

Get tips for reintroducing more foods to your diet and steering clear of food reactions.



THE
RESTORE
KIT

Add More Foods (and Flavor!) to Your Diet

By now, you're likely in Phase 2 of the Vital Plan Diet. If so, you could stay here indefinitely and have a very clean, gut-friendly diet for life. But you may want to expand your culinary margins a bit further. That's great, just read carefully: Reintroducing the foods on the following list has some potential to set you back.

Before you move forward, know that making a firm identification of a food reaction is sometimes a challenge. It's a matter of paying close attention and being very attuned to your body. It is also an ongoing process that lasts throughout your recovery and beyond.

Also, **food sensitivities can change over time.** For example, if you replace cow's milk with soy milk, and at the same time substitute tofu for meat, that increased intake of soy may gradually lead to the development of a new soy sensitivity. Rotating foods frequently helps keep this from happening. In general, as gut health improves, sensitivities to foods decrease.

Once you're ready, one of the first things you may want to add back to your diet is raw vegetables (salad greens, slaw, carrots, and celery). Again, go slowly: raw foods present more of a challenge to your digestive system.

A wider variety of smoothies are also now an option. You can start enjoying green smoothies if you like. To make a proper smoothie, you need a high-torque food processor or blender (NutriBullet is one quality brand). High torque food processors break down raw food, allowing easier digestion.

Advanced Reintroduction List

Vegetables

- Cruciferous vegetables including kale and Brussels sprouts (well cooked)
- Raw cabbage (in slaw)

- Raw celery
- Raw salad greens
- Cautiously (and individually) add back nightshades (peppers, tomatoes, potatoes, eggplant), well cooked. If cooked nightshades go well, try raw peppers and tomatoes.
- Potatoes come in a wider variety than is evident in an average grocery store. Potatoes originated in South America, where they come in all shapes, sizes, and colors, and they are grown from seeds (each plant is genetically different). Seed-grown potatoes do not require the high concentrations of fungicide necessary to grow that potatoes from spud do (the average grocery store variety), making them the healthier choice. The lectin concentrations, however, may be the same. Seed-grown potatoes can sometimes be found in natural food stores.

Fruits

- Berries including raspberries, blackberries, and strawberries
- Dried fruit such as dates, prunes, apricots, and raisins
- Limited tropical fruits including bananas, pineapple, and mango
- Dark chocolate

Seeds (including grains and beans)

- Quinoa, buckwheat, amaranth, and millet
- Limited baked products made with rice, oat, and/or buckwheat flour
- Organic non-GMO corn chips
- Rice and nut crackers
- Nuts such as almonds, pecans, walnuts, cashews, and pistachios (go carefully; nuts can really irritate the gut and are a common source of food sensitivities)
- Nut butters
- Cooked beans
- Lectins and gluten in grains can be decreased (but not eliminated) by sprouting and fermenting. Lectins are found in the bran (the outer protective coating of the grain). This makes sprouted white sourdough bread the lowest-lectin bread. Gluten, however, is found in the inside of the grain, and it's only marginally reduced by sprouting.
- Bread is a problem no matter how you look at it. Proteins necessary to stick grain particles together and allow bread to rise are irritating to the intestinal tract. That means that even breads created from gluten-free flour are irritating to the gut. Baking does not provide enough concentrated heat to sufficiently break down lectins. All bread flours (white, whole wheat, gluten-free) are loaded with carbohydrates that stimulate growth of unfavorable bacteria in the gut. If bread is added to your list, it should be an infrequent indulgence.

- Lectins in beans can be reduced by extensive soaking (overnight with several water changes) and prolonged boiling. Sprouting and fermenting also reduces lectins in beans. Soy should be limited to fermented soy products (tofu, tempeh, natto).

Dairy or dairy-like foods

- Limited grass-fed cow's milk or goat's milk
- Limited cheese such as Parmesan, Romano, and asiago

Oils

- Sesame or roasted sesame oil
- Grass-fed butter or butter/olive oil combination

Condiments

- Ketchup
- Mustard
- Hot spices made with hot peppers

Sweeteners

- Limited natural sugar

Beverages

- Limited beverages that contain alcohol (wine, beer, low-sugar mixed drinks)

Even after being well recovered, most people with a history of chronic illness are better off limiting or avoiding alcohol completely.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Always consult your qualified healthcare provider before beginning any diet or program.

RESOURCES

Restore Kit core resources:

- [The Restore Kit Resource Page](#) (Bookmark this to reference all the resources and tools you need to succeed with this program!)
- [The Vital Plan Diet e-book](#)

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Vital Plan | 1122 Oberlin Rd. Suite 232 Raleigh, NC 27605