

# Paddison Program Reintroduction Sequence

Prioritize the reintroduction of foods that provide **energy, nutrient diversity** or **healing** (i.e. pain relief or gut repair). This guide is a suggestion only, since there is significant variation from person to person.

## **BASELINE - Day 2 - 12. These are also the 'reset' foods when called upon later.**

Sweet Potato Buckwheat Quinoa Amaranth Cabbage Cabbage juice Carrots (raw/cooked) Celtic Sea salt Himalayan salt Onion Garlic	Seaweed Dulse Wakame Nori All leafy greens: Bok choy Spinach Romaine lettuce Rocket Swish chard Kale etc	Celery Cucumber Celery/Cucumber Juice Sprouts Mung bean Alfalfa Fresh herbs Cilantro Mint Basil Oregano etc	<b>ONLY IF UNDERWEIGHT ALSO INCLUDE</b>  Basmati Rice Miso Paste Orange Juice Raw Honey
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## **RELATIVELY SAFE: Wait 12 Days+ before testing**

<b>Energy</b>	<b>Nutrient Diversity</b>	<b>Healing Properties</b>
Pumpkin Millet Basmati rice Sushi Rice	Zucchini Yellow Squash Coconut water	Cantaloupe/Rock Mellon Papaya Lemon  <b>Fermented Foods (unpasteurized)</b> Miso paste

## **MODERATELY ADVANCED: Allow around 30 - 90 Days before testing**

<b>Energy</b>	<b>Nutrient Diversity</b>	<b>Healing Properties</b>
Brown Rice Potatoes Corn Moong Dahl Bananas Honey Edamame beans Oatmeal Oat Sourdough Bread (low oil) Rice Noodles	Broccoli Cauliflower Sprouted pumpkin seeds Sprouted Almonds Sprouted Macadamias Strawberries Blueberries Tamari Sauce Nutritional Yeast Apples Tomatoes Beetroot Cherries Peaches Grapes Mangoes	Oranges Oatmeal (for breakfast) Raw Honey Pineapple  <b>Fermented Foods (unpasteurized)</b> Sauerkraut Pickles Kimchi Mixed cultured vegetables

## **ADVANCED: For robust digestive systems that can handle many of the above foods first.**

<b>Energy</b>	<b>Nutrient Diversity</b>	<b>Healing Properties</b>
Wholegrain Bread Dry-roasted nuts (cashews, almonds, macadamias) Beans (Black, Pinto, Kidney, Garbanzo etc) Wholegrain pasta Rice cakes Spelt Bread Tahini Avocados Naan (no ghee/butter) Tandoori Rhoti	Olives Coconut meat	<b>Fermented Foods (unpasteurized)</b> Kombucha Water Kefir