

AFTER THE DETOX



transitioning from
**THE 21-DAY
SUGAR DETOX**
to everyday life

by **DIANE SANFILIPPO**



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transitioning from **THE 21-DAY SUGAR DETOX** to everyday life

Often the last week of the 21DSD leaves you wondering how you'll ease back into your "normal" life, or what foods you want to splurge on now that the program is over.

Here's my take on how to re-introduce foods after your detox has come to an end.

Before jumping off the deep-end and burying yourself in a pile of grain-free baked goods or a bottle of wine, consider the following:

- + How do you feel now that you've changed your food?
- + How do you think you'll feel if you eat something you estimate is less-than-healthy for you?
- + If you think you'll feel less-than-optimal, how long will that feeling last?
- + Will the ill-health effects of the foods you want to eat again last more than a couple of hours? More than a day? More than a week?
- + What will you be disrupting with the foods: blood sugar or digestive function?
- + Has the time and energy commitment that's gone into avoiding the food(s) added more stress to your life than it alleviated signs and symptoms of ill health?



- I'm feeling less than optimal.

Ultimately it's up to you to choose what and how often you'll add certain foods back into your regularly scheduled food programming, but considering the above questions is a good idea. You'll become a lot more MINDFUL of your choices, rather than allowing them to become defaults simply because they are habits or they represent the easy way out.

To safely and slowly add some naturally occurring sugars (like fruit) and starches back into your diet, take care to consider the portions and timing of these foods. Fruits should not be eaten alone if you have had problems with blood sugar regulation and cravings. Eat small portions of berries or half a piece of fruit if you're not a very active person, or larger portions if you are more active. Starchy foods are best consumed on days when you are more active, and specifically in the meal following your activity. Otherwise, keep portions of starchy foods to a minimum, and don't allow them to monopolize your plate if weight maintenance is your goal. If you simply want to avoid cravings and you feel okay when you resume eating some starchy foods, then you can enjoy root vegetables, tubers like sweet potatoes, and squash more frequently.

Continue to avoid refined foods such as bread, pasta, cereal, and other products made from flour and purchased in packages—these are never healthy options.

post-detox

FOOD RE-INTRODUCTION

1. Print out the Post-Detox Food Re-Introduction Log and begin tracking any new symptoms as you reintroduce new foods. Print one log for each food you reintroduce. On day three of every introduction, make an assessment on how that food may or may not fit into your everyday eating plan.

2. Select one food to reintroduce at a time, then chart for that day and the following two days - a total of 3 days / 72 hours.

3. Using the chart, detail foods you ate each day and note any changes in the following for three days:



- Mood
- Energy
- Appetite
- Digestive function like bloating, gas, loose stool or diarrhea
- Headaches
- Inflammation
- Brain fog or mental clarity.

4. Assess your reactions. Your notes will be some of the best guides you have as to whether or not you are sensitive to the food you just re-introduced. Food sensitivity reactions can happen immediately or can have delayed-onset for up to around 72hrs (3 days!).

Once the first food has been tested, select the next food to try and continue this way, one at a time, for three days at a time, before introducing the next new food.

NOTE: I don't actually recommend EVER re-introducing gluten containing grains like wheat, barley, rye and oats into your diet, nor do I recommend making pasteurized dairy or unfermented soy products any regular part of your life. These foods are shown to contribute to a myriad of health problems and, typically, tend to crowd-out much more health promoting options like vegetables, well-raised meat & eggs and healthy, naturally occurring fats in the diet.

Some foods to first consider reintroducing:

+ Fruit: Whole, fresh fruit can certainly have a regularly appearing role in your diet, but finding a balance and not overdoing it is important.

+ Grass-fed dairy (if you were on Level 3 of the detox): Missing your yogurt? Try adding it back in and see how you do. I recommend only buying grass-fed forms of dairy to consume in your home, but you may find you can later enjoy goat cheese in an omelet while dining out from time to time with no ill effects. Or not. See how it goes for you.

+ Dark chocolate: I'm talking 80-85% or higher – it's low in sugar and a good source of antioxidants. Most folks don't tend to overindulge in too much of it when it's super dark. Look for an organic chocolate, preferably soy-free.

+ Gluten-free grains or legumes (if you were on Level 2 or 3 of the detox): if you want to test white rice, quinoa, or maybe some black beans, they're a good choice to add in and track.

+ A glass of wine: Now, I'm not one to vote for you to drink daily after your detox, but finding out how you feel after consuming wine again if you previously drank often is a good idea. Perhaps you don't find it triggers cravings for you, or you don't have any hangover effects. If that's the case, including a glass once or twice a week again may work well for you.

post-detox FOOD RE-INTRODUCTION LOG

FOOD REINTRODUCED: Grassfed Dairy

THE 21-DAY SUGAR DETOX
food reintroduction log

DAY *Example* post-detox

bed time 11:30 pm

wake time 7:40 am

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast

*Grassfed Yogurt
Blueberries, Almonds*

Snack (optional)

*Sauteéd green apple with butter
and walnuts*

Lunch

*Spinach salad with goatcheese,
beets, salmon, avodaco, balsamic
vinegar and olive oil*

Dinner

*Caprese salad with mozzarella, tomato
and basil, balsamic marinated chicken
breast*

Notes

New breakout on my chin (2 pimples), skin feels itchy

FOOD REINTRODUCED: _____

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

excellent fair

good poor

DIGESTION

excellent fair

good poor

SKIN

excellent fair

good poor

Breakfast	Snack (optional)
Lunch	Dinner
Notes	

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

excellent fair

good poor

MOOD & ENERGY

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DIGESTION

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SKIN

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Breakfast	Snack (optional)
Lunch	Dinner
Notes	

DAY ____ post-detox

bed time _____

wake time _____

well rested not rested

ENERGY DURING EXERCISE

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MOOD & ENERGY

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good poor

Breakfast	Snack (optional)
Lunch	Dinner
Notes	

Remember: Select one food to reintroduce at a time, then chart for that day and the following two days.

more resources

more recipes, resources and support to help guide and support you throughout your real food journey.

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