

My Diet Type

Preferred Intermittent Fasting Model:

Step #1: 12:12 (5x a day)

Step #2: Drop 1 Meal = 14:10

Step #3: Drop 2 Meals = 16:8

Step #4: Add 24 hr. Fast 1x a month

MIXED TYPE

Preferred Fitness Macros:

40% **Strength** (18 min. / 60 min.)

40% **Endurance** (36 min / 60 min.)

20% **Flexibility** (12 min. / 60 min.)

Food Responses: A Mixed Type requires an equal balance of proteins, carbohydrates, and healthy fats, and including variety in the everyday meal plan is essential. Of the three metabolism types, this one is actually easiest to manage, because the food choices are greater. Some meals may resemble those for Protein Types, and some may resemble those for Carb Types; some may have features of both.

Weight Loss: The appetite of a Mixed Type tends to vary greatly throughout the day—hungry at meals but not in between; ravenous at times and no appetite at others. Of course, these responses depend on what foods have been eaten that day. Mixed Types generally don't suffer from cravings. However, like the other types, Mixed Types who eat too much sugar or carbohydrates may develop strong sugar cravings and weight gain results.

Energy: Mixed Types must incorporate high-fat and low-fat proteins as well as high-starch and low-starch carbohydrates into their meal plans to feel energetic throughout the day. If you are a Mixed Type, familiarize yourself with the requirements of both types to find your perfect balance. A Mixed Type may be more of a Protein Mixed Type or a Carb Mixed Type—in other words, have more qualities of one type than the other.

What Does a Mixed Type Need? The only way to truly figure this out is by trial and error: by paying close attention to responses to each meal and then determining which foods make you feel good and energized and which foods leave you feeling hungry, fatigued, cranky, or craving more. Finding the right balance of proteins, carbohydrates, and fats is the key to losing weight, feeling great, and achieving optimal health.

"Must Do's" for Mixed Types: Try starting your meal with a high quality protein and fat together with your vegetable or complex carb to follow. For example, aim for equal portions of protein (meat) and vegetables with a quarter of your meal from fat. Don't snack on fruit. Use fruit as a dessert. Always include a protein source for your breakfast. A heavy carbohydrate breakfast is not a good way to start the day for mixed types. Beware of gluten. Mixed types have a higher tendency to not metabolize gluten well.

Questions? Coach Chat * Connect@eurekaholisticnutrition.com * 404.692.3516

Focus Food List - MIXED TYPE

PROTEINS			CARBOHYDRATES			FATS	
Meat	Seafood	Dairy	Grains	Vegetables	Fruits	Nut/Seeds	Oil/Fats
Light meats Chicken breast Cornish hen Turkey breast Lean pork Ham High Purine: Liver & other organ meats Medium Purine: Grass Fed Beef Bison Buffalo Lamb Goat Pastured Pork Venison Nitrite / Nitrate Free Uncured Bacon Nitrite / Nitrate Free Sausage Dark Meat Pastured Turkey Dark Meat Pastured Chicken Dark Meat Quail <i>*Dark meat is from the leg, thigh & neck</i>	Light Fish Catfish Cod Flounder Haddock Halibut Perch Sole Trout Tuna, white High Purine Anchovy Herring Sardine Caviar / Roe Mussels Medium Purine Mackerel Rainbow Trout Salmon Clam Crab Crayfish Lobster Oyster Scallops Shrimp <i>*Wild Caught is high preferred over farm raised</i>	Cheese Cottage Cheese Cream Cheese Eggs Ghee Kefir Sour Cream Yogurt <i>*Organic, pastured (grassfed) , raw and cultured is best</i>	Whole Grains Amaranth Barley Brown Rice Buckwheat Corn Couscous *Kamut Millet Oat (gluten free kind) Quinoa Rice *Rye *Spelt *Wheat <i>*Limit Gluten containing grains. SPROUTED grains highly preferred.</i>	Low Glycemic: Broccoli Brussel Sprouts Cabbage Chard Collard greens Garlic Kale Leafy Greens Onion Parsely Peppers Scallions Sprouts Tomato Watercress Moderate Glycemic: Carrots Artichoke hearts Peas Beet Corn Okra Parsnip Radish Summer Squash Turnip Zucchini High Glycemic: White potato Sweet potato/ Yam	Low Glycemic Apple Berries Cherry Dried Apricot Grape Grapefruit Kiwi Muscadine Oranges Peach Plum Legumes Use Sparingly Dried beans Dried peas Lentils <i>*Make sure to soak and rinse legumes</i>	Almond Brazil Cashew Chestnut Coconut Hickory Macadamia Peanut Pecan Pistachio Walnut Pumpkin Sunflower Sesame <i>*Soaking nuts & seeds in sea salt water then roasting them helps with digestion</i>	*Coconut Butter Ghee Olive Sesame Sunflower Avocado Walnut Flax Seed <i>*Only oil you can high heat above 250 degrees</i> Seasonings Unrefined sea salt Herbs Vinegars Sweeteners Raw honey Monk fruit Stevia Coconut sugar <i>*Use sparingly</i>
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Sample Meal Plan - MIXED TYPE

