

# Primal Eating

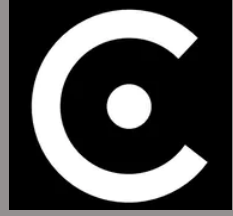
'How to eat for optimum performance  
without spending years figuring out  
what works best for your unique needs'

# C

## CROSS HOCKEY

*Patrick Cross*  
TRANSFORMATIONAL COACHING





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*"When setting out on a Journey, do not seek advice from someone who never left home" ~ Rumi*

**01** The CHEK Nutritional Approach in a Nutshell

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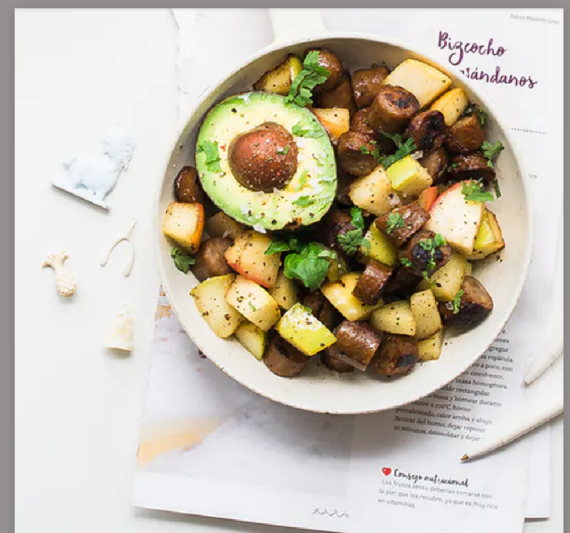
**03** Nutritional Requirements & Common Influencers

**04** Intuitive & Mindful Eating - Quick Course

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*'You are what you Eat  
because what you eat  
becomes You'*

There is no  
"One Size Fits All"  
Diet.



# How to Use this Guide



*"Sometimes the smallest step in the right direction ends up being the biggest step of your life"*

01

→ For immediate diet improvements. Use the resources; CHEK Approach to Nutrition... Intuitive & Mindful Eating Guides & the Diet Check Record Journal

02

→ Have a look at the 3 Primal Types and guess which one you might naturally be. Full explanations and illustrations are provided

03

→ Curiously consider some of the other influencers of nutritional requirements, beyond your ideal type & based on your metabolism and genes

04

→ Be Present with the Intuitive & Mindful Eating Exercises

05

Apply the Diet Check Record to each meal. Go to the blank, printer-friendly copy at the back of the guide & print 14 copies to fill out over the next couple weeks.

***Use your new-found tools to  
Transform your habits, your energy,  
your moods, your body & your Life!***

*'People don't transform themselves  
they change their habits and their  
habits Transform who they become'*

***Read it, Learn from it, Apply it,  
Let it become part of you, Forget it,  
and Let it Be. It's meant to be a 'non-method'-  
method'. Don't Obsess or Stress, Simply Progress***





Follow this approach and put it into action first  
for an immediate improvement...

## The C.H.E.K Approach in a Nut Shell

To achieve optimal health and fitness, apply the following nutritional principles:

1. If it's white, don't eat it! The three white devils are white flour, white sugar and milk processed by pasteurization and homogenization. If you must use a dairy product and can't acquire raw dairy, always choose Certified Organic as your first choice. Additionally, those that are milk (lactose) sensitive should use full fat cream, which is very low in lactose and high in fat. You can also use a high quality yogurt, in which the lactose is predigested.
2. Avoid any food made from any of the white devils!
3. If you can't pronounce a word on the label, don't eat it – your liver won't like it!
4. If it wasn't here 10,000 years ago, don't eat it!
5. If it's sweet, but it's not freshly squeezed juice, it's sugar water! Don't drink it.
6. The longer the shelf life, the more harmful it is likely to be to your body!
  - If irradiated, don't eat it!
  - If pasteurized, it's not good for you. Ultra-pasteurized is very bad for you!
  - Unless packaged in glass, the longer it's been in the package, the more toxic it will be!
7. Aside from good water, if you are eating a food that is clear – disease grows ever near! For example, clear apple juice, clear honey and clear hydrogenated oils are all garbage foods to be avoided.
8. Choose produce and meats in this order:
  - Certified Organic Produce: Certified Organic – Free Range
  - Organic: Organic
  - Locally Farmed: Locally Farmed – Free Range
  - Commercial: Commercial – Hormone Free
  - Commercial: Commercial
9. Always season foods and water with 100% unprocessed sea salt. The best is Celtic, followed by sea salt from New Zealand because heavy metal toxicity is lowest there.
10. Drink  $\frac{1}{2}$  your body weight in pounds in ounces of water daily. For example, a 200 pound man needs to drink 100 oz.
  - Nothing substitutes for water, not tea, not juice, not beer....nothing!
  - Always choose the top selling brands such as Evian, Fiji, Trinity and Volvic because they sell the fastest and therefore have the least exposure to plastic bottles.
  - Always buy water in glass if possible.
  - The most health-giving waters have a hardness factor of 170 mg/L or > and a Total Dissolved Solids (TDS) of 300 or >.
  - Adding a pinch or two of quality sea salt to water is recommended to replace electrolytes. Additionally, it will harden otherwise good, but soft waters and will significantly increase the TDS.
11. Follow 80/20 Rule: If you live right 80% of the time, you can absorb the other 20%!
12. Always eat right for your metabolic type.

\*Don't get hung-up on #4 and the 10,000 years.  
100 years is a good start and 1000 is ideal.



LICENSED

**CHEK**  
Professional



# Why Types in the First Place? – Individuality

Isn't everybody the same?



## A 'No-Diet' Diet - Key Foundations & a Little Science

● **'Biochemical Individuality'** - a book by Roger Williams, a famous biochemist, outlined many of the anatomical, biochemical and metabolic variations that exist within each of us. He showed that there is often a tremendous difference in metabolic rate from one person to the next, even among siblings in the same family. These differences were more pronounced among people in various parts of the world. These lines have been greatly blurred due to modern-day travel, emigration and today's cultural diversity throughout the world.

● **'Nutrition and Physical Degeneration'** - a book by Dr. William A. Price. He investigated 16 healthy, diverse cultures from various parts of the world and discovered some groups such as Eskimos, ate diets very high in fat and protein while others such as Quetchus Indians of South America, ate mainly plant-based foods and a small amount of meat. Each group's food choices varied depending on what was available in their natural habitat. Each group was also ideally healthy and their diets all shared several characteristics in common; organic, local, whole, and very minimally processed foods as well as animal-sourced foods, even if it was a small amount. So, essentially 'The CHEK Approach to Nutrition in a Nutshell'. The selective influences of nature, native cultures, their lineage and geographical region dictated what was ideal for them to eat and right for their metabolic type. What was most interesting about his research was that when any of these cultures were introduced to a diet other than what they were accustomed to, they became ill. Equator types who were given high fat, high protein diets, developed obesity, tooth decay, heart disease, cancers, depression, etc. Polar types that were introduced to primarily plant-based foods developed all of the same illnesses. Another interesting observation was that in all of Price's journeys all over the world, he did not find one single healthy tribe or group that ate a diet completely free of meat.

