

The Healthy Reset Challenge[©]

Preparation Weeks

Week 1: Switch to Approved Oils

This Week's Goal: Replace all refined and processed oils in your kitchen with healthier, AIP-approved options.

Why It's Important: Many common oils can trigger inflammation, so swapping them out is a simple step toward feeling better.

What to Do:

- Start using olive oil, avocado oil, coconut oil, or grass-fed tallow for all your cooking and meal prep.
- Check your pantry and toss out non-compliant oils like canola or vegetable oil.
- Challenge yourself to make a homemade dressing or sauce with one of the approved oils this week!

Week 2: Add More Vegetables

This Week's Goal: Get more fresh, organic vegetables into your meals. Aim for half your plate to be non-nightshade veggies.

Why It's Important: Vegetables are packed with nutrients your body needs to heal and thrive.

What to Do:

- Try one new vegetable this week—maybe something you've never cooked with before, like rutabaga or kohlrabi.
- Prep a big batch of roasted veggies to have on hand for snacks or sides.
- Take note of how much better you feel when your meals are colorful and full of variety!

Week 3: Reduce Grains and Processed Foods

This Week's Goal: Start cutting out grains like wheat, rice, oats, and corn, along with processed foods. Replace them with nutrient-dense, AIP-approved options.

Why It's Important: Grains and processed foods can irritate your gut, so removing them allows your body to focus on healing.

What to Do:

- Plan at least three grain-free meals this week. Think zucchini noodles, cauliflower rice, or sweet potato hash.
- Check your snacks—swap processed options for things like fresh fruit, coconut yogurt, or homemade AIP treats.
- Notice how your energy levels change as you fuel your body with whole, natural foods.

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Week 4: Cut Out Refined Sugar

This Week's Goal: Eliminate all refined and artificial sweeteners, including cane sugar and high-fructose corn syrup.

Why It's Important: Cutting sugar can stabilize your energy, reduce cravings, and help balance inflammation.

What to Do:

- Check labels for hidden sugars (they're sneaky!) and choose compliant alternatives.
- Experiment with naturally sweet foods like berries or baked apples to satisfy your cravings.
- Celebrate your progress—this is a huge step toward healthier habits!

Your Journey Starts Here!

Every week is designed to set you up for success before diving into the full Healthy Challenge. Don't stress about being perfect; just aim to do your best. Remember to keep a journal of your meals and how you feel—it will be your guide as you continue to learn what works for your body.

You've got this! One step at a time, you're creating a healthier, stronger version of yourself. 🍌