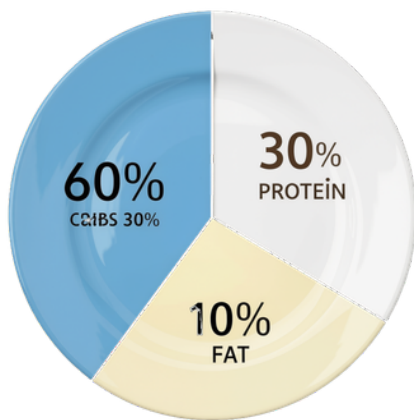




My Perfect Diet Finder



Meals: % of protein, carbs, fat



Biofeedback - Fuel check

Do a check-in 90 to 120 minutes after each meal to see how you feel. If you circled NO to any of the questions, your meal's fuel mix was a mismatch for your unique metabolism and you will need to adjust the ratios.

If you circled YES to all the questions, you have found your perfect way of eating! If you stick to this ratio and eat the clean healthy "green light" foods from your MRT labs, you will have found the closest thing to a perfect diet for you.

The purpose of this tracker:

This tracker is designed to help you find the correct ratio of carbs to protein and fats after you have taken the metabolic typing test. The MT test shows if you are a slow oxidizer (burner) or a fast oxidizer (burner). If you haven't taken that test, or don't know which kind of fuel burner you are, this guide is still valuable in helping you find the correct ratio for your body type. Slow oxidizers need more carbs than protein/fats because carbs are like kindling to a small fire. Fast oxidizers need more fats and proteins than carbs because they have a roaring fire and can handle big logs. Proteins and fats are slow burning and carbs are fast burning. This is why we have to play with the ratios until we find the exact fuel our body needs to thrive. When you find the ratio that is just right, you can answer YES to all the questions on page 3.

How to use this tracker to find the perfect diet for you

From your computer, print several copies of the worksheet page. Draw lines on the plate to divide it into 3 sections according to the percentage of macros in each meal. Don't stress about writing everything, just jot down what protein you had, what carbs (vegetables) you had, and whatever fat or oil you used in the meal. After 90 - 120 minutes, do a check in. If you answer NO to any of the questions, change up the ratio for the next meal. You might start with a third of your plate being protein and fats, and two-thirds being vegetables. The next day you might do two-thirds protein/fats and one third vegetables. Keep tweaking the ratios until you find what is just right. The goal is to be able to answer YES to all the questions.

This tracker is designed to be a companion to your Mediator Release Test results. The MRT shows which foods you are sensitive to (Red light foods), which foods are good for you (green light foods), and which ones you should eat sparingly (yellow light foods). When you know which foods your body does well on, and when you get the protein/fats/carbs ratio dialed in, you're unstoppable! You have found your "Perfect Diet"! Congratulations! Eat this way always for longevity, energy, and good health.

Check-in Questions: Yes, or No?

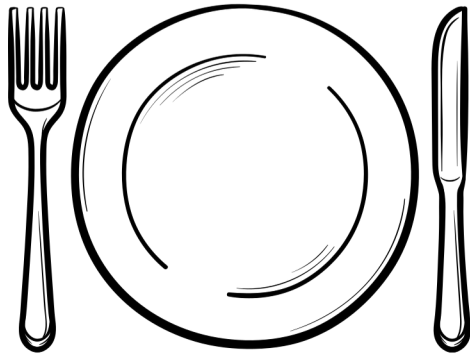
-  **1. Fully Satisfied:** YES means you feel full, satisfied, not hungry. No need for a snack before next meal. NO means you feel like something was missing, you are already hungry, or feel the need for a snack.
-  **2. Free of Cravings:** YES means you do not have sweet cravings or need a snack. NO means you feel the need for a snack or the desire for something sweet.
-  **3. Steady Energy:** YES means you have a good, lasting, renewed, "normal" sense of energy. NO means too much energy (hyper, jittery, nervous, etc) or too little energy (exhausted, sleepy, listless, or lethargic).
-  **4. Calm & Grounded:** YES means improved well-being, feeling refueled, renewed, restored, uplifted. NO means apathetic, depressed, sad, withdrawn, anxious, angry, fearful, obsessive, nervous, or irritable.
-  **5. Sharp & Focused:** YES means improved mental clarity and normalization of thought processes. NO means inability to focus, concentrate or think clearly; to be mentally slow and sluggish or hyper.

To your well-being, Sherry Taylor

[My Perfect Diet coaching package](#)

Breakfast

Date: _____



Biofeedback Check-in



1.Fully Satisfied? [YES / NO]



2.Free of Cravings? [YES / NO]



3.Steady Energy? [YES / NO]

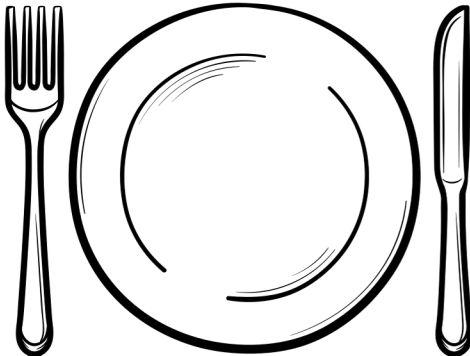


4.Calm & Grounded? [YES / NO]



5.Sharp & Focused? [YES / NO]

Lunch



Biofeedback Check-in



1.Fully Satisfied? [YES / NO]



2.Free of Cravings? [YES / NO]



3.Steady Energy? [YES / NO]

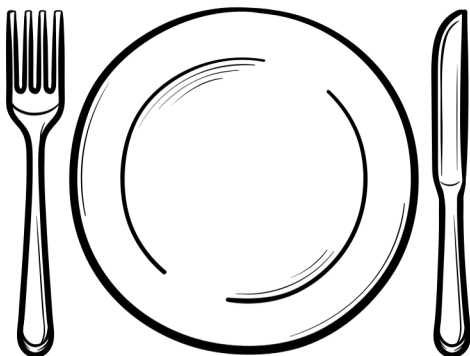


4.Calm & Grounded? [YES / NO]



5.Sharp & Focused? [YES / NO]

Dinner



Biofeedback Check-in



1.Fully Satisfied? [YES / NO]



2.Free of Cravings? [YES / NO]



3.Steady Energy? [YES / NO]



4.Calm & Grounded? [YES / NO]



5.Sharp & Focused? [YES / NO]