THE PROTEIN TYPE DIET

There is many similar characteristics for people who are the protein metabolic type. We will now share some general guideline with you but please remember that you are still unique, and you will need to test what combination is the best for you. When I say the best for you I mean gives you the most energy, makes you lose weight with just eating right foods for you, gives you mental clarity, etc.

Appetite

Protein types in general are very hungry individuals. You may be eating very frequently with snacks not satisfying you. You may also have a tendency to overeating.

Fatty, Salty foods cravings

Do you enjoy more rich, fatty, salty foods like sausages, pizza, or roasted nuts? Do you find yourself craving sugar after eating too many carbs? It is possible that sweet food makes you crave more sugar, leaving you low in energy, nervous and jittery

Low calorie diets

Have you ever tried to cut calories? What was the results? Weigh gain or no weight drop? It is typical for protein type people to even put on weight when cutting calories.

Fatigue, anxiety, nervousness

Protein types, if eating the wrong fuel, will experience energy problems. It can be either lethargy or feeling “hyper”. You may either have low energy, feeling apathetic, depressed and sleepy or you may feel “high with energy” on the outside but feeling fatigued inside. Normally eating helps when you feel anxious, nervous, jittery or shaky.

Your dietary emphasis

As a protein type you may guess that your nutrition will consist of high amount of proteins and fats vs carbohydrates.
Yet not all proteins are the same. Those that are high in fat and purines are the best for you. They are converted to energy (oxidized) at the right rate for your metabolic type. On the other hand, carbohydrates are converted into energy too fast, therefore you need to minimise their consumption. Eating the right protein, which in your case includes red meat and high fat foods, will help you lose weight, feel energised both physically and mentally and balance your emotions.

PROTEIN TYPE PROTEIN [1]		
MEAT/POULTRY	SEAFOOD	DAIRY
High purine	High purine	Whole fat
Organ meats	Anchovy	High purine
Pate	Caviar	Cheese
Beef liver	Herring	Cottage cheese
Chicken liver	Mussels	Cream
Medium purine	Sardine	Eggs
Beef	Medium purine	Kefir
Bacon	Abalone	Milk
Chicken [2]	Clam	Yogurt
Duck	Crab	LEGUMES
Fowl	Crayfish	Low purine
Goose	Lobster	Tempeh

Kidney	Mackerel	
Lamb	Octopus	Medium purine
Pork chops	Oyster	Beans, dried
Spare ribs	Salmon	Lentils
Turkey	Scallop	NUTS
Veal	Shrimp	All are okey
Wild game	Snail	
	Squid	
	Tuna, dark	

1. Every meal should contain a protein from these sources, but dairy, legumes, or nuts are not a substitute for meats at main meals
2. Dark meat is best

PROTEIN TYPE CARBOHYDRATES		
GRAIN	VEGETABLE	FRUIT
Whole grains only	Non-starchy	Avocado
High starch	Asparagus	Olive
Amaranth	Beans, fresh	Not fully ripe -
Barley	Cauliflower	Apple (some)
Brown rice	Celery	Pear (some)
Buckwheat	Mushroom	High starch
Corn	Spinach	Banana
Kamut	High starch	
Kasha	Artichoke	
Millet	Carrot	
Oat	Pea	
Quinoa	Potatoes fried in butter only	
Rye	Squash, winter	
Spelt	LEGUMES	
Triticale	Non-starchy	
Sprouted-grain bread like Ezekiel is the only bread allowed	Tempeh	
	High starch	
	Beans, dried	
	Peas, dried	
	Lentils	

OILS / FATS	
NUT / SEED [1]	OIL / FAT
All are ok	All are ok
Walnut	Butter
Pumpkin	Cream
Peanut	Ghee
Sunflower	Oils:
Sesame	Almond
Almond	Coconut
Cashew	Flax
Brazil	Olive
Filbert	Peanut
Pecan	Sesame
Chestnut	Sunflower
Pistachio	Walnut
Coconut	
Hickory	
Macadamia	
Nuts are listed from highest to lowest protein content. Higher protein is preferable	

Important tips

When you eat enough protein for your type at every meal you will maximise your energy, trim your waistline and assure peak performance. If, however you under eat your protein you will feel fatigued, your well being will diminish, you will feel depressed, anxious, and melancholic. Eating only carbohydrates at the meal is absolutely undesirable for you. It will make you feel sleepy and drowsy, worsen your imbalances, increase your fat stores and intensify food cravings particularly for sweets.

Eat more of high purine, high fat protein

Purines play an important part in energy producing processes in body tissues. They will help you balance your body chemistry. All animal proteins are good for you but those that are high or medium purine at every meal are the best. Low density proteins like diary, legumes and nuts are not suitable as a main protein source for you. You will notice that if you consume low purine, low density foods as a primary protein source at any meal you will not feel satisfied and your performance and energy will decrease. High purine, high density proteins will supercharge your diet!

