

# 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 beef, salmon, eggs but add in more proteins such as organic chicken thighs/breasts, bison ...) We recommend you stick with a shake for breakfast but swap out fat for 30 grams of Organic Protein/Collagen. (Great Collagen product brand: Vitals Proteins)

Step 2: Start adding in gluten free carbohydrates (at the end of meals) & fruit in small amounts (sweet potatoes, white potatoes & white rice are a great place to start).

Step 3: Add in the following foods as you feel ready.

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

- 30-40 grams of protein per meal (**See Muscle Centric Medicine Research below**)
- lots of organic vegetables (especially greens) per meal)
- moderate levels of organic healthy fats (lots of Organic butter, olive oil, etc)
- take HCL with each meal\* (and digestive enzymes if desired for added support)
- **Eat carbs LAST!** organic gluten free carbohydrates (avoid processed foods as much as possible)
- Avoid drinking liquids with meals for optimal digestion. (leave a 30 minutes window before and after each meal)

## Reintroduction:

**(check out the Blood type Diet for YOUR Blood type to learn what foods work best for you! This could be very helpful for you as a guide moving forward. )**

**Click below:**

[https://www.4yourtype.com/blood-type-diet/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EARcgcEbbuqGCt0gaAFVfjQLFieix5VmCvk7jxSqj-TuYjMmH7Sn6saAsQHEALw\\_wcB](https://www.4yourtype.com/blood-type-diet/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EARcgcEbbuqGCt0gaAFVfjQLFieix5VmCvk7jxSqj-TuYjMmH7Sn6saAsQHEALw_wcB)

- 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)
- White rice
- Organic Potatoes (Red, Russet/baking)
- Organic Chicken (breast's, thighs)
- Organic pork (ground, chops etc)
- Organic carrots
- Organic beets
- Organic asparagus

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- 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 ...
- (Dairy free) Organic Coconut or Cashew Yogurt
- Organic peanut butter, Organic almond butter
- Organic strawberries
- Organic White Onions
- Organic Red Onions
- Organic garlic (fresh and powder)
- Organic tomato sauce (sugar free)
- Organic salsa (sugar free)
- Organic Cucumber (always peel and deseed to remove lectins)
- Organic green beans (only if in season)
- Organic broccoli
- Organic cauliflower (cooked, not raw) (DOES NOT work well if you are O-Blood Type)
- Organic cabbage (cooked, not raw) (DOES NOT work well if you are O-Blood Type)
- Organic Brussels sprouts (DOES NOT work well if you are O-Blood Type)
- Mushrooms
- Cucumbers
- Tomatoes
- Peppers (red/green/yellow bell peppers, jalapeños, etc)
- Eggplant
- Zucchini
- Yellow squash
- Organic Pasteurized Dairy Products (cheese, yogurt, sour cream, ice cream, half & half, heavy cream etc)
- Organic Pumpkin seeds
- Organic Ezekiel Bread (okay if you ARE an O-Blood Type)
- etc

### **Sweeteners: (limit, of course)**

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

### **Foods to Eat Sparingly:**

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- Gluten Free Grains & Products (Organic Brown rice, Organic corn, Organic organic quinoa, Organic Gluten Free oats)
- Any other Gluten free grains ... 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
- etc etc

**(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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## **Protein - Muscle Central Medicine:**

After 8 weeks of recommending low protein in our recommended recipe plans for the purpose of boosting atophagy (cell clean up and renewal), we now recommend you now take advantage of the new science on Muscle Centric Medicine. The latest research is now showing that skeletal muscle is now considered one of the main determiners in longevity. This 'longevity muscle' is also an important foundation gut health (mucin - gut lining health), is one of the main regulators in your metabolism, determines maintaining a healthy weight and preventing weight gain as you age, heart health etc.

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To stimulate skeletal muscular growth, Functional Holistic Medical Dr. Gabrielle Lyon recommends 30 grams of protein for 3 meals a day. This will stimulate the skeletal muscle specifically through amino acids such as Leucine.

To learn more of the scientific research, check out the links below:

Muscle Centric Medicine:

<https://drgabriellelyon.com/>

[https://m.youtube.com/watch?v=gzURHLZd\\_Xg&t=44s](https://m.youtube.com/watch?v=gzURHLZd_Xg&t=44s)

<https://m.youtube.com/watch?v=gWwkKBvtOU&t=23s>

(Myth busted by research that protein causes cancer)

[https://m.youtube.com/watch?v=LdCc\\_j4Eujg&t=11s](https://m.youtube.com/watch?v=LdCc_j4Eujg&t=11s)

[https://m.youtube.com/watch?v=OeuJF\\_Uov6I](https://m.youtube.com/watch?v=OeuJF_Uov6I)

## Red Meat Myth Busting:

Science Direct Research paper:

<https://robbwolf.com/wp-content/uploads/2015/01/Binnie2014.pdf>

Other Research:

<https://chriskresser.com/red-meat-it-does-a-body-good/>

<https://chriskresser.com/why-eating-meat-is-good-for-you-joe-rogan-debate-summary/>

Dr Mercola:

<https://foodfacts.mercola.com/grass-fed-beef.html>

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Dr Gabrielle Lyon:

<https://www.drchristianson.com/podcast-the-latest-research-how-red-meat-can-improve-your-health-with-dr-gabrielle-lyon/>

<https://drmindypelz.com/ep94/>

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## **\*\*Preparing Beans Properly:**

Legumes such as Black Beans, Pinto Beans, Lentils etc DO contain anti-nutrients in the outer peel. However, if properly prepared so as to break down most of the anti-nutrient content, beans are an amazing source of soluble fiber and are powerful agents for pulling out excess hormones that your body wants to detoxify, such as excess stress hormones, estrogens (from phytoestrogens, etc. Beans also are a slow burning carb and will not spike the hormone insulin in your body. They are all in all amazing for you. (Note: We don't recommend canned beans as they will often give you digestive discomfort, bloating and flatulence. Probably due to not being soaked and rinsed enough).

**WE RECOMMEND WAITING UNTIL A COUPLE MONTHS AFTER FINISHING THIS PROGRAM BEFORE INTRODUCING BEANS (properly prepared as outlined below)**

## **How DO you Properly Prepare Beans to Lower Their Anti-Nutrients?**

Step 1: Soak 3-4 cups Organic Dry Beans in a large bowl and fill with reverse osmosis water (an inch or two above beans).

Step 2: The next day, pour soaked beans into a colander and rinse with cold water.

Step 3: Pour rinsed beans into a large cooking pot and fill with reverse osmosis water (an inch or two above beans). Bring to a boil and boil for 3 minutes. Then cover, turn off heat, and let soak for 1 hour.

Step 4: Pour soaked beans into a colander and rinse with cold water (this helps remove the anti-nutrients that are in the water).

Step 5: Pour soaked-boiled beans into an Insta-Pot and fill with reverse osmosis water (an inch or two above beans). Add 1 teaspoon of Pink Himalayan Sea Salt to beans and pressure cook/cook

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on High for 35 minutes. Give another 30 minutes for Insta-Pot to cool down after beans are finished cooking.

Drain excess water and serve (Take Betain HCl upon first bite of beans). Store beans in the fridge for 3-4 days or freeze.

References:

<https://beaninstitute.com/two-ways-to-soak-beans-to-reduce-gas/>