

FINE TUNE YOUR MACRO RATIO

Remember that only your body can tell you what food is right for you so it is important to listen to yourself. It may be enough for you to simply follow twelve steps or you may need one more tool to understand it better and find the right food for you.

This tool will help you clearly define your reactions to particular meals to help you identify your nutrients ratio with maximum speed.

Make as many copies as you need and make sure you have one with you all the time. Fill it in with one to three hours after the meal. Add up the number of check marks in each column and write down the totals. If you have more “wrong” than “right” answers your protein/carbohydrate ratio was wrong at that meal. So keep on adjusting your protein/carbs ratio till you get more “right” answers than “wrong” as explained in 12 step system. Keep these tests, writing what meal and what time it was eaten as it is a great way to track your test and find your right nutritional ratio.

Fine Tune your Macro Ratio ¹		
Fill in within 1-3 hours after each meal. Summarise all “ticks” at the bottom of the table		
Category	Right Protein/Carbs Ratio	Wrong Protein/Carbs Ratio
Appetite Fullness / Satisfaction Sweet Cravings	☐ Feel full, satisfied ☐ Do not have sweet cravings ☐ Do not desire more food ☐ Do not get hungry soon after eating ☐ Do not need to snack before the next meal	☐ Feel physically full, but still hungry ☐ Don't feel satisfied, feel like something was missing from the meal ☐ Have desire for sweets ☐ Feel hungry again soon after meal ☐ Need to snack between meals
Energy Levels	☐ Energy is restored after eating ☐ Have good, lasting, “normal” sense of energy and well-being	☐ Too much or too little energy ☐ Become hyper, jittery, shaky, nervous or speedy ☐ Feel hyper but exhausted ☐ Energy drop, fatigue, exhaustion, sleepiness, drowsiness, lethargy
Mental / Emotional Well-Being	☐ Improved well-being ☐ Sense of feeling refuelled and restored ☐ Uplift in emotions ☐ Improved clarity and acuity of mind ☐ Normalization of thought process	☐ Mentally slow, sluggish, spacey ☐ Inability to think quickly or clearly ☐ Hyper, overly rapid thoughts ☐ Inability to focus or hold attention ☐ Hypo traits; apathy, depression, or sadness ☐ Hyper traits: anxiety, obsessiveness, fearfulness, anger, short temper, irritability, etc.
Score		

¹ The Metabolic Typing Diet, William L. Wolcott and Trish Fahey