

Body Type Eating Plan

Body Type and general eating recommendations according to the book “Dr. Abravanel’s Body Type Diet and Lifetime Nutrition Plan.”

Gonad Body Type Eating Plan

- Do you crave rich, spicy food? Would you prefer sour cream dip and a taco over a piece of cake? Do you desire spicy Thai or Mexican style cuisine over more bland cuisine?
- Do you have “saddlebags,” or carry your excess weight and cellulite in your buttocks, thighs, and outer hips, while maintaining a flat stomach?
- Can your build be described as “noticeably smaller on top than bottom,” “narrow shoulders and back with large hips,” “prominent, shelf-like rear end?”
- Do you succumb to late night snacking?

If you are thinking YES, you are most likely a Gonad Body Type. The focus of the Gonad body type diet is to decrease your intake of foods which are over stimulating your gonads, mainly rich and spicy foods. Your diet primarily consists of foods which stimulate your pituitary and thyroid glands instead, like carbohydrates and light dairy products. Of all the body types, the gonad type is well suited for a vegetarian type diet, if a person chooses to go that route. This diet is aimed at boosting that sluggish metabolism and your energy level, providing for rapid reduction in weight and cellulite.

What can I eat?

<p>Your PLENTY foods include: Fruit Vegetables Legumes Whole grains Low-fat dairy</p>	<p>Your MODERATION foods include: Fish Eggs Poultry Vegetable oils Light desserts Refined grains</p>	<p>Your RARELY foods include: NO red meat Spices (Herbs are ok, including: dill, parsley, basil, tarragon, and thyme) Cream Butter Rich desserts</p>
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What time of day should I eat?

The sample eating schedule below may be different from how the Gonad Body Type currently eats. These are general guidelines for the Gonad Body Type. The sample diet menu below does not take into account other factors including activity level, food allergies, blood pH, and blood type, among other health considerations.

Breakfast	Lunch	Dinner
<p>Eat a very light breakfast. Coffee, tea, or red clover tea (small amount of sugar or honey is ok) -Wait 4 hours between breakfast and lunch</p>	<p>Eat a light lunch. Large green salad with clear dressing Cooked vegetables Egg or low fat dairy food Serving of whole grains Skim milk Piece of fruit\Coffee, tea, or red clover tea (small amount of sugar or honey is ok) -Wait 5 hours between lunch and dinner</p>	<p>Eat a substantial dinner. Poultry, fish, or eggs Steamed vegetables Serving of whole grains Piece of fruit Skim milk Red clover tea (small amount of sugar or honey is ok) -Avoid late night snacking!</p>

What time of day should I avoid eating? (DANGER TIME)

You have two Danger times for snacking, late morning and late evening. You should try to not eat anything at these times and have red clover tea instead.

Why Red Clover Tea?

In the gonad diet, red clover tea is a “must.” It is traditionally used to ease menstrual problems, and your over stimulated gonads benefit tremendously from its restorative powers.

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Adrenal Body Type Eating Plan

- Do you crave a big steak? French fries? How about a cheeseburger?
- Do you have stubborn pockets of fat concentrated on your abdomen, back, and upper arms?
- Do you desire a large greasy breakfast with bacon and eggs?
- Can your build be described as “sturdy,” “strong,” “not much of a waist curve,” “having a prominent stomach?”

If you are thinking YES, you are most likely an Adrenal Body Type. The focus of the Adrenal Body Type diet is to decrease your intake of foods which are over stimulating your adrenal glands, mainly fatty and salty foods, like meat and high-fat cheese. Your diet primarily consists of foods which stimulate your pituitary and thyroid glands instead, such as carbohydrates and low-fat dairy. This diet is aimed at boosting your energy level, providing for smooth, fast weight loss.

What can I eat?

