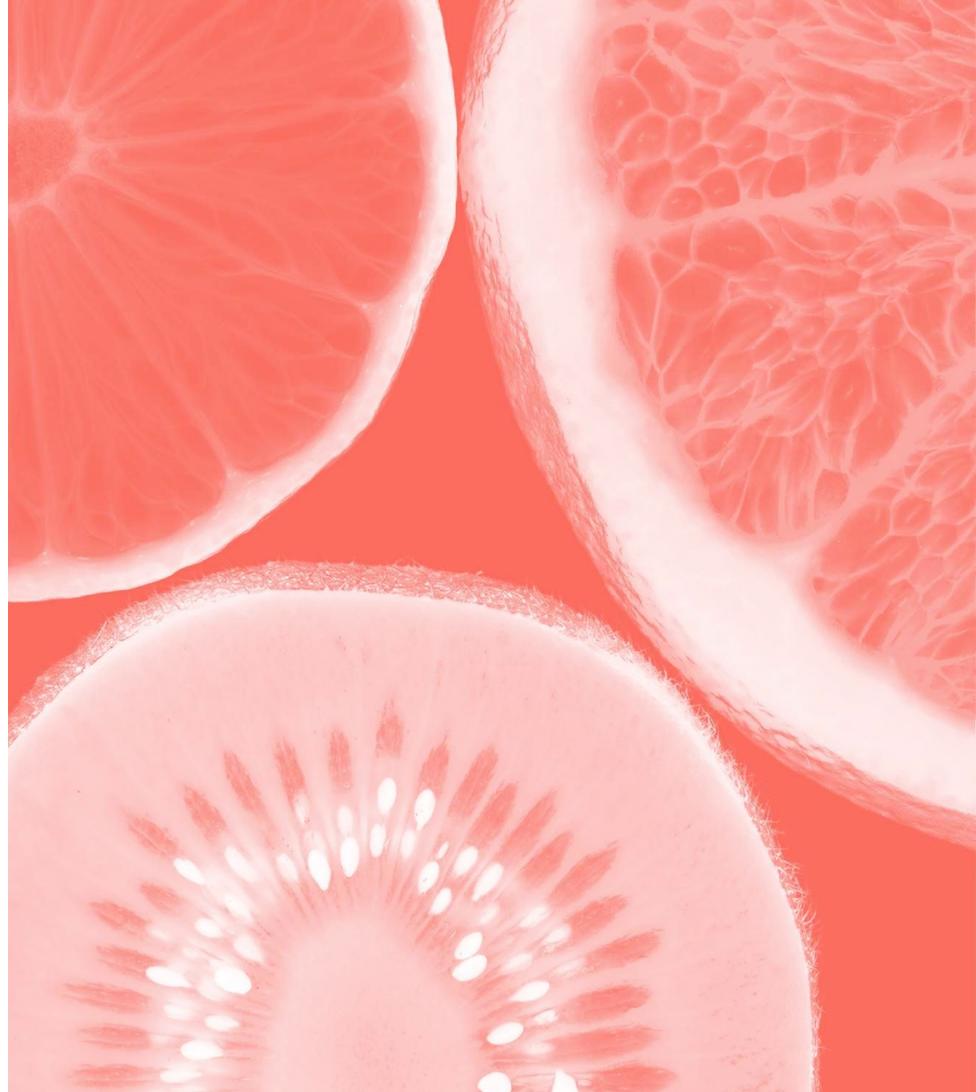


ZOE

Phase 3: Retrain **Your 4-week plan**

Generated on: 07.17.2020

www.joinzoe.com



Welcome to ZOE

Let's start your plan!

Hello, I'm Dr. Haya!

I'm a nutritional scientist at ZOE. I lead the nutrition team on PREDICT and I also prepared your plan for you.

I'll explain how your plan works here. Our team will then be available to support you as you get started in the ZOE Insights app.

Let's get going!



Dr. Haya Al Khatib
Nutritional Scientist

Please note

**This does not diagnose, prevent,
or treat metabolic, inflammatory or
other diseases.**

Your insights from the ZOE Test Kit are not clinical test results. They cannot be used to treat or diagnose any medical condition.

