

# 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

## CARB TYPE

Preferred Fitness Macros:

30%     Strength (18 min. / 60 min.)

50%     Endurance (36 min / 60 min.)

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

**Food Responses:** A Carb Type tends to have a weak appetite. If you are a Carb Type, chances are that you're happy with a minimal amount of food each day. You can get by on small amounts of food and don't give food much thought until you feel hungry. Carb Types tend to eat less often because they "have no time to eat." These goal-oriented workaholics will skip meals to do what they need to do each day.

**Weight Loss:** They may go for extended periods without eating, sending the metabolism into starvation mode. Decreasing the metabolic rate in this fashion can lead to weight management problems and obesity. Carb Types have a high tolerance for baked goods and starchy vegetables. This can be a bad thing, because they tend to overeat these carbohydrates, which can lead to unhealthy conditions such as hypoglycemia, insulin resistance, and diabetes. An elevated insulin response is still a concern, especially if weight loss is the goal. Insulin is a fat-storing hormone, so large quantities in the bloodstream will make losing weight quite difficult. Remember, excess of any particular food can lead to weight gain and disease, and always maintain the food portions and ratios recommended for your type. Carb Types lose weight and feel well on a high-carbohydrate, low-fat diet—the opposite of what a Protein Type needs

**Energy:** Carb Types also are more dependent on caffeinated beverages to get them through the day than other macro types are. This dependency often weakens their appetites even more, compounding their nutritional problems. If you feel sluggish, sleepy, or hungry soon after a meal containing a low-fat protein, a vegetable, and a grain, you may have eaten too much grain. Try increasing the protein amount and decreasing the grain amount the next time you have this same meal

**What Does a Carb Type Need?** A Carb Type needs a diet composed of more carbohydrates than proteins or fats. But that doesn't mean that Carb Types don't need protein throughout the day. Lighter, low-fat proteins such as white-meat poultry and whitefish (e.g., tilapia, sea bass) are good choices. Carb Types can choose from a wide variety of carbohydrates and can eat them in larger quantities than any other type. Although Carb Types convert carbohydrates into energy slowly (unlike Protein Types), it does not mean that they can go on carbohydrate binges.

**"Must Dos" for Carb Types:** Choose low-fat proteins. Incorporate a low-fat protein such as white-meat poultry or whitefish into each meal. Avoid (or eat only occasionally) high-fat proteins, which may cause lethargy, depression, or fatigue. Choose dairy products carefully. Carb Types tend to metabolize dairy poorly. The best way to learn whether dairy is a wise choice for you is to carefully monitor your reaction after you have consumed it with a meal. If you feel lethargic or fatigued shortly after, limit your dairy consumption. Choose carbohydrates carefully. Choose plenty of low-starch vegetables, like broccoli and salad greens, and limit consumption of high-starch foods such as bread, pasta, and grains.

***Questions? Coach Chat Messaging in your Patient Portal!***

# Focus Food List - CARB TYPE

PROTEINS			CARBOHYDRATES			FATS	
Meat	Seafood	Dairy	Grains	Vegetables	Fruits	Nut/Seeds	Oil/Fats
<b>Light meats</b> Chicken breast Cornish hen Turkey breast Lean pork Ham  Only occasional: Lean Grass Fed beef	<b>Light Fish</b> Catfish Cod Flounder Haddock Halibut Perch Sole Trout Tuna, white  <i>*Wild Caught is high preferred over farm raised</i>	Cheese Cottage Cheese Sour Cream Kefir Milk Yogurt  Eggs  <i>*Organic, pastured (grassfed) , raw and cultured is best</i>	<b>Whole Grains</b> Amaranth Barley Brown Rice Buckwheat Corn Couscous *Kamut Millet Oat (gluten free kind) Quinoa Rice *Rye *Spelt *Wheat  <i>*Limit Gluten containing grains with SPROUTED grains highly preferred.</i>	<b>Low Glycemic:</b> Broccoli Brussel Sprouts Cabbage Chard Collard greens Garlic Kale Leafy Greens Onion Parsely Peppers Scallions Sprouts Tomato Watercress  <b>Moderate Glycemic:</b> Carrots Artichoke hearts Peas Beet Corn Okra Parsnip Radish Summer Squash Turnip Zucchini  <b>High Glycemic:</b> White potato Sweet potato/ Yam	<b>All OK</b> Apple Apricot Banana Cantaloupe Cherry Citrus Clementine Grape Honeydew Melon Mango Melon Muscadine Nectarine Orange Peach Pear Pineapple Plum Tomato Watermelon  <b>Legumes</b> <i>Use Sparingly</i> Dried beans Dried peas Lentils  <i>*Make sure to soak and rinse legumes</i>	<i>Use Sparingly</i>  Almond Brazil Cashew Chestnut Coconut Hickory Macadamia Peanut Pecan Pistachio Walnut  Pumpkin Sunflower Sesame  <i>*Soaking nuts &amp; seeds in sea salt water then roasting them helps with digestion</i>	<i>Use Sparingly</i>  *Coconut Butter Ghee Olive Sesame Sunflower Avocado Walnut Flax Seed  <i>*Only oil you can high heat above 250 degrees</i>  <b>Seasonings</b> Unrefined sea salt Herbs Vinegars  <b>Sweeteners</b> Raw honey Monk fruit Stevia Coconut sugar  <i>*Use sparingly</i>