Snack as needed

As soon as you stop eating carbohydrates alone you will feel significant difference. You can snack as much as you wish just remember to add protein to every meal. try different protein sources as your snacks but if you feel hungry or crave sugar after having nuts or diary, you may need to choose a different protein source.

Carbohydrates

Not all carbohydrates will affect your metabolism in the same way. Out of grains, legumes, fruits and vegetables you may find those that cause strong insulin response (high starch), causing fat storage and blood sugar problems. Therefore, it is best of you carefully choose your carbohydrates and focus on non-starchy ones. NOTE: combining carbohydrates with protein will slow down the insulin response so listen to your body and find the best type of carbs for you.

Bread

You do have to be careful when it comes to bread. limit both quantity and frequency. Try sprouted breads like Ezekiel as they will not inhibit calcium absorption, thereby disrupting your calcium balance - which is crucial for protein type metabolism. Always have your bread with butter, to minimise the blood sugar fluctuations.

Grains

Be cautious about grains and only consume whole grain products. Avoid white flour and white flour products. Wheat is your biggest enemy as it has a negative impact on insulin metabolism. You can replace wheat with spelt, which does not affect insulin the same way. cooked whole grains are better than any bread or crackers. Any refined grains should be excluded from your diet.

Fruits

Fruits have to be closely monitored. As fast oxidiser or parasympathetic dominator you are predisposed to low blood sugar problems. You should do well on avocados, olives and limited amounts of apples, pears, and bananas as long as they are not fully ripe. Yet don’t eat any fruit by itself.

Juices

Vegetable juices can be consumed in moderation. One glass, three to four times a week may be appropriate. Use the combination of starchy and non-starchy vegetables like carrots, celery and spinach. reduce the amount of carrots as

they have too much sugar. No fruit juices for you as it will imbalance your metabolic type and lead to weight gain, food cravings, blood sugar fluctuations, energy disruptions and desire for sugar.

Fats and oils

fats and oils in their natural state are not bad for you and will not cause high cholesterol or heart problems. Fats are broken down into fatty acids that are essential for good health, efficient immune system, normal hormone production, cellular respiration (energy production), etc. for your type it is necessary to support your metabolism by consuming liberal amounts of natural oils and fats. never consume margarines, fat substitutes or hydrogenated oils as it will deteriorate your health. Use organic real butter and cold pressed oils.

FOODS TO AVOID

Alcohol

Alcohol is the worst type of fuel for you. it is like throwing a gasoline on your metabolism fire, it will produce a quick energy burst but will be followed by an energy crash. you may also feel a temporary lift from alcohol, but the result will be only a worsening of your tendency to low blood sugar alone with excessive insulin secretion and increased fat storage.

Food allergies

The foods that have been recommended to you here are in general suitable to your metabolic type. However, it does not mean you do not have any allergic reaction to any of these foods. If you know you do not deal well with any food that has been listed earlier, please cut it from your diet for a short time. As your chemistry changes with your metabolic suitable nutrition you may find that that food sensitivity has vanished.

Caffeine

Coffee in general stimulates our adrenal glands, which are energy/stress producing glands. If you feel like you need a coffee to keep your energy high during the day you already have weaker adrenal glands and if you keep on drinking coffee you will just make it worse. So, try to avoid caffeine, including teas and high caffeine herbs or soft drinks. If, however you cannot imagine completely letting it go, make sure you only drink organic and pretty weak cuppas! Limit those to 1-2 cups a day. At the same time always have protein with any caffeinated drink as it will supress some of the effects that caffeine has on your type. But be aware that caffeine is not good for you at all. For some people it will directly worsen your imbalances, in others will stimulate and exhaust your adrenal glands leaving you very fatigued.

Fruit juices

They are very bad for you and should be avoided. High in sugar, low in fibre will have a negative impact on you. As mentioned in the previous chapter are better avoided. Similar to alcohol citrus fruits are the worst for you. It will either worsen your oxidative processes or dramatically worsen your already too-alkaline body chemistry leaving you lethargic, depressed and fatigued.

Sugar

Too much of good or bad sugar will sabotage all your efforts. So really be aware of how much sugar you are consuming every day. Carefully read labels of processed foods you are consuming and don’t forget that deli meats and table sauces are full of it.

Foods high in Oxalic Acids

These foods interfere with calcium absorption, which is very important for your type. So be careful not to overeat these foods: back tea, blackberries, beets, beet greens, chard, chocolate, cocoa, cranberries, red currants, endive, gooseberries, grapes, green peppers, plums, raspberries, rhubarb, strawberries, tomatoes. Apples, asparagus, spinach are exceptions. Cooking destroys the oxalic acid so some of these foods can be easily consumed cooked.

