



MIXED SYNTHESIZER

META TYPE *Healthy Eating Plan*

MIXED SYNTHESIZER "BEST" TIMES TO EAT

The Right Time for *Mixed Synthesizers* to Eat

The third cornerstone of the healthy eating plan for *Mixed Synthesizers* is to eat meals timed to your body's best digestive energy levels, and minimize discomfort and inefficiencies from eating at the wrong times.

Since your body's natural clock is guided by the parasympathetic nervous system, your body works hardest on cellular regeneration between 3 and 5 PM, continuing until 6 to 8 AM. This process activates your digestive glands, especially your pancreas and thyroid functions, as well as your liver, gall bladder, large and small intestines, and specifically your sex organs. Your energy is at its peak from early to late afternoon, and in the early evening and evening. The ideal meals for you, during these hours, are comprised of light proteins. Proteins help to stabilize your blood sugar levels as well as strengthen your adrenals.

Your moderate energetic time will be in the morning, since your weaker adrenal glands may respond to your pituitary gland's wake-up call in a less than energetic way. Your adrenals may only be able to supply you with minimal amounts of their hormones and neurotransmitters. So, we need to help them along with some outside natural stimulus. This will kick them into high hormonal production, thus stimulating your energy and keeping it at stable levels throughout the day. A little food in the morning goes a long way for you, and once your adrenals are activated, you should have dynamic energy. Your breakfast should be light and of protein content.

Your lunch should consist of a moderate-to-substantial amount of food. Since your adrenal's *cortisol* production falls swiftly in the late afternoon causing your energy to plummet, you'll feel the effect more severely than others, since your adrenal glands may be weak. You'll need the energy liberated from your lunchtime foods to help bridge that "energy gap" when your sympathetic nervous system retires in the afternoon, and just before your parasympathetic system has a chance to take over for the nighttime regeneration of your body.

Your best energetic time is from early to late afternoon, and in the early evening and evening. Although this time is your natural "high energy" time, your specific type of energy can actually stimulate you to indulge in seductive and sensual binging! You're a sensate being and need to be satisfied, but with the right type of foods for your meta-type. So, you'll need a moderate dinner of general protein content to keep those seductive tastes satisfied! Proteins help stabilize your blood sugar levels and supply the amino acids needed for your cellular repair and regeneration, as well as strengthening your adrenals.



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Here's your ideal **Mixed Synthesizer Meal Formula:**

Light Breakfast - Moderate to Substantial Lunch - Moderate Dinner

Special Note on BEDTIME EATING – NOT A PROBLEM!

If you're following your proper food plan, you shouldn't need to eat before you go to bed. But, if you want a snack, make it *protein*. You could keep your afternoon protein snack and have it before you go to bed, but no more than that! You know that you can handle proteins, since they digest slowly and are the foods that facilitate cellular regeneration. More importantly, you won't wake up at night because of their slow conversion to energy. *Stay away* from carbohydrates. *Don't* reach for those cookies, candy, bread, fruit, ice cream, etc., eaten in front of the television or in bed. They break right down into glucose or blood sugar, which floods your blood stream, wakes you up, and turns into fat!



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MIXED SYNTHESIZER "ALWAYS" FOODS, "NEVER" FOODS, AND "CHEAT" FOODS

Your "Always" Foods

Mixed Synthesizers should fill up on **poultry, fish, dairy products, seeds, nuts, and legumes.**

As you can see, there are lots of absolutely delectable foods on your eating plan and they are all just perfect for you. The slow-burning proteins help to regulate your blood sugar and keep it stable, while your energy remains high.

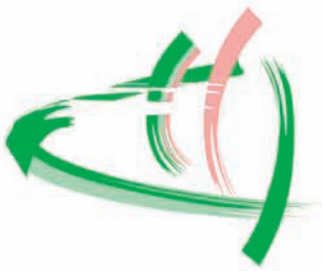
All of these foods help to support your adrenal glands, which tend to be your weakest glands, as well as your thyroid gland. So beware of the sugar and starches. They burn off too rapidly for you and can intensify your emotional reactions. Proteins help to stabilize and ground your emotionally-prone energy.