Your insights are derived from the PREDICT studies. However, we have not yet tested the efficacy of the food recommendations generated by the PREDICT studies in a clinical trial.

The recommendations do not take into account medical conditions you may have, medications you take, allergies or intolerances. Before making any changes to your diet, please consult your physician. If you share your results with any medical professional, they should be told that these tests were done for research purposes only and are not clinical tests.

Your ZOE program



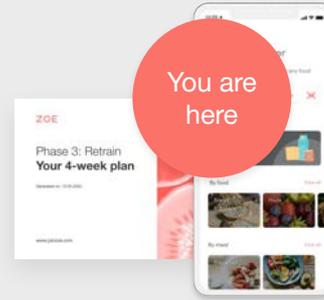
Phase 1: Test Complete your tests

Follow the ZOE Test app to take your tests at home including our famous muffins, blood and poop tests, blood sugar sensor (if applicable) and food diary.



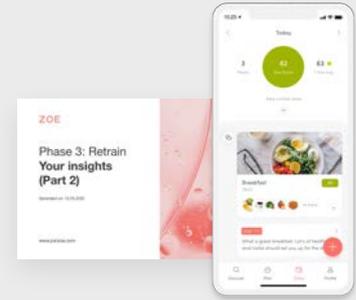
Phase 2: Learn Get your insights

Learn how your unique body responds to foods including your dietary inflammation triggers and scores for your logged meals.



Phase 3: Retrain Start your 4-week plan

Use your 4-week plan to apply these findings to your own life. You'll use the ZOE Insights app to reduce dietary inflammation levels and make smarter gut choices. Then receive your full personalized gut health report.



Phase 4: Thrive Get 75+ scores most days

Build on your success and refine. Continue using the ZOE Insights app to achieve sustainable health & weight improvements with ZOE day scores and expert insights on your diet.

Phase 3: Retrain

What to expect

Put it into practice. Follow the plan to avoid dietary inflammation in your body and start improving your gut health. You'll apply the learnings to your own life with the ZOE Insights app and get your biology on your side.

Week 1

Go all green by eating only **50+ scoring foods**, to control dietary inflammation.

Benefits:

- Minimize blood sugar spikes and dietary inflammation
- Start feeling less hungry and reduce cravings
- Practice finding the best foods for your body
- Start improving your gut health with universal habits like eating plenty of plants

Week 2

Learn the power of combining foods to get a **75+ meal score**.

Benefits:

- Practice combining foods to create meals that reduce dietary inflammation and improve your gut health
- Continue to see gut, weight and health improvements

Week 3

Learn to eat for real life by eating a wide variety of foods that give you a **75+ day score**.

Benefits:

- Practice effective meal sequencing
- Continue to see gut, weight and health improvements

Week 4

Add **personalized gut boosters** and continue eating for a **75+ day score**.

Benefits:

- Boost your gut health with personalized foods tailored to your gut insights
- Continue to see gut, weight and health improvements

Your plan

Week 1: Go for green

It's time to retrain your metabolism. **Only eat 50+ scoring foods** and start to see changes in your hunger, energy, and bowel movements.



Once in a while
0-24

Enjoy in moderation
25-49

Enjoy regularly
50-74

Enjoy freely!
75-100

Your plan

Goals for week 1

✔ **Go for green**

Eat foods that score 50+. They are great for you. Long-term you can include other items, but for this week, it's time to reset.

✔ **Try at least 3 new plants**

Fruits and vegetables feed your gut AND science shows that after trying something once, it is way easier to do again.

✔ **Listen to your body & avoid hunger**

You'll be making a lot of changes these weeks. Being hungry shouldn't be one of them!



