

The Healthy Reset Challenge[©]

'Inflammation Reset Diet'

Also Known As: The Autoimmune Paleo (AIP) Diet

I'm so excited that you've decided to prioritize your health, body, and mind. This challenge will undoubtedly be a challenge—but it's one that can transform the way you fuel your body and so much more! It will change how you feel, how you look, how you perceive food, and even how you show up in life. When things feel overwhelming, don't give up. Keep pushing forward! By the end of these three months, you'll thank yourself tenfold.

The Healthy Reset Challenge (or AIP diet) eliminates all grains, legumes, sweeteners, nightshades, and processed foods. Instead, it focuses on nourishing your body with healthy meats, fats, vegetables, and fruits.

As you begin, make it a habit to carefully read nutrition labels, paying close attention to the ingredients list. Many foods marketed as "healthy," "all-natural," "organic," "fat-free," or "sugar-free" often contain ingredients that must be avoided while following this anti-inflammatory diet.



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Foods To Eat:

Vegetables

- *Most organic vegetables:* Include as much variety as possible.
 - Avoid nightshades (tomatoes, peppers, eggplant, and potatoes).
- *Root vegetables:* Sweet potatoes, carrots, parsnips, rutabagas, and turnips.
- *Leafy greens:* Kale, spinach, arugula, collard greens, Swiss chard, and mustard greens.

Proteins

- *Quality meats:* Choose lean, organic, and grass-fed options whenever possible.
 - Avoid red meats if possible.
- *Fish:* Focus on wild-caught, low-mercury options like salmon, sardines, mackerel, and herring.
- *Bone broth:* Homemade broth from beef or chicken bones.
- *Collagen and gelatin:* Excellent for gut health; use in soups, broths, or beverages.

Healthy Fats

- Olive oil, avocado oil, and coconut oil.
- Low-mercury Omega-3 supplements.
- Grass-fed ghee (if tolerated).

Fruits

- *Low-glycemic organic fruits:* Examples include berries, green apples, and citrus.
- Pair with fiber or protein to slow sugar absorption.

Herbs and Spices

- *Non-nightshade spices:* Ginger, turmeric, cinnamon, garlic, basil, thyme, oregano, parsley, and rosemary.

Mushrooms

- Culinary mushrooms like button, portobello, and shiitake.
- Be cautious with immune-stimulating medicinal mushrooms if you're sensitive.

Foods To Eat Cont.

Fermented Foods

- Sauerkraut, kimchi, coconut yogurt, kombucha, and coconut milk kefir.
- Avoid these if you have histamine intolerance or SIBO.

Coconut Products

- Unsweetened coconut milk, coconut flour, coconut flakes, and coconut yogurt.
- Look for products free of sugars or additives.

Alternative Flours and Starches

- Arrowroot, cassava flour, and tigernut flour for baking or thickening.

Sea Vegetables

- Nori, kelp, dulse, and wakame for essential minerals like iodine.

Other

- **Shirataki noodles:** Opt for noodles made from yam; avoid varieties containing tofu (soy).
- **Vinegars:** Apple cider, balsamic, champagne, coconut, red wine, sherry, ume plum, or white wine vinegar (avoid grain-based vinegars).
- **Teas:** Herbal teas like chamomile, peppermint, rooibos, and ginger. Avoid caffeinated teas unless reintroduced.
- **Filtered water or coconut water:** Stay hydrated without added sugars.

Foods To Avoid: (Guidance)

This list is a general guideline to help you follow the AIP protocol. However, the diet can be personalized to suit your goals and body's needs. Over the next 30 days, you'll be completing a food journal to track your reactions, preferences, and progress. Be sure to fill it out thoroughly! Some individuals may choose to include foods like black beans, quinoa, tomatoes, or almonds right from the start, based on their personal tolerances.

Grains

- All grains, including wheat, rice, barley, oats, quinoa, rye, millet, buckwheat, and sorghum.

Legumes and Soy

- All legumes, including lentils, chickpeas, black beans (optional based on tolerance), kidney beans, and peas.
- Peanuts and soy products of all kinds.

