

GUIDE

# The Metabolic Reset

An effective 10-day guide to applying ketogenic principles.

Written by

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# What is The Metabolic Reset?

The Metabolic Reset is a guide to applying ketogenic principles, using a whole-foods based approach. Think of it as a 'green' version of Banting: it's much richer in plants, anti-inflammatory nutrients & gut-loving foods.

We've provided easy, delicious recipes that will become your weekly go-to's. Supplement recommendations, portion size guides & a 'getting started' guide is part of the package!

We're all about personalised care. The program is not intended to replace integrative nutritional care; and rather serves as a safe, science-based kick start to boosting your metabolism.

To purchase **The Metabolic Reset**, [click here](#).





# Get in Touch



Stephanie Rouillard, RD



Click on icons above to get in touch with Steph

Judith Johnson, RD



Click on icons above to get in touch with Judith