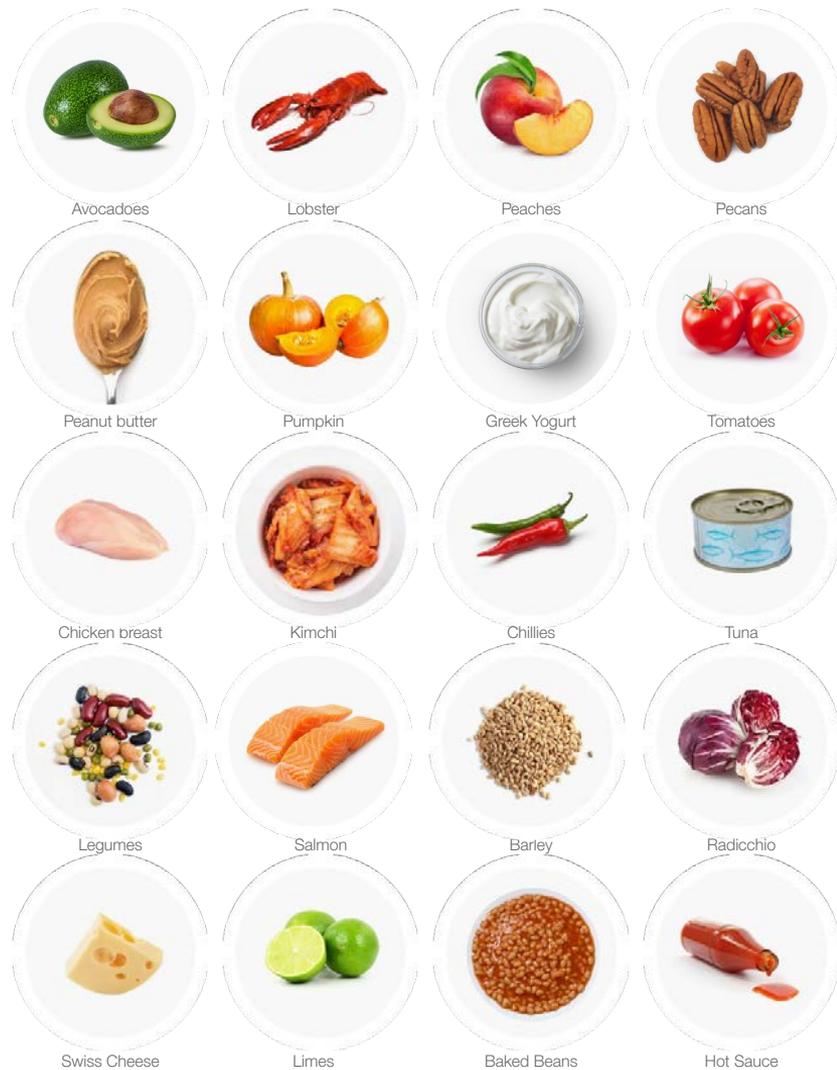
Your plan

So what can I eat?

Lots! There are thousands of items with green scores. They should form the bulk of your diet long term.

Remember – your ZOE Insights app lets you search for any food (including branded products), see its score and find the ones you enjoy the most.

Here are just some of the most popular green foods (score 50+) we know many people love.



Your plan

What will my day look like?

It's up to you, but here are a few examples:

Day 1



Day 2



Day 3



Breakfast

Fruit & yogurt parfait

Smoked salmon & avocado platter

Blackberry, pear & almond smoothie

Lunch

Mexican chicken bowl with guacamole

Butternut squash soup & salad

Mediterranean chickpea & bulgar bowl

Dinner

Whole-wheat pasta & lentil bolognese

Caprese stuffed chicken & barley

Eggplant curry & cauliflower rice

Snacks

Apple & nut butter

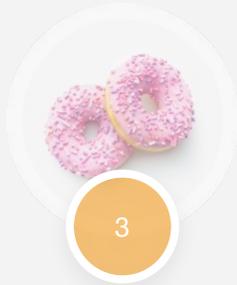
Guacamole & veggies

Peach, yogurt & pumpkin seeds

Your plan

Week 2: Master combining foods

This week, you'll learn how to combine foods to **create 75+ scoring meals**.



Once in a while
0-24



Enjoy in moderation
25-49



Enjoy regularly
50-74



Enjoy freely!
75-100

Your plan

This is when the fun begins

For this week, your mission is to **eat meals that score 75 or higher.**

So, instead of eating only foods that each score 50 or more, your goal this week is to learn the power of combining foods.

At first, this may sound more restrictive, but hold tight while we talk about the power of combining foods to increase the scores of your meals.

