

getSlim foods

Stick to your calculated portions to see those pounds drop successfully. Just make sure you hit these metrics every day.

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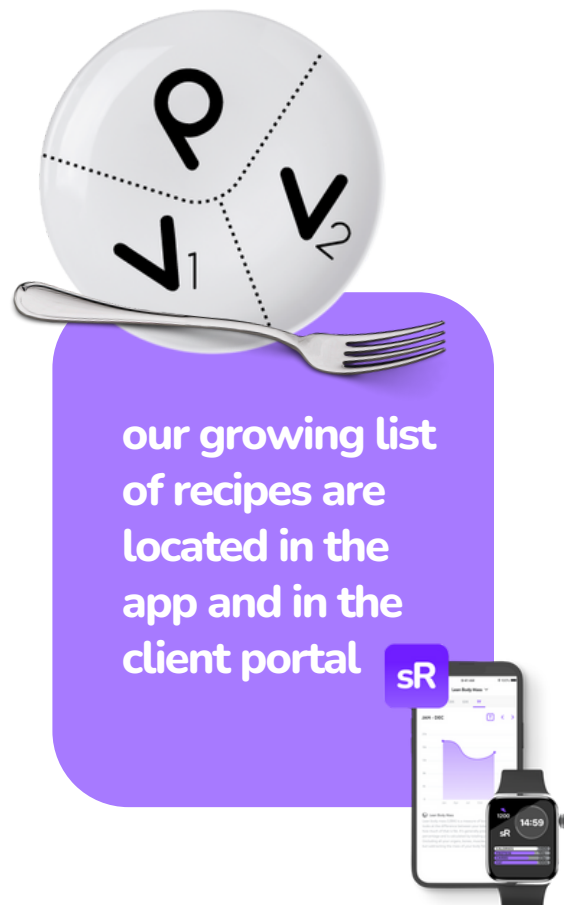
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rich protein

These protein choices are considered “rich” on program since they are slower to digest.

options

3 meals a day

2 meals a day

poultry

	ounces	protein (grams)	calories
Skinless Chicken Breast	3.5 oz	31	165
Skinless Turkey Breast	3.5 oz	30	135
Lean Ground Turkey	3.5 oz	24	170
Lean Ground Chicken	3.5 oz	25	170

	ounces	protein (grams)	calories
Skinless Chicken Breast	5.25 oz	46	249
Skinless Turkey Breast	5.25 oz	44	187
Lean Ground Turkey	5.25 oz	38	265
Lean Ground Chicken	5.25 oz	39	275

red meat

	ounces	protein (grams)	calories
Lean Ground Beef	3.5 oz	26	213
Lean Ground Veal	3.5 oz	25	170
Bison	3.5 oz	28	146

	ounces	protein (grams)	calories
Lean Ground Beef	5.25 oz	38	319
Lean Ground Veal	5.25 oz	37	250
Bison	5.25 oz	41	193

visual guide

Consider using the palm method or a food scale. For the palm method, here's a quick guide.



light protein

These protein options are smarter for daily consumption as they're gentler on your digestive system, reducing bloat.

options

3 meals a day

2 meals a day

poultry

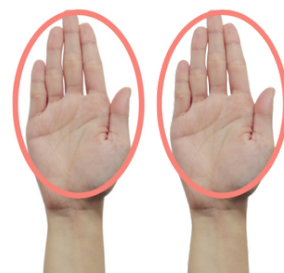
	ounces	protein (grams)	calories		ounces	protein (grams)	calories
Egg Whites	3.5 oz	10.9	52		5.25 oz	16.4	78
Egg Yolk	3.5 oz	16.4	322		3.5 oz	24.6	162
2 Whole Eggs	3.5 oz	12.6	155		3.5 oz	12.6	155

seafood

	ounces	protein (grams)	calories		ounces	protein (grams)	calories
Basa Fish	3.5 oz	18	113		5.25 oz	27	168
Clams	3.5 oz	21	107		5.25 oz	28	170
Cod	3.5 oz	23	105		5.25 oz	30	147
Crab	3.5 oz	24	109		5.25 oz	32	151
Grouper	3.5 oz	22	100		5.25 oz	30	145
Haddock	3.5 oz	21	97		5.25 oz	29	145
Halibut	3.5 oz	24	140		5.25 oz	33	220
Lobster	3.5 oz	24	108		5.25 oz	31	160
Mahi Mahi	3.5 oz	20	130		5.25 oz	28	194
Mussels	3.5 oz	18	112		5.25 oz	26	171
Prawns	3.5 oz	21	99		5.25 oz	30	143
Sable Fish	3.5 oz	22	190		5.25 oz	30	280
Shrimp	3.5 oz	21	90		5.25 oz	30	120
Tilapia	3.5 oz	22	100		5.25 oz	28	145
Tuna	3.5 oz	25	134		5.25 oz	35	175

visual guide

Consider using the palm method or a food scale. For the palm method, here's a quick guide.