# ♪ Come on Baby Light my Fire – Individuality

## Are you a Raging Inferno?

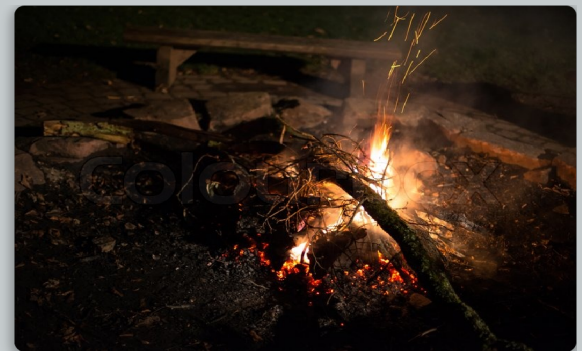
Burning through calories like Wildfire!!! This is a Polar Type;

For Polar, Fast Metabolism, Fast Oxidizer, Parasympathetic Dominant Types... Eating even healthy carbs without dense protein & fat is like throwing paper on a huge fire. It devours it quickly and burns out immediately leaving an energy vacuum, light-headedness, low blood sugar & jitters.

## Or a Small Cozy Fire?

Burning calories at a leisurely pace? This is an Equator Type;

For Equator, Slow Metabolism, Slow Oxidizer, Sympathetic Dominant Types... Eating heavy, dense protein and fats is like throwing a huge log on a small fire built of paper and kindling. It immediately smothers & snuffs it out, leaving an energy vacuum and a desire for nap time.



## Primal Eating, Calorie Deficit & My Story

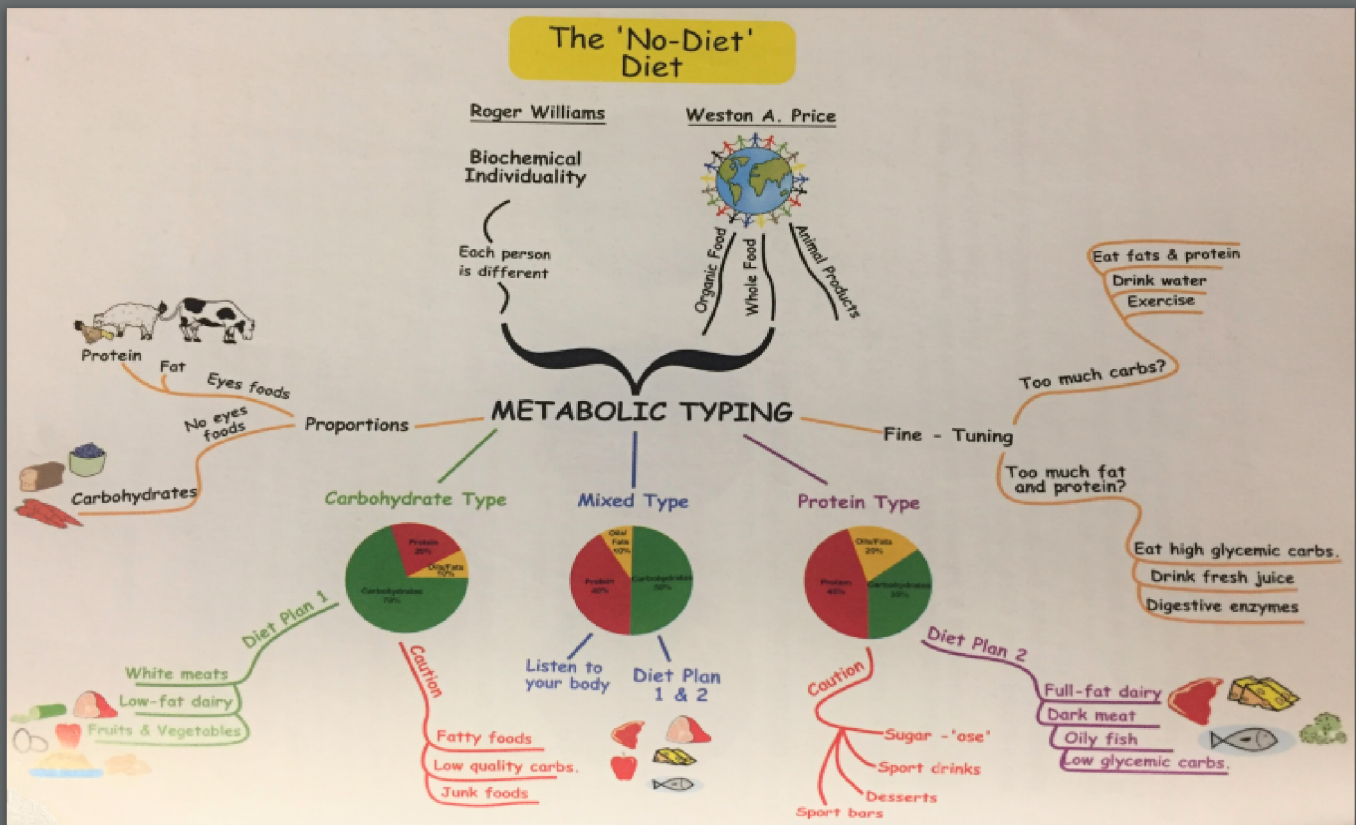
Once I figured out I was a Fast Oxidizing, Fast Metabolism, Parasympathetic, Polar Type and changed the ratios of fat, protein and carbs on my plate (like you'll see on the pie charts in the upcoming pages), I realized I could eat less food and enjoy much better energy. I was cutting calories, (unnecessary ones), without even trying to, or feeling restricted. By having more protein and fat and much less carbohydrate than I was used to, the overall calories went down. In fact, if I eat the same amount of protein and fat as I usually do but add more healthy carbs such as vegetables, I get hungry again faster and have less energy in between meals than if I don't add more. That's Right! Eating more calories makes me more hungry. If I eat the right proportion of carbs in the form of vegetables, I feel fantastic and effectively eliminate calories without eliminating meal satisfaction. It works the same for Equator Types and Variables. If you eat right for your Type and your metabolism, you reach a point of satiety (healthy fullness & satisfaction) without over-eating. Eat wrong for your type and you end up consuming too many calories and feeling less satisfied. Not to mention what it does to your hormonal and biochemical balance and by extension, your health.

Do something today that your Future Self will Thank You For!

*"How long can you afford to put off who you really want to be?"*  
~ Epictetus



# Primal Eating - Advanced Metabolic Typing on Training Wheels



## The K.I.S.S. Method...

- **Metabolic Typing**- The above graphic takes advanced metabolic typing and simplifies it down to three basic types; Carbohydrate (Equatorial Type), Mixed (Variable Type), & Protein (Polar Type)
- **Why Primal Eating and who is it best suited to?**- 95% of the population will be well-suited to this as their ideal approach and it will give them every result they desire. Advanced Metabolic Typing is next-level and the premium approach but is more involved and can be complex depending on your health and nature of your goals. It's generally not nearly as complicated as people make it, but it does require a little more focus and commitment than Primal Eating for a short period of time. It takes into account everything Primal Eating does and more, including metabolic dominance, blood type, autonomic nervous system dominance, fast or slow oxidizer, blocking factors, endocrine type, physical traits, diet-related traits, psychological traits, homeostatic control mechanisms, dental health, geographical & cultural heritage and more. It is well-suited to people with serious health, weight or body composition issues, food intolerances, immuno-suppressed conditions, mental health issues, etc. Or, it is well suited to people who have high-performance goals, are ultra-dedicated to their health & nutrition and enjoy exploring the absolute best diet for themselves.
- **The Simple Approach**- You don't even need to read the guide fully to get started... Just use the 'CHEK Approach to Nutrition in a Nutshell', the 3 types, the Intuitive & Mindful Eating Guide & The Diet Check Record Journal. That's It! That's all you need. Use the guide to inform & clarify.
- **Drum Roll Please...** The upcoming pages will illustrate each of the 3 Primal Eating Types. **Which one would you guess is yours?**



