

# Life ReNewed

*The Life ReNewed Program*

*an anti-inflammatory diet and lifestyle*

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**“Let food be thy medicine and medicine be thy food”**

*-Hippocrates*

Dr. Ben and I devised this anti-inflammatory diet and lifestyle to support your healing and help you reimagine healthy living! It's the same diet and lifestyle we follow in our home, even with our little kiddos.

This will not be another passing fad diet where you count calories in and calories out, and if you stick with this program you won't experience the yo-yo'ing effect of your weight and energy that most fad diets offer. We're giving you the tools to a healthy Lifestyle where you will ReImagine your entire view on how to feed and sustain your body. You will enjoy Real, Whole foods, and your body will repay you for what you feed it with less aches and pains, increased energy, better sleep, slimmer waistline, and TRUE HEALTH AND VIBRANCY!

Any change can be exciting and nerve wracking especially when it involves the way you eat, cook, shop, clean, exercise, move, and even breathe. But that's why we've devised this program, to take the guesswork out of what to eat to help reduce your aches and pains with this step-by-step guide to a healthy lifestyle.

Thank you for trusting us with your Health and Wellness!

Ben Kleinbrodt, DC, CCSP & Allyson Kleinbrodt, MA, NC

*Chiropractor*

*Nutritionist*

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*ReImagining  
Healthy  
Living*

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Real, Whole Foods

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# Ancestral Eating

Our pre-agricultural ancestors hunted and gathered their food. Records show that, unless they were captured by animals or harmed by the elements, our ancestors average lifespan was actually longer than our modern, medically dependent lifespan. That said, we're not expecting that you'll hunt for your dinner tonight, but there is much to be said about Whole, Real foods and their therapeutic and medicinal effects.

**The Life ReNewed Program applies these simple dietary principles, eat WHOLE, REAL foods that consist of: seasonal vegetables and fruits, proteins, and fats.**

## *Why Clean Up Your Food Choices?*

We live in an ever-increasing toxic environment. Genetically modified organisms (GMO's), certain pesticides, herbicides, and industrial chemicals can enter our bodies through the food, water, personal care products, and air supplies. These toxins can be trapped in our body's organs and tissues leading to inflammation and gut-sensitivities, which over time can negatively impact health, reduce vitality and can eventually contribute to the development of chronic DISEases. The toxins in our food and environment are contributing to the ever increasing DISEases that we are seeing today. We emphasize DIS-ease because even if the toxins found in our foods and environment have not yet developed as a disease, they may likely be causing discomforts such as: bloating, gas, fatigue, acne, allergies, insomnia, muscle and joint pain, and/or unwanted weight.

The Life ReNewed Program incorporates foods that naturally support the body's ability to remove toxins, regain balance, and improve overall Health and Wellness. The Program is a naturally low allergen and anti-inflammatory diet, and just as our ancestors were lean, fit, and free of many of the chronic diseases prevalent in our society today – you can expect the same results.

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# Mind Body Spirit

Cleaning up your food choices is one part of this healthy life equation, but ‘cleansing’ our mind is another important factor. Our technology driven society keeps us plugged in and turned-on around the clock. Our work is constantly invading our personal time because of this constant need to feel connected and productive. But this fast pace, go-go-go mentality puts undue stress on our bodies and mind. This stress produces cortisol, which is a hormone that plays an important role in our health, but can have deeply negative effects on our body, mind, and spirit. So while you work to clean up our food choices, also consider ways to relax your mind and body, whether it’s through meditation, journaling, napping, or just turning off your phone for the afternoon.

And consider your psychological relationship to food as well, do you use food to mask hidden frustrations, anger, resentments, trauma, or fear? Do you use it to cope with stress? Our mental state has a tremendous impact on our ability to enjoy and experience the many benefits that our food provides, and is the key to our continued health.

Practice mindful eating, enjoying each bite, sitting down for each meal (without your phone or computer near by), enjoying the company of loved ones, tuning-in to how your food choices make you feel, and building an overall AWARENESS and MINDFULNESS to everything that sustains you!

The Life ReNewed Program is a time for you to Tune-In to your unique needs - mentally, physically, and spiritually!

Relaxing... Breathing...Walking....Enjoying the outdoors...Will be just as important as Savoring....Chewing...Indulging...Feasting...

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# Benefits to Expect

- Increased energy and vitality
- Decreased joint and muscle pain
- Weight loss and reduction in body fat
- Brighter, clearer skin
- Restorative sleep, clearer thinking and improved mood
- Improved digestion and bowel movements
- Improved breath and body odor
- Reduced fatigue and general malaise
- Reduced headaches
- Reduced food and seasonal allergies
- Increased motivation
- Improved concentration
- Improved health habits for long-term health



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# Schedule at a Glance

The LifeRenewed Program follows a low allergen, anti-inflammatory diet designed to reduce inflammation and give the digestive system a break from the toxins and chemicals found in the heavily processed foods so abundant in our grocery stores and restaurants today. High allergen diets cause damage to the digestive system and over time can lead to systemic inflammation throughout the body, digestive discomforts, leaky gut and a myriad of DISeases. The Life ReNewed Program includes foods that support optimal Health and Wellness by eliminating foods that do not.

## *Detox*

The first 4 weeks of the program we will spend detoxing. You will focus on eating only Real, Whole, Fresh foods. No wheat, sugar, corn, soy, gluten, dairy, grains, alcohol, legumes or beans. We remove these foods because they are linked to inflammation, gut irritation, leaky gut, dysbiosis, and DISease. It can take years or even decades before the damage from these foods can affect our health, but it's likely you're already noticing some of their ill effects if you experience body aches and pains, gas, bloating, fatigue, skin problems, allergies, sleeping problems... So we'll spend 4 weeks getting rid of these foods to clean out your system.\*

*\*some individuals require more than 4 weeks of detoxifying, depending on what underlying health issues are present*

## *Reintroduction*

We'll spend the final week safely adding some of the prohibited foods back to your diet to determine if your system can safely handle them. For example, some people experience little adverse affects to limited intake to raw dairy or sprouted legumes, so we will try rotating them safely back into your diet for the last week.

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# What NOT to Eat

*Sugar*

*Wheat*

*Corn*

*Soy*

*Gluten*

*Dairy*

*Sugar*

*Grains*

*Alcohol*

*Legumes / Beans \**

· Sugar (and all it's undercover names): white, brown, cane juice, dextrose, fructose, honey, maple syrup, brown rice syrup, high fructose corn syrup, coconut palm sugar, maltodextrin, fruit juice concentrate....

· Dairy: butter, cow's milk, cheese, cream, cottage cheese, ice-cream, sour cream, and yogurt.

· Yeast: processed foods, refined sugars, breads, peanuts, and alcoholic beverages.

· Gluten: foods that contain wheat, oats, rye and barley. This includes pasta, bread products, crackers, and cereals.

· Grains: brown or white rice, corn, millet, quinoa, couscous, pasta, bread, cereals.

· Beans / Legumes: peanuts, lentils, chickpeas, soy, black beans, etc.)\* Exception: green beans and sugar snap peas

· Commercial / Conventional Raised Meats and Farm Raised Fish

· Alcohol: beer, wine, etc.

