# Primal Pattern Diet Typing Questionnaire

This questionnaire is designed to help you determine the optimal macronutrient ration (fats: proteins: carbohydrates) to begin the process of fine-tuning your body's feedback mechanisms. For those of you not sure what a fat, protein or carbohydrate is, let me simplify that for you. If the food comes from something that has a set of eyes, it is going to be higher in fats and proteins; fats and proteins most often come together in nature. For example: cows, sheep, birds and fish all have eyes and all provide higher protein/fat foods. Foods like vegetables, fruits and cereals do not come from a source that had a set of eyes, are generally much higher in carbohydrates, and lower in fat and protein. There are a few exceptions to this rule such as nuts, seeds and avocadoes, which have no eyes, yet are high fat foods.

When answering the questions, circle the answer which best describes the way you feel, not the way you think you should eat! If none of the answers suite you with regard to a particular question, simply don't answer that question. If the answer A suits you some of the time (in the morning, but not the evening for example), and answer B suits you other times, you may circle both provided that the answers refer to how you feel on any given day, not within a period of over 24 hours.

1. **I sleep best:**

   __A. When I eat a snack high in protein and fat 1-2 hours before going to sleep.

   __B. When I eat a snack higher in carbohydrates 3-4 hours before going to sleep.

2. **I sleep best if:**

   __A. My dinner is composed of mainly meat with some vegetables or other carbohydrates.

   __B. My dinner is composed of mainly vegetables or other carbohydrates and a comparatively small serving of meat.

3. **I sleep best and wake up feeling rested:**

   __ A.  If I don't eat sweet desserts like cakes, candies or cookies. If I eat a rich dessert that is not overly sweet, such as a high quality full-fat ice cream, I tend to sleep okay.

   __ B. If I occasionally eat a sweet dessert before I go to bed.

4. **After vigorous exercise, I feel best when I consume:**

   __ A. Foods or drink with higher protein or fat content, such as a high-protein shake.

   __B.  Foods or drink higher in carbohydrates (sweeter), such as Gatorade.

5. **I do my best – maintain mental clarity and a sense of well-being for up to four hours after a meal when I eat:**

   __A.  A meat-based meal containing heavier meats such as chicken legs, roast beef and salmon, with a smaller portion of carbohydrates.

   __B. A carbohydrate-based meal containing vegetables, bread or rice and a small portion of a lighter meat such as chicken breast or white fish.

6. **If I am tired and I consume sugar or sweet foods, such as donuts, candy or sweetened drinks without a significant amount of fat or protein:**

   __A. I get a rush of energy, but then I am likely to crash and feel sluggish.

   __B. I feel better and my energy levels are restored until my next meal.

7. **Which statement best describes your disposition towards food in general:**

   __A. I love food and live to eat!

   __B. I do not fuss over food and I eat to live.

8. **I often:**

   __A.  Add salt to my foods

   __B. Find that foods are too salty for my liking.

9. **Instinctually I prefer to eat:**

   __A. Dark meat, such as chicken or turkey legs or thighs over the white breast meat.

   __B. Light meat such as chicken or turkey breast over the dark leg and thigh meat.

10. **Which list of fish most appeals to you?**

    __A. Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat).

    __B. White fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot.

11. **When eating dairy products, I feel best after eating:**

    __A. Richer, full fat yogurts and cheeses or desserts.

    __B. Lighter, low fat yogurts and cheeses or desserts.

**12. With regard to snacking:**

__A. I tend to do better when I snack between meals or eat more smaller meals throughout the day.

__B. I tend to last between meals without snacking.

**13. Which describes the way you instinctually prefer to start your day in order to feel your best and have the most energy?**

__A.  A large breakfast that includes protein and fat, such as eggs with sausage or bacon.

__B. A light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs.

**14. Which characteristics best describe you:**

__A. In general, I digest food well, have an appetite for proteins, feel good when eating fats or fatty foods, am more muscular or inclined to gain muscle or strength easily.

__B. I am more lithe of build, prefer light meats and lower fat foods, am more inclined towards endurance athletics.