

slimReset

gutDNA report



It's time to dive into your gut data so we can finally alleviate your gut inflammation and optimize your body's ability to absorb nutrients and digest better. ***So let's gut to it!***

prepared for: **For You**

please note:

The information provided in this report should be used as a guide for your dietary plan, it is not to be used as a diagnostic tool. Any major dietary changes or noted symptoms of concern should be discussed and/or directed by your general practitioner.

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here's what your guide includes:

protocol guidelines

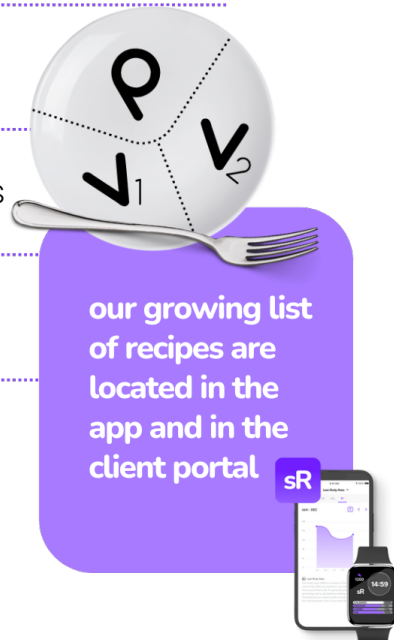
daily slimMacros

your gut guided food list

how to read the colours

example days: 2 + 3 day meals

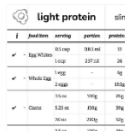
your gut analysis reports



protocol guidelines

first, let's review your slimReset guidelines

1



	protein	fat	carbs	protein	protein
✓	Egg Whites	30g	0g	100g	30g
✓	White Egg	6g	0g	100g	6g
✓	Cheese	30g	0g	100g	30g
✓	Chicken	30g	0g	100g	30g
✓	Beef	30g	0g	100g	30g
✓	Salmon	30g	0g	100g	30g

**only eat
the foods
on this list,
period.**

This protocol isn't just about eating "healthy" foods—it's about the foods that truly work. Each item on this list has been clinically studied for its effectiveness, which is why only these specific foods are included during this phase.

2



**eat your
slimMacro
amounts
daily**

Eating the right foods in combination with the right amount of food per day is the key to helping your body target fat stores, protect muscle and fuel you with better energy. We'll review your slimMacro's next.

3



**eat
fruit
with
caution**

We find clients who opt to keep fruit out of their diet have less cravings and better results. If you like, but stick to **no more than 1 cup a day.**

4



**10-12
cups of
water,
daily**

Drink 10-12 cups of water daily. To really get rid of toxins and flush fat stores, make drinking water a daily habit.

5



**If you're
struggling,
text us
asap.**

Whenever you have a question, send us a text in-app. **We're here for you.** Clinic hours are Mon-Fri from 10am-6pm.

daily slimMacros

make sure you eat the right amount daily
so you see consistent drops and feel good

slimReset	10-12 cups of water daily	748
example day		
breakfast	food items	minimum calorie goal
light	choose light or rich protein option	126
veggies	your choice of 2 cups of veggies	74

daily calories

600-800

based on your activity

eat in this range to make sure you have enough fuel to keep fat loss going. If you eat less your body will hold not release.



daily protein

300g

100g x 3 meals **or** 150g x 2 meals

it's critical to eat the right amount of protein daily since it's what gives you energy and keeps you full



veggie intake

2 cups

/per meal

if you don't have veggies at every meal, you'll get constipated and lack important nutrients



daily water

10-12

/cups

your water intake helps you flush fat stores and detox effectively daily

your gut guided food list

super important!

the food list in this phase are not “recommendations” they are the ONLY foods that work in this phase.

1

even a bite, lick or taste of something not on this list will stall you.

2

based on your food intolerances, you can “swap” foods from recipes to make them work for you.

3

oil in your diet can stall your results, so if you can cook without oil or use a spray for minimal coating, that is best

4

Make sure each plate has your 100-150g of protein and at least 2 cups of veggies, to get to 700-800 calories



light protein

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<i>i</i>	<i>food item</i>	<i>serving</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
✓	Egg Whites	0.5 cup	118.5 ml	13	63
		1 cup	237 ml	26	126
✓	Whole Egg	1 egg	-	6.3g	74
		2 eggs	-	12.7g	148
✓	Clams	3.5 oz	100g	26g	148
		5.25 oz	150g	39g	222
		7.0 oz	200g	52g	296
✓	Cod	3.5 oz	100g	18g	105
		5.25 oz	150g	27g	158
		7.0 oz	200g	36g	210
✓	Crab	3.5 oz	100g	18g	85
		5.25 oz	150g	27g	128
		7.0 oz	200g	36g	170
✓	Grouper	3.5 oz	100g	19g	92
		5.25 oz	150g	28.5g	138
		7.0 oz	200g	38g	184
✓	Haddock	3.5 oz	100g	20g	90
		5.25 oz	150g	30g	135
		7.0 oz	200g	40g	180
		3.5 oz	100g	20g	90