<p>Your PLENTY foods include: Low-fat or non-fat dairy foods (yogurt, cottage cheese, part-skim mozzarella, string cheese) Skim milk Vegetables Whole grains Legumes Parsley tea</p>	<p>Your MODERATION foods include: Fish Poultry (remove the skin) Eggs Coffee or tea Light desserts Vegetable oils, especially olive and canola oils</p>	<p>Your RARELY foods include: Salty foods Yellow or aged cheese Red meat Butter Shellfish Alcohol *All animal meats should be boiled, grilled, barbecued, or baked. Remove any visible fat.</p>
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What time of day should I eat?

The sample eating schedule below may be very different from how the Adrenal Body Type currently eats. These are general guidelines for the Adrenal Body Type. The sample diet menu below does not take into account other factors including activity level, food allergies, blood pH, and blood type, among other health considerations.

Breakfast	Lunch	Dinner
<p>Think small, especially if you are used to a big meat-filled breakfast. Serving of low-fat dairy or whole grain cereal Coffee, tea, or parsley tea (small amount of sugar or honey is ok) -Wait 4 hours between breakfast and lunch</p>	<p>Eat a light lunch. Large green salad with a clear dressing Small serving of fish, or a low fat dairy food Small piece of fruit Serving of whole grains Coffee, tea, or parsley tea (small amount of sugar or honey is ok) -Wait 6 hours between lunch and dinner</p>	<p>This is your main meal, although it is still not very heavy. Protein serving of white meat poultry, fish, meat, eggs, or legumes Small serving of whole grains Vegetables Small serving of low-fat dairy Small piece of fruit.</p>

What time of day should I avoid eating? (DANGER TIME)

Your Danger time for snacking is late afternoon. It is best for an adrenal body type to not snack at all. Try to wait until dinner. Have mineral water or parsley tea instead of snacking. If you must snack, have a serving of vegetable soup, half a carton of yogurt, or a half glass of skim milk.

Why Parsley Tea?

In the Adrenal Body Type eating plan, parsley tea will compliment your diet and get you through those overwhelming cravings. It has a refreshing quality, in addition to its purifying effect on the adrenal glands.

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Pituitary Body Type Eating Plan

- Do you tend to crave almost anything with cheese or other dairy products? Would a typical afternoon treat for you be a milkshake or yogurt?
- Do you see yourself as being “pudgy?”
- Would someone describe you as having “baby fat,” “all over body fat that is not really concentrated in one area,” “rounded, child-like stomach?”

If you are thinking YES, you are most likely a Pituitary Body Type. The focus of the Pituitary body type diet is to decrease your intake of foods which are over stimulating your pituitary gland. This diet is also aimed at improving your digestion which allows you to burn fat more efficiently and to decrease your desire to snack on dairy products and sweets by giving you a steadier strength throughout the day.

What can I eat?

<p>Your PLENTY foods include: Beef Lamb Pork Chicken Organ Meats: liver, kidneys, heart Eggs Fresh Vegetables Fenugreek tea</p>	<p>Your MODERATION foods include: Fruits Legumes Whole grains Vegetable oils</p>	<p>Your RARELY foods include: Dairy products Sugar Caffeine Refined carbohydrates</p>
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What time of day should I eat?

This eating schedule may be reverse of how you eat now. These are general guidelines for the Pituitary Body Type. The sample diet menu below does not take into account other factors including activity level, food allergies, blood pH, and blood type, among other health considerations.