In accordance with your **Mixed Synthesizer Food Formula**, and based on the foods required by your specific Meta-type, the following chart gives you the foods required by your semi-alkaline Meta-type:

Mixed Synthesizer "Always" Foods Chart

Proteins

| Meat | Fowl | Fish | Dairy | Seeds/Nuts | Legume/ Protein |
|-------------|----------------------------------|----------------------------------|-----------------|--|----------------------------------|
| | <i>2 to 3 times per week</i> | <i>2 to 3 times per week</i> | <i>Daily</i> | <i>1 to 2 times per week</i> | <i>2 to 3 times per week</i> |
| NONE | Abundant | Abundant | Soy milk | NUTS: variety SEEDS: abundant | Abundant |



MIXED SYNTHESIZER *Weekly Menu*

Menu & Schedule

LUNCH ENTREES

- MONDAY**
Salad and Sprouts;
Chicken with Corn, Red and
Green Peppers; Grated Celery
Root and Beets
- TUESDAY**
Salad and Red Pepper;
Baked Cod with Garlic, Herbs
and Mushrooms; Cherry
Tomatoes and Swiss Chard
- WEDNESDAY**
Salad and Cucumber;
Three Egg Omelet; Grilled
Asparagus and Tomato
- THURSDAY**
Salad and Tomato;
Wheatberries and White
Beans, Red Pepper, Zucchini
and Tomato; Beet Greens;
"Adrenal Stabilizer Elixir"
- FRIDAY**
Salad and Grated Beets;
Turkey with Orange Pepper,
Cauliflower, Asparagus and
Snap Peas
- SATURDAY**
Salad and Radishes;
Wheatberries with White
Beans, Seaweed, Celery
Root and Cherry Tomato;
"Skin Beautifier Elixir"
- SUNDAY**
Salad and Sprouts; Poached
Salmon and Broiled Tomato;
Mushroom and Beet Greens

BEFORE BREAKFAST

- M Tu W Th F S Su
Slimming Tonic

BREAKFAST

- M W F Su
Slenderella Smoothie, Herbal Tea
- Tu
Poached Egg with Vegetables, Herbal Tea
- Th
Omelet with Vegetables, Herbal Tea
- S
Frittata with Vegetables, Herbal Tea

MID-MORNING

- M Th
Muscat Grapes, Herbal Tea
- Tu F
Tangerine, Herbal Tea
- W S
Honeydew, Herbal Tea
- Su
Dried Apricots, Herbal Tea

LUNCH

Follow Entree choices to the LEFT

AFTER LUNCH

- M F
Cantaloupe, Herbal Tea
- Tu Su
Apple, Herbal Tea
- W
Honeydew, Herbal Tea
- Th
Herbal Tea
- S
Herbal Tea

MID-AFTERNOON

- M Tu W Th F S Su
Soy Milk

DINNER

Follow Entree choices to the RIGHT

DINNER ENTREES

- MONDAY**
Bountiful Vegetable Plate
Kamut and Garbanzo Beans;
Grated Beets, Red Onions,
Dill and Mushrooms; 1/2 slice
Grain Bread; Salad and
Cucumber; Herbal Tea
- TUESDAY**
Dynamic Turkey Dinner
Baked Turkey with Asparagus,
Orange Pepper and
Cauliflower; Salad and
Tomatoes; Herbal Tea
- WEDNESDAY**
Fortifying Fish Dinner
Salmon in Pesto Sauce with
Button Mushrooms, Onions,
Cherry Tomatoes and Sugar
Snap Peas; Salad and Red
Peppers; Herbal Tea
- THURSDAY**
Nourishing Power Plate
Chicken in Cauliflower Puree
with Mushrooms, Peas and
Red Pepper; Celeriac Root;
Salad and Radishes;
Herbal Tea
- FRIDAY**
Revitalizing Vegetable Dinner
Kamut and Garbanzo Beans,
Mint, Cilantro, Red Onion,
Red Pepper and Celery Root;
1/2 slice Grain Bread; Salad
and Cherry Tomatoes;
Herbal Tea
- SATURDAY**
Fanciful Fish Dinner
Cod in Tomato Broth with Swiss
Chard, Sugar Snap Peas,
Orange Pepper and Dill; Salad
and Sprouts; Herbal Tea
- SUNDAY**
Energizing Egg Dish
2 Hard Boiled Eggs with Red
Pepper, Asparagus and Celery
Root; Salad and Mushrooms;
Herbal Tea



