

Slim Protocol

LOSE UP TO 5 KG (11 LBS) IN 3 WEEKS

A CELLULAR NUTRITION® APPROACH

The SLIM PROTOCOL is a metabolic reset program developed according to the principles of Cellular Nutrition®. It combines targeted nutrition, gut microbiome support and specific supplementation to address the biological mechanisms involved in weight gain, including low-grade inflammation, insulin resistance, appetite dysregulation, metabolic stress and impaired metabolic flexibility. Structured in four successive phases, the protocol guides the body from the initial debloating and drainage phase through long-term weight stabilization, promoting fat loss while preserving energy levels, lean muscle mass and metabolic balance.

GENERAL GUIDELINES

Drink at least 2 liters (68 oz) of water daily, still or sparkling

Lemon is allowed

Unsweetened tea and herbal infusions are allowed

No alcohol

ADDITIONAL RECOMMENDATIONS

Optional Cheat Meal:

One free meal per week: appetizer + main course, plus either one dessert or two glasses of wine or Champagne.

To optimize results:

Maintain regular physical activity and aim for at least 7 hours of sleep per night.

Results may vary depending on age, sex, starting weight, physical activity level, dietary habits and adherence to the protocol.

WEEK 01

Metabolic Reset

Goals: Glycogen Depletion • Drainage • Initial Inflammation Reduction

PAGE 02

WEEK 02

Metabolic Activation

Goals: Mitochondrial Activation • Metabolic Flexibility • Fat Burning

PAGE 03

WEEK 03

Metabolic Reprogramming

Goals: Appetite Regulation • Metabolic Rebalancing • Energy Optimization

PAGE 04

WEEK 04

Set Point Stabilization

Goals: Weight Stabilization • Long-Term Habit Formation • Long-Term Weight Maintenance

PAGE 05

WEEK 01

Metabolic Reset

Goals: Glycogen Depletion • Drainage • Initial Inflammation Reduction

BREAKFAST	SUPPLEMENTS
First: Juice of one lemon and one large glass of water. Then: — Option 1: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt + 1 handful of almonds + unsweetened coffee or tea. — Option 2: 1 egg + 1 slice of ham or turkey + unsweetened coffee or tea. Mid-Morning: Unlimited unsweetened tea or herbal infusions.	1 SLIM + 2 DRAIN
LUNCH	SUPPLEMENTS
First: 1 whole avocado (olive oil allowed). Main Course: 5 to 7 oz (150–200 g) of protein (meat, poultry, fish, sardines, tuna or eggs), plus unlimited vegetables or salad. Finish With: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt and unsweetened tea, herbal infusion or coffee.	2 BALANCE
SNACK	SUPPLEMENTS
Ideally: An unsweetened herbal infusion. Or: 1 to 2 squares of dark chocolate (minimum 80% cocoa).	If cravings occur, at 4:00 PM 2 BALANCE
DINNER	SUPPLEMENTS
First: Dressed green salad. Every Other Evening: 3.5 oz (100 g) of protein (meat, poultry, fish, sardines or tuna), plus unlimited vegetables or salad. Alternate Evenings: 7 oz (200 g) of protein only (meat, poultry, fish, shrimp or eggs), plus 1 to 2 oz (30–50 g) of goat cheese. Unsweetened herbal infusion. If Desired: 1 to 2 squares of dark chocolate (minimum 80% cocoa).	1 SLIM + 2 DRAIN
BEDTIME	SUPPLEMENTS
	If sleep disturbances occur 2 BALANCE

