



# LEVEL 2 - FOOD REINTRODUCTION RECOMMENDATIONS

For Level 2 you will focus on adding whole, clean, natural foods, such as those found on this list. These foods are nutrient dense and will continue to nourish your body, support heart, brain and immune health as well as assist with continued weight loss and maintenance. Do keep in mind that each person's genetics and microbiome are unique and while broccoli may work well for some, it may not for you, so this is trial list and there may be other whole foods you wish to try.

## PROTEINS

*Refrain from processed meats such as bacon, sausages, luncheon meats and canned meats*

- Turkey
- Salmon
- Tuna
- Pork

## VEGETARIAN / VEGAN PROTEINS

- Pumpkin seeds
- Flax seeds
- Beans (one bean variety a day)

## FRUITS

- Banana (½ to start)
- Grapes (1 cup)
- Pear (medium sized)
- Blackberries (1 cup)
- Raspberries (1 cup)
- Seasonal melons (1 cup)
- Kiwi (1 whole fruit)
- Mango (¾ cup)
- Pineapple (½ cup)
- Pomegranates (½ of fruit)

## VEGETABLES

- Broccoli
- Cauliflower
- Brussel Sprouts
- Carrots
- Mushrooms
- Yellow Squash
- Snap peas
- Artichoke
- Beet

## LEVEL 2 ACTIVITY FUEL\*

- Natural Peanut Butter (1 TBS)
- Natural Almond Butter (1 TBS)
- Pearl Barley (¼ cup cooked)
- Greek Yogurt (1 cup)  
(Siggi's, Fage, Straus)
- Organic Butter (1/4 oz)
- Mozzarella Cheese (1 oz)
- String cheese (1 oz)
- Plain almond milk (1/2 cup)
- Amaranth (½ cup cooked)

## \*GRAIN-BASED CHOICES MAY BE ADDED IN WEEK 3

- Sprouted-grain bread  
(ex Ezekiel Bread - 1 slice)
- Brown Rice (½ cup cooked)
- Black Rice (½ cup cooked)
- Steel Cut Oatmeal  
(½ cup cooked)