Example Meal: Week 1



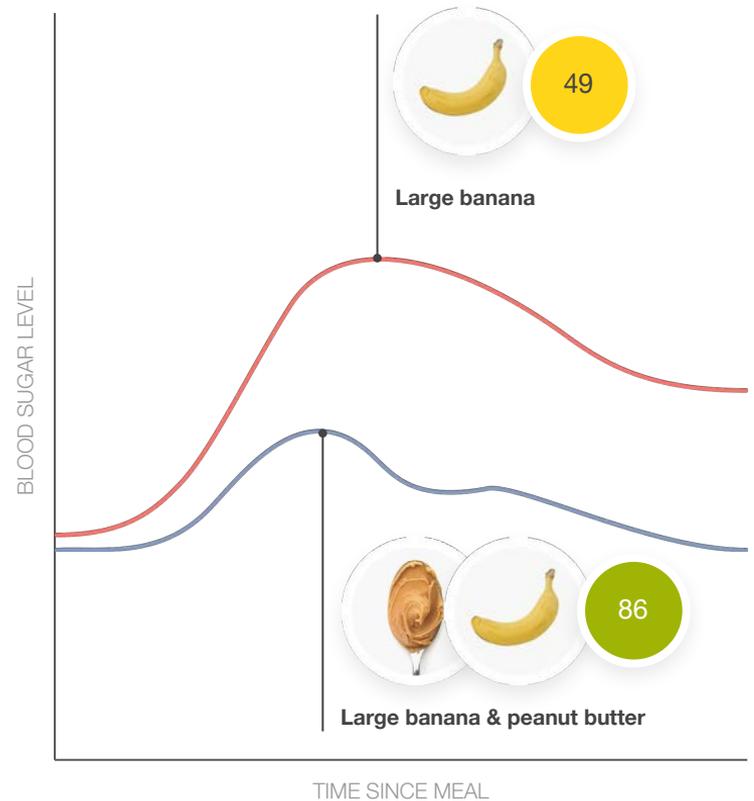
Example Meal: Week 2



Your plan

What does combining foods do to your body?

Our research shows that food combinations are powerful. Adding a **protein or healthy fat** to a more carb-focused meal can dramatically impact your body's response.



Your plan

The power of combining foods

Remember this chart from our introduction to food scores?

Now you can create meals in your ZOE Insights app and explore how to boost your scores.

Consider how you combine fats to carbs, as well as their quality and quantity.

	No filling	 Bacon, Lettuce & Tomato	 Tuna Mayo & Lettuce	 Peanut Butter & Jelly	 Avocado, hummus & lettuce	
No bread		 24	 53	 70	 100	
 English Muffin		 14	 20	 25	 46	 63
 Bagel		 23	 24	 33	 50	 63
 Baguette		 24	 24	 36	 52	 66
 Whole-wheat		 52	 39	 53	 61	 75

Your plan

How to build a great 75+ sweet meal

1. Build a base



50+

Select protein

e.g. Yogurt

Quantity: Up to 1 cup

+



75+

Select fat

e.g. Nut butter, nuts, seeds

Quantity: 1-2 Tbsp

+



75+

Select fruit

e.g. Fresh or frozen

Quantity: As desired

Your plan

How to build a great 75+ sweet meal

2. Add flavour



or



or



Add a flavour booster

e.g. Tropical fruit

e.g. Dark chocolate

e.g. Honey or agave

Quantity: Up to 1 Cup

Quantity: 1 Oz

Quantity: 1 Tbsp

Your plan

Some sweet fan favorites..



78

Yogurt with raspberries,
seeds & dark chocolate



82

Banana & peanut
butter smoothie



87

Chia bowl with mango,
oats and seeds



75

Sugar-free ice cream
with fresh fruit

Your plan

How to build a great 75+ savory meal

1. Build a base



Select vegetables

Fresh or frozen

Quantity: As desired

+



Add beans / legumes

Dried or tinned

Quantity: As desired

+



Add protein

e.g. Fish, tempeh, or chicken

Quantity: Up to 3 Oz

+



Add fat

e.g. Olive oil

Quantity: 1-2 Tbsp

Your plan

How to build a great 75+ savory meal

2. Add starch



Select a starch

e.g. Amaranth, brown rice, buckwheat, millet,
potato, sweet potato, quinoa, whole-wheat bread,
whole-wheat crackers, or whole-wheat pasta

Quantity: Up to 1 cup cooked

Your plan

How to build a great 75+ savory meal

3. Add flavour



Add flavour boosters

e.g. Garlic, chilli, herbs, hot sauce, vinegar, lemon or lime juice, spices, and anchovies

Quantity: As desired*

*As these are usually used in small quantities they won't have an impact on your score

Your plan

Some savory fan favorites..