· Caffeine and Decaffeinated beverages: soda, decaf coffee (organic coffee and teas ok), juice, sweetened teas, energy drinks

· Fast Food /Fried Foods: cook with commercial, GMO, vegetable oils that cause inflammation.

· Genetically Modified Organisms (GMO's): corn, soy, canola oil, zucchini, papaya, salmon, strawberries, alfalfa sprouts, sugar, yellow squash

· Anything artificial: artificial sweeteners (Sweet 'n' Low, Splenda, Equal, Truvia) and artificial fats (hydrogenated oils and margarine)

· Soy, Tofu, Tempeh, Edamame, Bean Curd\*

*\*unless you are Vegetarian/Vegan and organic tempeh and soaked and sprouted beans/legumes are okay*

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Are you wondering what's left? There is SO Much left to enjoy. In fact, you can enjoy all of these foods in abundance, you will not feel deprived, but instead very satiated!

# What TO to Eat

## VEGETABLES

### Optimal Vegetable Choices

#### ***Organic, Local, Seasonal, Non-starchy Fresh Vegetables:***

**arugula, asparagus, avocado, bamboo shoots, beets, beet greens, bell peppers\*, bok choy, broccoli, broccolini, brussels sprouts, cabbage\*, carrots, cauliflower, celery, collard greens, cucumber, eggplant\*, fennel, green beans, jicama, kale, kholrabi, lettuce, mustard greens, onions, snap peas, spinach, squash, swiss chard, tomatoes\*, zucchini**

*\*eliminate nightshades if you suspect autoimmune disease*

· Enjoy unlimited amounts of organic, non-starchy vegetables. Even organic frozen or pre-washed and bagged veggies are okay. Frozen veggies and fruit are flash frozen at their nutritional peak, so they are often a better alternative to veggies on the shelves of the grocery store.

The best place for buying vegetables and fruit are Farmer's Markets - the produce is local, fresh, and organic (sometimes not labeled organic, so you have to ask) More and more farms are practicing sustainable agriculture, which uses fewer pesticides than organic farms, so just ask about their farming practices and how they manage pests.

### Optimal Starchy Vegetables

#### ***Organic, Local, Seasonal:***

**acorn squash, butternut squash, beets, delicate squash, Japanese yam, parsnips, plantain, purple potato\*, red potato\*, spaghetti squash, sweet potato, taro, turnip, yam**

*\*eliminate nightshades if you suspect autoimmune disease*

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## PROTEIN

### Optimal Protein Choices

***Organic/Pasture Raised/Hormone-Free/Free Range/Wild:***

**beef, bison, bone broth, chicken, eggs\*, cold water fish and small fish (albacore tuna, cod, halibut, mackerel, salmon, sardines, trout), lamb, liver, organ meats, pork, turkey, venison**

*\*eliminate eggs if you suspect autoimmune disease*

· Enjoy pasture raised, free range, humanely raised meats and eggs, small and cold water wild fish (frozen or canned fish are great options as well. Frozen fish are flash frozen, while 'fresh' fish may sit on store shelves). Monterey Bay Aquarium has a list of sustainable and safe fish and shellfish, refer to this [list](#) for the lowest mercury and toxicity content.

### Optimal Low Glycemic Fruit Choices

***Organic, Local, Seasonal:***

**berries (blackberries/blueberries/raspberries/strawberries)**

## FRUIT

### Moderate Glycemic Fruit Choices

***Organic, Local, Seasonal:***

**apple, apricot, cherry, grapefruit, melons, kiwi, olives, nectarine, orange, peach, pear, plum, prune, tangerine**

· If you are trying to lose weight, or struggle with insulin resistance or other metabolic issues, you may consider low glycemic fruits and limiting your intake.

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# FAT

## **Optimal Cooking FAT Choices**

***Organic, Cold Pressed, Extra Virgin, Unfiltered, Non-Hydrogenated:***

**Cod liver oil, olive oil, coconut milk, coconut oil, grassfed ghee, palm oil**

## **Optimal Food FAT Choices:**

**Avocado, uncured bacon, coconut, egg yolk, olives, 85% cacao\***

*\*eliminate chocolate or cacao, which are nuts and nightshades, if you suspect autoimmune disease*

## **Optimal Fats- Nuts and Seeds\***

***Raw, Unsalted, Soaked and Sprouted:***

**Almonds, flax seeds, cashews, chia seeds, hazelnuts, macadamia, pecans, pepitas (pumpkin seeds), pine nuts, pine nuts, pistachios, sesame seeds, sunflower seeds, walnuts. Nut butters: almond, cashew, sunflower, tahini**

*\*eliminate all nuts and seeds (including coffee and chocolate) if you suspect autoimmune disease*

- Enjoy 1-2 servings of nuts or nut butters per day. Nuts and nut butters are easy to overconsume, so beware. Eat nuts with vegetables, satiety is reached quicker with the fiber from the veggies. Soak and sprout nuts and seeds overnight to release the lactic and phytic acids and make their nutrient bioavailability greater.
- Enjoy 1-2 squares of 85% cacao chocolate per week.\*
- Enjoy UNSWEETENED nut butters and nut milks. There are lots of hidden ingredients in even these seemingly simple packaged foods, so read those labels carefully!

*\*eliminate all nuts, seeds, coffee and chocolate if you suspect autoimmune disease*

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VEGETARIANS  
and  
VEGANS  
ONLY

STARCHES / PROTEIN FOR VEGETARIANS ONLY

**Legumes and Beans**

***Organic, Soaked, and Sprouted***

**adzuki, cannellini chick pea (garbonzo beans), fava beans,  
kidney, lentils, mung beans, navy beans, pinto beans,  
tempeh,**

**Grains**

***Organic, Soaked, and Sprouted***

**jasmine rice, buckwheat, quinoa, amaranth, millet, teff,  
gluten free oats.**

· Legumes and beans contain phytic acid, lectins, lactic acid, often referred to as anti-nutrients, which means their nutrient bioavailability is nil and can damage the lining of the small intestines if not properly prepared. Soaking the beans overnight in water can release the anti-nutrients, and pressure cooking them can also neutralize their effects. In other words, the preparation of grains is essential to ensure nutrient absorption and avoiding digestive discomforts.

· Avoid legumes if you suspect you have Irritable Bowel Syndrome (FODMOPs -Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols can exacerbate irritable bowel syndrome). FODMOPs include lactose from dairy, fructose from apples, coconut (milk, water), peaches, mangoes, watermelon, and dried fruits, fibrous vegetables and legumes from asparagus, brussels sprouts, broccoli, chick peas, garlic, and onions. Undigested sugars ferment and can proliferate the gut with bacteria overgrowth in the gut causing gas, pain, and diarrhea.