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ADVANCED FOOD PREPARATION

Dedicating time once a week for shopping and “prep” work will make preparing the meals for the rest of the week effortless and enjoyable.

VEGGIE STOCK

To be used for making grains, soups or for poaching.

Wash and coarse cut the following vegetables and add to an 8 quart pot: 2 onions, 4 cloves garlic, 3 stalks celery, 3 carrots, 1 small zucchini, 1 cup mushrooms. Cover with water and simmer for 1 hour and strain. Cool to room temperature and keep in a sealed container in the refrigerator.

RAW VEGETABLES

By prepping the vegetables ahead of time, it will be quick and easy to prepare your meals for the rest of the week. Store the vegetables separately in zip-lock bags:

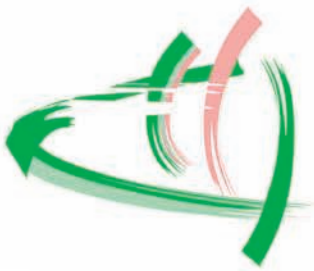
- 2 lbs. **Carrots**, cleaned and trimmed.
- 2 **Red Onions**, peeled and quartered.
- 2 **Yellow Onions**, peeled and quartered.
- 1 bunch **Radishes**, washed and trimmed.
- 1 **Celery Root**, peeled and cut into large cubes.
- 1 bunch **Beets**, peeled and quartered; the beet tops, washed and trimmed.
- 1 bulb **Garlic**, peel cloves and leave whole.
- 1 bunch **Swiss Chard**, cleaned and trimmed, torn into 4" lengths.
- 1 **Cauliflower**, cleaned and cut into florets.
- 2 **Red Peppers**, cleaned, seeded and cut into slices.
- 1 **Orange Pepper**, cleaned, seeded and cut into quarters.
- 1 **Green Pepper**, cleaned, seeded and cut into quarters.
- 1/2 lb. **Sugar Peas**, cleaned.

SALAD GREENS

Salad greens should be washed and torn into bite sized pieces and then dried in a salad spinner. Wrap greens in paper towels and place in large zip-lock bags with the air squeezed out. Enough greens should be washed for only 3 or 4 days, as they will last no longer. Certain greens must be washed at the time of use or they will perish once they are wet: these include cilantro and mint.

Certain vegetables will begin to deteriorate once they are cut and should only be processed before the meal:

- Tomatoes should be washed and cut.
- Cucumbers should be peeled, sliced or diced.
- Asparagus should be cleaned, trimmed and cut into 2" lengths.
- Mushrooms should be cleaned, dried with a paper towel and sliced.



DAY 1

MIXED SYNTHESIZER

DAILY MENU AND RECIPE COLLECTION

Upon Rising - Slimming Tonic

Combine 4 - 6 oz. spring water with 1 tbsp. apple cider vinegar, 1 tsp. Buckwheat honey and 1/8 tsp. or a “pinch” of cayenne pepper. Stir vigorously and drink.

Breakfast - Slenderella Smoothie

Blend 4 oz. (8 oz.) soy milk with 1 scoop whey protein powder, 1 tsp. spirulina, 1/2 cup peaches and 1/2 tsp. vanilla extract. Drink slowly. Herbal Tea.

Mid-Morning

1 cup Muscat grapes. Herbal Tea.

