

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.

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

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

MODERATELY ADVANCED: Allow around 30 - 90 Days before testing

Energy	Nutrient Diversity	Healing Properties
Brown Rice Potatoes Corn Lentils (red, brown, black etc) Moong Dahl (No Ghee butter) Bananas Honey Edamame beans Oatmeal Oat Sourdough Bread Rice Noodles Sprouted pumpkin seeds Sprouted Almonds / Macadamias	Broccoli Strawberries Blueberries Tamari Sauce Nutritional Yeast Apples Tomatoes Beetroot Cherries Peaches Pears Grapes Mangoes Capsicum (Red and Green Peppers) Goji Berry Mushrooms	Oranges Oatmeal (for breakfast) Raw Honey Pineapple Figs Jerusalem Artichoke Fermented Foods (unpasteurized) Sauerkraut Pickles Kimchi Mixed cultured vegetables

ADVANCED: For robust digestive systems that can handle most foods above first.

Energy	Nutrient Diversity	Healing Properties
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) Tofu Tandoori Rhoti	Olives Coconut meat Chia Seeds Hemp Seeds	Fermented Foods (unpasteurized) Kombucha Water Kefir