Nutrition Pattern Tracker

Track. Observe. Decode.

Purpose: Data-driven nutrition begins with observation.
Over three days, record what you eat, how you feel, and how your body responds. This snapshot reveals your unique metabolic rhythm.

Meal	Foods Eaten	Energy (1-5)	Mood (1-5)	Digestion (1-5)	Notes/ Symptoms
Breakfast					
Lunch					
Dinner					
Snacks					

Day-End Reflection:

- ✔ Which meals left you clear and energized?
- ✔ Which caused fatigue, cravings, or discomfort?
- ✔ What emotional or environmental factors (stress, sleep) may have influenced your responses?

Look for Patterns:

- ✔ **Stable 4–5 scores** = foods aligned with your Blueprint.
- ✔ **Fluctuating 1–3s** = foods or timing to test and adjust.

SCIENCE SPOTLIGHT:

Post-meal fatigue is a hallmark of reactive hypoglycemia or high glycemic load. Choosing low-GI carbs with fiber and fat steadies glucose and prevents crashes.

"Awareness is the first ingredient of transformation." — Healing Gourmet

Bioindividuality Self-Quiz

Discover How Your Body Speaks Through

Purpose: Every bite of food sends information to your genes, hormones, and microbiome. This quiz helps you recognize how well those messages are being received. Think of it as your first language lesson in *body communication*.

How to Use: Rate each statement 1-5
1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

No.	Statement	1	2	3	4	5
1	I feel alert and mentally clear after most meals.					
2	I crave sweets or starch between meals.					
3	Caffeine makes me jittery, anxious, or interrupts sleep.					
4	High-fiber vegetables (e.g., broccoli, Brussels sprouts) cause bloating or gas.					
5	I sleep soundly through the night and wake refreshed.					
6	My mood and focus remain steady throughout the day.					
7	I often feel cold, tired, or foggy after eating.					
8	High-fat meals make me heavy or sluggish.					
9	I manage stress without needing sugar, caffeine, or alcohol.					
10	My digestion feels calm and predictable.					

Interpretation:

- ✓ **Mostly 4–5:** Your current approach likely aligns with your biology. Continue observing subtle shifts.
- ✓ **Mostly 2–3:** Mixed messages—your body is requesting refinement.
- ✓ **Mostly 1–2:** Potential mismatch—time to decode and redesign.

Reflect: Which three foods or habits most affect your energy or mood?

1. ____________________ 2. ____________________ 3. ____________________

SCIENCE SPOTLIGHT:

Low energy or brain fog after meals often reflects glucose fluctuations or impaired mitochondrial metabolism. Pairing carbs with protein and fat can improve stability.

3-Day Blueprint Planner + Quick-Start Recipes

Turn Observation into Nourishment

Purpose: Use the insights from your Tracker to design a three-day experiment that stabilizes energy, supports digestion, and calms inflammation.

Step 1: Identify Your Pattern

Review your Tracker.
Which foods or timing patterns improved your energy and mood?
Circle or note them below.

Example: "Steady energy after eggs and avocado → keep breakfast low-carb/high-fat."

Step 2: Plan Your 3 Days

Day	Breakfast	Lunch	Dinner	Notes
1				
2				
3				

Add one non-negotiable wellness habit per day (walk / hydration / gratitude).

Step 3: Test & Reflect

After each day, score your:

Metric	1	2	3	4	5
Energy					
Mood					
Digestion					

At the end of Day 3, write:
"One thing I'll keep + one thing I'll change."

Quick-Start Recipe Ideas

1. **Fat Burner Type** — *Keto Egg Muffins with Spinach & Avocado*
   - ✓ 2 eggs + chopped spinach baked in muffin tins.
   - ✓ Serve with ½ avocado and olive oil.
   - ✓ *Supports satiety, ketone production, and blood-sugar balance* [3].

2. **Carb Tolerant Type** — *Salmon with Quinoa & Roasted Vegetables*
   - ✓ 4 oz wild salmon + ½ cup quinoa + colorful veggies.
   - ✓ *Rich in omega-3 and polyphenols to lower inflammation* [4].

3. **Hybrid Type** — *Chicken & Cauliflower Rice Bowl with Tahini Sauce*
   - ✓ Balanced macros (30% protein, 40% fat, 30% carb).
   - ✓ *Improves satiety and gut microbiome diversity* [5].

Tip Boxes for Design

Timing Matters: Eating within 10–12 hours of daylight supports circadian insulin sensitivity [6].

Color Counts: Vibrant plant pigments activate antioxidant pathways [7].

Fiber Feeds Flora: Aim for 25–35 g daily to fuel butyrate-producing bacteria [8].

"Consistency is the language of healing." — Healing Gourmet

Mini Reference List (for Worksheet Science Notes)

[1] Ludwig D.S. et al. *JAMA.* 2002 – Glycemic load and energy regulation.

[2] Jenkins D.J. et al. *Diabetes Care.* 2008 – Low GI diet improves glycemic control.

[3] Paoli A. et al. *Nutrients.* 2014 – Ketogenic diet and metabolic benefits.

[4] Simopoulos A.P. *Biomed Pharmacother.* 2002 – Omega-3/omega-6 balance and inflammation.

[5] Conlon M.A. & Bird A.R. *Nutrients.* 2015 – Gut microbiota and fiber metabolism.

[6] Panda S. *Science.* 2016 – Circadian metabolism.

[7] Ferguson L.R. *Nutrients.* 2009 – Polyphenols and nutrigenomics.

[8] Canfora E.E. et al. *Nat Rev Endocrinol.* 2019 – Gut microbial metabolites and health.