Lunch - Salad and Spouts; Chicken with Corn and Red and Green Pepper; Grated Celery Root and Beets

Toss 2 - 3 cups cleaned salad greens (in a bowl) with 1 cup sprouts and 1 tsp. Zing Dressing and add to a plate.

Grate and combine 1/2 cup celery root and 1/2 cup beets and toss with 1 tsp. Zing Dressing and serve with the salad.

Bake a 10 oz. (12 oz.) chicken breast and use 6 oz. for lunch today; reserve the remainder for dinner on Day 4.

Dice the 6 oz. of chicken meat and toss with 1/2 cup corn and 1/4 cup each of diced red pepper, green pepper, red onion, and cilantro and add to the salad plate.

Half Hour After Lunch

1/2 small cantaloupe. Herbal Tea.

Mid-Afternoon

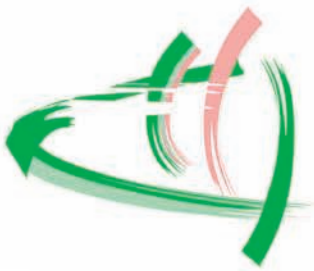
4 oz. soy milk. Herbal Tea.

Dinner - Bountiful Vegetable Plate

Toss 2 cups cleaned greens with 1/2 cup sprouts, 1/4 cup sliced cucumbers, and 1 tsp. Zing Dressing in a bowl and add to a dinner plate. Top the salad with 1/2 slice toasted sprouted grain bread, cubed.

Heat 1/2 cup (3/4 cup) prepared kamut with 1/4 cup (1/2 cup) cooked chick peas. Toss with 1/3 cup grated beets, 1 tsp. dill, 1/3 cup red onion, and 1/3 cup diced mushrooms, and serve with the salad. Herbal Tea.





DAY 2 MIXED SYNTHESIZER DAILY MENU AND RECIPE COLLECTION

Upon Rising - Slimming Tonic

Combine 4-6 oz. spring water with 1 tbsp. apple cider vinegar, 1 tsp. Buckwheat honey and 1/8 tsp. or a “pinch” of cayenne pepper. Stir vigorously and drink.

Breakfast - Poached Eggs

Poach 2 eggs (see Advanced Food Prep) and serve with 1 cup steamed spinach and 1/2 tomato broiled for 5 minutes. Serve together on a large plate. [Men’s food plan: add 1 oz. raw sunflower seeds.] Herbal Tea.

Mid-Morning

1 tangerine. Herbal Tea.

Lunch - Salad and Red Pepper; Baked Cod with Garlic, Herbs and Mushrooms; Cherry Tomatoes and Swiss Chard

Toss 1 cup (2-3 cups) cleaned salad greens in a bowl with 1/2 cup sprouts with 1/4 cup sliced red peppers and 2 tsp. Zing Dressing, place on a plate.

Coat a small oven dish with pan spray and heat the oven to 375 degrees. Add to the pan 5 oz. cod, 1/2 cup cherry tomatoes, 1/2 cup quartered mushrooms; top with 1 clove minced garlic and 1/4 tsp. of each dill and oregano. Bake for 7-10 minutes and top with lemon juice. Remove from the oven and add to salad plate.

Steam 1/2 bunch Swiss chard to “wilt”, about 4 minutes and serve with the fish on the same plate.

Half Hour Later

1 apple. Herbal Tea.

Mid-Afternoon

4 oz. soy milk. Herbal Tea.

Dinner - Dynamic Turkey Dinner

Toss 2 cups salad greens with 1/4 cup sliced tomatoes with 1/2 cup of sprouts, add 1 tsp. Zing Dressing, mix in a bowl, and place on a dinner plate.

Heat oven to 375 degrees and bake 2 turkey cutlets, 10 oz. (12 oz.) for 20 minutes. Reserve 6 oz. for lunch on Day 5. Serve the remainder with the salad.

Meanwhile, steam 1 cup asparagus with 1/2 cup orange pepper and 1/2 cup cauliflower; toss the vegetables with lemon and place next to the turkey cutlet. Herbal Tea.