Read more about soaking and sprouting legumes and beans [here](#)

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## **Beverages**

### ***Organic, Unsweetened, Herbal, Caffeine Free***

**herbal teas, green tea (alternative to coffee), filtered and/or spring water (add lemon), mineral water, kombucha**

# *DRINK WATER*

- Enjoy one half oz per pound of body weight of purified or spring water each and every day.
- Enjoy mineral water occasionally. This is a great substitute for your weekend cocktail, add a splash of lemon or lime and you can fool your friends. Avoid “naturally flavored” waters, teas, or really anything labeled “naturally flavored.”
- Enjoy Kombucha 1 -2 servings per day if your pocket book can keep up with this healthful flora growing bacteria drink. It is bubbly and fermented, an acquired taste that really starts to grow on you. GT's brand makes a low-sugar added variety.

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## **Spices ,Seasonings, and Condiments**

### ***Organic, Soaked, and Sprouted***

**basil, balsamic vinegar, cayenne pepper\*, cilantro, coconut aminos, cinnamon, olive oil, mustard, garlic, himalayan salt, hot peppers\*, lemon, lime, paprika\*, parsley, rosemary, sea salt, thyme, and many more!!**

*\*eliminate nightshades if you suspect autoimmune disease (coriander, cumin, curry, and all seed oils (e.g. sesame) should be avoided)*

# **SPICES, SEASONINGS, and CONDIMENTS**

- Substitute Coconut Aminos in place of soy or tamari sauce.
- Enjoy balsamic vinegar, dijon mustard, EVOO (extra virgin olive oil) as a marinade or dressing.
- Substitute Red Boat Fish Sauce for traditional fish sauce or Red Curry Paste\* and Coconut Milk for a great curry dish.

### **IMPORTANT:**

**Read ALL labels VERY carefully! There is sugar and junk hiding EVERYWHERE!**

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# Portion Sizes

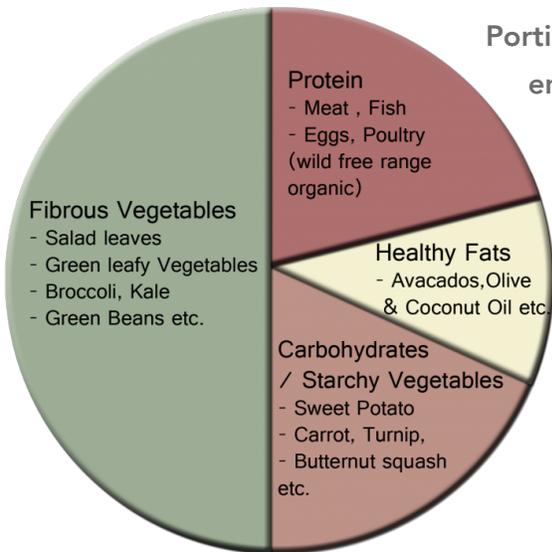
**Vegetables** - Be generous with your veggies, eat them with each meal and fill half your plate with non-starchy veggies (think broccoli, cauliflower, any greens...).

**Protein** - 1 serving of protein with each meal. A serving is approximately 4-8 ounces, or about the size of **your** palm. 80-100 grams per day.

**Fat** - 1 serving of fat with each meal. A serving is about the size of your thumb for oils, 6-10 olives, or ¼-½ an avocado. 100 grams per day.

**Fruit** - Aim for 1-2 servings per day. A serving size is approximately 1 cup of berries or a small apple or banana. If sugar is a trigger, try to limit your fruit and do not consume fruit past 2pm. 50-75 grams per day.

**Starchy Vegetables** - Aim for 1-2 servings of roots and tubers per day (a small sweet potato, 1 cup cooked butternut squash or



Portion sizes really depend on your level of activity, age, sex, body size, environment, health, environment (heat, altitude, humidity), whether you're nursing or pregnant. These are some baseline serving sizes to go by, but you may find you need less or more depending on what spaghetti squash...) Note, if one of your goals is weight loss, you may want to limit your starchy veggies. 50-100 grams.

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# Meal Frequency

## *How Often Do I Eat?*

### **Plan on eating 3 Meals Per Day.**

Conventional wisdom advises grazing on 6 small meals throughout the day. And this does have some merits in weight loss, but we're looking to improve more than our waist line in the Life ReNewed Program, we're looking for true Health and Wellness. Intermittent fasting, like eating 3 square meals without snacking in between can reinvigorate the metabolism, balance hormones, lower blood pressure, improve insulin sensitivity and glucose uptake, decrease body fat.

If you eat enough vegetables, fat, protein, and starchy vegetables or low glycemic fruit, you should feel satiated and not hungry again until your next meal. Now this may not happen Day One of the Life ReNewed Program, but once your hormones will recognize the shift, and your body will adjust and thank you for it.

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# Pre- Workout

If you are pregnant, nursing, or very active - you need extra calories. If you've done an intensive workout, you have depleted your glycogen stores and they need to be restored. Do not starve yourself. Restore your glycogen stores with a moderate snack from these options:

Pre-work out snacks are designed to stave off hunger during your workout, so that you can get through the workout. If you have to eat something before a workout, make it protein and/or fat based.

## *How to Earn a Snack*

- **1 hardboiled egg and veggie sticks**
- **1 avocado and veggie sticks**
- **beef jerky (no sugar) and veggie sticks**
- **celery sticks with 1 TBL Almond butter**
- **4-8 ounces Wild Planet canned Albacore Tuna/ Salmon / Sardines and veggie sticks**
- **1 banana and 10 to 12 nuts (or 1 TBL nut butter)**
- **1 hardboiled egg and veggie sticks**

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# Post- Workout

Post-work out snacks are designed to replenish lost glycogen stores, essential to your health and continued high performance. If you feel you need a post-work out snack, make it a starchy carb or fruit (bananas are great) with a protein and/or fat.

## *How to Earn a Snack*

- **½ sweet potato with coconut oil**
- **Apple slices or celery sticks with 1 TBL Almond butter**
- **½ sweet potato and hard boiled egg**
- **homemade coconut yogurt**
- **4-8 ounces Wild Planet canned Albacore Tuna/ Salmon / Sardines and ½ sweet potato**
- **Banana with 1 TBL Almond butter or or Sun Butter**
- **Roasted parsnips (or other tubers / root veggies) with 4-8 ounces of chicken breast**
- **Kohlrabi and olives and jerky**
- **Kit Bar or Larabar (this is a LAST resort)**
- **Protein Shake - 2 TBL of Grassfed Gelatin (gelatin builds muscle, repairs connective tissue, reduces inflammation, and is a GREAT source for electrolytes and protein) Add veggies, and cinnamon, ginger, nutmeg, and cloves, which all have anti-inflammatory properties to relieve muscle and joint pain.**

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# Meal Ideas

## *Day 1*

**Breakfast :** Scrambled kale and eggs, 1 slice Applegate Bacon, ½ banana

**Lunch:** Albacore Tuna, dijon mustard, avocado, chopped carrots, celery onion; Spinach Salad with squeezed lemon, dash of sea salt and Extra Virgin Olive Oil (EVOO), 1 TBL sprouted sunflower seeds, and ½ sweet potato

**Dinner:** Balsamic Pork Chop marinated in balsamic vinegar, EVOO, dijon mustard, sea salt, pepper; Asparagus marinated in dijon, balsamic, EVOO, sea salt, pepper, red onion; ¼ butternut squash; ½ cup berries

## *Day 2*

**Breakfast:** diced Applegate breakfast chicken breakfast sausage sautéed with EVOO, spinach, onion, Japanese Yam hash, dash of sea salt

