

10 DAY RESET

TRANSITIONING
TO THE PEGAN DIET

Congratulations!

You finished the 10 Day Reset. Now, let's talk about how to eat for life.

The best lifelong diet is built on the same foundation as my 10 Day Reset: Eat real, whole food. These foods create balanced blood sugar and are chock full of healthy protein and fats, plenty of nutrients from fresh vegetables and fruits, and no crap. Integrated with the anti-inflammatory and detoxification principles of Functional Medicine, my Pegan diet is a balanced, inclusive dietary plan that changed my life and thousands of my patients' lives too.

This is not a quick fix that you follow for ten or thirty days and then quit. After you Reset your body, I recommend eating this way every single day—incorporate it into your lifestyle. It is inclusive, not exclusive, and based on sound nutritional science, research, and personal experience from over 30 years of practice.

Transitioning to the Pegan diet should be a smooth process as the dietary portion is pretty much as what you ate with the Reset with the exception of slowly adding in foods that you might want to incorporate back into your diet.

It's simple. The Pegan diet focuses on eating a plethora of plant foods, focusing on high-quality proteins, and adding in a serving or two of healthy fats. Use this combination as the basis for your meals 90% of the time. Then, when the occasion calls for it, you can allow a little wiggle room for your favorite pleasure foods. This does not mean a can of Coke and a Twinkie! They still have to be real foods that follow the Pegan principles.

Here are the pillars of my Pegan diet:

- **Eat mostly plants.** More than half of your plate should be covered with veggies. The deeper the color, the better. Stick with mostly non-starchy veggies. Winter squashes and sweet potatoes are fine in moderation. Choose organic and regenerative when possible. Use the Dirty Dozen and Clean Fifteen guide by the Environmental Working Group (www.ewg.org) to choose the least contaminated fruits and vegetables and save money.
- **Easy on fruits.** I find that most of my patients feel better when they stick to low-glycemic fruits and enjoy others as a treat. Stick with berries, kiwis, and watermelon, and watch the grapes, melons, and higher glycemic index fruits. Think of dried fruit as candy and keep it to a minimum.
- **Eat more foods with healthy fats.** Start with fats in whole foods such as nuts, seeds, olive oil, avocados, pasture-raised eggs, and small, wild fatty fish such as sardines, mackerel, herring, and wild salmon. For oils use extra virgin olive oil (at low or no heat), avocado oil (for higher heat cooking), and organic virgin coconut oil.
- **Eat more nuts and seeds.** They have universally been shown to prevent and reverse disease; help with weight loss, diabetes, and heart disease; are great sources of minerals, protein, good fats, fiber, and more. Almonds, walnuts, pecans, macadamia nuts, and pumpkin, hemp, chia, and sesame seeds are all great.
- **Think of meat and animal products as condiments** or, as I like to call them, "condi-meat"—not a main course. Vegetables should take center stage, and meat should be the side dish. Servings should be 4 to 6 ounces, tops, per meal. Plant-based meals are fine as long as the protein comes from whole foods, not processed powders, bars, or fake meat. I often make three or four vegetable side dishes for each meal.
- **Choose regeneratively raised animal products whenever possible.** They are better for you and help drawdown carbon from the atmosphere and reverse climate change.
- **Eat pasture-raised eggs.** They are rich in vitamins, minerals, antioxidants, protein, and more. They are also a cheap source of high quality and bioavailable nutrients including B12, which you can't get from a vegan diet.