High-Glycaemic Index foods

For your type you have to focus on low GI foods as you cannot handle lard amounts of foods that convert rapidly to glucose in your bloodstream. If you reach for high GI carbs, make sure you add protein and fats to your meal as it will slow down the insulin response in your body.

Foods high in phytates

Phytates are found in the bran portion of grains as well as legume skin. It prevents absorption of calcium, iron, magnesium, phosphorus and zinc. If overconsumed they can cause serious mineral deficiencies, allergies, intestinal distress and bone loss. As your type typically has increased need for calcium it is particularly bad for you.
Wheat, soy and soy milk have the highest concentration (I hardly ever mention soy here as a food recommendation due to high oestrogen content and generally negative health impact). So, soak all grains overnight before you cook them.

Foods high in gluten and enzyme inhibitors

Gluten is hard to digest protein found in grains. It has been linked to allergies, celiac disease, mental illness, indigestion and yeast overgrowth. Good news is that soaking and fermenting will make these proteins more digestible.

YOUR MACRONUTRIENT RATIO

Think of your food as fuel, eat the right foods for you and right mixture of three macronutrients: proteins, fats and carbohydrates.

Here is your general macros ratio:

Carbohydrates: about 30% (fruits, vegetables, grains)
70% — Proteins: approx. 40% (red meats, poultry, seafood, dairy, legumes, nuts)
Fats: approx. 30% (fatty meats, poultry and seafood, dairy, nuts, seeds, oils, butter)

Just stick to your 30% carbohydrate /70% protein + fats ratio remembering that more calories should come from protein rather than fat. You don't have to be perfect, just do the best you can.
You can at the beginning use MyFitnessPal to make it easier for you or simply tune with your body.
Don't try to be perfect tho. Don't focus on total calorie intake. When you get it right you will see your appetite will naturally be satisfied and the calorie issue will take care of itself. So don't overthink the portion size and just focus on what food you are consuming and at what proportions to normalise your weight.
Try to eat at regular intervals and have a daily routine. Eat before you get hungry, so grab a snack when you need it.
Your weight will normalise just by eating the right foods in the right combinations.
Don't stress about your fat intake. Most protein sources on your list are sources of natural fats and oils which means that only by eating these foods and adding some butter and oils in your foods you will get your 30% fats easily.

YOUR PERSONAL FUEL MIX

The general ration of 70% / 30% is a general guideline, your first step in finding the right macro ratio. Some people will be more and others less sensitive to higher amounts of carbohydrates. Now you will have to find your own, highly individual macro ratio. Once it is done you will find it easy to combine foods that are right for you which will make you feel great after your meals and snacks, having strong and lasting physical energy and mental clarity, solid sense of wellbeing and a sense of fullness and satisfaction, instead of hinger and sweet cravings. So start experimenting with slightly different amounts of carbs. If you start losing energy very quickly after eating, it means it was too many carbs.

1. Eliminate majority carbs for 5-7 days: grains, cereals, breads, desserts, fruits, starchy veg and milk products
2. Eat freely on any proteins and fats from your allowable list
3. During these few days limit your vegetable intake to the following, non-starchy veg: asparagus, celery, green beans, cauliflower, spinach and mushrooms. Start with just a small portion of these
4. Eat until you are full but not stuffed
5. Have snacks between meals of the same food choices
6. Most protein types will feel much better almost immediately. You may be able to go much longer without eating. Other people may experience a carb withdrawal effect for the first 48h, feeling lethargic, having extreme sweet cravings. So just hang on to it and soon you should start experiencing positive changes.
7. When you reach the point, after about 5-7 days, irritable, short-tempered, tired, crave sweets, feeling hungry or unsatisfied after eating increase the amount of non-starchy vegetables as compared to your quantity of protein, until you once again feel well.
8. If that does not help start adding a little starch to your meals starting with just a tablespoon for the table earlier such as artichokes, corn, peas, potato or winter squash for dinner
9. If you still feel good or even better by eating a little starchy vegetable with dinner, add just a one tablespoon at lunch, and then at breakfast as well.
10. If you feel well, increase your starchy vegetables to two tablespoons per meal.
11. When that goes well substitute some whole grain in place of starchy vegetables
12. At this point slowly keep on increasing your carbohydrate intake. Eventually you will overeat your carbs and start experiencing previous symptoms: fatigue, depression, mood swings, sweet cravings or digestive problems and other symptoms. This is when you will have to start decreasing your carbs gradually until you feel well again. If you still have any doubts you can start the whole process again.

Remember that too little or too many carbohydrates in your diet will produce similar results.