## YOU ARE A POLAR TYPE

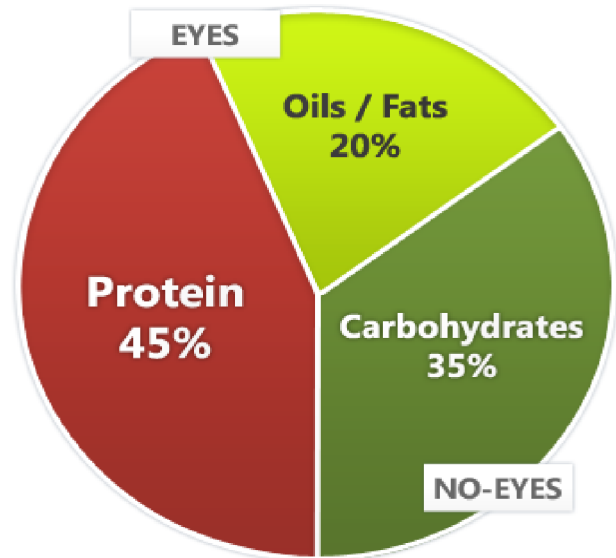
Your starting macro-nutrient ratio is:

- 20% oils/fats
- 45% proteins
- 35% carbohydrates

Your meals should be distributed between foods that are:

- 65% eyes
- 35% no-eyes

If you're unsure how to define protein, fat and carbohydrate, or are not sure what eyes and no-eyes stands for, read below for an easy way to remember.



## WHAT ARE EYES & NO-EYES?

PROTEINS/FATS = EYES

Proteins and fats usually come from something that has a set of eyes. All the animals below have a set of eyes and are great sources of protein and fats.

- Cows - Beef & Dairy
- Pigs - Bacon, Pork, Ham
- Chickens & Ducks - Meat, Eggs
- Shrimp - Meat
- Fishes - Meat

CARBS = NO-EYES

Carbohydrates come predominantly from something that did not have eyes, so I refer to them as the "no-eyes" group, this includes:

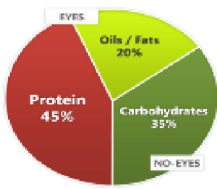
- Fruits
- Vegetables
- Legumes
- Grains

There are a few exceptions to this rule, the following are all quite high in fat and, therefore, placed in the "eyes" group for purposes of balancing your meals:

- Avocados
- Seeds
- Nuts

## Possible Diet Plans & Most Recommended Foods for Polar Types on Next Page if this is Your Type





# Polar Type

## Recommended Foods Chart

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED*	OIL/FAT
<i>high purine</i>	<i>high purine</i>	<i>whole fat</i>	<i>whole</i>	<i>non-starch</i>	avocado	<i>all are okay</i>	<i>all are okay</i>
organ meats	anchovy	<i>low purine</i>	<i>grains only</i>	asparagus	olive	walnut	butter
paté	caviar	cheese	<i>high starch</i>	beans, fresh		pumpkin	cream
beef liver	herring	cottage cheese	amaranth	cauliflower	<i>not fully ripe -</i>	peanut	ghee
chicken liver	mussel	cream	barley	celery	apple (some)	sunflower	<i>oils:</i>
<i>medium purine</i>	sardine	eggs	brown rice	mushroom	pear (some)	sesame	almond oil
beef	<i>medium purine</i>	kefir	buckwheat	spinach	<i>high starch</i>	almond	flax oil
bacon	abalone	milk	corn	<i>high starch</i>	banana	cashew	olive oil
chicken*	clam	yogurt	couscous	artichoke		Brazil	peanut oil
duck	crab	<b>LEGUMES</b>	kamut	carrot		filbert	sesame oil
fowl	crayfish	<i>low purine</i>	kasha	pea		pecan	sunflower oil
goose	lobster	tempeh	millet	potatoes, fried in butter, only		chestnut	walnut oil
kidney	mackerel	tofu	Oat	squash, winter		pistachio	
lamb	octopus	<i>medium purine</i>	quinoa	<b>LEGUMES</b>		coconut	
pork chop	oyster	beans, dried	Rye	<i>non-starch</i>		hickory	
spare rib	salmon	lentils	spelt			macadamia	
turkey*	scallop	<b>NUTS</b>	triticale	tempeh			
veal	shrimp	<i>all are okay</i>	<i>sprouted grain bread is the only bread allowed *</i>	tofu			
wild game	snail			<i>high starch</i>			
<i>* dark meat is best</i>	squid			beans, dried			
	tuna, dark			peas, dried			
				lentils			

*Every meal should contain a protein from these sources, but dairy, legumes or nuts are not a substitute for meats at main meals*

*\* Sprouted grain breads such as Ezekiel or Manna breads*

*\* Note: nuts are listed from highest to lowest protein content. Higher protein is preferable.*

*Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods*

### Diet Plan Options a Polar Type Might Try

- POLAR

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- PALEO

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- KETO\*\*

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- MT PLAN FOR FAST OXIDIZERS (ADVANCED METABOLIC TYPING)

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- MT PLAN FOR PARASYMPATHETIC DOMINANCE (ADVANCED METABOLIC TYPING)

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- ANTI-FUNGAL (\*Good for all types for a 3-4 week cleanse & re-set)

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### Polar Type Basics

- \* Higher need for fats and proteins, particularly purines
- \* Carbohydrate & Sugar Sensitive
- \* Neuro-Stimulant Sensitive (coffee & tea)
- \* Require more calcium from dark leafy veggies
- \* Avoid grains & potatoes
- \*\* Focus on vegetables for healthy fiber
- \* Limit Fruits as they can lead to blood sugar problems in Polar Types
- \* Consume a liberal amount of healthy fats & oils
- \* Alcohol is especially unhealthy for Polar Types
- \* Begin meals with fat or protein to slow down oxidation rate, then eat veggies
- \* Polar Types sleep better when their last meal of the day is higher in fat & protein with no dessert.



## YOU ARE A EQUATOR TYPE

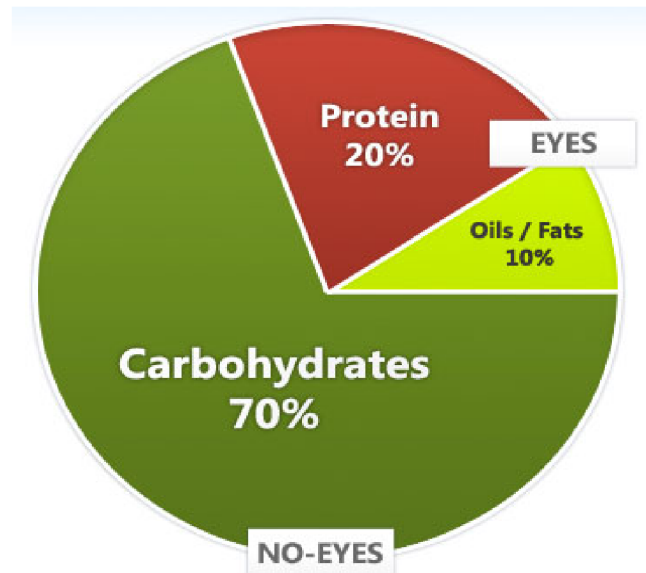
Your starting macro-nutrient ratio is:

- 10% oils/fats
- 20% proteins
- 70% carbohydrates

Your meals should be distributed between foods that are:

- 30% eyes
- 70% no-eyes

If you're unsure how to define protein, fat and carbohydrate, or are not sure what eyes and no-eyes stands for, read below for an easy way to remember.



