



## Carbohydrate Type

As a carb type, if you are not eating for your metabolic type, you will feel very anxious, feelings of sadness and lack of energy. You will have a hard time getting rid of fat. When you are in balance you will drop unwanted weight, increase your energy levels, improve digestion and feel super in tune with your body.

You do better on higher carbohydrates but the right types! As carb types, you will tend to want more sugary and starchy carbs which makes your cravings worse and worse. Sticking to high fiber fruits and starchy carbs allows you to thrive. The sugar cravings are your body's way of asking you for healthy fibrous carbs. Getting in vegetables in variety, as much as possible. You do better with completely balanced meals.

If you have been eating a lot of carbs especially starchy ones, without pairing it with a protein and or fat, you can create insulin resistance. Start adding chromium twice a day at 200 mcg after your breakfast and lunch. This will help you transition off those strong carb cravings. I suggest keeping a journal and keep track of how you feel. If you aren't seeing physical changes, you may want to decrease your carb intake slightly in each meal and increase protein. Once you start becoming more insulin sensitive, you can start slowing increasing your carb intake again.

**Golden rule for all types is avoid eating carbs on their own!** Key is fiber, protein and fat in each meal!

Approx. Calories = 1400 25% protein (88 gms) 50% carbohydrates (170 gms) 25% fat (40 gms)			
	MEAL	Total macros	Notes:
<b>Breakfast</b>	⅔ cup cooked oatmeal (can make in almond milk) 1 scoop protein powder ½ cup blueberries +1 tbsp almonds	Protein- 28gms Fat- 8 gms Carbs - 30 gms	Hemp, chia & flax are great options as well
<b>Lunch</b>	3 oz chicken Large mixed green salad and any other veggies 100 gms cubed cooked sweet potato 2 tbsp dried cranberries 2 tbsp Pear vinaigrette homemade or Renee's	Protein- 21gms Fat- 8 gms Carbs- 50 gms	Make sure cranberries are all natural without added fat or sugar
<b>Dinner</b>	4oz extra lean ground beef + ½ c organic tomato sauce Chopped veggies or spiralized zucchini ¾ cup cooked brown rice pasta	Protein- 21gms Fat- 8 gms Carbs- 50 gms	Whole wheat or brown rice pasta
<b>Snack 1</b>	1 medium apple 1 tbsp almond butter or natural peanut butter	Protein- 0 Fat- 8 gms Carbs- 20 gms	Always eat the carb with a fat.
<b>Snack 2</b>	3 slices multigrain Wasa crisps 1 tbsp nut butter	Protein- 0 Fat- 8 gms Carbs- 20 gms	<b>Only if needed.</b>



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<b>Post Workout</b>	You can use any meal (breakfast, lunch or dinner) for your post-workout meal		
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