

28 DAY RESET DIET

FOOD LIST

NON STARCHY VEGETABLES (5-7 CUPS/DAY)

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Beet greens
- Bell peppers
- Bok choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery
- Chicory
- Chives
- Collard greens
- Coriander
- Cucumber
- Dandelions greens
- Eggplant
- Endive
- Escarole
- Fennel
- French (Green) beans
- Garlic
- Jalapeno peppers
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsley
- Radicchio
- Radishes
- Shallots
- Snow peas
- Spaghetti squash
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Turnip greens
- Water chestnuts
- Watercress
- Zucchini

*Steam veggies if there is digestive distress

STARCHY VEGETABLE (1 CUP/DAY)

APPROVED FRUITS (1 CUP/DAY)

- Berries:
Blackberry, Blueberries, Boysenberries, Elderberries, Gooseberries, loganberries, Raspberries, Strawberries, Acai
- Acorn squash
- Beets
- Buttercup squash
- Butternut squash
- Carrots - cooked
- Grapefruit
- Hubbard squash
- Kabocha squash
- Leeks
- Lemons and Limes - no limit
- Nectarines
- Oranges
- Parsnips
- Peaches
- Pumpkin
- Spaghetti squash
- Sweet potatoes
- Tomatoes
- Turban squash
- Turnip
- Yams

FATS (3-5 SERVINGS/DAY)

Eat small amounts at each meal. Helps with satiety, tastier meals and builds healthy hormones, a healthy brain and better gut function.

- Olives/Oil
- Coconut/Oil
- Nuts:
Almonds (sprouted), Cashews (sprouted), Hazelnuts, Walnuts, Pecans, Brazil nuts, Pistachio. Macadamia, Pine Nuts (all nuts should be raw, sprouted with no canola, peanut or sunflower oil.)
- Seeds:
Sunflower seeds, Pumpkin seeds, Sesame seeds, Chia seeds, Flax seeds
- Avocado
- Ghee
- Pasture Butter
- Cold water fish: *Sardines, Kippers, Herring, Fish oil*

PROTEIN (3 SERVINGS/DAY)

1 1/2 deck of cards = protein

- Eggs, cage free, organic
- Free range 100% grass fed beef, bison, lamb
- Free range, organic pork
- Cage free, organic chicken
- Wild caught, cold water fish (salmon and sardines are your best choices)
- Wild game: Venison, Elk, Antelope, etc.
- Designs for Health Pure Paleo Protein

Vegan: Combine sprouted beans, gluten-free grains, and nuts/seed, to make complete proteins for your meals. (You really have to be intentional about meal planning.)