## WHAT ARE EYES & NO-EYES?

### PROTEINS/FATS = EYES

Proteins and fats usually come from something that has a set of eyes. All the animals below have a set of eyes and are great sources of protein and fats.

- Cows - Beef & Dairy
- Pigs - Bacon, Pork, Ham
- Chickens & Ducks - Meat, Eggs
- Shrimp - Meat
- Fishes - Meat

### CARBS = NO-EYES

Carbohydrates come predominantly from something that did not have eyes, so I refer to them as the "no-eyes" group, this includes:

- Fruits
- Vegetables
- Legumes
- Grains

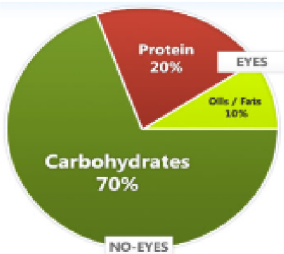
There are a few exceptions to this rule, the following are all quite high in fat and, therefore, placed in the "eyes" group for purposes of balancing your meals:

- Avocados
- Seeds
- Nuts

## Possible Diet Plans & Most Recommended Foods for Equator Types on Next Page if this is Your Type







# Equator Type

## Recommended Foods Chart

PROTEINS			CARBOHYDRATES				OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE		FRUIT	NUT/SEED	OIL/FAT
<i>light meats</i>	<i>light fish</i>	<i>non/low fat</i>	<i>whole grains only</i>	<i>high starch</i>	<i>low starch</i>	<i>all are okay</i>	<i>use sparingly</i>	<i>use sparingly</i>
chicken breast	catfish	cheese	whole grains only	potato	beet green	apple	walnut	butter
Cornish game hen	cod	cottage cheese	high starch	pumpkin	broccoli	apricot	pumpkin	cream
turkey breast	flounder	kefir	amaranth	rutabaga	Brussels sprout	berry	peanut	ghee
pork, lean	haddock	milk	barley	sweet potato	cabbage	cherry	sunflower	<i>oils:</i>
ham	halibut	yogurt	brown rice	yam	chard	citrus	sesame	almond oil
<i>Only occasional lean red meat or restrict entirely</i>	perch	eggs	buckwheat	<i>moderate starch</i>	collard	grape	almond	flax oil
	scrod	<b>LEGUMES</b>	corn	beet	cucumber	melon	cashew	olive oil
	sole	<i>use sparingly</i>	couscous	corn	garlic	peach	Brazil	peanut oil
	trout	<i>high starch</i>	kamut	eggplant	kale	pear	filbert	sesame oil
	tuna, white	<i>dried beans</i>	kasha	jicama	leafy greens	pineapple	pecan	sunflower oil
	turbot	<i>lentils</i>	millet	okra	onion	plum	chestnut	walnut oil
		<i>low starch</i>	oat	parsnip	parsley	tomato	pistachio	
		tempeh	quinoa	radish	peppers	tropical	coconut	
		tofu	rice	spaghetti squash	scallion	<b>LEGUMES</b>	hickory	
		<b>NUTS</b>	rye	summer squash	sprouts	<i>high starch</i>	macadamia	
		<i>sparingly</i>	spelt	yellow squash	tomato	<i>dried beans</i>		
			Triticale	turnip	watercress	<i>dried peas</i>		
			Wheat	zucchini		<i>lentils</i>		

Every meal should contain a protein from these sources

\* Note: nuts are listed from highest to lowest protein content.



Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods if you have blood sugar problems.

### Diet Plan Options an Equator Type Might Try

- **NORTH BEACH \***

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- **VEGETARIAN\*\***

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- **VEGAN\*\***

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- **MT PLAN FOR SLOW OXIDIZERS (ADVANCED METABOLIC TYPING)**

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- **MT PLAN FOR SYMPATHETIC DOMINANCE (ADVANCED METABOLIC TYPING)**

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\* Follow CHEK Approach & choose only healthy foods  
 \*\* For optimal health, it's best to get a small amount of your protein & fat from ethically-sourced animal origin & avoid soy. Likewise, get plant-based foods from organic, local, natural soil. Plants are noble, living beings too

### Equator Type Basics

- \*\* Must remember to eat Protein with each meal to stabilize blood sugar & energy levels (small amount of animal protein is preferable to provide adequate, bio-available nutrition)
- \* Do well with low-fat unpasteurized dairy products but don't over-do it because can overload on calcium with all the veggies added
- \* Require fewer fats & oils & must look for quality Omega 3 sources
- \* Avoid over-consumption of simple sugars as this can be a concern for Equatorial Types
- \* Eat lots of veggies but minimize high-starch ones
- \* All fruits are fine, berries and citrus fruits are particularly good
- \* Eat the vegetable portion of your meal first to speed oxidation & metabolic rate before protein & fat portion

## YOU ARE A VARIABLE TYPE

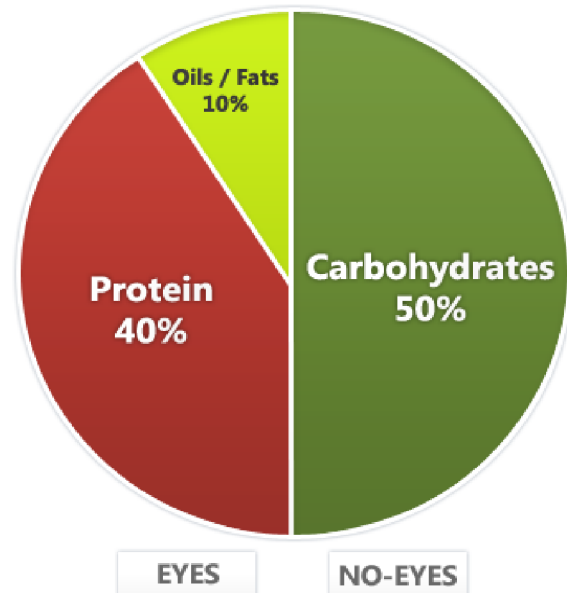
Your starting macro-nutrient ratio is:

- 10% oils/fats
- 40% proteins
- 50% carbohydrates

Your meals should be distributed between foods that are:

- 50% eyes
- 50% no-eyes

If you're unsure how to define protein, fat and carbohydrate, or are not sure what eyes and no-eyes stands for, read below for an easy way to remember.



## WHAT ARE EYES & NO-EYES?

**PROTEINS/FATS = EYES**

Proteins and fats usually come from something that has a set of eyes. All the animals below have a set of eyes and are great sources of protein and fats.

