

LEVEL 2 FOOD REINTRODUCTION RECOMMENDATIONS

For Level 2, you will focus on adding in whole, clean, and natural foods. These foods are nutrient dense and will continue to nourish your body, support heart, brain and immune health as well as assist with continued weight loss and maintenance. This is a trial list and there may be other whole foods you wish to try.

Week 1: Add in fruits & vegetables

Fruits

- Banana (1/2 to start)
- Grapes (1 cup)
- Pear (medium sized)
- Blackberries (1 cup)
- Papaya (3/4 cup)
- Seasonal Melons (1 cup)
- Mango (3/4 cup)
- Pineapple (1/2 cup)
- Pomegranate (1/2 of fruit)

Vegetables

- Broccoli
- Cauliflower
- Carrots
- Mushrooms
- Yellow Squash
- Snap Peas
- Artichoke
- Butternut Squash

Week 2: Add in proteins

Animal

- Turkey
- Lamb
- Pork
- Any Fish (ideally wild-caught)

Vegan/Vegetarian

- Peanut Butter (1 tbs)*
- Almond Butter (1 tbs)*
- *No added sugars or salt
- Beans (1 variety at a time)**
- **If you are vegan or vegetarian, add in week 2. If not, add in week 3
- Pumpkin Seeds

Week 3: Add in grains

- Jasmine Rice (1/2 cup cooked)
- Brown Rice (1/2 cup cooked)
- Black Rice (1/2 cup cooked)
- Steel Cut Oatmeal (1/2 cup cooked)
- Pearl Barley (1/4 cup cooked)
- Amaranth (1/2 cup cooked)
- Sprouted-grain bread (1 slice)
- Artisan Sourdough (1 slice)

Week 4: Add in dairy

- Hard Cheese (1 oz.)
- String Cheese (1 oz.)
- Organic Butter/Ghee (1/4 oz.)
- Unsweetened Greek Yogurt (1 cup)
- Milk & Milk Alternatives (1/2 cup)

Tips For Success:

- You can introduce one new food every other day
- On the days you reintroduce, have only one new food and keep the rest of the meals that day level 1
- Keep them whole, real, and as close to nature as possible
- Steer clear of sugar, flour, smoked/cured foods and anything processed that comes in a box, a bag, or a bottle