Dairy

- All dairy, including products from cows, goats, and sheep (even raw dairy).

Eggs

- Both egg whites and yolks.

Corn

- All forms of corn, including tortillas, chips, popcorn, and corn syrup.

Nightshades

- Nightshade vegetables include:
 - Eggplant
 - Goji berries
 - All sweet and hot peppers, including bell peppers, chili peppers, cayenne, and paprika (even as a spice).
 - Tomatillos
 - Tomatoes
 - White potatoes

Foods To Avoid Cont.

Fats and Oils

- Refined and processed oils such as canola, soybean, corn, and vegetable oil.

Sugars and Sweeteners

- All sugars and sweeteners, including:
 - Natural options like honey, maple syrup, agave, and coconut sugar.
 - Artificial sweeteners like aspartame, sucralose, and saccharin.

Dried Fruits

- All dried fruits, due to their high sugar concentration.

Food Additives

- Avoid emulsifiers, thickeners, and other food additives, such as:
 - Guar gum
 - Carrageenan
 - Xanthan gum
 - Cellulose gum
 - Soy lecithin

Alcohol

- All forms of alcohol.

Nuts and Seeds

- Avoid all nuts and seeds, including:
 - Almonds, cashews, walnuts, pecans, pistachios, and macadamia nuts (optional based on tolerance).
 - Sunflower seeds, sesame seeds, and chia seeds.

Caffeine

- Coffee and caffeinated teas (e.g., black and green teas).

Processed Foods

- Avoid all processed and packaged foods as they often contain hidden ingredients like sugar, additives, and preservatives.

Spices Made from Seeds or Nightshades

- Avoid seed-based spices (e.g., cumin, mustard, coriander, fennel).
- Avoid nightshade-based spices (e.g., paprika, chili powder, cayenne).

Personalizing Your AIP Journey

Every person is special and unique, and no two people will respond to foods in exactly the same way. This list is a guideline to help you heal your body from the inside out. Do your best to stay as close to these recommendations as possible, but also make sure your approach is sustainable for the entire process. This isn't about perfection—it's about progress.

Let's be honest: sticking to these guidelines will test your ability to refrain from some of your favorite dishes. But remember, you're doing this for **you**. Healing your body and getting back to feeling your best is worth the effort.

If you have children or a busy family schedule, it's important to have realistic expectations. When my family did this challenge, we adapted the protocol slightly to make it work for all of us. For example, we included black beans, almonds, and quinoa after determining that none of us reacted negatively to those foods. We kept a detailed food journal to monitor how our bodies responded, and this small adjustment allowed all four of my kids, ages 7 to 13, to successfully complete the Healthy Challenge.

Including those foods strategically made the process sustainable for our family, even during a hectic sports season. The key is to make the diet work for you and your family's unique needs while staying focused on the ultimate goal: healing.

Start With the Basics, Then Adapt

This list is just a starting point. As you complete your 30-day food journal, you'll gain valuable insights into how your body reacts to different foods. Some individuals may find they tolerate certain foods well and can include them in their plan without hindering progress.

Above all, listen to your body. Stay flexible and adapt as needed. Healing is a journey, and this is your roadmap—but you get to decide the best route to take.

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Idea Grocery List

Fresh Vegetables

Leafy Greens

- Kale
- Spinach
- Arugula
- Collard greens
- Mustard greens
- Swiss chard
- Lettuce (romaine, butter, red leaf, etc.)

Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage (green, red, napa)
- Bok choy

Root Vegetables

- Sweet potatoes (white and purple varieties are allowed)
- Carrots
- Parsnips
- Beets
- Turnips
- Rutabagas

Alliums

- Onions (yellow, red, white)
- Garlic
- Leeks
- Shallots
- Scallions (green onions)

Squash (Non-Nightshade)

- Zucchini
- Yellow squash
- Spaghetti squash
- Acorn squash
- Butternut squash
- Delicata squash

Sea Vegetables

- Nori
- Kelp
- Wakame
- Dulse

Other AIP-Approved Vegetables

- Asparagus
- Artichokes
- Celery
- Cucumbers
- Radishes
- Fennel
- Bamboo shoots

Herbs (Fresh)

- Parsley
- Cilantro
- Dill
- Basil
- Thyme
- Rosemary
- Oregano



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Idea Grocery List

Fresh Fruits

Here's a list of fresh fruits that are compliant with the AIP diet. Prioritize organic options to minimize pesticide exposure, and focus on low-glycemic fruits when possible.

