

Whole30 Re-Introduction

The REINTRODUCTION is an essential part of Whole30. It gives you the information you need to know to develop your own nutritional plan for the future. It's the final piece to your nutritional puzzle by helping to determine how the eliminated food groups affect your body.

This helps you to determine if you are better off cutting back or eliminating certain foods from your diet permanently...or... helps you to determine which foods are "worth it" without feeling guilty.

Start with what you have been missing the most, just as long as you are sure it's not a "gateway" food (a "gateway" food is one that is a gateway to loss of control- for example, if you have a sweet tooth that causes you to over consume sugary drinks and food, sugar is a gateway food and should be introduced last). And, if you're not missing an unhealthy food, don't even re-introduce it.

DAY #31	DAIRY : heavy cream in coffee, cottage cheese at lunch, cook in butter for dinner
DAY #32 & #33	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE
DAY #34	NON-GLUTEN GRAINS: gluten-free bread for breakfast, side of rice at lunch, corn tortilla at dinner
DAY #35 & #36	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE
DAY #37	LEGUMES: peanut butter with apple for breakfast, side of hummus at lunch, black beans at dinner
DAY #38 & #39	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE
DAY #40	ALCOHOL: small drink with vodka or tequila (any non-gluten alcohol) with non-sugar mixer
DAY #41 & #42	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE
DAY #43	GLUTEN GRAINS: avocado toast on whole grain bread for breakfast, wrap for lunch, side of pasta
DAY #44 & #45	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE
DAY #46	SUGAR: teaspoon of sugar in coffee, honey with fruit for lunch, maple glazed salmon for dinner
DAY #47 & #48	STRICT WHOLE30 TO MONITOR YOUR BODY'S RESPONSE

