

What is your body type?

ECTOMORPH

An ectomorph usually has a leaner, slight frame which may come across as “skinny” to people.

Ectomorph eating tips:

1. Eat high density foods such as low fat sour cream, avocados, nuts or peanut butter.
2. make sure at least 30-40% of foods that you intake are carbohydrates.

ENDOMORPH

Awww.... The Endomorph. This particular individual will have a larger frame and they store fat faster. Endomorphs tend to have a harder time losing weight.

Mesomorph eating tips:

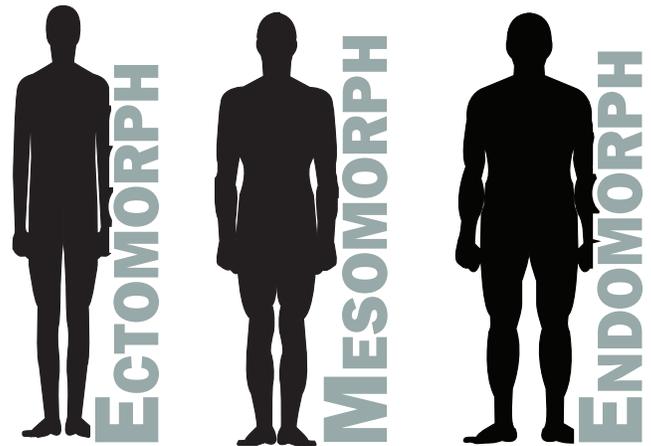
- Eat lots of green veggies.
- Eat at least 40-50% protein.
- Cut carbohydrates! 20% daily.
- Eat 7-8 lean, lowfat foods.
- Eat non-processed foods.
- Drink at least a half gallon of water daily.

MESOMORPH

The mesomorph is the person which we all “love to hate!” the mesomorph tends to have a slightly larger more muscular frame and a lower body fat percentage.

Mesomorph eating tips:

1. **MUST EAT OFTEN!** Mesomorphs have a bigger frame but it's mostly muscle, so their metabolism requires that they eat more food. 7-9 small meals daily.
2. Eat more protein! all that lean muscle needs to be fed so at least 50-60% of a mesomorphs diet should be protein.



Do's & Dont's To eating right for your body type

1. **Do** Eat green veggies
2. **Do** Plan each meal
3. **Do** Keep a food diary
4. **Do** Cut out sugar/Limit sugar
5. **Do** Cut out foods high in fat.
6. **Do** Drink at least a 1/2 gallon of water daily.
7. **Do** Stop eating out/consuming fast foods.

1. **Don't** Binge eat.
2. **Don't** Reward yourself with food.
3. **Don't** Skip meals.
4. **Don't** Let a bad day of eating sabotage your entire eating plan
5. **Don't** Eat processed foods