



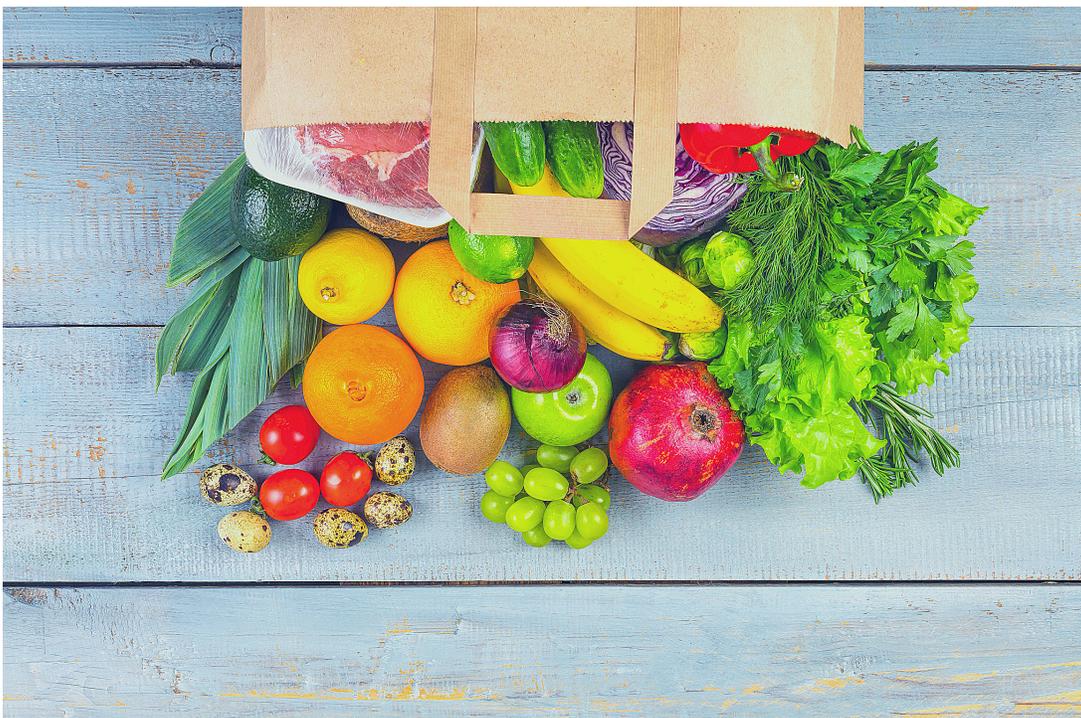
# RECHARGE

## WHAT IS THE RECHARGE DIET?

*ReCharge Your Health in 30 Days!*

This temporary dietary program is designed to reduce inflammation, reset your immune system, and restore proper gut function.

**Key Point-** Have you considered that you could be poisoning yourself with healthy foods? It's not about the quality of the food you're eating; it's about how your body is reacting to the food. Even the most nutritious vegetables could be a leading source of inflammation in your body. The ReCharge diet eliminates foods that may be secretly sabotaging your health and replaces them with nutrient-rich, whole foods that will help restore function in your body.





# THE RECHARGE DIET

## GOALS

- 1.Reduce Inflammation
- 2.Reset Immune System
- 3.Repair Gut Lining

## PILLARS

- 1.Nutrient Dense Whole Foods
- 2.Natural
- 3.Anti-Allergen
- 4.Anti-Inflammatory

## IDEAL

- 1.Organic
- 2.Home-Grown/Local
- 3.Seasonal

## STAPLES

- 1.Clean Vegetables
- 2.High-Quality Fats
- 3.High-Quality Proteins
- 4.High-Quality Natural Salt
- 5.Superfood Powders

## AVOID

- 1.Food Assassins (gluten, dairy, eggs, grains, nuts/seeds, legumes, nightshades, soy)
- 2.Food Modifications (GMO, refined sugars, pasteurizations, homogenization)
- 3.Food Toxins (dyes, excitotoxins, hormones, pesticides, additives)
- 4.Fake Foods (man-made junk food, empty calories)

## ENJOY

- 1.Clean Vegetables
- 2.High-Quality Fats
- 3.High-Quality Proteins
- 4.High-Quality Natural Salt

## AVOID LIST

**Grains:** Amaranth, Barley, Buckwheat, Bulgar, Corn, Farro, Kamut, Millet, Oats, Quinoa, Rice, Rye, Sorghum, Spelt, Wheat

**Nuts (and nut-butters):** Almonds, Brazil Nuts, Cashews, Hazelnuts, Pecans, Pine Nuts, Pistachios, Macadamia Nuts, Walnuts

**Beans and Legumes:** Adzuki Beans, Black Beans, Black-Eyed Peas, Chickpeas, Fava Beans, Garbanzo Beans, Green Beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Peanuts, Peas, Red Beans, Soybeans

**Seeds (Includes Oils and Spices):** Anise, Canola, Caraway, Chia, Coriander, Cumin, Fennel Seed, Fennugreek, Flax, Mustard, Nutmeg, Poppy, Pumpkin, Sesame, Sunflower, Hemp

**Eggs:** Chicken Eggs, Duck Eggs, Goose Eggs, Quail Eggs, Etc.

**Dairy:** Butter, Buttermilk, Cheese, Cream, Frozen Yogurt, Milk, Sour Cream, Whey and Casein Protein, Etc.

**Nightshades:** Eggplant, Goji Berry, Ground Cherry, Paprika, Peppers (bell, cayenne, chili, etc) Potato, Tobacco, Tomato, Tomatillo, Wolf Berries

**Additional Veggies to Avoid:** Beets, Spinach, Rhubarb

**Other Things to Avoid:** Alcohol, Artificial Sweeteners, Coffee, Food Additives, Fruit Juices, Pop/Soda, Refined White Salt, Refined White Sugar, Corn Syrup

## ENJOY LIST

**Meat/Protein:** Bison, Free-Range Poultry, Lamb, Organic Beef, Organic Beef Liver, Organic Bone Broth, Venison, Wild-Caught Fish

**Vegetables:** Artichoke, Asparagus, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Garlic, Kale, Lettuce, Mushrooms, Onion, Pumpkin, Squash, Radish, Sweet Potato, Turnip, Yam, Zucchini

**Fruits:** Apple, Avocado, Banana, Blueberry, Cantaloupe, Cherry, Cucumber, Grapefruit, Grapes, Orange, Plum, Peach, Pear, Pineapple, Kiwi, Lemon, Lime, Mango, Papaya, Pomegranate, Raspberry, Strawberry, Watermelon, Tangerine

**Fats/Oils:** Olive Oil, Coconut Oil, Avocado Oil, Animal Fat

**Herbs, Spices & Salt:** Basil, Cilantro, Cinnamon, Cloves, Garlic, Ginger, Mint, Oregano, Onion, Parsley, Rosemary, Thyme, Turmeric, Himalayan Pink Salt

**Superfood Powders:** Acerola, AFA Algae, Boswellia, Chlorella, Fulvic Minerals, Larch Arabinogalactan, Maca Root, Marine Phytoplankton, Medicinal Mushrooms, Spirulina, Turmeric, Etc.

**Fermented Foods:** Fermented Vegetables (Carrots, Beets, Etc), Sauerkraut, Kombucha

**Enjoy in Moderation:** Raw Honey, Grade B Maple Syrup, Molasses, Dates, Figs, Dried Fruits

**Other Things to Enjoy:** Apple Cider Vinegar, Arrowroot Powder, Coconut Flour, Coconut Flakes, Coconut Aminos, Olives