- Cows - Beef & Dairy
- Pigs - Bacon, Pork, Ham
- Chickens & Ducks - Meat, Eggs
- Shrimp - Meat
- Fishes - Meat

**CARBS = NO-EYES**

Carbohydrates come predominantly from something that did not have eyes, so I refer to them as the "no-eyes" group, this includes:

- Fruits
- Vegetables
- Legumes
- Grains

There are a few exceptions to this rule, the following are all quite high in fat and, therefore, placed in the "eyes" group for purposes of balancing your meals:

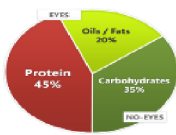
- Avocados
- Seeds
- Nuts

Eating Strategies for Variable Types on Next Page

Popular Options for Variables

**MEDITERRANEAN**  
**CROSSFIT**  
**THE ZONE DIET**





## Polar Type

# Recommended Foods Chart

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED*	OIL/FAT
<i>high purine</i>	<i>high purine</i>	<i>whole fat</i>	<i>whole grains only</i>	<i>non-starch</i>	avocado	<i>all are okay</i>	<i>all are okay</i>
organ meats	anchovy	<i>low purine</i>	amaranth	asparagus	olive	walnut	butter
paté	caviar	cheese	<i>high starch</i>	beans, fresh		pumpkin	cream
beef liver	herring	cottage cheese	barley	cauliflower	<i>not fully ripe -</i>	peanut	ghee
chicken liver	mussel	cream	brown rice	celery	apple (some)	sunflower	<i>oils:</i>
<i>medium purine</i>	sardine	eggs	buckwheat	mushroom	pear (some)	sesame	almond oil
beef	<i>medium purine</i>	kefir	corn	spinach	<i>high starch</i>	almond	flax oil
bacon	abalone	milk	couscous	<i>high starch</i>	banana	cashew	olive oil
chicken*	clam	yogurt	kamut	artichoke		Brazil	peanut oil
duck	crab	<b>LEGUMES</b>	kasha	carrot		filbert	sesame oil
fowl	crayfish	<i>low purine</i>	millet	pea		pecan	sunflower oil
goose	lobster	tempeh	Oat	potatoes, fried in butter, only		chestnut	walnut oil
kidney	mackerel	tofu	quinoa	squash, winter		pistachio	
lamb	octopus	<i>medium purine</i>	Rye	<b>LEGUMES</b>		coconut	
pork chop	oyster	beans, dried	spelt	<i>non-starch</i>		hickory	
spare rib	salmon	lentils	triticale	tofu		macadamia	
turkey*	scallop	<b>NUTS</b>	sprouted grain bread is the only bread allowed *	beans, dried			
veal	shrimp	<i>all are okay</i>		peas, dried			
wild game	snail			lentils			
<i>* dark meat is best</i>	squid						
	tuna, dark						

*Every meal should contain a protein from these sources, but dairy, legumes or nuts are not a substitute for meats at main meals*

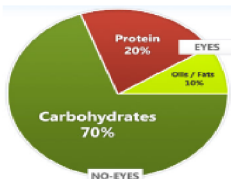
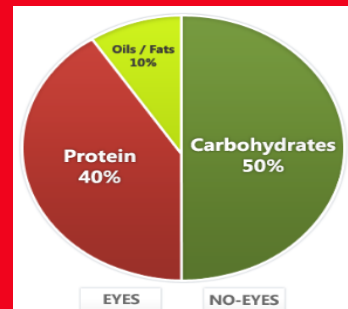
*\* Note: nuts are listed from highest to lowest protein content. Higher protein is preferable.*

*Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods*

## Variable Type – take your pick & do both

\*\*\* If you are a variable type, congratulations, you have the most freedom and flexibility when it comes to your food plan. It may vary by times of the year, time of day, hormone fluctuations or just simply preference. You could eat from the polar type plan one day, and the equator plan the next, or something in between. For you, variety is best. This is where your intuitive & mindful guide and your diet record journal will come into play.

\*\*Stress, Temperature & Physical Activity can influence needs more substantially in a Variable Type



## Equator Type

# Recommended Foods Chart

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED	OIL/FAT
<i>light meats</i>	<i>light fish</i>	<i>non/low fat</i>	<i>whole grains only</i>	<i>high starch</i>	<i>low starch</i>	<i>all are okay</i>	<i>use sparingly</i>
chicken breast	catfish	cheese	potato	beet green	apple	walnut	butter
Cornish game hen	cod	cottage cheese	<i>high starch</i>	pumpkin	broccoli	pumpkin	cream
turkey breast	flounder	kefir	amaranth	rutabaga	Brussels sprout	peanut	ghee
pork, lean	haddock	milk	barley	sweet potato	cabbage	sunflower	<i>oils:</i>
ham	halibut	yogurt	brown rice	yam	chard	sesame	almond oil
<i>Only occasional lean red meat or restrict entirely</i>	perch	eggs	buckwheat	<i>moderate starch</i>	collard	almond	flax oil
	scrod	<b>LEGUMES</b>	corn	beet	cucumber	cashew	olive oil
	sole	<i>use sparingly</i>	couscous	corn	garlic	Brazil	peanut oil
	trout	<i>high starch</i>	kamut	eggplant	kale	filbert	sesame oil
	tuna, white	<i>dried beans</i>	kasha	jicama	leafy greens	pecan	sunflower oil
	turbot	lentils	millet	okra	onion	chestnut	walnut oil
		<i>low starch</i>	oat	parsnip	parsley	pistachio	
		tempeh	quinoa	radish	peppers	coconut	
		tofu	rice	spaghetti squash	scallion	hickory	
		<b>NUTS</b>	rye	summer squash	sprouts	macadamia	
		<i>sparingly</i>	spelt	yellow squash	tomato		
			Triticale	turnip	watercress		
			Wheat	zucchini			

*Every meal should contain a protein from these sources*

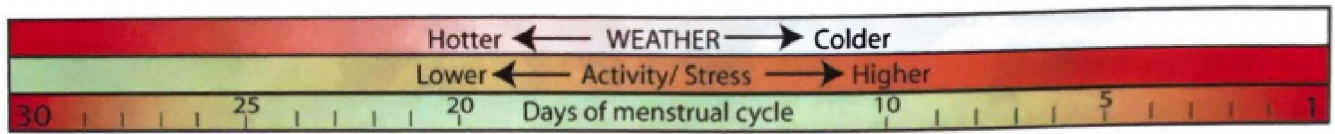
*\* Note: nuts are listed from highest to lowest protein content.*

*Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods if you have blood sugar problems.*



