



## Protein Type

As a protein type, if you are not eating for your metabolic type, you will feel very aggressive and agitated. 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 lower carbohydrates but don't need to cut them out completely. Sticking to high fiber fruits and starchy carbs. Skip the white type and think fiber all the way! Getting in vegetables in variety, as much as possible. Avoid pastas, white rice and white bread. You do better with timing your carbs.

Some of you may even become a protein type but are really mixed types. 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. I suggest keeping a journal and keep track of how you feel. After a month or two, if you start noticing your energy is dropping, then it may be time to take the quiz again and transition into a mixed type.

**Golden rule for all types is avoid eating carbs on their own!** Especially at breakfast for a protein type. Stick to berries for breakfast if you can. Or at least keep the carbs no higher than 20 gms per meal for breakfast and make sure they have at least 5 gms of fiber.

Approx. Calories = 1400 40% protein (140gms) 20% carbohydrates (70 gms) 40% fat (62 gms)			
	MEAL	Total macros	Notes:
<b>Breakfast</b>	2 whole eggs + 2 oz chicken + 2 cups spinach - scrambled - Cook in 1 tsp ghee or grass fed butter 1 cup strawberries on the side	Protein- 28gms Fat - 15 gms Carbs - 15 gms	Avoid grains. Add a veg.
<b>Lunch</b>	4 oz chicken ¾ cup quinoa cooked Side mixed green salad + 1 ½ tbsp olive oil & vinegar or store bought with 7-8 gms fat. + 2 tbsp pumpkin seeds	Protein- 28gms Fat- 15 gms Carbs- 35 gms	Read labels on dressings for fat and sugar content.
<b>Dinner</b>	4 oz extra lean ground beef ¾ cup mashed red potatoes - use a small amount of butter or ghee Roasted veggies of choice - use a small amount of avocado or coconut oil.	Protein- 28gms Fat- 15 gms Carbs- 35 gms	Fat amounts with cooking are minimal
<b>Snack 1</b>	2 oz chicken ¼ avocado sliced ½ sliced tomato	Protein- 14gms Fat- 9gms Carbs- 0	Use fats with fiber- chia, flax, avocado.
<b>Snack 2</b>	2 cheese strings - Organic Meadows	Protein- 14gms Fat- 9gms Carbs- 0	<b>Only have if needed. Or very active that day.</b>



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<b>Post Workout</b>	1 scoop grass fed whey isolate 1 large banana 1 cup almond milk + water + ice if desired 1 ½ tbsp almond butter	Protein- 28gms Fat- 15 gms Carbs- 35 gms	This is a replacement for lunch or dinner
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