- **Eat sustainably raised or harvested low-mercury, high omega-3 fish.** If you are eating fish, you should choose low-mercury and low-toxin varieties such as sardines, herring, anchovies, mackerel, and wild-caught salmon (all of which have high omega-3 and low mercury levels). And they should be sustainably harvested or farmed. Check out www.cleanfish.com or the Environmental Working Group's guide on fish to learn which fish are sustainably harvested/raised and the lowest in toxins.
- **Eat only whole grains (not whole grain flours).** All grains can increase your blood sugar. Stick with small portions (½ to 1 cup per meal) of low-glycemic grains like black rice, quinoa, teff, buckwheat, or amaranth.
- **Eat beans.** Lentils are best. Stay away from big starchy beans as staples. Beans can be a great source of fiber, protein, and minerals. But they cause digestive problems for some, and the lectins and phytates they contain can impair mineral absorption. Again, moderate amounts (up to 1 cup a day) are okay.
- **Stay away from sugar.** Or anything that causes a spike in insulin production and blood sugar—sugar, flour, and refined starches and carbohydrates (which sadly make up over half of most diets). Think of sugar in all its various forms as an occasional treat. Remember your body can't tell the difference between a bagel and a bowl of sugar once it gets below your neck. I tell people to think of sugar as a recreational drug. You use it for fun once in a while, but it is not a dietary staple. Liquid sugar calories (from soda, energy drinks, sweetened teas, even fruit juice, etc.) cause increased hunger, obesity, and death. Stay away.
- **Stay away from most vegetable, bean, and seed oils,** such as canola, sunflower, corn, grapeseed, and especially soybean oil, which now accounts for about 10 percent of our calories and more if you eat processed foods. Small amounts of expeller or cold-pressed nut and seed oils like sesame, macadamia, and walnut oils are fine to use as condiments or for flavoring. Avocado oil is great for higher-temperature cooking.
- **Avoid or limit dairy.** Dairy today is not what it used to be. It is bad for the environment (raised in feedlots) and not well tolerated by most people (except Northern Europeans and the Maasai warriors). Dairy has been linked to cancer, osteoporosis, autoimmune conditions, allergic disorders, digestive problems, and more. I recommend avoiding it, except for the occasional grass-fed dairy from yogurt, kefir, grass-fed butter, ghee, and even cheese if it doesn't cause any problems for you. Try goat or sheep products instead of cow dairy, they have A2 casein, which doesn't cause as many problems. And always go organic and grass-fed as often as possible.
- **Stay away from pesticides, herbicides, antibiotics, hormones, and ideally GMO foods.** Choose foods raised or grown in regenerative ways, if possible. Also, no chemicals, additives, preservatives, dyes, artificial sweeteners, or other junk ingredients. If you wouldn't find it in your kitchen for cooking, you shouldn't eat it. Polysorbate 60, red dye 40, and sodium stearoyl lactylate (also known as Twinkie ingredients), anyone?

Here are the steps for transitioning to the Pegan diet:

Continue to enjoy:

- As many non-starchy vegetables as you want in all meals or snacks. Get in the habit of filling 75 percent of your plate with non-starchy veggies. The more color, the better!
- High-quality protein from grass-fed beef, wild-caught salmon, pasture-raised poultry, and eggs, etc.
- Gluten-free grains (such as quinoa, black rice, and buckwheat) in their whole-kernel form.
- Nutrient-dense, starchy vegetables such as sweet potatoes and winter squash, in moderation.
- Low-glycemic fruit such as apples, pears, berries, kiwi, or pomegranate, in moderation.
- Beans and legumes (except peanuts); shoot for lower glycemic options like lentils and black beans.
- Have one to two servings of healthy fat with each meal, like olive, avocado, or coconut oil.

