

Food Profile Chart

ANIMAL PROTEIN

Lean: 93/7 ground beef, Sockeye salmon, Chicken/turkey breast

Fatty: Ribeye steak, Atlantic salmon, Eggs, 85/15 ground beef, Cheese

FIBER

Fermentation: Beans, Asparagus, Onions, Mushrooms, Chicory root, Artichokes

Motility: Leafy greens, Cauliflower, Cucumbers, Kale, Zucchini, Carrots

GLUCOSE SOURCE

Fruits: Bananas, Apples, Berries, Mangoes, Pineapple, Peaches, Cherries

Safe Starches: Sprouted grain, Sweet potatoes, White rice, Nixtamalized masa

+

+

PROFILE 5: GUT RESET

Fatty: Ribeye steak, Atlantic salmon, Eggs, 85/15 ground beef, Cheese

No Fiber

Sugar: Honey, Sugar, Fruit juices, Full fat ice cream

5 Food Profiles

(ALL EMPHASIZE DAILY PROTEIN INTAKE: 0.6–0.8 G PER LB OF IDEAL BODY WEIGHT)

These five profiles help you identify which macronutrient balance works best for your energy, digestion, and overall well-being. They center around two target areas—fat-dominant and carb-dominant—with a fifth elimination-style profile for short-term gut relief.

Start with these three questions:

1. WHAT PROTEIN SOURCE FEELS BETTER?

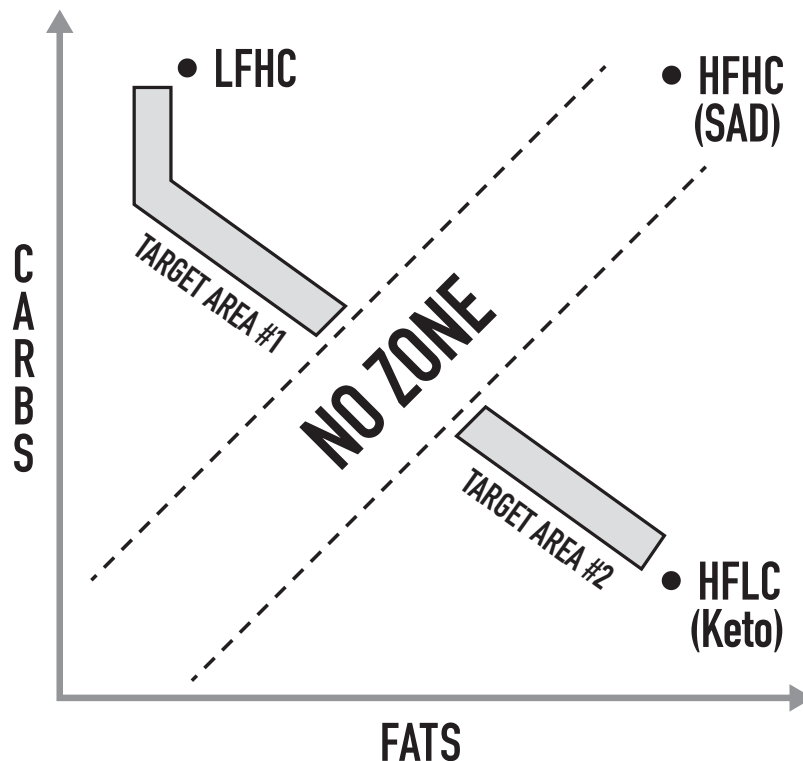
- Choose lean protein if you thrive on carbohydrates.
- Choose fattier protein if carbs leave you sluggish or bloated.

2. HOW DO YOU RESPOND TO FIBER?

- If you're regular but want gut diversity try fermentable fiber.
- If you're irregular or bloated start with gut motility fiber (non-fermentable).
- If you tolerate both include a balance.

3. WHICH GLUCOSE SOURCE WORKS BEST?

- Try fruit-based sugars (fructose) or safe starches (glucose), or a mix.
- Some thrive on both; others may benefit from leaning into one or the other.



TARGET AREA #1: LOWER FAT, HIGHER CARBOHYDRATE

PROFILE 1:

- Fat: ~25g/day
- Carbs: ~400g/day
- Protein: Lean sources
- Fiber: Moderate
- Starch/Fruit/Sugar: High

PROFILE 2:

- Fat: ~70g
- Carbs: ~300g
- Protein: Lean sources
- Fiber: Moderate
- Starch/Fruit: Moderate

TARGET AREA #2: HIGHER FAT, LOWER CARBOHYDRATE

PROFILE 3:

- Fat: ~130g
- Carbs: ~150g
- Protein: Fatty sources
- Fiber: Minimal to moderate
- Starch/Fruit: Minimal to moderate

PROFILE 4:

- Fat: ~160g
- Carbs: ~100g
- Protein: Fatty sources
- Fiber: Minimal to moderate
- Starch/Fruit: Minimal to moderate

PROFILE 5: ELIMINATION PROFILE (SHORT-TERM GUT RESET)

- Fat: ~160g
- Carbs: ~100g
- Protein: Fatty sources
- Fiber: None (low-residue only)
- Sugar: Simple sugars for glucose (e.g., honey, juice, ice cream)