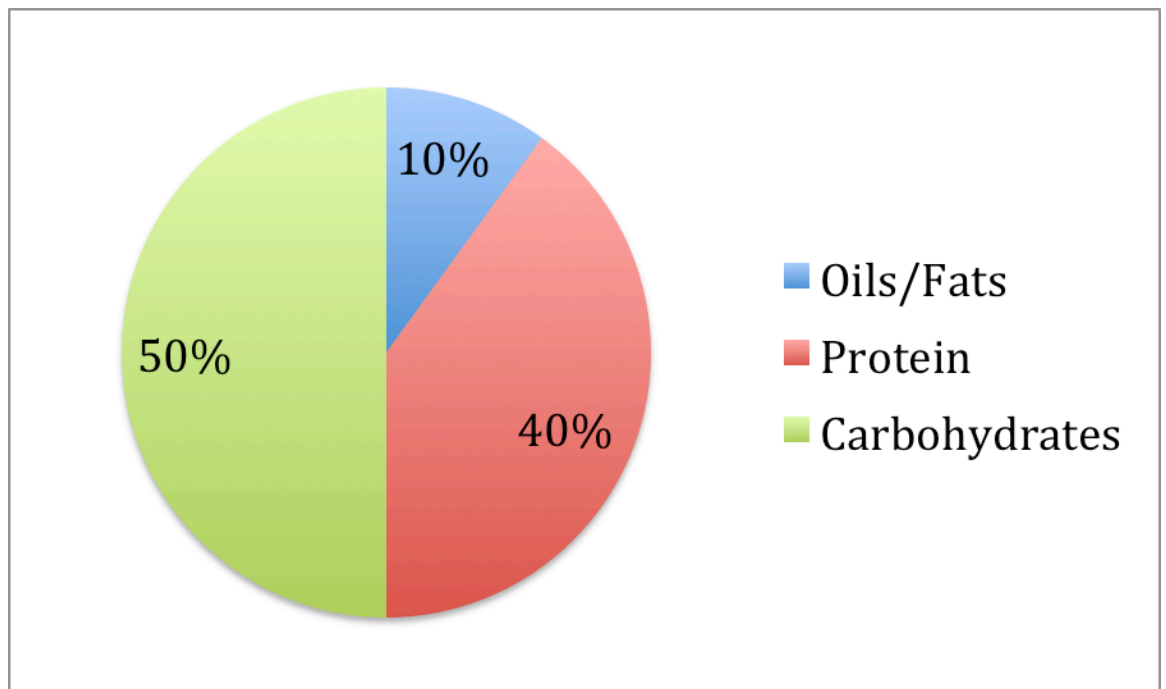
Since as a Mixed Type you will have characteristics of both a Protein Type and Carb Type, it's important to learn the features of both. (Read the "Protein Type Essentials" and "Carb Type Essentials" above to learn more).

Mixed Type Food Ratios

As a Mixed Type, about $\frac{1}{2}$ of your meals and snacks should consist of healthy carbohydrates and the other $\frac{1}{2}$ should consist of healthy proteins/fats. (see the chart below for a visual representation of what your plate should look like.)

Keep in mind that these percentages are not meant to be exact and the idea is not to turn your meal planning into a math assignment; rather, the pie chart is used to give you a general idea of how to proportion your meals.

To help you determine healthy serving sizes for your meals and snacks, refer to the General Servings Guide on the next page.



Mixed Type General Servings Guide

Determining how much to eat is one of the biggest challenges for most people. The best way to determine how much food your body needs is to learn how to listen to your body, but I've found that most people have lost this ability. So to help you figure out a healthy and simple starting point use the palm of your hands.

Keep in mind that these suggested amounts are only meant to serve as a general guide. Eating too much or too little for your body will impact your weight and overall health, so it's really important that you learn to pay close attention to your body's signals to determine when you've eaten enough. You may find that you need to eat more or less than these estimated amounts—that's ok! Your goal is to consume as many healthy nutrients as your body needs to keep your body fueled and your metabolism elevated.

As I mentioned above, as a Mixed Type about $\frac{1}{2}$ of your meals and snacks should consist of healthy carbohydrates and the other $\frac{1}{2}$ should consist of healthy proteins/fats. In other words, *for every one serving or one palm size of protein/fat you should eat one serving or one fist size of carbs.* So your protein/fat to carb ratio should be about 1:1.

Use the chart below to determine serving sizes.

Carbs (Fruit & Vegetables):

- 1 serving = about size of your fist

Proteins (Meat, Poultry Fish & Eggs):

- 1 serving = about the size of your palm

Fats (Oils, Nuts & Seeds):

- 1 serving oil = two thumb tips placed together
- 1 serving nut butter = two thumb tips placed together
- 1 serving nuts and seeds = 1 cupped palm full
- 1 avocado serving = 1/2 avocado (avocados are technically fruits, but for meal planning purposes, count them as a fat)