

# Reintroducing Foods

As soon as your symptoms are gone and you feel ready to start reintroducing Foods back into your diet, these are our recommendations for how to do this easily and systematically:

**Step 1: Bump up your protein intake to 30 grams per meal (keep eating organic beef, salmon, eggs but add in more proteins such as organic chicken thighs/breasts, organic ground turkey, shrimp, bison...). You can keep drinking versions of high fiber shakes for breakfast. Just add in 30 grams of protein in the form of Collagen Peptides to your shake.**

**Step 2: A couple times a week, add in gluten free carbohydrates at the end of dinner -eat last (Organic sweet potatoes & Organic white rice are great places to start as they are very gut friendly due to less lectins).**

**Step 3: Add in the following foods on the 'Reintroduction' food list below as you feel ready.**

## Daily Meals Framework:

Finally: Keep things balanced. For each meal try to incorporate:

- **30-40 grams of protein per meal**
- **Lots of organic vegetables** (especially greens) per meal
- **Lots of organic healthy fats** (lots of Organic butter, olive oil, etc)
- Take HCL &/or digestive enzymes with each meal if you feel you still need it for added support

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- **Eat carbs LAST** (if desired)! Add 1 cup of organic roasted/baked sweet potato or Organic white (1-2x per week) at the end of your lunch/dinner (add more or less depending on daily activity levels) Avoid processed carbs as much as possible.
- **Avoid drinking liquids with meals for optimal digestion.** (leave a 30 minutes window, drinking 30 minutes BEFORE or 30 minutes AFTER and after each meal)
- **Eat fruit FIRST** before a big meal or separate as a snack (as fruit digests quickly and easily - not ideal to add fruit after a bunch of protein as protein takes longer to digest so fruit will just be sitting and fermenting in the gut as it waits for the protein to digest). Do not mix fruit with your meal.

## Reintroduction:

(Add in some or all the foods listed below plus **MORE** as you feel ready)

- Organic Sweet potatoes (baked, peeled and cut into wedges and baked at 400 degrees in organic coconut oil seasoned with salt, pepper, Organic Smoked Paprika, Organic cumin)
  - Organic White rice (only 1-2x per week)
  - Organic Potatoes (Red, Russet/baking)
- Reintroducing Foods
- Organic Chicken (breast's, thighs)
  - Organic pork (ground, chops etc)
  - Organic beets
  - Organic asparagus
  - Organic butter
  - Organic Raw Cheddar Cheese (& other Raw Organic Dairy (Organic whey isolate, Organic milk ...))
  - Organic blueberries
  - Organic raspberries
  - Organic bananas
  - Any other organic fruit ...

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- (Dairy free) Organic Coconut or Cashew Yogurt
- Organic strawberries
- Organic White Onions
- Organic Red Onions
- Organic garlic (fresh and powder)
- Organic tomato sauce (sugar free)
- Organic salsa (sugar free)
- Organic green beans (only if in season)
- Organic broccoli
- Organic cauliflower (cooked, not raw)
- Organic cabbage (cooked, not raw)
- Organic Brussels sprouts
- Organic Mushrooms
- Organic Tomatoes
- Organic Peppers (red/green/yellow bell peppers, jalapeños, etc)
- Organic Eggplant
- Organic Zucchini
- Organic Yellow squash
- Organic corn
- Organic organic quinoa
- Organic Gluten Free oats
- Any other Gluten free grains (brown rice ...
- Organic Pasteurized Dairy Products (cheese, yogurt, sour cream, ice cream, half & half, heavy cream etc)
- Organic Pumpkin seeds
- Organic Sunflower seeds
- etc

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**Sweeteners:** (we recommend Monkfruit Extract (powder) or Organic Liquid Stevia **MOST** of the time)

- Organic Honey
- Organic Maple Syrup
- Organic Coconut Sugar
- Organic Monkfruit Extract (powder)
- Organic Stevia Extract (powder or liquid)