# Sample Meal Plan - CARB TYPE

## Sunday

### Breakfast

**P** - Almond milk (cook oats in)

**C** - Gluten Free Sprouted Oatmeal and handful of Grapes

**F** - Topped with Walnut pieces

### Lunch

**P** - \*Chicken Tortilla Soup

**C** - Apple Slices + Organic Tortilla Chips

**F** - Cultured Sour Cream to top soup

### Dinner

**P** - Baked herbed Chicken Breast with Marinara Sauce

**C** - Steamed Broccoli + Salad

**F** - Olive oil dressing

### Snack

## Monday

### Breakfast

**P** - Low fat Cultured Cottage Cheese

**C** - Sliced Strawberries & Pineapple + Sprouted Toast with

**F** - Almond butter

### Lunch

**P** - \*Tuna Salad served on

**C** - Sprouted Bread or Butter Lettuce with sliced Tomato

**F** - Avocado Mayo & Cultured Sour Cream used in Tuna Salad

### Dinner

**P** - Baked Garlic Butter Cod

**C** - Steamed Zucchini, Caesar Salad

**F** - Butter used to bake Cod, Caesar Dressing

### Snack

## Tuesday

### Breakfast

**P** - \*Coconut Milk Chia Pudding topped with

**C** - Strawberries, Blueberries and Bananas + Sprouted Toast with

**F** - Almond Butter Chia Seeds (in Coconut Chia pudding)

### Lunch

**P** - Vegetable Soup

**C** - Salad

**F** - Olive oil/Vinegar Dressing

### Dinner

**P** - Gluten Free Breaded Chicken Tenders with Marinara Sauce

**C** - Stir Fried Veggies

**F** - Olive Oil, Mozzarella Cheese to top Chicken

### Snack

Popcorn & Sea Salt

## Wednesday

### Breakfast

**P** - Smoothie: ½ cup plain low fat yogurt + ½ almond milk

**C** - Frozen strawberries, Frozen bananas + Honey

**F** - Ground Flax seed

### Lunch

**P** - \*Chicken Tortilla Soup

**C** - Apple Slices + Organic Tortilla Chips

**F** - Cultured Sour Cream to top soup

### Dinner

**P** - \*Turkey Burger Hobo Dinner

**C** - Zucchini, Onions, Squash, Carrots & Potatoes + Tossed Salad

**F** - Butter & Olive/Vinegar Dressing

### Snack

## Thursday

### Breakfast

**P** - Egg White omelet topped with

**C** - Chopped tomatoes + fresh basil

**F** - Topped with Organic Mozzarella Cheese

### Lunch

**P** - \*Tuna Salad served on

**C** - Sprouted Bread or Butter Lettuce with sliced Tomato

**F** - Avocado Mayo & Cultured Sour Cream used in Tuna Salad

### Dinner

**P** - Roasted Pork Tenderloin

**C** - \*Coleslaw & Fingerling Potatoes

**F** - Coleslaw Dressing

### Snack

Mozzarella Cheese Stick

## Friday

### Breakfast

**P** - Almond milk (cook oats in)

**C** - Gluten Free Sprouted Oatmeal and handful of Grapes

**F** - Topped with Walnut pieces

### Lunch

**P** - Vegetable Soup

**C** - Salad

**F** - Olive oil/Vinegar Dressing

### Dinner

**P** - \*Turkey Burger Hobo Dinner

**C** - Zucchini, Onions, Squash, Carrots & Potatoes + Tossed Salad

**F** - Butter & Olive/Vinegar Dressing

### Snack

Celery sticks + Hummus

## Saturday

### Breakfast

**P** - Low fat Cultured Cottage Cheese

**C** - Sliced Strawberries & Pineapple + Sprouted Toast with

**F** - Almond butter

### Lunch

**P** - Ground Turkey Taco Meat Seasoned

**C** - Lettuce, Tomato, Organic Tortilla Chips

**F** - Cultured Sour Cream, Cheese,

### Dinner

OUT TO EAT!!

### Snack

Popcorn & Sea Salt