**Lunch:** Egg salad (mash with avocado); Arugula salad; 2TBL goji berries; 12 hazelnuts

**Dinner:** Lasagna (substitute noodles with zucchini, and soaked ground cashews or nutritional yeast for cheese); Roasted broccoli; ½ banana

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# Meal Ideas

## *Day 3*

**Breakfast:** Grainless Cereal (soak and sprout the nuts and seeds) with coconut milk

**Lunch:** Applegate Turkey Lunch Meat Rolls stuffed with avocado, julienne cucumber and carrot; Cucumber, tomato, kalamata olive salad with parsley, lemon juice, EVOO, sea salt; ½ cup berries

**Dinner:** Spaghetti squash casserole (substitute ground beef for Aidelle's sausage); Roasted zucchini; ½ banana with rTBL Almond butter

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# Vegetarian Food Page 21

## Combining

**As a Vegetarian/Vegan, combining your foods will be essential to making sure you get your 11 essential amino acids - they're essential, much like Omega 3, because they can only be obtained through the foods you eat. Make sure you eat LOTS of VEGGIES with every meal - including breakfast - we're going to think outside the breakfast box with soup, stews, salads, though not conventional breakfast ideas, they're GREAT for breakfast, or any meal.**

To make sure you're getting amino acids lysine and methionine (often lower on a vegetarian/vegan diet), try to eat at least two servings a day from each of the following groups:

- **Nuts and/or seeds**
- **Legumes**
- **Gluten-free grains - amaranth, buckwheat, gluten free oats, jasmine rice, millet, quinoa, rice, teff**
- **Eggs (if not vegan, and make sure they're pasture raised, hormone free & organic)**
- **Starches - Legumes and Beans\* Vegetarians/Vegans ONLY (Soaked or sprouted)**

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# Vegetarian Meal Ideas

Page 22

**Breakfast:** Grainless Cereal (soak and sprout the nuts and seeds) with coconut milk

## Day 1

**Lunch:** 1 can of wild salmon (in water, no salt) combine with 1/2 avocado, 1 tsp dijon mustard, add carrots, onion, and celery; Kale salad tossed with walnuts, EVOO, balsamic vinegar (Vegan: substitute with Lentils)

**Dinner:** Roasted broccoli (1 tsp olive oil, dash of sea salt); Lasagna (substitute noodles with zucchini, ground meat for kidney beans, and soaked ground cashews or nutritional yeast for cheese)

**Breakfast:** 1/2 cup cooked buckwheat, 1 tbl Almond butter, 1/2 mashed banana

## Day 2

**Lunch:** 1 Cannellini Bean Burger (1/6 sweet potato, 1/3 can cannellini beans, 1 egg (vegan substitute with soaked chia seeds, 2 TBL blanched almond meal, sea salt); wrap in collard green; 1/2 avocado

**Dinner:** Dijon encrusted Salmon (1 egg yolk, 1 tsp dijon mustard, 1 tsp almond meal, dash of sea salt, black and red pepper); 1/2 sweet potato; asparagus marinated in dijon, balsamic, EVOO, sea salt, pepper, red onion (Vegan: substitute with Organic Tempeh or Chickpeas)

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# Vegetarian Meal Ideas

*Day 3*

**Breakfast:** [Chia Pudding](#)  
(chia seeds, banana, coconut milk)

**Lunch:** **Black Bean Burger** (Sol Cuisine's makes a good one too); **Spinach salad**; ½ avocado; 2 TBL raw sunflower seeds

**Dinner:** 1/2 cup cooked pinto beans, salsa, over ½ cup quinoa; roasted cauliflower

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# Smoothies

Smoothies are an occasional breakfast or pre/post workout mini-meal. Unlike juice, smoothies retain the fiber from fruits and veggies, that means smoothies are more nutrient dense! However, they can pack A LOT of calories and leave you still feeling hungry. So here are some tips on how to approach your smoothies.

The liquid base of your smoothie should be 1/2-1 cup non-dairy milk such as coconut milk (canned) or almond milk (homemade or an unsweetened, as few-ingredients-listed-as-possible store-bought brand). You can also add water (or no sugar added coconut water), but the milk will make a creamier smoothie.

You want to use significantly more organic veggies than fruits in your smoothie. Fruits add antioxidants, texture, and sweetness, but use no more than ONE whole piece of fruit or 2 halves (e.g. 1/2 frozen banana and 1/2 green apple OR 1 whole banana). Any more fruit than that, and you may be causing a blood sugar spike and crash and searching feverishly for your next meal in an hour. Berries are lower in sugar, citrus adds great flavor, and bananas or avocados up the creaminess factor! Other great flavor additions: vanilla extract (make sure there's no added sugar), cinnamon, ginger...

Veggies should be the foundation of your smoothie- like 2-3 large handfuls of leafy greens (spinach, kale, collards, chard). Start with spinach, it's milder, other great additions are cucumbers, celery, fennel, and herbs such as mint, cilantro, and parsley. You're looking to pack the most nutrients as possible into that blender, so don't skimp here!

If your smoothie is a meal, make sure you have PROTEIN and FAT. Using plain gelatin or collagen are great options for upping the protein content. Fat is needed to ensure that your body properly absorbs the fat-soluble vitamins in your smoothie and also to keep you satisfied until your next meal. Some recommended sources: seeds (2 TBL of flax, chia, pumpkin, sunflower, hemp), nuts/nut butters (2 TBL of almond, walnut, cashew), 1/2 avocado, coconut oil, or pasture-raised raw egg yolk. You can also choose to have a side of eggs and/or avocado if that works better for you.

To thicken the smoothie use frozen fruit, use less liquid if you're using veggies with a high water content like celery and cucumber, add ice, use chia or flax seeds

Drink your smoothie mindfully. If you're mindlessly slurping down your smoothie your body doesn't have the chance to signal the release of the proper digestive enzymes, and your mind/body isn't fully registering that this smoothie is your actual meal! This may sound weird, but try to "chew" your smoothie to aid in digestion. Whether you're having a smoothie or something else, being mindful during meal times will help satisfy your hunger and improve your digestion. So try waking up 10 minutes earlier so that you can sit down and truly enjoy the smoothie you worked so hard to prepare!

If the smoothies don't keep you satiated until your next meal, this may not be the best choice for you, maybe it will make a better pre/post workout snack instead.

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# Shopping

My first choice is [buying your organic, seasonal produce, pasture raised poultry, meats, and eggs at local farmer's markets](#). The nutrient bioavailability of the food is much greater when it hasn't traveled thousands of miles to reach our plates. Not only is the food fresher, but learning where our food comes from and building relationships with the people that grow our food builds community and an increased awareness and appreciation for all that goes onto our plate. This all translates into HEALTHY, and more MINDFUL eating!

To locate a Farmer's Market or local produce delivery companies, check out a Community Supported Agriculture (CSA) chapter near you.

<http://www.localharvest.org/csa/>

For local humanely raised, pasture fed meats closest to you, check out Eat Wild

<http://www.eatwild.com/>

For humanely raised, pasture fed meats that ship to you, check out US Wellness Meats.