# Nutritional Requirements & Common Influencers

## Nutrient / Energy Requirements



**Equatorial Type**



**Variable Type**

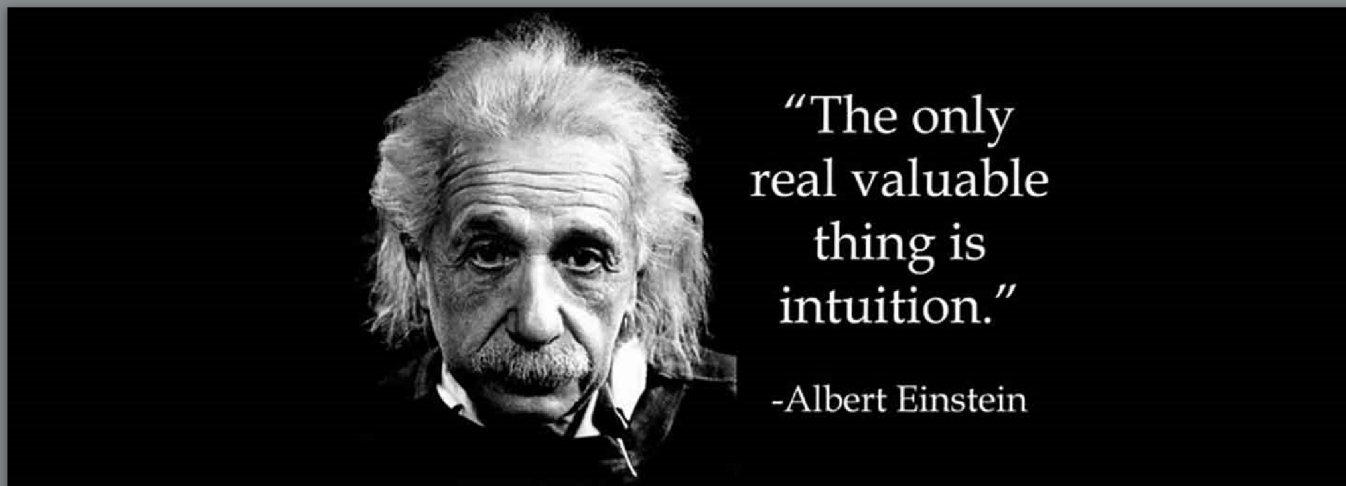


**Polar Type**

- The graphic above illustrates how things like weather/temperature physical activity/stress and menstrual cycle/hormonal shifts can influence your type and in which direction
- Other possible influencers are underlying health conditions, addiction as well as internal and environmental blocking factors. past dieting practices and emotional state.
- Variable Types are influenced by different factors daily and seasonally as part of their make-up.
- Both Polar and Equator Types are also influenced by some of these factors but to a much lesser degree and it simply means subtle adjustments in their foods or macronutrient ratios within a much narrower range than it does for Variables.
- Whatever your type, the resources in this guide will give you a good grounding and help you intuitively feel what is right for you at any given time. It's simply important to know your basic type first.
- Short Term responses to too much Carbohydrate: headaches, anxiety, don't feel satisfied, get hungry quickly, cravings, jumpy mind (ADHD), jittery, nervous
- Long Term responses to too much carbohydrate: exaggerated stress response, depression, pimples, constipation, toxicity, insulin resistance, diabetes, neck/shoulder/low-back pain, poor sleep, immune suppression, adrenal stress, autonomic dysregulation
- Short Term responses to too much protein/fat: lethargic, sleepy, dull/depressed mood, mentally sluggish, heavy gut, 'full' but hungry, may crave sweets, may crave coffee or tea
- Long Term responses to too much protein/fat: autonomic dysfunction, depression, obesity, foul body odour, low energy, poor response to exercise, rapid ageing, hormonal dysregulation, abnormal blood pressure, adrenal fatigue, neck/shoulder/back pain, poor health

# Presence, Intuitive & Mindful Eating Guide

'trust what you feel, not what you hear'



## Confirming Your Type - Part 1

Learn to '*Feel*' your Truth & your Body's Needs

### Holistic Kinesiology (Muscle-Testing) - *The Sacred Ring Test*

- With your non-dominant hand, form a circle or ring with your thumb & index finger and hold firm but don't strain or clamp down overly tight
- With your dominant hand form a duckbill or scissors with your thumb & index finger
- Put your newly formed duckbill inside the ring you created on the opposite hand
- Feel how much force you need to spread your thumb and index finger apart on your dominant hand to open the ring you made with your thumb and index finger
- Now for the test; ask your body, "show me a yes" and feel how strong the closed ring is
- Then, ask your body, "show me a no" and test again; notice how strong the ring feels
- Notice how strong your 'Yes' is relative to your 'No'; *You're strong to the degree you're in alignment & have Integrity*
- Now try it with something else... State your name out loud and ask "is this true" & test
- Next, state someone else's name out loud & ask, "Is this my true name?" & test
- Now, you have a baseline for future tests with food and meals. A basis for positive & negative, true & false... The body never lies unless it's ill. The thinking mind never stops lying and telling you what you want to hear or what fulfills your belief
- It may take a little practice to 'get the feel for it' to develop your sensitivity, awareness & presence but you'll feel it in short order.
- Once you have a sense of your baseline, simply apply this practice when you eat, with each first bite of different foods on your plate and after you finish a meal to give you an indicator about your ideal foods

# Presence, Intuitive & Mindful Eating Guide

'trust what you feel, not what you hear'



## Confirming Your Type - Part 2

Learn to '*Feel*' your Food

### Creating a Healthy Connection with Food

- Garden Barefoot
- Prepare Food Mindfully & with Love
- Participate in Composting, Build a Compost Pile
- Eat with your Hands
- Develop a Healthy & Respectful Partnership with Plants, they are Sentient, Living, & Life-Giving Beings too! Like animals, worthy of our Respect & appreciation. Animals and Plants depend on each other for Life and they, like us, are omnivores. They depend on animals dying and decomposing to create ideally healthy & nourishing soil
- Celebrate Food & don't eat only for nutrition or 'cuz it's good for you' Children of all ages, (including those dressed up in adult suits), resist what's good for them. But what is good can also be a pleasurable indulgence. If we feel restricted or punished, we will only indulge in what's bad.
- Make Food, it's Prep & Eating a Sensual Experience beyond just taste. Include your senses of hearing, smell, sight & touch. Also, make mindful associations with **healthy**, nourishing food & pleasurable experiences... Such as great vacations, an amazing meal with your greatest lover, comforting times with a grandparent or other family member. Victory meals after a great accomplishment, etc. etc. Connections like these have us rewarding ourselves with healthy food rather than relieving ourselves with bad.

*'Make sure what you're eating is Nourishing your Body, Mind & Spirit, not just filling your Stomach or satisfying a Craving'*





# Intellectual, Logical, Evidence-Based Using your Diet Check Record Journal



## Confirming Your Type - Part 4 Diet Check Record Journal Instructions

In order to maximize your energy production, you need to adhere to both sides of The Diet Coin:

- 1) You need to eat the right foods for your Primal Type (fuel type)
- 2) You need to “fine-tune” your diet to get the proper Protein+Fat to Carbohydrate Ratio at each meal (fuel mixture).

This will assure that your food will be fully converted into energy by your cells (your body’s engines of metabolism). The following chart, on the next page, interprets your body language and tells you how well you do at any given meal, in giving your body what it needs. Basically, your body communicates to you in 3 different ways:

- 1) Through your appetite and cravings
- 2) Through your energy levels
- 3) Through your mental and emotional well-being

Within 1-2 hours after eating the proper foods for your Primal Type (restricting any known reactive foods), you should feel noticeably better than before you ate. If you feel worse, something is wrong. If you find that within an hour or so after eating, you only place checkmarks in the boxes in the LEFT, GOOD REACTIONS column, then you likely did a very good job at meeting your body’s needs at your last meal.

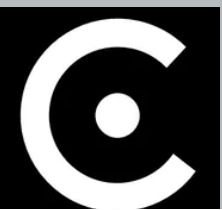
On the other hand, if any of the traits & eactions listed in the WRONG column occur, then you very likely ate the wrong ratio of proteins + fats to carbohydrates at that meal

If you consistently experience any traits in the Wrong column at a given meal, first try increasing the amount of protein and fat at that meal each day. If you find that there is a worsening or no improvement in a few days, reduce your protein and fat to where you started and try increasing the amount of carbohydrates instead.

After you find the ratio that makes you feel your best at a meal, stick with that ratio for that meal thereafter. Follow the same procedure for each meal and snack until you find the correct ratios.

Make copies of the Diet Check Record Sheet (included on the following page and at the back of this book) and use it daily to quickly and easily check your meals and fine-tune your diet to your unique requirements. In a short while, you’ll no longer need to refer to the list. It will all be “second nature” to you. Like adjusting a radio dial to tune in a station, you can adjust your protein+fat/carbohydrate ratio to maximize your energy and well-being from your diet. Remember, too, to eat before you get hungry to maintain an even blood sugar all day long.