Every time we try and change the way we eat we feel a bit overwhelmed and confused. It is natural to feel that way. But after just few days of sticking to your food list you will find it much easier and eventually you will not need any list at all. So don't stress and start with eating foods from your allowable list. After you feel comfortable with that follow the 12 step guide to determine your own, specific nutritional mixture. The only person who can tell you what is your perfect macro split is you. You have to listen to your body and just pick up all the foods that make you feel amazing and all those that make you feel worse. It will take a bit of time, so don't get frustrated. When you find that right balance of nutrients you will look and feel much better. No more fatigue, moos swings, extra weight, brain fog, dry skin, allergies, etc. It all will change. How much time do you need? It is again very individual. It depends on what was your lifestyle and nutrition before and what is the state of different metabolic processed in your body. The longer you were living unhealthy life the more time you will need to get all benefits of nutrition change, yet you will feel better immediately!

Here are few points I would like to share with you, that may answer some questions that may have come to your mind now:

1. There are different causes of being overweight. Excess weight is simply a result of biochemical imbalances in your body. After you address your genetic requirements you will lose weight and keep it off easily. Plus, in contrast to all fad diets you will look and feel better, including increased energy and mind sharpness.

2. if you are not sure if you answered all the questions well in the metabolic test remember that you can always retake the test. Secondly you can review these answers with someone who is close to you. Finally, when you start following your new nutritional guidelines your body will immediately confirm if what you are doing is good
3. if you don't like foods in your metabolic chart just start with eating these you like. When your body chemistry changes you may enjoy eating other foods as well. Excess use of sugar, alcohol, nicotine, and junk foods as well as air and water pollution distorted our appetites. But as soon your body start finding its balance you will find yourself enjoying the right foods for you.
4. The macro ratio is specific for you. It does not mean that anyone else in your family will have the same requirements
5. If you are thinking about taking part in a sport event like marathon your macros ratio may change. Again, you will have to listen to your body to adjust those accordingly.
6. If you take part in regular exercise you still have to eat according to your own metabolic type and do not follow any sports nutrition protocols that don't match your own, individual needs.
7. Following the diet that is specific for you will help you miss all the colds and flues, keeping you healthy and full of energy all the time
8. If you refuse to eat animal protein, that is against your metabolic type, you may out get full benefits of following your new plan, however sticking as much as possible to your macronutrients ratio should help you feel better
9. If you are eating only foods from your allowable list but still don't feel good you may be having too long gaps between your meals that may cause your blood sugar imbalances. Get the right ration of your macronutrients in each meal, try to avoid high GI foods and watch foods that may give you allergies
10. Your metabolic type may change with stress, aging, illness, hormonal shifts etc. if that happens your body will send you a signal so retake the test
11. Some women will notice that there is a need to adjust your diet to your monthly hormonal changes. The imbalances seem to be more pronounce in the two weeks prior your period. During that time you may need to increase the amount of some nutrients, i.e. protein type would need to increase the amount of protein
12. PROTEIN TYPE: eating protein higher in fats will not increase your cholesterol level. You may notice that cutting those foods will have this type of response. "one man's food is another's person poison".
13. PROTEIN TYPE: snack on leftovers, hard-boiled eggs, cheese, yogurt, nuts and seeds
14. PROTEIN TYPE: if you stick 95% to your food guideline you can still enjoy the food out of your allowable list, i.e. desserts.
15. PROTEIN TYPE: If at the beginning you experience a sluggish bowel add fibre to your diet in the form of psyllium seed husk powder mixed with water or freshly ground flaxseeds added to your yoghurt. Always drink enough fluids with that as too much fibre may also slow down your bowel
16. CARBO TYPE: Some people with this metabolic type will struggle with protein indigestion. First you will have to stick to protein that are good for your type, then find the right amount of protein in your diet. The reason you struggle to digest protein is simply caused by metabolic imbalance in your body. To make sure you are getting back on track you may need to use some support of digestive enzymes, otherwise you will struggle to nourish your body and get the benefits of this new nutritional protocol.
17. CARBO TYPE: you may never feel hungry and struggle to eat regular meals. The reason again is your metabolic imbalances. As soon as you start eating food that is right for you, you will find your appetite increasing. Your body needs specific quantities of vitamins, minerals, enzymes, protein, carbohydrates and fats on a daily basis otherwise it will start taking those from your muscles and bones. Start with establishing a daily schedule of minimum three meals and routinely eat at those times even if you are not hungry. Make sure you get all carbohydrates, protein and fats at all three meals.
18. MIXED TYPE: having such a good variety of available foods may be a bit confusing. There is just one rule. During the day try to have balanced amount of both protein type and carbo type protein, carbohydrates and fats. If that is easier it is ok if you mix it in each meal, if that is too much to think about, just make sure you have a good ration of all of them during the day.
19. MIXED TYPE: it is very likely that you will be heavily leaning towards either protein or carbo type. Don't stress, just listen to your body and find the fuel mix right for you.