



Dr. J. Renae Norton
EATING DISORDER PRO

Re-feeding Plan

Protein- Six servings of protein /day = 3 meals + 3 snacks. Have 6 to 8 oz. servings of protein for meals and 2 to 4 oz. servings for snacks of:

- 100% grass-fed beef, bison, pork, game or poultry
- 100% grass-fed dairy including eggs, cheese, yogurt, cottage cheese, milk, ice cream
- wild-caught fish
- organic nuts - ½ cup
- Sacha Inchi powder - 1 serving
- Grass-fed Collagen Powder - Garden of Life - 1 serving

(Cannot use Collagen or Sacha Inchi for more than one meal/snack)

Complex carbohydrates - 7 servings of organic fruits and vegetables each day.

A serving is an entire fruit such as an apple or a pear, or a cup of vegetables (peas) or fruit (strawberries.) It is ok to eat more than a serving at a time of vegetables.

Fats - Coconut oil (the more the better) for veggies and for frying; Moderate amounts of 100% grass-fed butter, ghee, or duck fat for cooking fish; Olive oil (limited amounts - use for salad dressings and cold dishes)

Grains - In general we do not need grains and most people do not do well with them, but 1 serving a day is ok if you are not intolerant or allergic. However, stick with these:

- Sourdough bread (2 slices)- the only bread to eat
- Hemp-seed florettes - high in protein and fiber, great rice & cereal substitute
- Quinoa - some people cannot eat even this very ancient and relatively safe grain
- Steel-cut, gluten free organic oats

Snacks - Organic fruits and vegetables, humus, popcorn made in coconut oil, organic gluten free brownies, chocolate covered bananas or strawberries, apples and cashew butter, chocolate brickel, seasoned nuts etc.

My protein drink counts as a protein, a fruit and a vegetable on this plan.

1 cup Grass-fed plain yogurt
1 cup frozen blueberries or mixed berries
1 cup frozen peas or spinach
1 banana
1 cup pomegranate juice or coconut milk
1 avocado
½ tsp. of kakudu plum, camu camu (both hi-potency vitamin C) & acai powder

½ cup garden of life collagen powder
¼ cup pre-biotic/probiotic fiber (Just Thrive)

This drink has 96 grams of protein total and it makes 4 large servings (for 24 grams of protein each.) It is also loaded with pro-biotics, pre-biotics, fiber, antioxidants and vitamins.

Weekly Tracking

Proteins	Fruits and Vegetables	Fats	Grains/Substitutes
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
