

Extent of Hunger 4 Hours After a Meal

None

Significant

Poor mental focus

Good mental focus

Correct ratio of protein to carbohydrate in that meal (Insulin in the Zone)

Too much carbohydrate relative to protein in that meal (Insulin too high)

Too much protein relative to carbohydrate in that meal (Insulin too low)

None required
Meal was hormonally correct

Maintain protein
Decrease carbohydrate by one block

Maintain protein
Increase carbohydrate by one block