

Welcome To...

The Stubborn Fat Loss Solution... For Supermoms

Discover The Hormonal, Genetic & Lifestyle Secrets
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...

Food Type Test

Instructions

1. Answer the way it IS, not the way you think it should be or the way it was
2. If you do not know the answers to any, DO NOT ANSWER IT finding out the answer is your action step for this week

Eliminate extremes - find out if you are one of the extremes

- Do you already know you don't like eating a lot of heavy dark meat like _____. If so, just note on your worksheet you are a carb type.
- Are you a vegetarian because you really don't like the feeling you get when eating meats in general? Then you are a carb type.
- Are you someone who doesn't think about food and thinks it is a nuisance. You can eat plain food and nibble all day and you don't mind? If so you are a carb type.
- Do you already know you do best eating heavy meats and fat. Does it calm you down or satiate you? For example... If so you are a protein type. Note that on your worksheet
- Protein types also think about food more. They do better with more substantial meals.
- Contrast to carb types
- Protein types need rich proteins

If not falling into those categories...

1. You are a Mixed types or...
2. Some of you have been dieting so much and have been following the instructions of your diet and not listening to your body's reaction so you don't know.

Action steps will guide you though what to do this week