



Group I Menu Planner: Sympathetic & Slow Oxidizer

Date:	Protein 12-14 units	Grains 1-2 serv.	Veggie unlimited	Fruit 2-3 serv.	Oil 3-4-tsp.	
Breakfast Time:						
Snack Time:						
Lunch Time:						
Snack Time:						
Dinner Time:						
Totals:						
Supplements:	Formula I / III	Krill	Kristazyme	Glucogone	LTyrosine	Other
	X X X X X X	X X	X X X	X X X	X X X	
Water: Make a check mark for every 8 oz glass						
Other Beverages:						
Exercise:						
Duration:						
How did you feel:						

General Guidelines & Portions

Research demonstrates that small frequent meals throughout the day boosts the metabolism and keeps blood sugar stable. Group I people may choose to skip their morning snack but it is recommended that they include an afternoon snack for optimal results.

Proteins: 12-14 units daily (increase protein on higher activity/stress days)

Emphasize lighter, leaner cuts of meat
Minimize red & organ meats
Minimize fatty fish (salmon, sardines, mackerel)
Dairy should be low-fat

1 unit of protein = 7 grams
1 oz cooked meat or fish = 1 unit of protein
1 cup plain yogurt or milk = 1 unit of protein
1/4 cup cottage cheese = 1 unit of protein
1/3 scoop whey protein powder = 1 unit of protein

Carbohydrates: Most should come from fruits and vegetables. Limit grains and starchy vegetables to 2 servings daily (approx. 200 calories)

Minimize oats, beans, lentils, avocado, artichoke, asparagus, carrots, cauliflower, olives, peas, and spinach. These foods will cause your blood pH to go further out of balance.
Vegetables other than those listed above are unlimited. Aim for a minimum of 3 cups daily.

1/2 cup cooked grains = 1 grain
1 slice of whole grain bread = 1 grain
100 calories of crackers, etc. = 1 grain
1 medium fruit = 1 serving
1 cup of berries = 1 serving

Fats & Oils: Good healthy fats are necessary for overall health.

Limit nuts to 1 serving daily

1 tsp of oil = 1 serving
12 almonds = 1 serving
1 Tbsp almond butter = 1 serving
4 oz coconut milk = 1 serving
1/8 avocado = 1 serving