

# RE-INTEGRATION PHASE

The Re-Integration Phase is broken up into 4 weeks, and each week builds upon the last.

## WEEK 1 SYNOPSIS

Essentially, all we are doing in week 1 is adding in one or two starchy vegetables, but we will only have it a few times that week.

So, for the first week of Re-Integration, we eat the same way we have been, but we will have added in berries (for those still fruit-free), we've added the quinoa and oatmeal, we'll enjoy sweet potatoes and/or spaghetti squash (or another starchy vegetable you like) and enjoy these vegetables 2-3 times in that week.

We will NOT eat a starchy vegetable AND a starchy grain in the same meal, or even perhaps on the same day.

## WEEK 1 RECAP

Fruit for all

Grains for all--quinoa and oats

Add one or two starchy vegetables (sweet potato, spaghetti squash/butternut squash etc.)

## WEEK 2 SYNOPSIS

In Week 2, we add in another serving of fruit (if desired) and we continue with our Week 1 plan.

## WEEK 2 RECAP

Add in another fruit (apple or banana, for example, as a snack. Eat with protein!)

### **WEEK 3 SYNOPSIS**

In Week 3, we can play with other grains. I like Cavena Nuda, Farro or Bulgur, but any gluten-free grain works. I would even try wild rice, as wild rice is actually a grass, not a grain, and doesn't spike blood sugar the way rice does. Avoid rice until the Maintenance Phase, where we introduce a "cheat meal". Rice, even brown, is very high glycemic. Continue only having grains a few times a week and not in the same meal as a starchy vegetable.

### **WEEK 3 RECAP**

Same as Week 2, but play with other forms of grains. Continue to only have them a few times a week.

### **WEEK 4 SYNOPSIS**

In Week 4, we build on Week 3 and we add in dairy in the form of Greek yogurt or 2% Cottage Cheese. I would suggest only having dairy a few times a week.

You'll be introduced to recipes such as High Protein Pancakes; Greek yogurt in your smoothie (instead of hemp, for a nice change); Cottage cheese/Greek Yogurt and blueberries after a workout or as a snack or dessert; Greek yogurt used to make various dips and in recipes. I will be providing lots of recipes using these forms of dairy.

### **WEEK 4 RECAP**

Build on Week 3 by adding dairy (Greek yogurt and 2% Cottage Cheese)

How does this sound to you? Are you going to be with me for the next 28 Day Challenge? I really, really hope so!!!

xo Sarah