Eggs & avocado toast



Mixed vegetable salad
with croutons



Whole-wheat pasta
with parmesan



Barley 'risotto' with
mushrooms & garlic

Your plan

Goals for week 2

✓ **Master a meal swap**

Take two of your regular or favorite meals and create a set of swaps to improve its score until it has a score of 75 or more

✓ **Build a new go-to snack**

Find a snack that you enjoy and has a meal score of 75 or more. It is helpful to have these in your back, literally!

✓ **Create a new breakfast**

Breakfast is usually a habitual meal. Test out one new breakfast that scores 75+ and works for your lifestyle.



Your plan

Week 3: Eat for real life

You're headed for even more flexibility this weeks. Try to **get a 75+ day score**.



Once in a while
0-24



Enjoy in moderation
25-49



Enjoy regularly
50-74



Enjoy freely!
75-100

Your plan

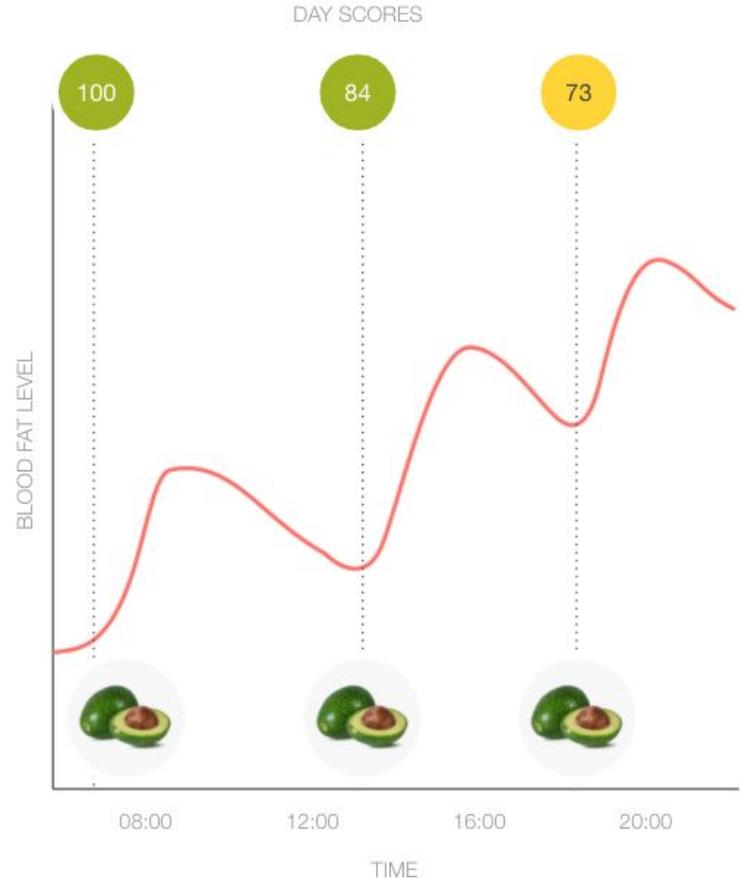
Timing matters

It not only matters what you eat, but when you eat too.

Because of that 6-hour fat clearance window, your day score will go down if you stack higher fat meals on top of each other.

Similarly, it is best to give your body glucose breaks between meals so that your body can return to a resting glucose level

The ZOE Insights app will factor this into your day scores. It's a great way to learn how to sequence your meals and get the most from your food.



Your plan

Eat to a day score of 75+

How to get a day score of 75?

It comes down to the right mix of protein, healthy fats, low sugar, and high fiber.

