



Group II Menu Planner: Parasympathetic & Fast Oxidizer

Date:	Protein 16-20 units	Grains 0-1 serv.	Veggie unlimited	Fruit 0-2 serv.	Oil 4-6 tsp	
Breakfast Time:						
Snack Time:						
Lunch Time:						
Snack Time:						
Dinner Time:						
Totals:						
Supplements:	Formula II / III	Krill	Kristazyme	Glucogone	LCarnitine	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

Group II people need frequent snacks to keep their energy steady. It is especially important for weight loss that they eat something with protein and/or fat in it every 3-4 hours.

Proteins: 16-20 units daily (increase protein on higher activity/stress days)

Dark meats are your best choice. Try to select organic, free range & grass fed meats.

All meats are beneficial for your type.

Use full fat organic, preferably raw dairy.

Beans are a combination of protein and carbohydrates. Count according to guidelines below.

1/2 cup cooked beans or lentils = 1 unit protein, 1/2 starch

1 oz cooked meat or fish = 1 unit of protein

1 cup of plain yogurt or milk = 1 unit of protein

1/4 cup cottage cheese = 1 unit of protein

1/3 scoop of whey protein powder = 1 unit of protein

1 oz of cheese = 1 unit of protein + 2 fats

7 grams of protein = 1 unit

Carbohydrates: Group II people generally do not do well with grains. Most carbohydrates should come from vegetables and some fruit. Limit grains or starchy vegetables to 1 serving daily (approx. 100 calories)

As much as possible, eliminate wheat from the diet

Minimize broccoli, potatoes, mustard greens, soft squashes, tomatoes, zucchini, & vinegar as 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 2 cups daily.

1/2 cup cooked grains = 1 grain

100 calories of crackers etc. = 1 grain

1 medium fruit = 1 serving

1 cup of berries = 1 serving

Fats & Oils: Group II people need a steady supply of healthy fats & oils to keep their metabolic furnace stoked. Portion size, however, should be considered to maintain a slight calorie deficit.

Limit nuts to 2 servings 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