Sunday

Breakfast

P - 2 Turkey Sausage links and a Boiled Egg

C - Tomato slices & baby spinach

F - Olive oil drizzled over with sea salt and herbs

Lunch

P - Turkey Burger served with

C - Apple slices, and topped with Lettuce, tomato, red onion, sauteed mushrooms and

F - Raw milk cheese & avocado

Dinner

P - 4 oz. Baked Wild Caught Salmon with herbs

C - Baked Acorn Squash with orange juice and cinnamon

F - Butter melted over fish and squash

Monday

Breakfast

P - 3 Egg Omelet

C - Veggies

F - Raw milk or organic cheese, bacon

Lunch

P - Organic roast beef or turkey or ham slices

C - Romaine Lettuce pieces filled with meat and sliced tomatoes, mushrooms, onions + Pear Slices

F - Cheese, olives and avocados

Dinner

P - Grass fed burgers (med rare)

C - Steamed broccoli & cauliflower

F - Avocado and cheese butter used to top Broccoli & Cauliflower

Snack

Tuesday

Breakfast

P - 2 Boiled Eggs and 3 oz. leftover Salmon

C - Topped with sauteed mushrooms and green onions. Cantaloupe slices or fresh fruit in season

F - Topped with olives and feta cheese crumbles

Lunch

P - Turkey slices

C - Spinach salad with cucumber, tomatoes + Apples

F - Olive oil, vinegar dressing

Dinner

P - Cornish Hen roasted

C - Wild Rice and Steamed Asparagus + Salad

F - Butter, and Olive oil vinegar salad dressing

Wednesday

Breakfast

P - 2 Turkey Sausage links

C - Gluten free sprouted Oatmeal

F - Topped with coconut oil, walnuts + cinnamon

Lunch

P - *Chicken Tortilla Soup

C - Veggies in soup + Pear or Apple slices

F - Cultured Sour Cream to top soup and Raw Milk Cheese

Dinner

LEFTOVERS

Snack

Cultured Cottage Cheese + Fresh pineapple

Thursday

Breakfast

P - *Protein shake

C - Berries + Banana +Spinach

F - Frozen avocado pieces + ground Flax/Chia seeds

Lunch

P - Turkey slices

C - Sprouted or Gluten free bread + Salad

F - Olive oil dressing, Cheese Slices

Dinner

P - Broiled Halibut steaks

C - Roasted seasonal vegetables

F - Olive oil and butter

Snack

Nuts + Raisins

Friday

Breakfast

P - 3 Egg Omelet

C - Veggies

F - Raw milk or organic cheese, bacon

Lunch

P - *Chicken Tortilla Soup

C - Veggies in soup + Pear or Apple slices

F - Cultured Sour Cream to top soup and Raw Milk Cheese

Dinner

P -

C - Roasted herbed fingerling potatoes

F - Butter

Snack

Greek Yogurt + Frozen Berries

Saturday

Breakfast

P - 3 slices of Uncured Nitrite, Nitrate free Bacon

C - Gluten free or Sprouted toast + ½ Grapefruit

F - Top toast with Almond Butter

Lunch

P - *Chicken Salad

C - Butter Lettuce, Tomato served with Pear Slices

F - Avocado Mayo, Cultured sour cream, Bacon

Dinner

OUT TO EAT!!

Snack

Carrots + Hummus