The lucky part of ZOE is that once you find your favorite meal hacks, there is no reason to track!

	A	B
	Simple math method All green, all day	The planner method Mix and balance
Breakfast	 78	 98
Lunch	 76	 88
Dinner	 75	 67
Snack	 83	 32
Day Score	76	76

Your plan

Simple math method

$$75 + 75 + 75 = 75$$

If you stick to all 75 scoring meals and snacks you will likely end your day with a 75 day score.

Yes, for all you scientists out there, our day calculations are more complicated than this. For example, we take into account your cumulative fat consumed, so it is possible to end with a lower day score if all your meals have a higher fat content.

But, don't get stuck in the weeds! Start learning how to build 75+ scoring meals in your app today

Simple math method

All green, all day

A

Breakfast



Lunch



Dinner



Snack



Day Score

76

Your plan

The planner method

You don't always need to combine foods and make every meal score 75 or higher. You can end up with a 75 day score if you save and plan for specific treats.

Here is a day from Catherine's log. She chose to have a glass of wine with dinner and a piece of chocolate in the evening. Notice how she balanced it out with healthy meals earlier in the day

The planner method
Mix and balance

B

Breakfast



Lunch



Dinner



Snack



Day Score

76

Your plan

Goals for week 3

✓ **Try the planner method**

For at least one day, try to balance a lower scoring meal with other higher scoring meals during the day.

✓ **Have a treat**

Be sure to treat yourself on this plan. Learn how to balance out a food you enjoy with other healthy meals.

✓ **Improve the score of one of your favorite meals**

Adding fiber to your meals is important for your gut health. Take one meal and look for ways to add veggies, beans, nuts, or seeds.



Your plan

Week 4: Boost your gut

Maintain 75+ day scores and **add your personalized gut boosters.**



Once in a while
0-24



Enjoy in moderation
25-49



Enjoy regularly
50-74



Enjoy freely!
75-100

Your plan

Feed your bugs!

By now you should have received Part 2 of Your Insights including your gut insights and personalized gut boosters.

Gut boosters are associated with beneficial bacteria and the ones we've selected for you are specifically associated with bugs that your gut lacks.

So, this week keep your bugs front of mind when you're deciding what to eat.



Your plan

Goals for week 4

- ✔ **Get 75+ day score most days**
Just like last week – try to balance your meal scores to get a 75+ day score.
- ✔ **Include your gut boosters**
Your boosters have been specifically selected for you based on your ZOE Microbiome Health Index.
- ✔ **Minimize your gut suppressors**
Keep an eye out for your gut suppressors which are associated with ‘bad bugs’.



Say YES!
You've got this.

And thousands of other ZOE members
are right by your side

Your ZOE plan

Now, meet me in the ZOE app

I hope you're excited to get started and join me on this journey.

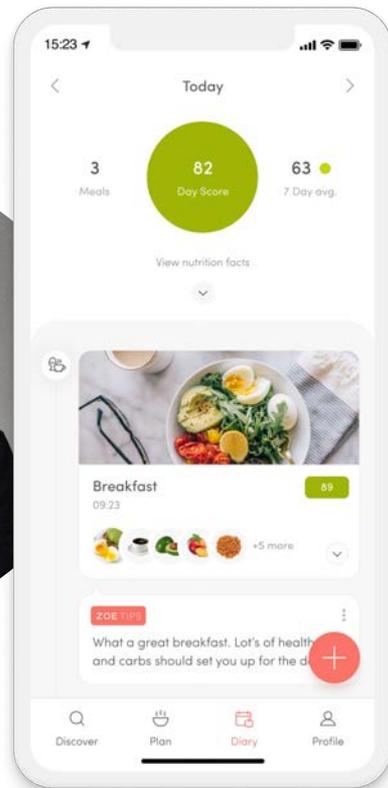
I'll send more tips and tricks in the app as you tackle your first two weeks.



