

NUTRAWIN PRESENTS

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# KNOW YOUR METABOLIC TYPE

The Personalised Keto Blueprint for Your Unique Body, Metabolism & Fat Loss Profile

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## TYPE 1

Ectomorph — The Fast Burner

## TYPE 2

Mesomorph — The Natural Athlete

## TYPE 3

Endomorph — The Slow Burner

*Because the diet that transforms your friend's body might be the exact diet that frustrates yours — and now you'll know why.*

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# Why One-Size-Fits-All Diets Fail

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Two people follow exactly the same diet and training plan for 90 days. One loses 22 pounds and gains visible muscle. The other loses 8 pounds, struggles with fatigue, and gives up in frustration. Same plan. Dramatically different results. Most coaches attribute the difference to discipline or genetics and leave it there. The truth is more specific — and more actionable.

Somatotype theory — the classification of body types as ectomorph, mesomorph, or endomorph — was developed by psychologist William Sheldon in the 1940s and has been refined by sports scientists and nutritional researchers ever since. While the original theory was overly simplistic and the research since has added considerable nuance, the core insight holds: people have meaningfully different body compositions, hormonal profiles, insulin sensitivities, and metabolic rates that respond differently to the same nutritional inputs.

This guide gives you a self-assessment tool to identify your dominant metabolic type, then delivers a complete, personalised ketogenic protocol built around your specific physiology — including macronutrient targets, meal timing, food priorities, training approaches, and the specific pitfalls that each type must avoid.

## IMPORTANT

Your metabolic type is not your destiny. It is your starting point. With the right approach for your type, every person can achieve dramatic body composition change.

Most people are a blend of types — a primary and a secondary. Answer the quiz honestly, find your dominant type, and use that protocol as your foundation. You may recognise characteristics of a second type and can integrate specific recommendations from it as well.

# The Metabolic Type Assessment

*20 questions to identify your dominant body type and metabolic profile*

Answer each question honestly based on your natural tendencies — how your body has behaved throughout your life, not how you wish it behaved or how it behaves during periods of deliberate diet or training. Circle the letter that best describes you.

**1 How would you describe your natural body frame?**

- A. Small joints, narrow shoulders and hips, naturally lean
- B. Medium-to-large joints, balanced shoulders and hips, athletic
- C. Larger joints, wider hips and waist, naturally rounded
- D. Difficult to categorise — varies a lot

**2 How easily do you gain muscle?**

- A. Very difficult — I can train for months and see little change
- B. Relatively easily — I respond well to training
- C. I gain size easily but struggle to define it
- D. I gain fat more easily than muscle

**3 How quickly do you gain fat when you're not watching your diet?**

- A. Slowly — I can eat freely without much change
- B. Moderately — I gain some but lose it quickly when I'm careful
- C. Quickly — even a few days of eating normally shows on my body
- D. Very quickly — I feel like I gain just looking at food

**4 How would you describe your natural energy levels throughout the day?**

- A. High and sometimes erratic — I feel wired
- B. Consistent and moderate — I have good energy most of the time
- C. Lower and slower — I need more sleep than most
- D. Variable — energy highs and crashes throughout the day

**5 How do you respond to carbohydrates?**

- A. I can eat quite a lot without noticeable fat gain
- B. Moderate tolerance — some is fine, a lot causes weight gain
- C. I'm very sensitive — even moderate carbs cause bloating and weight gain
- D. I'm not sure — I've never paid close attention

**6 How would you describe your appetite and hunger?**

- A. Often not very hungry — I forget to eat sometimes
- B. Regular hunger at mealtimes, satisfied after eating
- C. Frequently hungry, strong cravings, hard to feel satisfied
- D. I eat emotionally or out of boredom more than hunger

**7 Looking at your family members, how would you characterise their builds?**

- A. Mostly lean and slim — it runs in the family
- B. Varied — athletic builds are common
- C. Larger builds tend to be the norm in my family
- D. A mix of everything

**8 How long does it take you to see changes from diet or training?**

- A. Takes longer — I'm a hard gainer in both directions
- B. Relatively quickly — 2–3 weeks of consistency shows results
- C. I gain quickly but losing is very slow
- D. Very slow in both directions

**9 How do you typically feel after a large, high-carb meal?**

- A. Fine — maybe a bit of a buzz
- B. Satisfied, then a bit sleepy
- C. Bloating, sluggish, and often craving more
- D. I try to avoid them so I'm not sure

**10** Where does your body tend to store fat first?

- A. I store fat fairly evenly and not very much at all
- B. Belly and chest area
- C. Hips, thighs, lower belly — lower body dominant
- D. All over, but especially abdomen and face

## Scoring Your Results

Count your answers: Mostly A answers indicate a dominant Ectomorph (Type 1). Mostly B answers indicate Mesomorph (Type 2). Mostly C or D answers indicate Endomorph (Type 3). If your answers are split, identify the most common letter — that is your primary type. Read that type's full protocol, and note any strong patterns from your secondary type to layer in.