<http://www.grasslandbeef.com>

For nonperishable specialty items check out my [Amazon Store](#) and shop my list.

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# Shopping List

While the majority of your diet will consist of fresh fruits, vegetables, proteins, and fats, there are some packaged foods to make life easier and tastier. Here is a list of the brands to look for while shopping in the Grocery store or online. While most of these brands have great products, some of their other products not listed here may have sugar and other junk hiding in them, so be sure to still read ALL LABELS CAREFULLY!!

## *Protein*

**[Aidelle's sausage](#)**

**[Applegate Organic meats](#)**

**[Great Lakes Gelatin Collagen](#)**

**[Wild Planet Wild Salmon and Tuna and Sardines](#)**

**[Now Foods Nutritional Yeast](#)**

**[Pacific Foods Bone Broth](#)**

**[Organic Traditions Chlorella, Hemp Hearts, Spirulina](#)**

**[Vital Farms Eggs](#)**

**[Vital Proteins Collagen](#)**

**[Vital Proteins Beef Gelatin](#)**

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# Shopping List

*Fruit and Veggies*

*Condiments/  
Seasonings /  
Spices*

[Bionature Tomato Paste](#)

[Date Lady Dates](#)

[Eden Foods Organic Crushed Tomatoes](#)

[Roasted Onion and Garlic](#)

[Karen's Just Peas](#) / [Karen's Just Fruit Salad](#)

[Native Forest Artichoke Hearts](#)

[Navitas Naturals Organic Trail Mix Blends](#)

[Mulberry Goji and Goldenberries](#)

[Annie's Dijon Mustard](#)

[Better Body Foods Organic Vanilla Extract](#)

[Bionaturae Organic Balsamic Vinegar](#)

[Bragg Apple Cider Vinegar Organic Raw](#)

[Coconut Secret Raw Coconut Aminos](#)

[Drew's All Natural Organic Salsa](#)

[Garlic Gold Nuggets Italian Herb](#) or [Garlic Nuggets](#)

[Maine Coast Sea Vegetables Sea Seasonings Sea Salt](#)

[Primal Kitchen Mayo](#)

[Red Boat Fish Sauce](#)

[Redmond Sea Salt](#)

[Simply Organic Spices \(Basil, Black Pepper, Cayenne, Cilantro, Chili Powder, Cinnamon, Cumin, Curry, Ginger, Paprika, Sesame Seeds, Rosemary, Thyme, Turmeric\)](#)

[Thai Kitchen Red Curry Sauce](#)

[Vogel Herbamare Seasoning](#)

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# Shopping List

## *Fats*

## *Nuts / Seeds / Milks /Oils/ etc.*

**Artisana nut butters (Almond, Coconut, Walnut and Cashew)**

**Go Raw 100% Organic Sprouted Seeds and Crackers**

**Let's Do Organic Creamed Coconut**

**Lydia's Organics**

**Maranatha Raw Almond Butter**

**Massimo Gusto Extra Virgin Avocado Oil**

**Natural Value Organic Coconut Milk**

**New Barn Unsweetened Almond Milk**

**Now Foods Raw Cashews, Raw Pecans**

**Nutiva Organic Chia Seed Black**

**Nutiva Coconut Oil**

**Nutiva Red Palm Oil**

**Pederson or Applegate Bacon**

**Purity Farms Ghee Clarified Butter**

**Spectrum Olive Oil**

**Santa Barbara Olive Company**

**Sungold Foods Sunbutter Sunflower Seed Spread**

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# Shopping List

## *Baking*

**Baking Soda non-GMO**

**Eden Apple Sauce**

**Bob Red Mills (Flaxseed, Tapioca Flour, Baking Soda non-GMO, Baking Powder, Coconut Flakes)**

**Let's Do Organic Unsweetened Coconut Shredded**

**Navitas Coconut Flour**

**Navitas Cacao Powder**

**Wellbee Blanched Almond Meal**

## *Beverages*

**GT's Kombucha (green, ginger, and trilogy flavors)**

**Numi Organic Teas**

**Puka Organic Teas**

## *Treats*

**Clif Kit's Organic Fruit & Nut Bar**

**Coconut Secret Organic Peruvian Crunch Dark Chocolate & Toasted Coconut**

**Go Raw 100% Organic Cookies, Sprouted Seeds, and Crackers**

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# Shopping List

Household cleaners and personal care products can also be highly toxic adversely affecting our health and hormone production. Here are some of the brands to look for.

## *Household Cleaners*

[BioKleen Multi Purpose Cleaner](#)

[Vinegar](#)

[Zum Clean](#)

[Thieves Essential Oil Cleaning Products by  
Young Living](#)

## *Personal Care Products*

[100% Pure Makeup](#)

[Aura Cacia Pure Aromatherapy Chill Pill  
perfume](#)

[Desert Essence and Redmond Trading Company  
Earthpaste Toothpaste](#)

[Primal Pit Paste Deodorant](#)

[Morocco Method Hair care products](#)

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# Menu and Shopping Planner

## Menu

Have a plan before you go grocery shopping.

1. Check out all my [Real Food](#) Pinterest page for recipe ideas and and [Real Food Veggies](#) for vegetarian recipes.

2. Map out the meals you want to make for the week - breakfast, lunch, and dinner.

3. Check the refrigerator and pantry for what you already have

4. Make a list of all the items you need to purchase for your meals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:



Remember each meal doesn't have to be lavish. Eggs are great for breakfast, but so is a bag of organic lettuce for a salad with cut up sausage. Don't overwhelm yourself with 10 new recipes for the week. Try making adjustments to your current recipe rotation - if you have a favorite noodle recipe, make zucchini noodles instead. And then add in a couple new recipes per week, until you have a whole new rotation of Real, Whole Food recipes to enjoy everyday!

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# Kitchen Tools

Here are some fun tools to make meal preparation fun and efficient!

**Planet Box** - this is a great stainless steel, toxic free bento-style lunch box.

**Instant Pot** - a pressure cooker and slow cooker in one. You can sauté, make yogurt, or even a whole chicken. It has stainless steel internal construction so it's toxin free and easy to clean. This is my favorite kitchen tool.

**Ninja Mega Kitchen** - I have to admit, I love my **Vitamix** I burnt out so many blenders before I finally invested in this fine machine. But I have to say now that I have a **Ninja**, the **Vitamix** has taken a back seat, mostly because the **Ninja Mega Kitchen** has different attachments, but uses the same base. I can mix “doughs” and shakes, use it like a food processor, or just whip up a quick dressing or marinade. It really is very versatile.

**Bialetti 8 Cup Coffee Percolator** - a stainless steel, toxic free, coffee maker. Paired with a **stainless steel grinder**, coffee can be enjoyed without the plastic toxicity of conventional coffee makers. We plug it into a **digital timer** that let's us set the coffee the night before so it turns on when we need it in the morning.

**Tri-blade Vegetable Slicer By Spiralizer** - fun little device for making noodles or chips from zucchini, carrots, beets, sweet potatoes...

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# Eating Out

Don't be afraid to be a pain-in-the-you-know-what! It's your right to know where your food is coming from and to ask for it prepared the way you want it - you're paying for it!

