

## Phase 1: A 3-Day GUT Reset—NO Sugar, NO Gluten, NO Lectins

Before diving into the delicious recipes in [\*Brain Fuel: Easy Low-Carb Recipes for Busy Lives – Boost Focus & Creativity!\*](#), it's highly recommended to first complete this 3-day gut reset to prime your body for optimal digestion, healing, and absorption of the nourishing foods you'll be incorporating into your new lifestyle.

### Prepare Your Body

Think of your body as a garden. Before planting new vegetables, a gardener first prepares the soil to ensure it's ready to nurture growth. Similarly, you'll need to reset your body to embrace the changes that come with reducing sugar, starch, and lectins from your diet.

If you've been consuming lectins and processed sugars for years, chances are the harmful bacteria in your gut have taken charge in ways you may not even realize. They could be driving insatiable hunger or pushing you toward unhealthy cravings, making it even tougher to make positive changes today.

Let's face it—those bad gut bacteria have been having their way for far too long. It's time to evict them and reset your gut for a healthier, happier you. Why let them hold you back any longer?

By taking the time to reset your microbiome, your gut will be ready to absorb all the benefits of the nourishing foods you're about to introduce by following the recipes in the book [\*Brain Fuel: Easy Low-Carb Recipes for Busy Lives—Boost Focus & Creativity!\*](#). In just three days, you could start:

- Reducing inflammation.
- Rebalancing your gut microbiome.
- Shedding a few excess pounds (mostly water weight at first).
- Experiencing a greater sense of well-being.

After years of damage, your gut may need some repair. Preparing it properly will set the stage for optimal results. So, how do you reset your body? It's simpler than you think...

## **Phase 1: A 3-Day Reset—NO Sugar, NO Gluten, NO Lectins**

This reset is designed to help you kickstart a sugar-free, gluten-free, and lectin-free lifestyle.

Incredibly, just three days of resetting your gut can significantly alter the balance of bacteria living within it—exactly the transformation you’re aiming for. However, if you fall back into old habits after the reset, those newly cultivated good gut bacteria might diminish, allowing the harmful ones to reclaim control. That’s one of the reasons I wrote [\*Brain Fuel: Easy Low-Carb Recipes for Busy Lives—Boost Focus & Creativity!\*](#)—to help you sustain this healthier way of eating.

You can certainly begin your healthy lifestyle without resetting your gut first, but doing so lays a strong foundation for long-term success.

### **What can this 3-day reset do for your body?**

- Repair your gut and drive out harmful bacteria.
- Starve the bad gut bugs that contribute to feeling sluggish or gaining weight.
- Prime your system to better support your overall health and well-being.

This reset also helps activate your body’s immune response, giving you a head start toward a healthier, more vibrant you.

### **How does it work?**

It’s straightforward: you’ll need to say NO to certain foods. To reset your system, start by eliminating these Red-Light Foods

### **Red-Light Foods**

- Dairy
- Grains and pseudo-grains
- Fruit
- Sugar
- Seeds
- Eggs
- Soy
- Nightshade plants
- Roots and tubers
- Corn

- Canola
- Inflammatory oils
- Farm animal proteins

But don't worry—you won't be giving up everything!

### **Delicious and Nutritious Veggies**

For the first three days of your lectin-free journey, you'll want to make the following vegetables your go-to staples. So, say yes to these nutrient-packed options

—Green-Light Foods:

### **Green-Light Foods**





## Cruciferous Vegetables:

- Broccoli
- Brussels sprouts
- Cauliflower
- Bok choy
- Napa cabbage
- Chinese cabbage
- Swiss chard
- Arugula
- Watercress
- Collard greens
- Kale
- Cabbage
- Radicchio
- Raw sauerkraut
- Kimchi
- Nopales cactus



## Other Vegetables:

- Celery
- Onions
- Leeks
- Chives
- Scallions
- Chicory
- Carrots
- Carrot greens
- Artichokes
- Beets
- Radishes
- Daikon radishes
- Hearts of palm
- Cilantro
- Okra



- Asparagus
- Garlic
- Leafy greens (e.g., Romaine, Kohlrabi, Mesclun, Spinach, Endive, Dandelion greens, Butter lettuce)
- Fennel
- Escarole
- Mustard greens
- Mizuna

#### Herbs:

- Parsley
- Basil
- Mint
- Purslane
- Perilla



#### Functional Foods:

- Algae
- Seaweed
- Sea vegetables
- Mushrooms (fungi)

A great way to enjoy a variety of these veggies and herbs in one meal is to toss them together in a salad. Try the **Chopped Keto Salad** (page 21) for a tasty and satisfying lunch or dinner during your 3-Day reset.