light protein

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<i>i</i>	<i>food item</i>	<i>serving</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
✓	Tilapia	5.25 oz	150g	30g	135
		7.0 oz	200g	40g	180
		3.5 oz	100g	22g	111
✓	Halibut	5.25 oz	150g	33g	167
		7.0 oz	200g	44g	222
		3.5 oz	100g	19g	90
✓	Lobster	5.25 oz	150g	28.5g	135
		7.0 oz	200g	38g	180
		3.5 oz	100g	20g	85
✓	Mahi Mahi	5.25 oz	150g	30g	127.5
		7.0 oz	200g	40g	170
		3.5 oz	100g	24g	172
✓	Mussels	5.25 oz	150g	36g	258
		7.0 oz	200g	48g	344
		3.5 oz	100g	24g	99
✓	Prawns	5.25 oz	150g	36g	149
		7.0 oz	200g	48g	198
		3.5 oz	100g	19g	250
✓	Sable Fish	5.25 oz	150g	28.5g	375
		7.0 oz	200g	38g	500



light protein

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<i>i</i>	<i>food item</i>	<i>serving</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
		3.5 oz	100g	24g	99
✓	Shrimp	5.25 oz	150g	36g	149
		7.0 oz	200g	48g	198
✓	Tuna	3.5 oz	100g	29g	132
		5.25 oz	150g	43.5g	198



rich protein

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<i>i</i>	<i>food item</i>	<i>serving</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
✓	Skinless Chicken Breast	3.5 oz	100g	31g	165
		5.25 oz	150g	46.5g	248
		7.0 oz	200g	62g	330
✓	Lean Ground Chicken	3.5 oz	100g	20g	143
		5.25 oz	150g	30g	215
		7.0 oz	200g	40g	286
✓	Skinless Turkey Breast	3.5 oz	100g	29g	135
		5.25 oz	150g	43.5g	203
		7.0 oz	200g	58g	270
✓	Lean Ground Turkey	3.5 oz	100g	27g	189
		5.25 oz	150g	40.5g	284
		7.0 oz	200g	54g	378
✓	Lean Ground Beef	3.5 oz	100g	26g	250
		5.25 oz	150g	39g	375
		7.0 oz	200g	52g	500
✓	Lean Ground Veal	3.5 oz	100g	22g	196
		5.25 oz	150g	33g	294
		7.0 oz	200g	44g	392
✓	Bison	3.5 oz	100g	28g	146
		5.25 oz	150g	42g	219
		7.0 oz	200g	56g	292



leafy greens

<i>i</i>	<i>type?</i>	<i>flavour</i>	<i>gas?</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
✓	Arugula	Peppery	No	1 cup	0.6	5
				2 cup	10	1.2
				3 cups	15	1.8
✓	Romaine Lettuce	Crisp, Clean	No	1 cup	0.6	8
				2 cup	1.2	16
				3 cups	1.8	24
✓	Iceberg Lettuce	Mild, Watery	No	1 cup	0.7	10
				2 cups	1.4	20
				3 cups	2.1	30
✓	Kale	Earthy, Slightly Bitter	Yes	1 cup	2.2	33
				2 cup	4.4	66
				3 cups	6.6	99
✓	Spinach	Mild, Slightly Sweet	No	1 cup	0.9	7
				2 cup	1.8	14
				3 cups	2.7	21
✓	Swiss Chard	Mild, Slightly Sweet	No	1 cup	0.6	7
				2 cup	1.2	14
				3 cups	1.8	21



leafy greens

<i>i</i>	<i>type?</i>	<i>flavour</i>	<i>gas?</i>	<i>portion</i>	<i>protein (g)</i>	<i>calories</i>
✓	Endive	Bitter	No	1 cup	1	8
				2 cup	2	16
				3 cups	3	24
✓	Watercress	Peppery	No	1 cup	0.8	4
				2 cup	1.6	8
				3 cups	2.4	12
✓	Dandelion Greens	Bitter	No	1 cup	0.8	4
				2 cup	1.6	8
				3 cups	2.4	12
✓	Beet Greens	Earthly, Slightly Bitter	No	1 cup	3.7	39
				2 cup	7.4	78
				3 cups	11.1	117
✓	Sprouts	Earthly, Slightly Bitter	No	1 cup	3.1	31
				2 cup	6.2	62
				3 cups	9.3	93