- Ask to have meal cooked in a light amount of extra virgin olive oil, coconut oil, or ghee (ok the last two may be a stretch, but it's worth asking)
- If you see bread or chips on the tables, catch the server before he brings it to your table – don't allow temptation in.
- Tell the server you have allergies to gluten, soy, corn, and dairy, so that they will double check with the chef if your meal contains any of these allergens.
- Substitute any grains, pasta, bread, rice, potatoes, sweet potato or regular fries with extra veggies.
- Avoid common genetically modified (GMO) foods and high pesticide foods - corn, soy/tofu, canola, sugar, zucchini, yellow squash, strawberries, salmon, papaya, apples.
- Eat richly colored organic fruits and vegetables, but avoid high pesticide fruits and vegetables such as: peppers, celery, green beans, apples, berries
- If possible, eat organic, wild, pasture raised, free range, no corn/grain fed meats and fish
- Order a sandwich wrapped in lettuce, hold the bread
- Make your own dressing with avocado, extra virgin olive oil, black pepper, balsamic vinegar, and lemon as your dressing
- Ask for fruit for dessert, or share a dessert if there is something too tempting.
- Eat slowly. It takes 15 minutes for your head to tell you tummy it's satiated.

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# Traveling

- Ask for a refrigerator in your hotel room, you have medicines you need to refrigerate ;)
- Before you leave, search for the closest health food store. When you arrive, stock up on your essentials. Some easy stuff to pick up are: Applegate organic lunch meats, canned wild salmon/albacore tuna/sardines, avocado, bananas, olives, pre-cut veggies, raw nuts and nut butter, guacamole with raw veggies, prosciutto, fresh berries and bottles of spring water or kombucha.
- Hard boiled eggs, cut up veggies, nuts and nut butters travel well, so pack them and put them in an insulated lunch bag for some healthy snacks.
- Homemade jerky is another great, easily portable option, or US Wellness Meats has some no sugar added options (and all their meats are humanely and pasture raised)
- Bring along a Shaker Bottle and some concentrated [Natural Value Organic Coconut Milk](#) and pre-scooped [Great Lakes Gelatin Collagen](#) into separate ziplock bags. Then you can make a shake with the Creamed Coconut and Protein powder instead of a junky meal if you're in a pinch. Or bring your gelatin or collagen to the spa's juice bar and ask them to make you a smoothie with your protein.

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# Fitness

Fitness is another essential component of your overall Health and Wellness. Unlike conventional wisdom that advocates 30-60 minutes of physical activity a day, you really don't need to invest that much time to exercising. Instead we'll focus on short, intense, burst exercises that will get your heart racing and your body sweating in no time. You don't need fancy equipment, you don't need a lot of time, and the results will be MUCH better than riding the elliptical for an hour.

## *Mondays*

**Wall sit to fail**

**Plank to fail**

**Burpees for 60 seconds**

**(week two 90 seconds, week three 120, week four & five 150 seconds)**

**Timed 1 mile run/walk**

## *Tuesdays/ Fridays*

**Rest**

## *Wednesdays*

**Sprints - 6 to 10 thirty second sprint runs/power walk with sixty second rest between each sprint**

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*Thursdays /*

*Saturdays*

**60 second bodyweight exercises, 10 second rest between exercises:**

**jumping jacks**

**wall sits**

**push-ups**

**crunches**

**mountain climbers**

**step-ups**

**squat jumps (or squats)**

**tricep dips**

**side lunge curtsy**

**high knee run in place**

**lunges**

**side plank**

*Sundays*

**Yoga**

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# Resources

## **Cookbooks**

[\*\*Nom Nom Paleo: Food for Humans\*\*](#) by Michelle Tam and  
Henry Fong

[\*\*Practical Paleo: A Customized Approach to Health and a  
Whole-Foods Lifestyle\*\*](#) by Diane Sanfilippo,

## **My Favorite Websites for all things Healthy Living**

[www.chriskresser.com](http://www.chriskresser.com)

[www.marksdailyapple.com](http://www.marksdailyapple.com)

[www.westonaprice.org](http://www.westonaprice.org)

[www.empoweredstenance.com](http://www.empoweredstenance.com)

## **My Favorite Recipes Online**

[www.pinterest.com/AKleinbrodt](http://www.pinterest.com/AKleinbrodt)

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# Articles that Explain the Why

I want you to understand the science that guides the Life ReNewed program. Here is a compilation of articles for you to reference so you understand 'Why' we're eliminating the foods that we are. Nutritional science is still a very new, and I pride myself on keeping myself, and you, up-to-date on all the latest research, so here are some of my favorite nutritionists and their take on 'Why' we're eating this way.

## **Flu-tox**

You may experience a less-than-blissful feeling the first few days or week of the Clean, not to worry, we promise it will pass! To help you get through the flu-tox, check out [Chris Kresser's article](#) and maybe make an adjustment to your salt intake.

## **Toxins**

We live in an ever increasing toxic environment - our food, household cleaning items, personal care items...Here are some important steps to take to reduce the amount of toxins you're taking in, read about it [here](#).

## **Gluten**

Gluten is a sticky protein that acts like a glue to bind grains together or give them the fluffy texture we so enjoy, but it wreaks HAVOC on our gut, leading to digestive discomfort and DISease. Here's a [great article](#) that explains why Gluten is not part of the Life ReNewed Program.

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# Articles that Explain the Why

## **Sugar**

Oh sugar, it's hiding in places you'd least expect it - bacon, marinara sauce, mustard, and dressings...it's freakin' EVERYWHERE. [Dr. Robert Lustig](#) has been at the head of the sugar research with evidence that sugar is more addictive than cocaine. If you only watch a few minutes of Dr. Lustig's "The Bitter Truth About Sugar," I'm pretty convinced you'll want to keep sugar out of your diet for good! Or you can read more about it [here](#).

## **Grain free**

I advocate a grain-free diet because research has indicated that our health is dependent on the health of our gut, and grains can lead to inflammation, dysbiosis, leaky gut, and DISease. You can read more about the DISpleasure grains cause your gut with [Mark Sisson's article](#).

## **Fat**

In the 1970's big food companies started the low-fat diet craze that has continued to misinform dieters and health conscious people since. We were taught that fat makes us fat, so we should avoid it. Fat was replaced with more sugar, and here we are decades later overrun by obesity and disease. Here's a [great article](#) that talks about the BENEFITS and NECESSITY fat plays in our health and **wellness!**

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# Articles that Explain the Why

## **Quality meats**

Not all food is created equal. The Life ReNewed program focuses on REAL, WHOLE, unprocessed foods, but quality matters too, so I also advocate humanely raised, grass/pasture fed animals. Animals are meant to eat grass, seeds, and bugs; they are not meant to eat corn, soy, and grains that commercial ranchers feed their animals to make them big, fat, and money makers (just like corn, soy, and grains make us fat and SICK). The commercial fed animals are also sick, fed antibiotics, and sick animals = sick humans. Read more about the importance of quality with [Chris Kresser's article](#).

## **Quality on a budget**

Grass fed, organic, hormone free foods can get costly, but there are cost saving tricks to maintain quality even on a budget. Read about some cost saving strategies [here](#).