These veggies can be
consumed daily with
minimal bloat.

options

	based on	calories	carbs (grams)	sugar
Arugula	1 cup	5	0.4	0.1
Bell Peppers	1 cup	24	9	4
Celery	1 cup	16	3	1.4
Cucumber	1 cup	16	4	1.5
Dandelion Greens	1 cup	25	1.5	0.2
Eggplant	1 cup	20	5	3
Fennel	1 cup	27	9	3.5
Onions (all types)	1 cup	64	15	7
Romaine Lettuce	1 cup	8	1	0.5
Iceberg Lettuce	1 cup	10	2	0.5
Spinach	1 cup	7	1	0.1
Tomatoes	1 cup	32	7	4
Zucchini	1 cup	21	4	1.5

veggies to rotate

These veggies can cause gas but are great for fibre. Alternate the days you eat them to ease bloat.

options	based on	calories	carbs	sugar
Asparagus	1 cup	27	5	2
Beet Greens	1 cup	20	5	0.5
Bok Choy	1 cup	9	2	1
Broccoli	1 cup	55	6	1.5
Brussels Sprouts	1 cup	38	8	2
Cabbage	1 cup	22	5	2
Purple Cabbage	1 cup	22	6	3
Cauliflower	1 cup	25	5	2
Collard Greens	1 cup	49	6	0.5
Eggplant	1 cup	20	5	3
Endive	1 cup	8	1	0.3
Fennel	1 cup	27	9	3.5
Garlic (1 Clove)	1 cup	4-6	1	0.03
Jicama (Root)	1 cup	46	11	4.5
Kale	1 cup	33	3	0.9
Okra	1 cup	33	7	1.5
Radishes	1 cup	18	4	2
Rutabagas	1 cup	51	13	6
Sea Vegetables	1 cup	46-50	6	1-2
Spinach	1 cup	7	1	0.1
Sprouts	1 cup	8	3-4	1
Swiss Chard	1 cup	35	7	1
Turnips	1 cup	36	9	4

fruit

**you don't have to have fruit,
but if you do - no more than 1
cup daily.**

options

	based on	calories	carbs	sugar
Apples (all kinds)	1 cup	95	52	42
Blackberries	1 cup	62	30	14
Blueberries	1 cup	84	42	28
Cherries	1 cup	97	39	30
Cranberries	1 cup	46	36	8
Grapefruit	1 cup	52	38	26
Lemon juice	1 cup	61	11	3
Lime juice	1 cup	20	12	3
Navel Oranges	1 cup	85	40	30
Peaches	1 cup	60	34	26
Pears	1 cup	102	52	40
Raspberries	1 cup	65	34	16
Strawberries	1 cup	49	36	24

getSlim food list

beverages

Not a replacement for your daily water intake, but here are some great options to sip on!

options

	based on	calories	brands we like
Black Coffee	1 cup	2	As long as sugar free, any is fine
Herbal Tea	1 cup	0-2	any
Unsweetened Almond Milk (to add to coffee)	0.5 cup	30-40	Earth's own, unsweetened, vanilla (refrigerated)
Carbonated Water (Sugar Free)	1 cup	0	Bubly and simliar brands
Sugar Free Flavour Packets to Add to Water	1 cup	0-5	True Lemon (Sugar Free, not the lemonade)
Homemade broth or these brands	1 cup	10-15	Bone Brewhouse "Naked" Chicken Broth

getSlim food list

dressings + oil

Our go to list to help you
flavour your food so it's
yummy and slimming too!

options

Lemon Juice, Lime Juice (fresh)	Great for salad dressings, anytime!
Apple Cider Vinegar	Great for salad dressings
Frank's Hot Sauce	Great for marinades
Mustard (without sugar)	Great for marinades, salad dressing
Bragg's Liquid Acid	Great to add to stirfry

oil

Using a spray version helps to be minimal

Extra Virgin Olive Oil
Coconut Oil
Grapeseed Oil

getSlim food list

spice rack

options to help spice up and flavour your meals

options

herbs	spices
Basil	Black Pepper
Oregano	Cayenne Pepper
Thyme	Paprika
Parsley	Cinnamon
Rosemary	Ginger
Cilantro	Garlic Powder
Dill	Onion Powder
Chives	Mustard Powder