Berries (Low-Glycemic)

- Blueberries
- Blackberries
- Raspberries
- Strawberries

Citrus Fruits

- Lemons
- Limes
- Oranges (navel, blood oranges, etc.)
- Grapefruits
- Tangerines

Melons

- Watermelon
- Cantaloupe
- Honeydew

Stone Fruits

- Peaches
- Nectarines
- Plums
- Apricots

Apples and Pears

- Green apples (e.g., Granny Smith)
- Red apples (e.g., Fuji, Gala, Honeycrisp)
- Pears (e.g., Bartlett, Bosc, Anjou)

Tropical Fruits

- Pineapple
- Mango (in moderation)
- Papaya
- Kiwi
- Bananas (ripe or green for resistant starch benefits)

Other Fruits

- Cranberries (fresh, not dried)
- Pomegranates
- Figs (fresh)
- Grapes
- Cherries
- Lychee
- Persimmons

(Eat Fruits sparingly.

Avoid dried fruits, canned fruits with added sugars, and any fruit processed with additives or sweeteners.)

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Idea Grocery List

Protein

Quality Meats

- Grass-fed beef
- Grass-fed lamb
- Pasture-raised pork
- Free-range chicken
- Wild-caught fish (e.g., salmon, cod, halibut)
- Wild-caught shellfish (e.g., shrimp, lobster, crab, clams)
- Turkey

Organ Meats

- Liver (beef, chicken, pork)
- Heart (beef, chicken, pork)
- Kidneys (beef, chicken, pork)
- Tongue (beef, lamb)

Bone Broth

- Beef bone broth
- Chicken bone broth
- Fish bone broth

Egg-Free Protein Alternatives

- Wild-caught fish (also listed under fish above)
- Pasture-raised meat (also listed under meats above)

Collagen and Gelatin

- Hydrolyzed collagen
- Gelatin (from bone broth or powdered)

Oils

- Extra virgin olive oil (cold-pressed, unrefined)
- Virgin coconut oil (unrefined, cold-pressed)
- Cold-pressed, unrefined avocado oil
- Animal Fats
- Grass-fed butter (if tolerated)
- Ghee (clarified butter, if tolerated)
- Macadamia nut oil (cold-pressed, unrefined)
- Red palm oil (from sustainably harvested sources)

Milks

- Unsweetened coconut milk (from a carton or canned, without additives or preservatives)
- Unsweetened almond milk (without additives or carrageenan; can be homemade or store-bought)
- Homemade hazelnut or macadamia nut milk (without sweeteners or additives)
- Homemade sunflower seed milk or pumpkin seed milk (without sweeteners or additives)

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Idea Grocery List

Fresh Herbs

- Parsley
- Cilantro
- Basil
- Thyme
- Rosemary
- Oregano
- Dill
- Mint
- Tarragon
- Sage
- Chives

Dried Herbs

- Dried parsley
- Dried cilantro
- Dried basil
- Dried thyme
- Dried rosemary
- Dried oregano
- Dried dill

Root and Rhizome-Based Spices

- Turmeric
- Ginger
- Garlic powder
- Onion powder
- Horseradish (fresh or compliant prepared without additives)

Cinnamon and Sweet Spices

- Cinnamon
- Cloves
- Cardamom
- Vanilla bean (pure vanilla powder or extract without alcohol or sweeteners)

Citrus Zest and Juices

- Lemon zest
- Lime zest
- Orange zest
- Lemon juice
- Lime juice

Salts

Sea salt

Himalayan pink salt

Others

- Coconut aminos (soy sauce substitute)
- Dried mushrooms (used as seasoning or flavor enhancers)
- Bay leaves

Reintroducing Foods[©]

After following the AIP diet, or what we call the Healthy Challenge, for a minimum of ****three weeks****, you will begin to reintroduce foods into your diet. However, do not start this process until you feel your body is healthy, and inflammation along with other major symptoms has subsided.