## **GMO**

Genetically Modified Organisms make it possible for farmers to quickly grow their crops while withstanding large doses of pesticides - killing the pests without killing the plants. Not only are GMO plants higher in toxic pesticides, but the modification of these plants are also being linked to a myriad of diseases, allergies, autism...When buying your produce make sure you buy these GMO's organic to avoid ingesting GMO's: zucchini, papaya, yellow squash, salmon, strawberries (GMO's not on the Clean: canola oil, soy, corn). Learn more about GMO's [here](#).

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# Articles that Explain the Why

## **Omega 3:6 ratio**

Essential Fatty Acids are essential because they can only be obtained through our diet. However, Omega 6 is widely available in our diets and Omega 3 is not, so we find that many people experience DISEase because their 3:6 ratios are skewed. Here are two great articles by Chris Kresser talking about these [ratios](#), and [nuts](#) - which are a high source of Omega 6.

## **Carbohydrates**

To a lay person the Life ReNewed program looks like a low carb diet because we don't eat grains. However, tubers, root and starchy vegetables are full of healthy carbohydrates and dense nutrients that your body will thrive on - the grain alternative to obtaining carbs are nutrient deficient and therefore a poor diet choice for Health and Wellness. Here is a [great article](#) to help you assess just how many carbs you should be taking in.

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# Living a Life ReNewed Lifestyle

The Life ReNewed Program is designed to detox your body from toxins, which is a continuous physiological process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. This program is an excellent tool to improve your detoxification in the short term (and long term if you continue to follow these habits on a regular basis). The following suggestions will help you lower your body's toxic burden and your enhance your natural detox mechanisms for the long haul.

## **Microwave Ovens**

Although the convenience of microwaves is indisputable, this method of heating can disrupt the chemical composition of healthy foods and decrease the nutritional value. Heat on a stovetop or toaster oven whenever possible and use a cast iron pan. Avoid Teflon and synthetic non-stick coatings. (check out the [Instant Pot](#) or Cast Iron cookware like [LeCreust](#) for natural non-stick, non-toxic options)

## **Exercise**

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass which helps you burn more calories at rest.

Consider jumping on a mini trampoline for 3-5 minutes a day to give a boost to your health and vitality. Sweating also releases toxins.

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# Living a Life ReNewed Lifestyle

## **Notes on Plastic**

Heating foods in plastic releases harmful chemicals. You should NEVER heat food in plastic...use glass or ceramic instead. ([Pyrex](#) and [Corning Ware](#) and [Glasslock](#) for great oven heating and reheating, and storage options)

Also consider avoiding canned foods. Along with plastic food containers, bottles, and reusable cups, the lining of metal food and beverage cans typically contain Bisphenol A (BPA) a neurotoxin that can interrupt hormone production. (Eden, Native Forest, and Wild Planet have BPA free cans)

## **Skin Brushing and Skin Care**

To aid in lymphatic drainage, use a dry, natural fiber shower brush or loofah to massage your entire body before you shower or bathe. Start at the toes, and gently scrub using circular motions toward your heart.

Also avoid any skin products (makeup, lotions, shampoo & conditioners, cleansers) with parabens, propylene glycol, oxybenzone (sunscreens), [phthalates](#) (fragrance), or any petroleum-based ingredients. Switch to a deodorant free of aluminum, and if you use nail polish make sure it is formaldehyde free. (Some of my favorite personal care brands include: Badger Sunscreen, Earthpaste Toothpaste, Kiss My Face soaps, Primal Pit Paste Deodorant.

Here is a great site for making your own [lotion](#).

And another great site for additional body care items that do not contain toxins.

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# Living a Life ReNewed Lifestyle

## **Clean Water**

Public tap water is often contaminated. Drink and cook with only pure filtered water or spring water and consider adding a filter to your shower. Drink ½ oz of filtered water per pound of body weight per day (not to exceed 100 oz)

## **Relax**

Take warm Epsom salt baths, breathe, meditate, do yoga or talk therapy - release stress and pent up feelings that are not serving the health and well-being of your mind and body. Give yourself a tummy massage to help promote digestion. Use a moist heat pack and castor oil, massage in a clockwise rotation. Meditate on all that you're grateful for. Take deep therapeutic breathes. Stress releases cortisol, and too much can cause chronic illness and DISease and unwanted weight.

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## **Will it be uncomfortable?**

There is bound to be differing opinions about the change in diet but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, which are very harsh on your system. You may experience gas and bloating as toxins move out of your intestines. You may experience constipation if you've really upped the ante on your vegetable and fiber intake. You may feel more tired at first. These are all normal signs of your body releasing toxins.

## **Will I have to starve myself?**

You will be eating plenty of food. You may feel a slight withdrawal in the first few days if you are giving up caffeine or a lot of sugar. But after a few days you will be amazed at how your cravings for processed carbs and sugars dissipate. Give it just a couple days and you'll be amazed by how your cravings disappear. Have faith, it will pass, and it will all be worth it!

## **Will I be in the bathroom all day?**

It is very important to consume extra water while detoxifying to help flush out toxins. You may even need a little sea salt, ginger, and/or lemon in your water to help replenish the electrolytes you're losing. You may experience constipation as your body adjusts to changes in your diet. It will pass and you will feel better. If you feel depleted, you can make your own electrolyte drink with this [recipe](#).

## **Will I lose weight?**

This detox program is not designed to be a weight loss program. However, many people lose weight during the course of their detox. Some of the reasons for this weight loss include: taking refined flour and sugar out of the diet, decreased consumption of allergenic foods such as wheat and dairy and release of toxins from fat stores.

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## **Will I get headaches?**

Some people experience headaches during the first few days of their detox due to withdrawal from sugar and caffeine. It will pass and you will feel better, and the cravings will dissipate! I promise!

## **Can I exercise?**

Absolutely! Some days you may feel fatigued. On those days, be easy on yourself and stick to gentle movements such as walking, stretching or yoga.

## **Do I have to buy EVERYTHING organic?**

Fruits and vegetables that are consistently the most contaminated with pesticides and should be purchased organic. Definitely buy these organic: Apples, Cherries, Peaches, Red Raspberries, Bell Peppers, Grapes, Pears, Spinach, Celery, Nectarines, Strawberries. If organic varieties are not available, fresh fruits and vegetables that consistently have the lowest levels of pesticides are the safest choices for conventionally grown produce. These include: Asparagus, Broccoli, Kiwi, Avocado, Cauliflower, Mangos, Pineapple, Bananas, Onions, Peas.

## **Which of these additives are safe?**

Some additives are less problematic than others. In nut and coconut milks there tend to be an additive called [carrageenan](#) and [guar gum](#), they tend to cause tummy upset, even inflammation, so find labels that don't have this additive. [Natural Flavors](#), sounds safe enough, but 'natural flavors' can actually be chemically identical to "artificial flavors;" the only difference is that the chemicals in the "natural" version came from a plant or animal, and the chemicals in the "artificial" version came from a lab. [Citric Acid](#) is a preservative, it's usually made from corn which is GMO, it's not the worst offender, but something to be mindful of if you're having tummy upset. [Soy lecithin](#) is soy, we're avoiding all soy, yes, even that trace amount in that 85% cacao bar.

