



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