If you still experience fatigue, bloating, pain, migraines, or other symptoms, give yourself another week or two before starting reintroductions. It's essential to learn and understand your body during this time.

This step is crucial: as you reintroduce foods, pay close attention to how your body reacts to each item. Take your time with this process—it will empower you with the knowledge to care for your body for the rest of your life. Trust the journey, and you'll reap the rewards.

You didn't come this far just to stop now!

Each item will take a minimum of two days to reintroduce.

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

Day 2: *Have the same measured portion in the morning, and again in the evening.*

Be sure to keep a food journal throughout this process. It will help you understand your body better!



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Reintroducing Foods[©]

It's best to follow the suggested order as closely as possible while accounting for any known food allergies or intolerances.

Each item will take at least 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.

Phase 1: Least Likely to Cause Reactions

Start with foods that are typically better tolerated and have low allergenic potential.

1. Eggs (start with yolks first, then whites separately, if possible)
2. Beef (lean cut)
3. Pork loins
4. Shrimp
5. Certified gluten-free oatmeal (3/8 cup)
6. Brown rice (1/3 cup)

Phase 2: Foods with Moderate Reaction Risk

These foods are slightly more challenging and may cause reactions in sensitive individuals.

7. Tomatoes (1/2 cup)
8. Sweet corn (frozen or cob, 1/2 cup)
9. Corn tortilla (1)
10. Yukon gold potatoes (1/2 cup)
11. Cottage cheese (1/3 cup)
12. Greek yogurt (unsweetened, 3 oz)
13. Butter (grass-fed, 1 tbsp)

Phase 3: Sugars and Sweeteners

Reintroduce sweeteners and sugar alternatives cautiously to ensure they don't trigger symptoms.

14. Monkfruit extract (1 serving size)
15. Stevia (liquid)
16. Honey (1 tsp)
17. Coconut palm sugar (1 tsp)
18. Maple syrup (1 tsp)



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Reintroducing Foods[©]

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

Phase 4: Foods with Higher Allergenic Potential

These items are more likely to cause issues, especially for individuals with sensitivities or autoimmune conditions.

19. Dark chocolate (70% or darker, no dairy, 1/2 oz)
20. Cocoa powder (1/2 tbsp)
21. Parmesan cheese (1 oz)
22. Whole wheat tortilla (if no celiac or wheat allergy, 1)
23. Milk (Fairlife or lactose-free, 4 oz)
24. Sour cream (2 tbsp)

Phase 5: Legumes, Nuts, and Grains

These foods can be more challenging to digest or trigger sensitivities.

25. Soy (edamame, 1/4 cup)
26. Peanuts (2 tbsp)
27. Amaranth (1/3 cup)
28. Millet (1/3 cup)

Phase 6: Miscellaneous Additives and Less Common Foods

These are optional but worth testing if you plan to use them.

29. Popcorn (3 cups)
30. Tapioca starch/flour (1 tbsp in a smoothie)
31. Baker's yeast



Reintroducing Foods[©]

Key Suggestions

- ~Introduce foods one at a time.
- ~Avoid combining multiple foods during the same reintroduction window.
- ~Track your reactions in a detailed food journal.
- ~Record symptoms like bloating, fatigue, pain, or other noticeable changes.
- ~Wait 2-3 days after introducing each food before moving on to the next.
- ~Avoid potential cross-reactors early. For example, reintroducing multiple dairy items close together might confuse your results.
- ~Consider personal goals and tolerances.
- ~If you know certain items (e.g., wheat, dairy) have caused issues in the past, save them for later or avoid them altogether.
- ~This revised order minimizes the risk of reactions and helps you methodically identify which foods you tolerate best.

YOU GOT THIS 🙌