These veggies are all packed with nutrients, but I'm particularly fond of dark leafy greens. According to the USDA, they provide a healthy dose of folate for heart health, vitamin K to support bone strength, and help reduce inflammation.

Feel free to enjoy as much of these veggies as you like, either cooked or raw. However, if you suffer from Irritable Bowel Syndrome or any gut-related issues, you may prefer cooking them thoroughly. You can try my **Caramelized Fennel** (page 37) or **Baked Carrots** (page 34) recipes, using olive oil instead of butter, for a flavorful and comforting way to enjoy cooked veggies during your reset phase.

Whether fresh or frozen, always choose ORGANIC vegetables for the best quality and health benefits.

### **Protein**

During the starter reset, you can enjoy small portions of fish like **Baked Wild-Caught Cod** (page 29) and pastured chicken, such as **Baked Chicken Drumsticks** (page 30)—just omit the prosciutto. However, it's important to limit yourself to no more than two 4-ounce portions of wild-caught fish or pastured chicken per day. For reference, think of the size of a deck of cards as a visual guide.

### **Oils and Healthy Fats**

Good fats are essential, and you should aim to have a whole avocado each day. When it comes to oils, the following are excellent choices to incorporate into your diet:

- Avocado oil
- Coconut oil
- Macadamia nut oil
- Sesame seed oil
- Walnut oil
- Extra-virgin olive oil
- Hemp seed oil
- Flaxseed oil



### **What to Do When You Want a Snack?**

Naturally, you'll crave snacks during the reset. I love enjoying **Endive Boats with Chunky Guacamole** (page 24) or a simple half avocado, drizzled with a little lemon juice and olive oil. You can also grab a handful of nuts like chestnuts, pine nuts, Brazil nuts, macadamia nuts, walnuts, pecans, pistachios, or hazelnuts to keep you satisfied until your next meal.

Another great option is olives—any variety will do! They're perfect for snacking, especially if you're looking to kick-start those anti-inflammatory benefits.

### **Dressings, Sauces, and Seasoning**

When it comes to dressing your meals, the key is to avoid all processed dressings and sauces. Instead, fresh ingredients like lemon and olive oil can elevate the flavor of almost anything you eat.

Consider adding:

- Vinegar
- Mustard
- Sea salt
- Fresh herbs
- Fresh spices
- Freshly cracked black pepper

### **Staying Hydrated**

Don't forget to stay hydrated! Aim for 8 cups of water (tap or sparkling) per day, along with unsweetened tea or decaf coffee.

### **Final Tips**

It's also important to get enough rest. Aim for 8 hours of sleep every night, and incorporate light exercise throughout the three-day reset.

While the reset may not be easy, I promise it gets easier as you go. Just take it one step at a time—at your own pace. If you need to take it slow, that's perfectly fine. And remember, unless you're talking about proteins, feel free to eat as much of the **Red-Light Foods** listed earlier as you like.

By starting the reset, you're already shifting the balance of good and bad bacteria in your gut, which is fantastic news.

If you take action today, your system can begin to heal right now—not tomorrow, but today!

However, if you go through the prep reset and then return to old habits, the progress will be short-lived, and those bad gut bugs will return.

To keep moving forward, transition directly from the prep reset to **Phase 2** in [\*Brain Fuel: Easy Low-Carb Recipes for Busy Lives—Boost Focus & Creativity!\*](#), where you'll find 25 delicious gluten-free, sugar-free, and lectin-free recipes to support your journey.

Make that leap, and you'll be well on your way to achieving optimal health and unlocking the full potential of your brain and creativity.

Enjoy the process and thrive! Here's to your transformation!

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