veggies

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<i>i</i>	<i>food item</i>	<i>calories based on 1 cup</i>	<i>protein (g)</i>	<i>gas?</i>
✓	Asparagus	27	2.95	No
✓	Bell Peppers	30	1.18	No
✓	Bok Choy	9	1.05	No
✓	Broccoli	31	2.57	Yes
✓	Brussels Sprouts	38	3	Yes
✓	Cabbage	22	1.1	Yes
✓	Celery	14	0.7	No
✓	Cucumber	16	0.69	No
✓	Cauliflower	25	2	Yes
✓	Eggplant	20	0.82	No
✓	Endive	8	0.64	Yes
✓	Fennel	27	1.08	Yes
✓	Jicama (Root)	46	0.9	No
✓	Okra	33	2	Yes
✓	Onions	64	1.76	Yes
✓	Purple Cabbage	28	1.27	Yes



veggies

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<i>i</i>	<i>food item</i>	<i>calories based on 1 cup</i>	<i>protein (g)</i>	<i>gas?</i>
✓	Radishes	19	0.79	No
✓	Rutabagas	52	1.5	Yes
✓	Sea Vegetables	10	2	No
✓	Sprouts	30	3	Yes
✓	Tomatoes	32	1.58	Yes
✓	Turnips	36	1.17	Yes
✓	Zucchini	17	1.37	No



fruit

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<i>i</i>	<i>food item</i>	<i>cups (100g)</i>	<i>protein (g)</i>	<i>calories</i>	<i>gas?</i>
✓	Apples (all kinds)	1 small apple	0.3g	52	No
✓	Blackberries	About 2/3 cup	1.4g	43	No
✓	Blueberries	About 2/3 cup	0.7g	57	No
✓	Cherries	About ½ cup without pits	1.0g	50	No
✓	Cranberries	About 1 cup	0.4g	46	No
✓	Grapefruit	½ medium grapefruit	0.8g	42	No
✓	Lemon juice	About 6-7 tbsp	0.3g	22	No
✓	Lime juice	About 6-7 tbsp	0.2g	25	No
✓	Navel Oranges	About 2/3 medium orange	0.9g	49	No
✓	Peaches	About 1 small peach	0.9g	39	No
✓	Pears	About 1 small pear or ½ large pear	0.4g	57	No
✓	Raspberries	About 2/3 cup	1.2g	52	No
✓	Strawberries	About 2/3 cup sliced	0.7g	32	No



dressings & sauces

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<i>i</i>	<i>food item</i>	<i>great for</i>	<i>calories/ tsp</i>
✓	Lemon Juice	salads, water	3
✓	Apple Cider Vinegar	salads, water	0
✓	Mustard (sugar-free)	burgers, salads, tuna	3
✓	Frank's Hot Sauce	marinade, anytime	0
✓	Bragg's Liquid Aminos	asian style dishes	5



spice rack

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<i>i</i>	<i>food item</i>	<i>great for</i>	<i>calories/ tsp</i>
✓	Basil	spices, herbs	1
✓	Oregano	spices, herbs	3
✓	Thyme	spices, herbs	3
✓	Parsley	spices, herbs	1
✓	Rosemary	spices, herbs	2
✓	Cilantro	spices, herbs	1
✓	Dill	spices, herbs	3
✓	Chives	spices, herbs	1
✓	Black Pepper	spices, herbs	6
✓	Cayenne Pepper	spices, herbs	6
✓	Paprika	spices, herbs	6
✓	Cinnamon	spices, herbs	6
✓	Ginger	spices, herbs	6
✓	Garlic Powder	spices, herbs	10
✓	Onion Powder	spices, herbs	8



spice rack

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<i>i</i>	<i>food item</i>	<i>great for</i>	<i>calories/ tsp</i>
✓	Mustard Powder	spices, herbs	16
✓	Nutritional Yeast	it's like your "faux" cheese flavour but loaded with B vitamins	20



beverages

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<i>i</i>	<i>food item</i>	<i>serving</i>	<i>calories</i>	<i>brands we like</i>
✓	Black Coffee	1 cup	2	
✓	Herbal Tea	1 cup	2	
✓	Unsweetened Almond Milk	0.5 cup	40	Earth's Own, Silk
✓	Carbonated Water (Sugar Free)	1 cup	0	1 cup
✓	Sugar Free Flavour Packets to Add to Water	1 cup	5	True Lemon
✓	Homemade broth or these brands	1 cup	15	Bone Brewhouse



cooking with oil?

