

# The Healthy Reset Challenge<sup>©</sup>

## **'Inflammation Reset Diet'** **AKA** **'The Autoimmune Paleo (AIP) Diet'**

I am so excited that you are choosing to make your health, your body, and your mind a priority. This challenge will, yes, be a challenge, but it will be one that changes the way you fuel your body. In the process, it will do so much more! It will change the way you FEEL, the way you LOOK, the way you see food, and the way you show up in life. When it seems overwhelming, don't give up. Keep going! You will thank yourself tenfold at the end of these three months!

The Healthy Reset Challenge (or AIP diet) removes all grains, legumes, sweeteners, nightshades, and processed foods. It consists of healthy meats, fats, vegetables, and fruits. Start reading all nutrition labels and pay particular attention to the list of ingredients. Many foods that are marketed as "healthy," "all-natural," "organic," "fat-free," or "sugar-free" have numerous ingredients that you will need to avoid while on the anti-inflammatory diet.



GLUTEN FREE  
*with Coral*

**Disclaimer:** The information found within is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information within is for general information purposes only.

## Foods To Eat:

**Most organic vegetables:** Include as much variety as possible; avoid nightshades (tomatoes, peppers, eggplant, and potatoes).

**Quality meats:** Go with lean organic and grass-fed as much as possible. Avoiding red meats.

**Bone broth:** You can learn how to make your own broth from beef or chicken bones.

**Fish:** Seek out wild caught seafood.

**Quality fats:** Olive oil, avocado oil, coconut oil, and low-mercury Omega 3 supplements.

**Low glycemic organic fruits:** Choose fruits lower in sugar and eat them with fiber or protein to slow the uptake of sugar.

**Mushrooms:** Some may react to immune-stimulating medicinal mushrooms so be aware of that, but culinary mushrooms should be fine for most.

**Fermented foods:** Support your gut bacteria with sauerkraut, kimchi, coconut yogurt, kombucha, and coconut milk kefir. If you have histamine intolerance or SIBO these foods may not be appropriate.

**Coconut:** Choose coconut products free of sugars or additives.

**Shirataki noodles:** Shirataki yam noodles are a good source of fiber; avoid the noodles that contain tofu (soy).

**Vinegars:** Avoid grain-based vinegars and instead choose apple cider, balsamic, champagne, coconut, red wine, sherry, ume plum, or white wine vinegars.

## *Foods To Avoid:*

### **Grains**

### **Soy**

**Legumes** (with an exception of black beans)

### **Peanuts**

**Dairy:** This includes dairy from sheep or goats and raw dairy.

### **Eggs**

**Corn:** All forms of corn. Corn tortillas, corn chips etc.

**Nightshades:** Nightshade vegetables include eggplant, goji berries, sweet and hot peppers, hot pepper sauces, tomatillos, tomatoes, and white potatoes.

### **Refined and processed oils and vegetable oils**

**Sugars and sweeteners**, including natural ones such as honey, maple syrup, agave, coconut sugar, artificial sweeteners, etc.

**Dried Fruit:** The sugar content is already high in fruit. When dried, they are smaller and it is easy to eat much more than a normal fruit serving.

**Emulsifiers, thickeners, and other food additives:** Watch out for guar gum, carrageenan, xanthan gum, cellulose gum, soy lecithin, and other additives.

### **Alcohol**

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Idea Grocery List

## Fresh Vegetables

Artichoke  
Arugula  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cucumber  
Fennel  
Green Beans  
Kale  
Leek  
Lettuce  
Mushroom  
Onion  
Parsnips  
Sweet Potatoes  
Romaine  
Spinach  
Squash  
Swiss Chard  
Zucchini

## Fresh Fruit

Apples  
Berries  
Cherries  
Dates  
Figs  
Grapes  
Grapefruit  
Kiwi  
Melon  
Nectarines  
Oranges  
Peaches  
Pears  
Plums  
Pomegranate

## Protein

Turkey/Ground turkey  
Chicken Breasts  
Salmon  
Rainbow Trout  
Cod  
Pork Chops  
Black Beans

## Oils

Avocado Oil  
Extra Virgin Olive Oil  
Coconut Oil  
Flaxseed Oil

## Complex Carbs

Quinoa  
Buckwheat  
Sweet Potatoes

## Sea Salt

## Individual Spices

(Rather than blends)

## Milk

Unsweetened  
Coconut Milk  
Unsweetened  
Almond Milk

## Nuts (Raw)

Cashews  
Almonds  
Macademia Nuts  
Sunflower Seeds  
Pecans  
Walnuts



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# Reintroducing Foods<sup>©</sup>

After eating the AIP or what we call the Healthy Challenge for a minimum of  
3 WEEKS

You will slowly start to introduce foods back into your diet. Do not start this process until you feel your body is feeling healthy and inflammation & other major symptoms have subsided! If you still feel tired, bloated, pain, migraines etc. wait another week or two more. You want to learn and know your body well. This is crucial, as you introduce foods, you want to be able to know how your body reacts to each item. This process will truly help you for the rest of your life, if you allow yourself to trust this process.

You didn't come this far- to only get this far!

**You will introduce the foods on the following page with this process:**

*Each item will take 2 days to introduce.*

**Day 1:** Have the measured dose of the item in the morning.

**Day 2:** Have the measured dose in the morning and then also in the evening.

\*Keep a food journal as you do this process. It will help you know your body better!



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It is ideal to stay as close to the order as you can, of course taking into consideration any known food allergies or intolerances.

*Each item will take 2 days to introduce.*

**Day 1:** Have a measured dose of the item in the morning.

**Day 2:** Have a measured dose in the morning and then also in the evening.

- 2 - Eggs
- 1/3 cup - Brown Rice
- 3-4 oz - Beef lean cut
- 1/2 cup - Tomatoes
- 4oz - Pork Loins
- 1/2 cup - Corn Sweet frozen or corn on a Cobb
- 3/8 cup - Certified Gluten Free Oatmeal
- 1 - Corn Tortilla
- One serving size - Monkfruit extract
- 3 cups - popcorn
- 4 oz - Shrimp
- Stevia - liquid
- 1 oz - Parmesan Cheese
- 1 tsp - Honey
- 1 - Whole wheat tortilla (unless celiac or wheat allergy)
- 1/2 Tbsp - Cocoa
- 1/4 cup - Soy Edamame
- 1/2 oz - Dark chocolate 70% or darker (no dairy)
- 3 oz - Yogurt unsweetened - Greek add own sweetener.
- 1 tbsp - Butter (grass fed)
- 4 oz - Milk (Fairlife or lactose free Costco)
- 1 tsp - Coconut palm sugar
- 1 tsp - Maple syrup
- 1/2 cup - Yukon gold potatoes
- 2 Tbsp - Sour cream
- 1/3 cup - Cottage cheese
- 2 Tbsp - Peanuts
- 1 Tbsp - Tapioca starch or flour (put it in a smoothie)
- Bakers Yeast
- 1/3 cup - Amaranth
- 1/3 cup - Millet

