

MIXED TYPE SAMPLE MENU

The following are suggestions only for possible meal plans. These are not intended recipes, but are provided as ideas for good ways to use your allowable foods. Feel free to create your own menus, combining allowable foods in any manner that suits your taste at any given meal. Your metabolic type needs to make sure you get protein at every meal. Refrain from eating carbohydrate by itself. Note that snacks should always include protein.

MEAL	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Whole grain cereal with whole milk and berries	Oatmeal with half and half banana, protein shake with whey or egg white protein powder, fruit	Bacon, eggs, wholemeal toast, butter and grapefruit or apple	Grilled sausages with whole grain toast & tomato
SNACK	Handful of nuts and a banana	Avocado on rye cracker	Left over chicken, celery sticks/carrots	Boiled egg on rye cracker
LUNCH	Cheese sandwich, whole grain bread, tomato, lettuce, onion pickle, mayonnaise and coleslaw	Tuna salad with tomato, artichoke, celery, lettuce, olive oil, and toasted wholemeal bread	Turkey sandwich (wholemeal bread) with salad and vinaigrette dressing	Chicken salad sandwich with mayonnaise
SNACK	Cottage cheese and Olives on rye cracker	Nuts and raisins	Fruit salad and whole milk yoghurt	Whole w-wheat toast with almond butter or an apple
DINNER	Roast beef, steamed beets with butter, spinach salad, with onions, croutons, olive oil and vinegar	Grilled chicken breast with wild rice, steamed asparagus and butter, lettuce, tomato, radish and onion salad, olive oil and vinegar	Pork chops, steamed zucchini, sweet potato with butter	Lamb and roast potatoes, steamed broccoli, string beans and carrots