



Week 3

Macronutrient Fine-Tuning

Each individual's ideal carbohydrate, fat and protein intake will vary based on goals, activity level, digestive health, age, etc.

Here are basic ranges, but ***remember the goal; detox from sugar, balance blood sugar, reduce cravings to reach your goals.*** You may not even need to go keto, your body may do perfectly fine with a low carb approach. The good news is, this is always adjustable to meet your needs. If something isn't working, you can change it, no need to stress. Never do anything that makes you miserable, because in the end, it's a life-style, not a diet.

Carbohydrate Range (5-30%)

Carbohydrate needs are highly bio-individual and vary significantly based on one's activity level, insulin sensitivity, digestion status, etc. Carbs should come from unprocessed sources, like fresh colorful vegetables.

Fats (40-75%)

Fat is a vital building block and source of energy in the body. Just like with carbohydrates, each individual's daily fat needs will vary based on age, activity level, goals, digestion, etc. Choose healthy fats from the approved list of good fats.

Protein (20-40%)

Given its many roles in the body, it is critical to consume enough protein each day. Protein builds and repairs your lean mass (muscle, soft tissues and many other critical body parts). The most important thing we can do for vitality and longevity as we age is not lose lean mass. 0.8 to 1.2 grams of protein per kilogram of lean body weight. Lean body mass is your total weight minus body fat. You would need to know your body fat percent to calculate this. Use the Body Fat graphic to help you take a good guess. For example, if you weigh 180 pounds and have 40 percent body fat, you have 108 pounds of lean mass (180×0.6) Your protein goal would be 86 grams a day (0.8×108). However, our daily protein intake should be tailored to our goals, activity, satiety levels and digestion status.

Use the following criteria to help determine appropriate, bio-individual macronutrient ratios. 1 to 3 hours after a meal, review this chart and make notes in your food journal.

Category	Right Macronutrient ratio	Wrong Macronutrient ratio
<u>Appetite, fullness Satisfaction and Cravings</u>	You feel satisfied. You don't have sweet cravings. You don't desire more food. You don't get hungry soon after eating. You don't need a snack before the next meal.	You feel physically full but are still hungry. You don't feel satisfied. You feel like something was missing from your meal. You have a desire for sweets. You feel hungry soon after your meal. You need to snack between meals. You experience low energy, fatigue, exhaustion, drowsiness. You experience sleeplessness. You become hyper, jittery, shaky or anxious after your meal.
<u>Energy Levels</u>	Your energy is restored after eating. You have strong energy and a long-lasting sense of well-being after your meal.	
<u>Mental & Emotional Wellbeing</u>	Improved well-being. Feel refueled or restored. Uplift in emotions. Improved clarity of mind. Normalization of thought processes.	Mentally slow, sluggish or spacey. Inability to think clearly & quickly. Overly rapid thoughts. Inability to focus. Depression, sadness. Hyper-anxiety, obsessive behavior, fearfulness, anger, or irritability.