**Foods to Eat Sparingly:** (1x weekly)

- Organic Gluten Products (pasta, bread, pastries, bagels etc etc )
- Organic Gluten Free Grains & Products (corn, quinoa, brown rice, gluten free products etc etc)
- Organic Black beans\* (see section below for soaking & preparation instructions)
- Organic Lentils\* (see section below for soaking & preparation instructions)
- Organic Garbanzo beans\* (see section below for soaking & preparation instructions)
- Any other Legumes ...\* (see section below for soaking & preparation instructions)
- Processed Foods
- Sugar
- Polyunsaturated Fats (sunflower oil, safflower palm oil, canola oil etc)
- etc etc

**Foods to Avoid** (most of the time):

- Non Organic Gluten
- Sugar
- GMO Oils (Canola, Soybean, Sunflower, Safflower) • GMO Soy Products
- GMO Corn
- Excess Processed Foods
- Non-Organic Protein

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**(Junk Food Hack)** When you DO occasionally eat out or eat non organic food, we recommend following up an hour or two later with Bentonite Clay and Organic Activated Charcoal to pull out toxins.)  
Bentonite Clay:

[https://www.amazon.com/gp/product/B076GVLDB5/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B076GVLDB5/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

Charcoal: (pulls out toxins)

[https://www.amazon.com/gp/product/B0749CXQLW/ref=ppx\\_yo\\_dt\\_b\\_search\\_asin\\_title?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B0749CXQLW/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)

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## Easy Salad Recipe Plan Ideas:

(Organic Dairy is Optional)

Salads: (1 Serving = 4-5 oz Protein) Organic Chicken:

- Caesar Chicken Salad (4 oz Cooked & Chopped Organic Chicken) w/ Organic Lettuce, Sliced Red Onion, Parmigiana cheese & Primal Kitchen Caesar Dressing
- Greek Chicken Salad (4 oz Cooked & Chopped Organic Chicken), Organic Lettuce, Sliced Red Onion, Organic Chopped Cucumber, Organic Diced Tomato, Greek olives, & Primal Kitchen Greek Dressing
- Buffalo Chicken Salad (4 oz Cooked & Chopped Organic Chicken) Organic Lettuce, Sliced Red Onion, Organic Sliced Celery, Organic Chopped Tomato, Raw Organic Cheddar Cheese & Primal Kitchen Ranch Dressing
- Teriyaki chicken salad (4 oz Cooked & Chopped Organic Chicken) w/ Organic Lettuce, Organic Chopped Green Onion, Organic Shredded Carrots, & Miso ginger dressing
- Chicken Bacon Salad (4 oz Cooked & Chopped Organic Chicken) & Organic

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bacon (cooked & crumbled) Organic Lettuce, Organic Chopped Green Onion, Organic Chopped Cucumber, Organic Chopped Tomato, Raw Organic Cheddar Cheese & Primal Kitchen Ranch Dressing

Organic Turkey:

- Sriracha Turkey Salad (4 oz Turkey Burger) Organic Chopped Green Onion, Organic Shredded Carrots, & Miso ginger dressing, & Miso ginger dressing
- Black Pepper Turkey Salad (Organic Sliced Deli Turkey )w/ Organic Lettuce, Sliced Red Onion, Organic Chopped Cucumber, Organic Diced Tomato, Primal Kitchen Ranch Dressing

Pork:

- Italian salad w/ Organic Greens, Organic Salami, Mozzarella Cheese, Fresh Organic Tomato, Fresh Organic Basil, Black Olives, Sliced Pepperchini peppers, Organic Italian Dressing

Salmon:

- Teriyaki Salmon salad (4 oz Cooked Salmon) w/ Organic Lettuce, Organic Chopped Green Onion, Organic Shredded Carrots, & Miso ginger dressing
- Beef:
- Taco Beef Salad w/ greens, Raw Organic Cheddar Cheese, Organic Sour Cream, Organic guacamole & Primal Kitchen Ranch Dressing
  - Meatballs topped w/ sprinkle Parmigiana cheese next to Italian Salad w/ Organic greens, Mozzarella Cheese, Fresh Organic Tomato, Fresh Minced Organic Basil, Black Olives w/ Primal Kitchen Italian Dressing

Sides:

- Organic Seasonal Fresh fruit
- Baked sweet potatoes
- Organic Healthy Gut Bread toasted w/ Organic butter & almond butter
- Organic coconut yogurt w/ Granola & Organic Blueberries