

HOW TO REINTRODUCE FOODS AFTER THE CARNIVORE DIET

Why do we slowly reintroduce foods after a diet such as Carnivore?

- Gradually assess tolerance to plant-based foods.
- Identify food sensitivities.

Foods to Avoid Initially

- High-lectin foods (legumes, nightshades).

Start with Organic, Seasonal Foods with Gentle Cooking Methods

- Begin with seasonal and organic produce known for its lower anti-nutrient content. Seasonal, organic produce is something we at Pompa Program always lean towards as it aligns with natural eating patterns, potentially easing the digestive process and less exposures to toxins.
- Steamed/boiled vegetables like zucchini or peeled squash is a great choice.
- Low-glycemic fruits such as berries.

Introduce One Food at a Time

- Wait 3-5 days to observe reactions.
- Begin to add in fermented foods or a soil-based probiotic to help rebuild gut flora/diversity. (you can chat with your coach about options.)
- Keep a journal for tracking symptoms.

Long-Term Diet Variations

- The length of time you follow a Carnivore Diet should be based on your unique needs, how you feel, and your personal healing journey. There is no one-size-fits-all timeline, as everyone's body responds differently. Work closely with your coach to determine the best approach for you, including when and how to reintroduce foods or transition to other dietary strategies that support your long-term health and goals.

"OUR ANCESTORS NATURALLY PRACTICED DIET VARIATION THROUGH SEASONAL EATING, FASTING, AND FEASTING CYCLES. MIMICKING THIS HELPS RESTORE BALANCE IN OUR MODERN LIVES." -THE POMPA PROGRAM TEAM