MOSTLY A	MOSTLY B	MOSTLY C or D
<b>TYPE 1 ECTOMORPH The Fast Burner</b>	<b>TYPE 2 MESOMORPH The Natural Athlete</b>	<b>TYPE 3 ENDOMORPH The Slow Burner</b>
Turn to page for your full protocol	Turn to page for your full protocol	Turn to page for your full protocol

# Type 1: The Ectomorph

*The Fast Burner — lean, high-energy, hard to gain*

The ectomorph is naturally lean with a smaller frame, fast metabolism, and difficulty gaining both muscle and fat. If you're a Type 1, you've probably spent your life being told you're lucky — and you probably don't feel that way when training for months without seeing muscle gains, or when your energy crashes from restricted eating that barely touches your body composition.

The ectomorph's challenges are real: a fast metabolic rate means higher caloric needs, faster glycogen depletion, and a tendency to burn through both fat and muscle under caloric restriction. The ectomorph's keto protocol must prioritise caloric sufficiency and protein adequacy above all else.

## Type 1 Macro Blueprint

FAT	PROTEIN	NET CARBS	CALORIES
<b>60–65%</b>	<b>25–30%</b>	<b>30–50g</b>	<b>Eat to satiety + 10%</b>
Of total calories	Higher than standard keto	Type 1 can tolerate more	Never undereat

## Type 1 Priority Foods

- Fatty cuts of meat (ribeye, lamb, salmon) — prioritise caloric density.
- Eggs in quantity — the most complete nutritional profile of any food.
- Full-fat dairy: cheese, cream, Greek yoghurt — adds quality calories efficiently.
- Avocados, nuts, and nut butters — calorie-dense fat sources for hard gainers.
- Higher protein targets (1.0–1.2g per lb lean mass) to support muscle synthesis.
- More frequent meals (3 meals within eating window) rather than OMAD — caloric needs are higher.

## Type 1 Training Approach

Ectomorphs respond best to lower-volume, higher-intensity resistance training. Focus on compound lifts — squat, deadlift, bench press, row — with longer rest periods (2–3 minutes). Limit cardio to preserve calories for muscle building. Maximum 3 resistance sessions per week; more is counterproductive.

#### FASTING CAUTION FOR TYPE 1

Type 1 fasting warning: extended fasting (20+ hours) can accelerate muscle loss in ectomorphs. Stick to 16:8 maximum and ensure the eating window is calorie-dense.

# Type 2: The Mesomorph

*The Natural Athlete — responds fast, gains and loses easily*

The mesomorph is the body type most people wish they had. Naturally athletic, responds quickly to training, gains muscle relatively easily, and loses fat when discipline is applied. The mesomorph is not without challenges though — the ease of gaining muscle is matched by the relative ease of gaining fat, and the Type 2's fast results can breed complacency that leads to significant body composition drift over time.

The mesomorph on keto is in an excellent position. Their insulin sensitivity is typically good, they adapt relatively quickly to fat burning, and their bodies respond to the protocol in a predictable, rewarding way. The main risk for the mesomorph is under-eating protein and over-relying on dietary fat at the expense of muscle maintenance.

## Type 2 Macro Blueprint

FAT	PROTEIN	NET CARBS	CALORIES
<b>65–70%</b>	<b>20–25%</b>	<b>20–35g</b>	<b>Moderate deficit OK</b>
Standard keto ratio	Can cycle higher	Strictest threshold	-15 to -25% of TDEE

## Type 2 Training Approach

Mesomorphs respond to virtually all training modalities. The most effective approach for body composition is a combination of resistance training (4 days per week, moderate volume and intensity) with strategic cardiovascular work. High-intensity interval training (HIIT) 2–3x per week produces excellent results for Type 2s and keeps the metabolism elevated between sessions.