Breakfast	Lunch	Dinner
<p>Eat a substantial breakfast with meat. This is your main meal. Lean beef, lean pork, dark poultry meat, lamb, liver, kidney, or heart. Serving of whole grain. Decaffeinated coffee, decaffeinated tea, or fenugreek tea</p> <p>-Wait 4 hours between breakfast and lunch</p>	<p>Eat a moderate lunch with vegetables and protein. Fish, shellfish, or chicken Serving of vegetables Serving of whole grain Small piece of fruit Fenugreek tea</p> <p>-Wait 5 hours between lunch and dinner</p>	<p>Eat a light dinner. Poultry, fish, shellfish, or eggs Serving of vegetables Piece of fruit Fenugreek tea</p> <p>-Avoid late night eating!</p>

What time of day should I avoid eating? (DANGER TIME)

Your Danger time is late afternoon. Your pituitary gland is most active in the beginning of the day and slows down as the day goes on. It is not a good time for you to eat a meal. However, you may get the urge to snack. But don’t reach for that cheese! If the desire to snack is overwhelming, have a few bites of meat. You may want to keep a small amount of cooked meat in your fridge for times like this.

Why Fenugreek Tea?

In the Pituitary Diet, fenugreek tea is used primarily to aid in digestion. The herb has been used for treating other conditions including high blood pressure, fevers, sore throats, wounds, boils, and mucous membrane irritations. Fenugreek also has proven effects on lowering blood glucose levels, so has been employed in diabetes control.

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Thyroid Body Type Eating Plan

- Do you feel you must have coffee or caffeine throughout the day? Would your typical snack include a starchy or sweet food?
- Do you have a “spare tire” or most of your excess weight in the middle section of your body?
- Can your build be described as “wide hips and upper thighs,” “normally slim person who became fat in the middle,” or “delicate or slim boned with slender arms and legs?”
- Do you find your sweets craving the hardest to conquer?

If you are thinking YES, you are most likely a Thyroid Body Type. The focus of the thyroid body type diet is to decrease foods that are exhausting your thyroid gland, mainly refined carbohydrates and caffeine. Your diet primarily consists of foods which stimulate your adrenal glands and gonads instead, like eggs and other protein sources. This diet is aimed at creating a steadier energy level throughout the day, providing for rapid reduction in weight and cellulite.

What can I eat?

<p>Your PLENTY foods include: Eggs Chicken Fish and shellfish Fresh Vegetables Low-fat dairy Raspberry leaf tea</p>	<p>Your MODERATION foods include: Legumes Whole grains Butter and Vegetable oils Fruit Red Meat Organ meat</p>	<p>Your RARELY foods include: Sugar Caffeine Refined grains</p>
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When should I eat?

Your meal sizes should be about equal in proportion. Try not to skip meals or make one meal considerably larger than another.

Breakfast	Lunch	Dinner
<p>2 eggs, any style 1 teaspoon of butter or oil ½ slice of whole grain bread or toast 1 cup of decaffeinated coffee or raspberry leaf tea</p> <p>-Wait 4 hours between breakfast and lunch</p>	<p>Any combination of vegetables- at least 1 cup total 1 teaspoon of any clear diet dressing 1 teaspoon of butter or 1 tablespoon of diet mayonnaise 4 ounces of poultry or fish 1 serving of whole grain (one slice of whole-grain bread or ½ cup of whole wheat, brown rice, kamut, amaranth, or quinoa)</p> <p>-Wait 6 hours between lunch and dinner</p>	<p>4 ounces of chicken, turkey, fish, lamb, beef (only allowed 2-3 times per week), or organ meat (liver, kidneys, or heart) Raw or steamed vegetables 1 serving of whole grain (see lunchtime choices) 1 cup of skim milk Raspberry leaf tea</p>

When shouldn’t I eat?

Unfortunately, your Danger time cannot be pinned down. It is whenever the thyroid gland is low. This will occur in two waves. First, there is a wave of tiredness (along with an urge to snack), about an hour and a half after stimulation of the thyroid with starches or caffeine. The second wave of fatigue comes three to four hours later. During these ups and downs, if you get the urge to snack, your best bet is a small protein snack. Try keeping ½ a hard boiled egg or an ounce or two of chicken or turkey jerky available.

Why Raspberry leaf Tea?

In the thyroid diet, raspberry leaf tea is used as an antacid and to create a systemic soothing and strengthening effect on your metabolism. It may also help to reduce cravings through the day.