WEEK 02

Metabolic Activation

Goals: Mitochondrial Activation • Metabolic Flexibility • Fat Burning

BREAKFAST	SUPPLEMENTS
First: Juice of one lemon and one large glass of water. Then: — Option 1: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt + 1 handful of almonds + unsweetened coffee or tea. — Option 2: 1 egg + 1 slice of ham or turkey + unsweetened coffee or tea. Mid-Morning: Unlimited unsweetened tea or herbal infusions.	2 SLIM + 2 DRAIN
LUNCH	SUPPLEMENTS
First: 1 whole avocado (olive oil allowed). Every Other Day: 5 to 7 oz (150–200 g) of protein (meat, poultry, fish, sardines or tuna), plus unlimited vegetables or salad. Alternate Days: 7 oz (200 g) of protein only (meat, poultry, fish, shrimp or eggs), plus 1 to 2 oz (30–50 g) of goat cheese. Then: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt and unsweetened tea, herbal infusion or coffee.	2 BALANCE
SNACK	SUPPLEMENTS
Ideally: Unsweetened herbal infusion. Or: 1 to 2 squares of dark chocolate (minimum 80% cocoa).	If cravings occur, at 4:00 PM 2 BALANCE
DINNER	SUPPLEMENTS
First: Dressed green salad. Every Other Evening: 3.5 oz (100 g) of protein plus unlimited vegetables or salad. Alternate Evenings: 7 oz (200 g) of protein only plus 1 to 2 oz (30–50 g) of goat cheese. Unsweetened herbal infusion. If Desired: 1 to 2 squares of dark chocolate.	2 SLIM + 2 DRAIN
BEDTIME	SUPPLEMENTS
	If sleep disturbances occur 2 BALANCE

WEEK 03

Metabolic Reprogramming

Goals: Appetite Regulation • Metabolic Rebalancing • Energy Optimization

BREAKFAST	SUPPLEMENTS
First: Juice of one lemon and one large glass of water. Then: — Option 1: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt + 1 handful of almonds + unsweetened coffee or tea. — Option 2: 1 egg + 1 slice of ham or turkey + unsweetened coffee or tea. Mid-Morning: Unlimited unsweetened tea or herbal infusions.	2 SLIM + 1 DRAIN
LUNCH	SUPPLEMENTS
First: 1 whole avocado (olive oil allowed). Main Course: 5 to 7 oz (150–200 g) of protein (meat, poultry, fish, sardines, tuna or eggs), plus unlimited vegetables or salad. Then: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt and unsweetened tea, herbal infusion or coffee.	2 BALANCE
SNACK	SUPPLEMENTS
— Option 1: Unsweetened herbal infusion and 1 piece of fruit. — Option 2: 1 to 2 squares of dark chocolate (minimum 80% cocoa).	If cravings occur, at 4:00 PM 2 BALANCE
DINNER	SUPPLEMENTS
First: Dressed green salad. Every Other Evening: 3.5 oz (100 g) of protein, plus unlimited vegetables or salad. Alternate Evenings: 7 oz (200 g) of protein only, plus 1 to 2 oz (30–50 g) of goat cheese. Unsweetened herbal infusion If Desired: 1 to 2 squares of dark chocolate.	2 SLIM + 1 DRAIN
BEDTIME	SUPPLEMENTS
	If sleep disturbances occur 2 BALANCE

WEEK 04

Set Point Stabilization

Goals: Weight Stabilization • Long-Term Habit Formation • Long-Term Weight Maintenance

BREAKFAST	SUPPLEMENTS
First: Juice of one lemon and one large glass of water. Then: — Option 1: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt + 1 handful of almonds + unsweetened coffee or tea. — Option 2: 1 egg + ham or turkey + 1 slice of whole-grain bread + unsweetened coffee or tea. Mid-Morning: Unlimited unsweetened tea or herbal infusions.	1 SLIM + 1 DRAIN
LUNCH	SUPPLEMENTS
First: 1 whole avocado (olive oil allowed). Main Course: Protein (meat, poultry, fish, sardines or tuna), vegetables or salad, plus quinoa or brown rice. Finish with: 1 plain unsweetened coconut yogurt or any other plain unsweetened plant-based, yogurt and unsweetened tea, herbal infusion or coffee.	2 BALANCE
SNACK	SUPPLEMENTS
Ideally: Unsweetened herbal infusion. Or: 1 to 2 squares of dark chocolate (minimum 80% cocoa).	If cravings occur, at 4:00 PM 2 BALANCE
DINNER	SUPPLEMENTS
First: Dressed green salad. Main Course: Protein (meat, poultry, fish, sardines or tuna), with unlimited vegetables or salad. — Then, option 1: One serving of goat cheese. — Or, option 2: One plain unsweetened coconut yogurt or any other plain unsweetened plant-based yogurt. Unsweetened herbal infusion. If Desired: 1 to 2 squares of dark chocolate.	1 SLIM + 1 DRAIN
BEDTIME	SUPPLEMENTS
	If sleep disturbances occur 2 BALANCE