### TYPE 2 WARNING

The mesomorph's biggest risk is inconsistency. Their bodies respond so quickly that they get results fast — and lose them equally fast. The protocol must become a permanent lifestyle, not a 90-day project.

# Type 3: The Endomorph

*The Slow Burner — keto's biggest success story*

The endomorph has a naturally larger, rounder frame, tends to store fat readily (particularly around the abdomen and hips), has lower insulin sensitivity than other types, and finds fat loss significantly more challenging than the other two types. If you're a Type 3, you've probably spent years following advice designed for other metabolic types and wondering why you're working harder for less results.

Here's the pivotal truth: the endomorph is the metabolic type for whom the ketogenic diet produces the most dramatic transformation. The endomorph's core challenge — insulin resistance and impaired fat oxidation — is precisely what keto addresses directly and powerfully. The Type 3 protocol is the strictest, but it delivers the most transformative results of all three types.

## Type 3 Macro Blueprint

FAT	PROTEIN	NET CARBS	CALORIES
<b>70–75%</b>	<b>20%</b>	<b>15–20g</b>	<b>Moderate deficit</b>
Highest fat ratio	Don't exceed 1g/lb	Strictest threshold	-20% of TDEE

## Type 3 Non-Negotiables

- Carbs below 20g net per day — insulin sensitivity in Type 3s means even 5–10g excess can impair ketosis.
- 18:6 intermittent fasting from Week 1 — the extended fasting window is essential for restoring insulin sensitivity.
- Zero cheat meals for the first 60 days — the endomorph's metabolic environment is easily disrupted and slow to re-establish.
- Daily walking minimum 30 minutes — the lowest cortisol-cost exercise with the highest insulin sensitivity benefit.
- Track everything for the first 30 days — hidden carbohydrates in sauces, dressings, and dairy products are the primary obstacle.

## Type 3 Training Approach

Endomorphs respond best to a combination of low-intensity steady-state cardio (walking, cycling) and resistance training. HIIT is effective but must be introduced gradually — excessive cortisol production from high-intensity exercise early in the process can stall fat loss. Start with 30-minute daily walks and resistance training 3x per week. Add HIIT only after 4–6 weeks of consistent fat adaptation.

#### THE TRANSITION PLATEAU

Endomorphs often see dramatic initial results in the first 2–3 weeks (primarily water and glycogen), followed by a brief plateau before true fat loss begins. This is normal. Do not adjust the protocol during this transition — it is working.

# Your 4-Week Action Plan

*Type-specific weekly protocols to lock in your results*

The following weekly framework applies the type-specific principles in a practical, day-by-day structure. Find your type and follow the weekly blueprint. Each week builds on the last — don't skip ahead.

## PHASE WEEK 1 — ESTABLISHMENT ALL TYPES

Clear your kitchen of all non-compliant foods. Stock type-specific foods. Begin tracking net carbs and drinking 3L of water daily. Start electrolyte supplementation immediately. The focus this week is compliance, not perfection.

### GOALS:

- Type 1: Aim for 3 meals per day within a 12-hour window
- Type 2: Begin 16:8 eating window from Day 3
- Type 3: Begin 16:8 eating window from Day 1 — no delay

## PHASE WEEK 2 — ADAPTATION ALL TYPES

The metabolic transition is underway. Expect some fatigue, brain fog, or irritability in days 7–10 — this is normal and temporary. Electrolytes solve most of it. Tighten the eating window.

### GOALS:

- Type 1: Maintain 16:8, increase protein intake to target
- Type 2: Tighten to 17:7 and begin resistance training
- Type 3: Hold strict 18:6, add 30-minute daily walk

## PHASE WEEK 3 — MOMENTUM ALL TYPES

Fat adaptation is establishing. Energy should be improving. This is when most people begin seeing visible changes. Add intentional movement if you haven't already.

### GOALS:

- Type 1: Begin 3x/week compound resistance training
- Type 2: Add 2x HIIT sessions, increase training volume
- Type 3: Add resistance training 3x/week to walking routine

## PHASE WEEK 4 — INTEGRATION

### ALL TYPES

Consolidate your approach. Begin designing the sustainable version of your protocol. This is your permanent foundation, not a temporary phase.

#### GOALS:

- Type 1: Assess muscle gain progress, adjust protein if needed
- Type 2: Evaluate results and set 90-day advanced targets
- Type 3: Assess fat loss, determine long-term carb threshold

**“ The best diet is the one designed for your body, not borrowed from someone else's success story. ”**

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