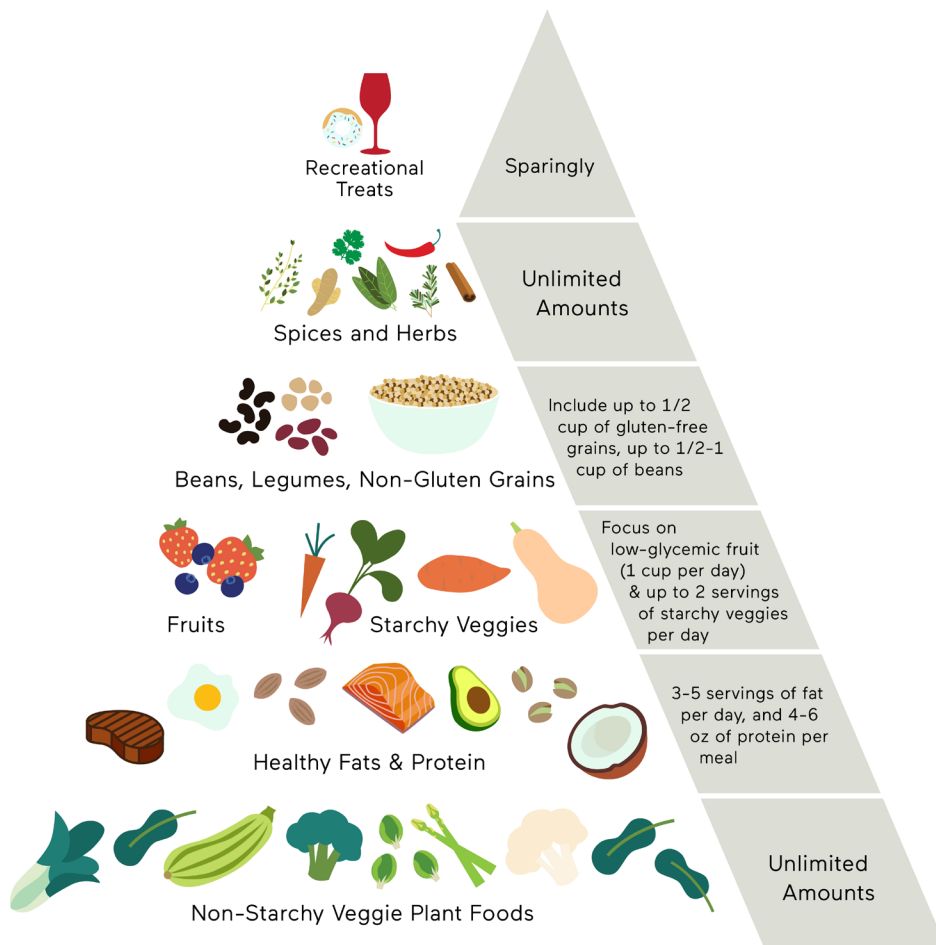
Limit:

- All forms of sugar, but especially avoid foods with added sugars. If you must sweeten, try using coconut sugar, maple syrup, or honey, and do it yourself so you know exactly how much you are getting. (See below for more specifics on reintroducing sweets.)
- Inflammatory beverages (regular and decaf coffee and alcohol). One cup of coffee and one glass of wine or alcohol three to four times a week can eventually be well tolerated by most people. Just pay attention and notice how they make you feel.

Continue to avoid:

- Liquid sugar calories such as soda or juices, unless you are making fresh-squeezed green vegetable juices, which are fabulous.
- All artificial sweeteners.
- All fast food, junk food, artificial, and refined foods.
- Refined grains, flours, and sugar.

You can incorporate everything you learned on the 10 Day Reset into a diet that follows this general layout:



Eat these foods

Here is a full foods list that you can use to create the majority of your daily diet.

Carbs:



- Approximately 50 to 75 percent of your plate should consist of non-starchy veggies. Eat them raw, steamed, roasted, or sauteed.
- ½ to 1 cup of starchy veggies up to 4 times a week at dinner: beets, celeriac, parsnips, pumpkin, sweet potatoes, winter squash [butternut, kabocha, acorn, etc.]
- 4 oz of low glycemic fruit per day: blackberries, blueberries, raspberries
- Artichokes, arugula, asparagus, avocados, bean sprouts (not alfalfa sprouts, which contain natural carcinogens), beet greens, bell peppers, broccoli, Brussel sprouts, cabbage, carrots (no juicing because it turns them into pure sugar), cauliflower, celery, chives, collard greens, dandelion greens, eggplant, endive, fennel, fresh herbs, garlic, ginger, green beans, hearts of palm, jalapenos, kale, lettuce, mushrooms, mustard greens, onions, radicchio, radishes, seaweeds (kelp, wakame, arame, kombu, etc.), shallots, snap peas, snow peas, spinach, summer squash, Swiss chard, tomatoes, turnip greens, watercress, zucchini

Animal foods / protein:



