



REINTRODUCTION GUIDE

A STAGED APPROACH

STAGE 1

EGG YOLKS

Chicken
Duck
Goose

LEGUMES

** beans with edible pods only*

Green
Peas
Runner
Snow Peas
Sugar Snap Peas

NUTS AND SEEDS

** oils only*

Sesame
Macadamia
Walnut

SEED-BASED SPICES

Anise
Annatto

Caraway
Celery Seed
Coriander
Cumin
Fennel
Fenugreek
Mustard
Nutmeg
Poppy

FRUIT AND BERRY-BASED SPICES

Allspice
Cardamom
Juniper
Pepper (black, white, green, pink)
Vanilla Bean

DAIRY

** grass-fed*
Ghee

STAGE 2

NUTS AND SEEDS

** whole, flours, and butters excluding cashews and pistachios*

Almond
Brazil
Chestnut
Cocoa/Chocolate
Flax
Hazelnut
Hemp
Macadamia
Pecan
Pine
Pumpkin
Sesame
Sunflower
Walnuts

ALCOHOL

** small quantities*
Gluten-Free Beer or Hard Cider-8 oz. or less
Wine-5 oz. or less
Fortified Wine-3 oz. or less
Liquor-3 oz. or less
Spirits-1 oz. or less

EGG WHITES

Chicken
Duck
Goose

DAIRY

** grass-fed*
Butter

STAGE 3

COFFEE

NUTS

Cashews
Pistachios

NIGHTSHADES

Eggplant
Paprika
Sweet Pepper

DAIRY

** grass-fed*

Cream
Kefir
Yogurt

STAGE 4

DAIRY

** grass-fed*

Cheese
Whole Milk

NIGHTSHADES

Ashwagandha
Cayenne
Goji Berries
Ground Cherries
Hot Peppers
Nightshade-Based Spices
Pepinos
Pimentos

Tamarillos
Tomatillos
Tomatoes
White Potatoes

ALCOHOL

** larger quantities*

WHITE RICE

OTHER GLUTEN-FREE GRAINS

** soaked and fermented*

OTHER LEGUMES

** soaked and fermented*

NOTES

- If you have eliminated FODMAPs, high-histamine foods, high-sulfite foods, high-salicylate foods, or high-oxalate foods, you will want to attempt reintroducing them before proceeding with anything outlined here.
- If a food was removed during the Elimination Phase, but is not listed here, it may be that you will never want to consider reintroducing it due to its negative effects.
- If you know you have a severe allergy or condition that prevents you from ever eating a particular food, do not attempt reintroduction.
- The stages presented above are based on information found in Sarah Ballantyne's, *The Paleo Approach* (334).