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<i>i</i>	<i>food item</i>	
caution	Extra Virgin Olive Oil	<i>Spray is best</i>
caution	Avocado Oil	<i>Spray is best</i>
caution	Ghee	<i>Small amount to coat if needed for cooking</i>

CAUTION: be careful, only use spray or very limited amount. Oil will stall you in large quantities - SO AVOID IF YOU CAN, Broth and water works as a great substitute

slimReset example day



**10-12
cups of
water,
daily**

total calories

748

breakfast

food items

*minimum
calorie goal*

light



choose light or rich
protein option

126

veggies



your choice of 2 cups
of veggies and salad

74

bev



green tea

0

200

lunch

food items

*minimum
calorie goal*

rich



choose light or rich
protein option

250

veggies



your choice of 2 cups
of veggies and salad

74

324

dinner

food items



*minimum
calorie goal*

light



choose light or rich
protein option

150

<hr/>			
veggies		your choice of 2 cups of veggies and salad	74
<hr/>			224
dessert	(optional)	food items	minimum calorie goal
<hr/>			
fruit		up to 1 cup of fruit	100
<hr/>			100

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example day



10-12
cups of
water,
daily

total calories

700

breakfast

food items

minimum
calorie goal

skip

lunch

food items

minimum
calorie goal

rich



choose light or rich
protein option

250

veggies



your choice of 2 cups
of veggies and salad

100

350

dinner

food items

minimum
calorie goal

light



choose light or rich
protein option

250

veggies



your choice of 2 cups
of veggies and salad

100

350

dessert (optional)

food items

minimum
calorie goal

fruit



up to 1 cup of fruit

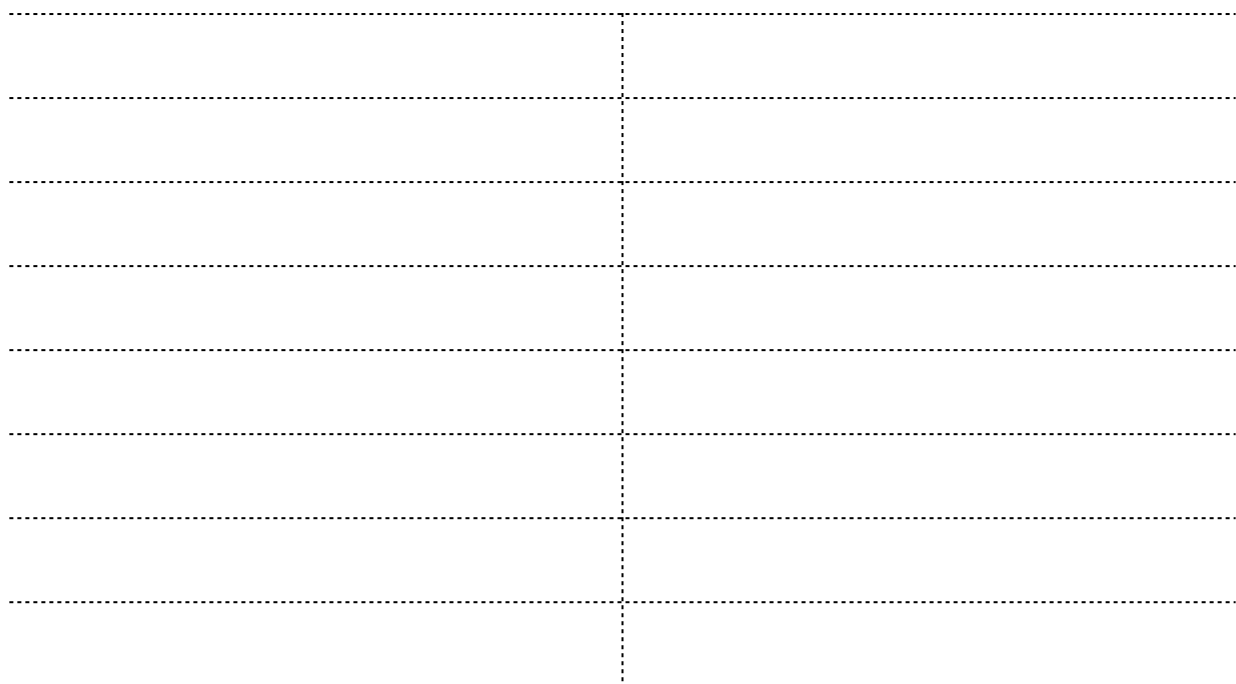
100

100

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The items on this report identify intolerance levels listed from the most severe/high red and moderate yellow intolerances. Intolerances may create inflammation at varying degrees.

[illegible]



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nutrient deficiencies

Next let's review your nutritional deficiencies. The items on this list have indicated a potential deficiency. The nutrients that have shown as a potential deficient in your system can typically be improved.

optimal	fair	low

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toxins & metals

With regards to the metals test results, don't worry. We always absorb from the environment and our food. This is a helpful tool so can make connections, to potential symptoms.

high traces	medium traces	low traces