*\*I have included a more Print-Friendly Copy  
at the back of this Book\**



# Diet Check Record

NAME: \_\_\_\_\_

Day # \_\_\_\_\_

FOOD INTAKE List all foods & drinks consumed		REACTIONS TO YOUR METABOLIC TYPE DIET	
		GOOD REACTIONS	BAD REACTIONS
TODAY'S DATE: _____		Place a check to the left of all descriptions that describe your experience 1 - 2 hours after each meal	
Time ____:____ BREAKFAST	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
		<input type="checkbox"/>	
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacy
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
		<input type="checkbox"/> Improved mental clarity and sharpness	<input type="checkbox"/> Inability to focus or concentrate
		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable		
Time ____:____ LUNCH	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
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<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable		
Time ____:____ DINNER	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
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	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
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		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable		

Describe how you felt overall today from this diet. Did you do well or poorly on it?





# Benefits of Eating Primal



*"Water and food should be your first medicine!" ~*  
Hippocrates - The Father of Modern Medicine

01

» **Achieve & Maintain your Ideal Weight without Obsessively Counting Calories**

02

» **Eliminate Sugar Cravings & Allergies**

03

» **Enjoy Sustained Energy and Endurance**

04

» **Buid your Immune System, Prevent and Reverse Disease**

05

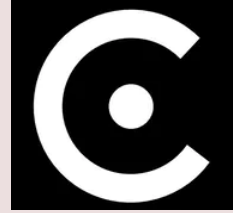
» **Overcome Anxiety, Depression & Mood Swings**

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## Indicators of Food Stress

- Dehydration
- Poor Digestion
- Poor Detox/Elimination
- Hormonal Imbalance
- Poor Motor/Movement Skills
- Poor Respiration
- Thermo-Regulation Issues
- Immune Suppression
- Nervous Thinking, Anxiety
- Diminished Sexual Performance
- Poor Sleep Quality
- Skin Quality Issues
- Poor Bone Density
- Unhealthy Hair & Nails
- Odor; Body, Breath, Sweat, Urine & Feces

# Taking it to the Next Level...



01

Get the Confidence-Building, '*Primal Eating Accelerate Package*' complete with the Type-Identifying Online Questionnaire & Report, a Meal Plan & Recipes to get you started. ***Only \$197!\*\****

» Primal Eating and the above package will get 95% of people 100% of the results they desire. Below is for those who are facing serious health issues, for the very few that Primal Eating still doesn't work for, or for those who are ready, determined, committed and ambitious for more. One-on-One Nutrition Coaching and Resources are available for the following...

02

» Investigate, Discover & Eliminate *Common Blocking Factors* to Health, Digestion, Food Tolerance & Enjoyment, Food Sensitivity & Self-Awareness

03

» *4 Day Rotation-Diet Plan* to eliminate food intolerances and allergies

04

» *Anti-Fungal Meal Plan* to eliminate fungal, yeast, candida overgrowth & the resulting sugar cravings and many health issues

05

» *Detox, Anti-Parasitic, Fasting and Intermittent Fasting* Plans & Strategies

06

» High-Octane Strategies & Plans for *Healthy & Natural Food Supplementation*

07

» Primal Eating & Supplementation for *Athletic or, for Sexual Health & Performance*

*"The final measure of nutritional quality lies in the organism which consumes the food...nutrition quality is not only an aspect of the produce in itself, but is determined by the value of the produce for the consumer's physical & spiritual health, growth and capabilities"*

~ Herbert H. Koepf, PhD.

# Acknowledgements & References

*"When we ignore ancient Wisdom, we do so at our own Peril."*  
~ Dr. Ted Koren

01 *You Are What You Eat* ~ Paul Chek

02 *How to Eat, Move and Be Healthy!* ~ Paul Chek

03 *Biochemical Individuality* ~ Roger Williams PhD

04 *The Metabolic Typing Diet* ~ William L Wolcott & Trish Fahey

05 *Nutrition and Physical Degeneration* ~ Weston A Price

06 *Nourishing Traditions* ~ Sally Fallon

07 *The Secret Life Of Plants* ~ Peter Tompkins & Christopher Bird

08 *Eating for Optimal Health in the 21st Century* ~ David J. Getoff

09 The Weston A. Price Foundation for Wise Traditions & The Price-Pottenger Foundation for Nutrition

10 *CHEK Practitioner Certification Program* ~ CHEK Institute & *CHEK Holistic Lifestyle Coach Certification* ~ CHEK Institute

11 *Advanced Metabolic Typing Advisor Certification* ~ Health Excel

12 My Personal and Professional experience with my health, and countless interactions with hundreds of ***clients***, colleagues, peers and teachers over the last 4 decades



# A WALL, A DECISION, A JOURNEY AND AN 'AHA' MOMENT

## HOW PRIMAL EATING CHANGED MY LIFE & returned to me the foods I enjoy!

There I was, a very ill mill worker, gym owner and personal trainer trying to heal my body, mind and spirit.

The thing is, at the time, I was suffering from migraines, depression, chronic pain and symptoms of irritable bowel syndrome, chronic fatigue & fibromyalgia...

I had lost 50 lbs and went from lean and muscular to sickly-thin with added body fat. I was skinny-fat, and people were beginning to worry about me. That was the worst part; I couldn't hide it anymore.

A key thing to mention is while this was all going on, I was already eating 'healthy'. I had eliminated sugar, sweeteners and processed foods long before. I ate salads, chicken breasts, lean meat and wild brown rice.

Nothing I tried was working, I had hit a wall and I was declining rapidly. I was on the verge of making a choice that would be my last. My last glimmer of hope had been extinguished.

Then, as if by chance, something fantastic happened...

An inner voice came out of nowhere & I was reminded of certifications at the CHEK Institute I was once interested in doing. I made the decision to enrol that very moment. I would be studying and applying corrective exercise, healthy lifestyle, physiological load and metabolic typing. GOD! How was I going to pull this off feeling the way I did? 'Suck it up & Let's do this!'

It was the 1st or 2nd day of the first course. Instantly it became crystal clear to me! My Big AHA moment, I learned how to choose the right foods, portions, ratios and meals for my unique, personal needs and goals. I was encouraged because I saw I could heal myself with foods I had once enjoyed. Meals I preferred, that were supposed to be bad for me, according to common belief, and I'd been previously taught.

Hope's flame began to ignite as a part of me was sure this was finally the answer.

My plan was to start applying what I learned immediately...

So I started with the CHEK Approach to Nutrition. But didn't stop there.

I then took another certification in **Advanced Metabolic Typing** and applied everything I learned to my own diet.

After that, I embarked on a journey and took several courses in muscle-testing, holistic kinesiology, intuition training, massage and energy work to get present with my gut, heart & body. To learn what it had been asking for all along, but I hadn't been listening and didn't know how.

Building on that success, I recently decided to take all I learned with the countless hours and thousands of dollars invested, and create a **simple guide**. One that contains 3 key aspects of what makes this approach so extraordinarily effective.

Not just for healing illness but for an ideal body, optimal health & performance. It's **my gift to you**.

I call it "**Primal Eating -How to eat for optimal performance without spending years figuring out what works best for your unique needs**".