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# Reintroduction

As you begin deciding if / how you'll reintroduce some of the foods we've eliminated. Let me give you some guidance and precautions to help you decide if some of these foods have a place back in your diet. Now, only you have the answer to this, so you'll become the scientist of your own body. In the wellness field this is called **Biohacking**. It basically involves you determining the right equation of fuel, rest, and activity for your body so that you are happy, productive, rested, mentally agile, physically fit, etc.

So Biohack away, and really get to know yourself.

In the meantime, here are some guidelines to help you manage this reintroduction process.

**1. Know Your Sources:** Gluten, soy, dairy, sugar, trans fats, etc. are hidden in foods like breads and pastries, sauces, and dressings. This is why it's important to research the foods you'll be reintroducing and maintain that same diligence in reading labels. A lot of restaurants utilize gluten, corn, soy, trans fats as cheap additives and emulsifiers to pad their profit margins. So go places that publish their ingredients, read the labels, and if something is unclear, ask questions or get on the internet and research it. Know what you're putting into your body.

**2. Slow and Steady:** Potential "trigger" foods should be introduced slowly, in small amounts, and one at a time. Eat a small amount of that reintroduced food, 1 serving in a day, you should feel the effects within 8-48 hours. This gives your body the chance to recognize each food and decide the best way to process it. And wait at least 3 days before reintroducing another new food, maybe even wait a week or month depending on how much inflammation or discomfort the last reintroduced food caused. The more inflammation, the more time you want to give your body a chance to reset and heal.

You've done your body such a favor by giving it a digestive "break" for the last 29 days. Don't send it into digestive "overload" and ask it to process all of these foods right away. This could potentially lead to more harm and actually create new digestive problems. And make sure your body is tolerating one food before you move on to the next.

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**3. Upgrade Your Sources:** Gluten is in wheat, rye, barley, and oats, and often hidden in many other products, but if you want to see how your body reacts, go for the highest quality, the least refined - so not a croissant, bread, or pizza, but something like soaked and sprouted barley or wheat berries. Make it easier on your body to digest by soaking or sprouting, or fermented food sources. Here is a list of the best choices when deciding on what to reintroduce:

**Grains:** Organic, non-glutinous, whole grains first, such as quinoa, millet, amaranth, teff, millet, buckwheat, sorghum, or white/brown rice. Prepare by soaking them in filtered water for a minimum of 6 hours or until they sprout for added nutrition.

**Gluten:** Organic and whole wheat, barley, rye, gamut and oats. Avoid breads, pastries, and desserts these are highly refined, even if you don't have a gluten sensitivity, there is no nutritional value, rather a nutritional deficit if consuming these refined foods.

**Beans/legumes:** Black, red, pinto, adzuki, lentils, etc., properly soaked in water for a minimum of 6 hours, sprouted for additional nutritional benefits, and cooked. Avoid canned whenever possible.

**Corn:** Organic, NON-GMO, fresh sweet corn. Avoid refined corn products and look for all its synonyms, it is hiding EVERYWHERE - asorbic and citric acid, maltose, dextrose, natural flavoring... - and 90% of the time it's GMO and difficult to digest.

**Soy:** Organic, NON-GMO, and fermented. Tempeh, miso, natto are likely to be the easiest to tolerate and the fermentation adds nutritional benefits.

**Dairy:** Organic, whole, raw, fermented, and preferably grass fed cow, goat, or sheep milk, butter, cheese, and yogurt. Begin with small amounts of cultured dairy like yogurt, kefir, and cottage cheese. These are typically easier to tolerate and digest, and they're sources of probiotics to aid in digestive healing/health. If you know dairy will create a problem, an even better source for probiotics are lacto-fermented vegetables. This is a process of using the whey from dairy to make sauerkraut and kvass.

**Sugars:** Small amounts of local, raw honey, or high quality organic grade B or C maple syrup are good choices for sweeteners. Even better are dates, bananas, and applesauce. Refined sugar and artificial sweeteners are never a good choice (check out my Real Foods - Treats page for dessert ideas).

**Alcohol:** High quality red wine is best for antioxidant benefit and has less impact on blood sugar. Try to keep it to 1-2 glasses/week.

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# Reintroduction

**4. Listen to Your Body:** Listen to your body. If your body is not tolerating a food, or if that food is acting as a craving trigger for harmful foods, don't eat it! Your long-term health is much more important than the short-term satisfaction of eating a no-good-for-you-food. Even if your body isn't sending any red flags and you reintroduce each food "successfully." Be honest with yourself and be on the lookout for some of these symptoms:

- Tummy ache, changes in bowel habits, heartburn, nausea, cramps, constipation, diarrhea, gas, bloating, undigested/partially digested food particles in stool
- Fatigue or reduced energy
- Strong food cravings: sugar, bread
- Trouble sleeping: either falling asleep or staying asleep or just not feeling as rested in the morning
- Headaches or dizziness
- Aches and pains: muscle, joint, or tendon/ligament
- Changes in your skin: rashes, acne, dry skin, little pink bumps or spots; dry hair or nails
- Mood issues: feeling low or depressed, having a lower ability to handle stressful situations, increased anxiety
- Sinus and respiratory issues: congestion, 'seasonal' allergies, asthma
- Yeast infections
- Attention deficit

**5. Cravings:** If you have a craving for something sugary and glutenous, check out my Real Foods - Treats page. Or come up with an alternative to some of your old favorites and just swap out the sugar for honey or flour for coconut flour. Also, if you are having cravings, think about what you're eating, or NOT eating . . . have you had too many fruits? Is that causing you to crave more sweets? Are you craving bread? Have you had enough starchy veggies? Are you still hungry after eating just a couple hours ago, did you have enough protein and FAT?

If up to this point you're feeling good, but wish you were feeling even better, there may be more underlying issues. But not to worry, we can help you trouble shoot that.

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If you've read this far, we know you're as committed to your Health and Wellness, as we are in supporting you in it.

If you prefer to have the accountability of working with Allyson one-to-one throughout your Life ReNewed Program, she is available to support you. You can contact Allyson directly [here](#).

Thank you for your commitment, and for trusting this process! You will achieve AMAZING results in mind, body, and spirit!

*In Good Health and Happiness,*

*Dr. Ben and Allyson*

Disclaimer: Results will vary from client to client, and you should check with your doctor to determine whether this program is right for you. Benjamin Kleinbrodt is a doctor of chiropractic and Allyson Kleinbrodt is not a doctor, dietician or psychologist. She is your Wellness Coach and Nutritionist. The Life ReNewed Program is not intended to substitute the advice, treatment and/or diagnosis of a qualified licensed professional. Allyson Kleinbrodt will not make any medical diagnosis, claims and/or substitute for your personal physician's care. As your Chiropractor and Nutritionist, Benjamin and Allyson will not provide a second opinion or in any way attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician. It is Allyson's responsibility to make nutritional suggestions based on her knowledge of nutrition and wellness, and provide ongoing support and accountability as you decide what is the best course of action to support your health and wellness.

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