

Eating Right - Adjusting Your Dietary Ratios

How to Optimize Your Diet with Protein and Carbohydrates

In order to maximize your energy production and improve your metabolic efficiency you need to: 1) eat the right foods from your **Eating Plan** food list, 2) use your **Sample Meal Plans** to get a general sense of the correct mix of food groups to start with, then 3) "fine-tune" your diet to get the proper Protein & Fat/Carbohydrate Ratio at each meal. This will assure the best "fuel-mixture" for *your* body, which can then be fully converted into energy by your cells (your body's engines of metabolism).

The following chart will help you interpret your body's language to know how you are doing at any given meal in giving your body what it needs. Basically, your body communicates this to you in 3 different ways: 1) through your appetite and cravings, 2) through your energy levels, and 3) through your mental and emotional well-being. *Within 1–2 hours after eating the proper foods for your particular type of metabolism, you should feel noticeably better than before you ate.*

If you find that within an hour or so after eating breakfast, you can check off most of the boxes in the **Right Protein & Fat/Carb Ratio** column, then you likely did a very good job at meeting your body's needs at your last meal. On the other hand, if many of the traits listed in the **Wrong Protein & Fat/Carb Ratio** column occur, then you very likely ate the wrong ratio of proteins & fats to carbohydrates at that meal. If you consistently experience the traits in the Wrong column at a given meal, first try increasing the amount of protein and fat at breakfast each day. If you find that there is worsening or no improvement in a few days, reduce your protein and fat to where you started and try increasing the amount of carbohydrates instead. After you find the ratio that makes you feel your best after breakfast, stick with that ratio for breakfast thereafter. Follow the same procedure for lunch until you find the correct ratios, and so forth.

Make copies of the **Diet Check Record Sheet** found on the next page and use it daily to quickly and easily check your meals and fine-tune your diet to your own unique requirements. Like adjusting a radio dial to tune in a station, you can adjust your protein & fat/carbohydrate ratio to maximize your energy and well-being from your diet. Remember, too, to eat *before* you get hungry and take as much time as you possibly can to eat each meal.

CATEGORY	RIGHT PROTEIN & FAT / CARB RATIO	WRONG PROTEIN & FAT / CARB RATIO
APPETITE FULLNESS / SATISFACTION SWEET CRAVINGS	<u>Following the meal . . .</u> <input type="checkbox"/> Feel full, satisfied <input type="checkbox"/> Do NOT have sweet cravings <input type="checkbox"/> Do NOT desire more food <input type="checkbox"/> Do NOT get hungry soon after <input type="checkbox"/> Do NOT need to snack before next meal	<u>Following the meal....</u> <input type="checkbox"/> Feel physically full, but still hungry <input type="checkbox"/> Don't feel satisfied; feel like something was missing from meal <input type="checkbox"/> Have desire for sweets <input type="checkbox"/> Feel hungry again soon after meal <input type="checkbox"/> Need to snack between meals
ENERGY LEVELS	<u>Normal energy response to meal:</u> <input type="checkbox"/> Energy is restored after eating <input type="checkbox"/> Have good, lasting, "normal" sense of energy and well-being	<u>Poor energy response to meal:</u> <input type="checkbox"/> Too much or too little energy <input type="checkbox"/> Became hyper, jittery, shaky, nervous, or speedy <input type="checkbox"/> Feel hyper, but exhausted "underneath" <input type="checkbox"/> Energy drop, fatigue, exhaustion, sleepiness, drowsiness, lethargy, or listlessness
MENTAL EMOTIONAL WELL-BEING	<u>Normal qualities:</u> <input type="checkbox"/> Improved well-being <input type="checkbox"/> Sense of feeling refueled and restored <input type="checkbox"/> Upliftment in emotions <input type="checkbox"/> Improved clarity and acuity of mind <input type="checkbox"/> Normalization of thought processes	<u>Abnormal qualities:</u> <input type="checkbox"/> Mentally slow, sluggish, spacey <input type="checkbox"/> Inability to think quickly or clearly <input type="checkbox"/> Hyper, overly rapid thoughts <input type="checkbox"/> Inability to focus/hold attention <input type="checkbox"/> Hypo traits: Apathy, depression, or sadness <input type="checkbox"/> Hyper traits: Anxious, obsessive, fearful, angry, short, or irritable, etc.

NAME:

Day #

Diet Check Record Sheet

FOOD INTAKE List all foods & drinks consumed		REACTIONS TO YOUR METABOLIC TYPE DIET	
MEALS		GOOD REACTIONS	BAD REACTIONS
TODAY'S DATE:		<i>Place a check to the left of all descriptions that describe your experience 1 - 2 hours after each meal</i>	
BREAKFAST	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacey
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
		<input type="checkbox"/> Improved mental clarity and sharpness	<input type="checkbox"/> Inability to focus or concentrate
		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	
LUNCH	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacey
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
		<input type="checkbox"/> Improved mental clarity and sharpness	<input type="checkbox"/> Inability to focus or concentrate
		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	
DINNER	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacey
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
		<input type="checkbox"/> Improved mental clarity and sharpness	<input type="checkbox"/> Inability to focus or concentrate
		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	

Think about how you felt overall today from this diet. Did you do well or poorly on it?