- Aim for 4 to 6 ounces of protein per meal
- Bison, beef, elk, lamb, ostrich, venison
- Pasture-raised eggs, chicken, duck, turkey
- Lard, tallow, duck, and goose fat (free-range, pasture-raised)
- Non-GMO tempeh and tofu
- Fresh or canned fatty fish: black cod, herring, mackerel, perch, sardines, scallops, wild salmon, anchovies
- Shellfish: clams, crab, mussels, oysters, scallops, shrimp
- Eat organic or grass-fed animal protein, whenever possible

Fats:



- Aim for 3-5 servings of healthy fats a day
- Nuts: hazelnuts, macadamia nuts, pecans, walnuts, almonds, cashews (avoid peanuts, which may contain mold toxins); and nut butters
- Seeds: chia, flax, sesame, black sesame, hemp, pumpkin
- Nut flours: almond and coconut flour
- Nut and seed milks: macadamia, almond, Brazil, cashew, coconut, hemp (avoid milks with carrageenan and xanthan gum)



Drinks:

- Water, hot lemon water, sparkling water with lemon or lime, green tea, homemade green juice (no fruit), herbal teas, bone broth

Condiments:



- Apple cider vinegar, arrowroot, balsamic vinegar, black peppercorn, coconut flour, Dijon mustard, kelp noodles, kimchi, miso, nutritional yeast, organic vegetable and chicken stock, sea salt, spirulina, tahini, umame plum vinegar, unsweetened vanilla and chocolate (cacao) powder, wheat-free tamari, dried or fresh herbs and spices such as basil, cayenne pepper, chili powder, cinnamon, coriander, cardamom, ginger, cumin, onion powder, oregano, paprika, parsley, rosemary, sage, thyme, turmeric

Avoid these foods

Carbs:



- Gluten, all grains
- Legumes, beans
- High-glycemic fruit (bananas, grapes, mango, cherries, pears, etc.)

Animal foods / protein:



- Processed meats: bacon, canned meat, hot dogs, salami
- High-mercury fish: king mackerel, tuna, swordfish, Chilean sea bass, halibut, lobster, marlin, shark, tilefish, orange roughy

Fats:



- Dairy products (except for grass-fed ghee or clarified butter, which has no dairy proteins)
- All refined vegetable oils: canola, corn, safflower, soy, sunflower, etc.

Condiments:



- Additives, preservatives, dyes, MSG
- Artificial sweeteners: Splenda, Equal, aspartame, sorbitol, xylitol, and all sugar alcohols.
- Natural sweeteners: honey, maple syrup, raw sugar, etc.

Drinks:



- Soda, diet soda, milk, fruit juices, sports drinks, energy drinks, alcohol, caffeinated beverages

Supplements

Here is a list of the supplements I recommend for daily maintenance on the Pegan diet:

1. **A high-quality multivitamin/mineral.** Find one that contains optimal amounts of the full range of vitamins and minerals in their correct forms to help fill nutritional gaps.
2. **Magnesium.** About 75 percent of us are deficient in magnesium, which plays a part in over 300 enzymatic reactions in our bodies. Taking 200 mg of magnesium glycinate before bed helps relax your nervous system and muscles, and calm your brain.
3. **Vitamin D3.** More than 80 percent of the US population has insufficient levels of vitamin D, the sunshine vitamin. Research shows vitamin D deficiencies contribute to a wide range of problems, including dementia. Take 25 to 50 mcg (1,000 to 2,000 IU) of vitamin D3 each day.
4. **Omega-3 fatty acids.** Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the chief omega-3s critical for supporting brain function and mood, regulating metabolism, and preventing diabetes and inflammation.
5. **Probiotics.** These beneficial bacteria can support your gut health, which in turn improves digestion, mental clarity, skin, and brain health, and reduces food allergies and gut inflammation.

Conclusion

Using the Pegan principles with some added support from your community, my team, and nutritional supplements, you'll be set up for a lifetime of health. Remember: food is medicine and information. If you continually feed your body with information that is life-giving, you'll be sending messages of vibrant and radiant health. And any time you notice yourself feeling a bit sluggish, down, fatigued, stressed, or anything shy of amazing, that's your cue that it's time for another 10 Day Reset.

Also remember: we are here for you. We want you to succeed. Please send us your questions and concerns to hello@getfarmacy.com and we will help the best we can!