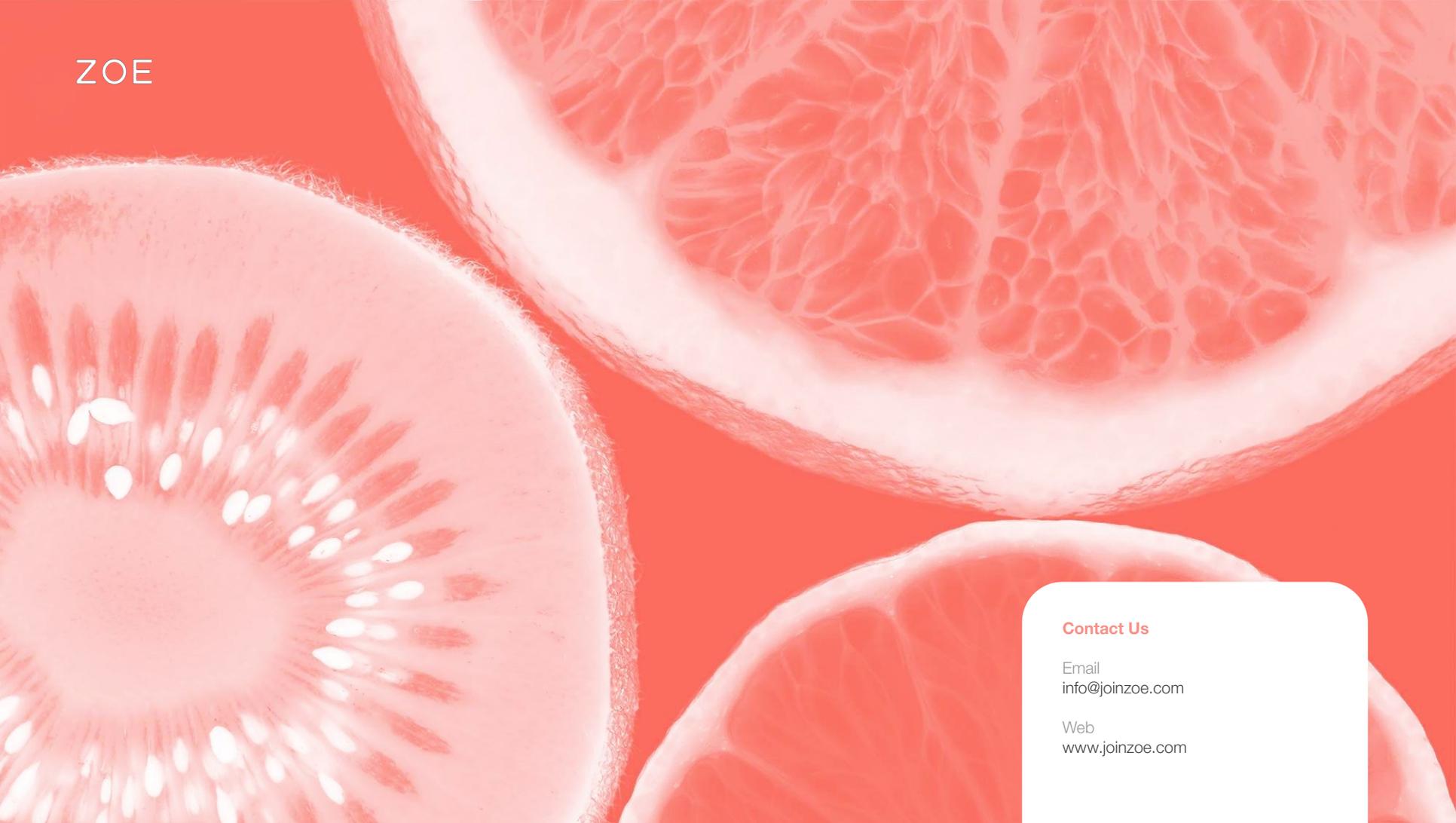
Download link: [App Store](#)



Dr. Haya Al Khatib
Nutritional Scientist



ZOE

The background of the slide is a vibrant red color. It features several slices of fruit: a kiwi slice in the lower-left quadrant showing its characteristic green flesh and white seeds, and several grapefruit slices in the upper-right and lower-right areas, showing their segmented, pinkish-red pulp. The lighting is soft, highlighting the textures of the fruit.

Contact Us

Email
info@joinzoe.com

Web
www.joinzoe.com