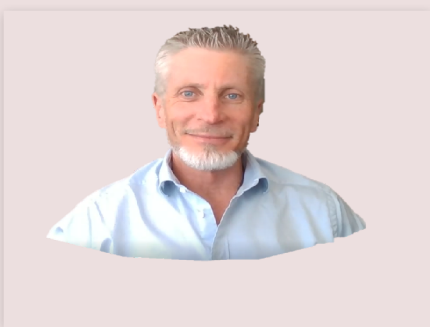
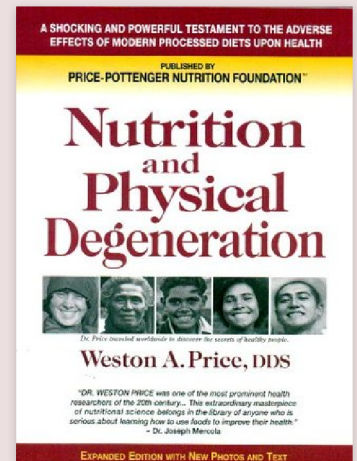
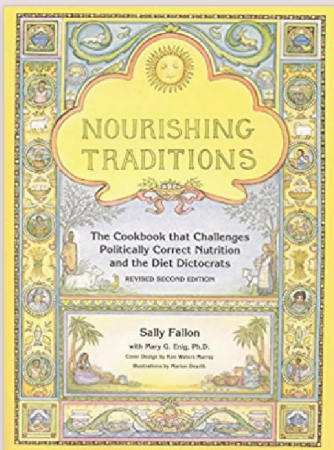
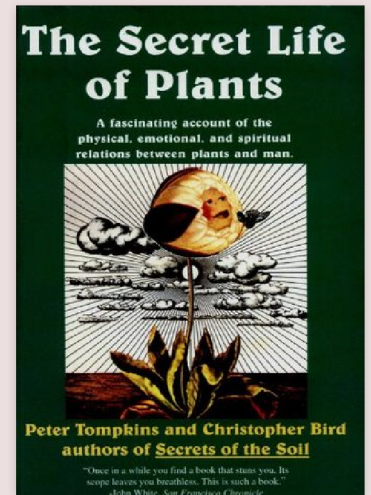
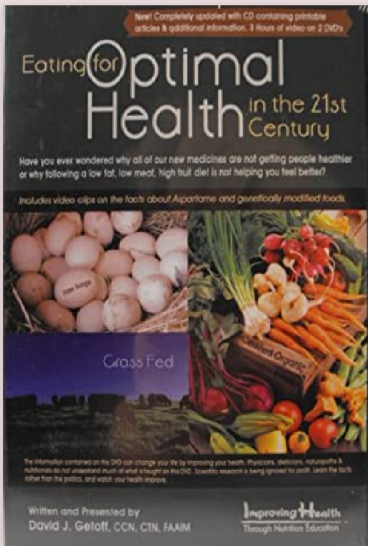
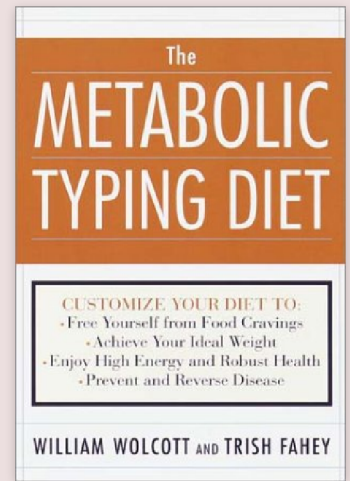
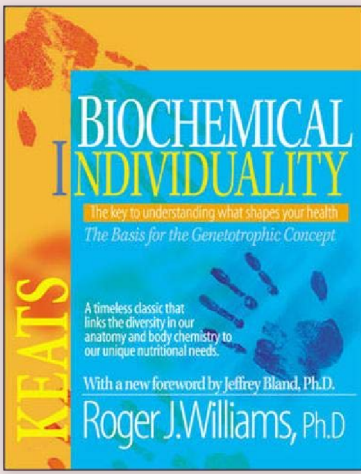
With Primal Eating, I can now say I am free from all of the illnesses that once plagued me. My body looks and feels the way I would ideally want it to. I train with guys literally half my age who have trouble keeping up and this is a big part of how that's possible. I do what I Love every day. Primal Eating has been my fountain of youth.

I spend at the most 2 - 3 hours a week, working out and I have a gym in my house! I feel better physically, mentally and emotionally now, than I have in any other period of life. After all, if the body is the vessel through which we experience life, then keeping it clear and healthy will transform, not just you, but life itself. All this, and I **enjoy food now more than I ever have** since early childhood!

And that's why I'm so excited to share this with you so you can get these types of results too!

~ Patrick





Patrick Cross

# Thank You

Feel free to get in touch with us with feedback, questions or for coaching  
[crosshockeydevelopment@gmail.com](mailto:crosshockeydevelopment@gmail.com)



**"Is it possible that the magic you're looking for... is in the truth you're avoiding?"**

# Diet Check Record

NAME: \_\_\_\_\_

Day # \_\_\_\_\_

FOOD INTAKE List all foods & drinks consumed	REACTIONS TO YOUR METABOLIC TYPE DIET		
GOOD REACTIONS		BAD REACTIONS	
TODAY'S DATE: _____	Place a check to the left of all descriptions that describe your experience 1 - 2 hours after each meal		
Time ____:____  BREAKFAST	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacy
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
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	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	
Time ____:____  LUNCH	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
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		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	
Time ____:____  DINNER	APPETITE SATIETY CRAVINGS	<input type="checkbox"/> Feel full, satisfied	<input type="checkbox"/> Feel physically full, but still hungry
		<input type="checkbox"/> Do NOT have sweet cravings	<input type="checkbox"/> Have desire for something sweet
		<input type="checkbox"/> Do NOT desire more food	<input type="checkbox"/> Not satisfied, feel like something was missing
		<input type="checkbox"/> Do NOT feel hungry	<input type="checkbox"/> Already hungry
		<input type="checkbox"/> Do NOT need to snack before next meal	<input type="checkbox"/> Feel the need for a snack
	ENERGY LEVELS	<input type="checkbox"/> Energy feels renewed	<input type="checkbox"/> Meal gave too much or too little energy
		<input type="checkbox"/> Have good, lasting, "normal" sense of energy	<input type="checkbox"/> Became hyper, jittery, shaky, nervous or speedy
		<input type="checkbox"/>	<input type="checkbox"/> Felt hyper, but exhausted "underneath"
		<input type="checkbox"/>	<input type="checkbox"/> Energy tanked from meal – exhaustion, sleepiness, drowsiness, listlessness or lethargy
	MIND EMOTIONS WELL-BEING	<input type="checkbox"/> Improved well-being	<input type="checkbox"/> Mentally slow, sluggish, or spacy
		<input type="checkbox"/> Sense of feeling refueled, renewed and restored	<input type="checkbox"/> Inability to think quickly or clearly
		<input type="checkbox"/> Some emotional upliftment	<input type="checkbox"/> Hyper, overly rapid thoughts
		<input type="checkbox"/> Improved mental clarity and sharpness	<input type="checkbox"/> Inability to focus or concentrate
		<input type="checkbox"/> Normalization of thought processes	<input type="checkbox"/> Apathy, depression, withdrawal or sadness
	<input type="checkbox"/>	<input type="checkbox"/> Anxious, obsessive, fearful, angry or irritable	

Describe how you felt overall today from this diet. Did you do well or poorly on it?

