



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 (organic) dairy including eggs, cheese, yogurt, cottage cheese, goat cheese, full fat milk, ice cream
wild-caught fish
organic nuts - ½ cup

In addition to proteins above:

Sacha Inchi powder or nuts - 1 serving or
Grass-fed Collagen Powder - example, Garden of Life or Dr. Axe - 1 serving - can be added to a smoothie

(Cannot use Collagen or Sacha Inchi powder for meals/snacks)

Complex carbohydrates - 8 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 fruits or 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 wheat. That said, while refeeding, 1 grain a day is required. The following grains usually do not pose a problem for most people. You must choose 1 of these per day while refeeding.

- Sourdough bread (2 slices)- the only bread to eat
- Hemp-seed florettes - high in protein and fiber, great rice & cereal substitute (serving size is ¼ cup uncooked)
- Wild rice - ½ cup cooked wild rice = 1 serving

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- Steel-cut, gluten free organic oats - 1 cup = 1 serving
- Quinoa - ½ cup cooked = 1 serving (some people cannot eat even this very ancient and relatively safe pseudo grain, in which case opt for one of the others listed above)

Snacks - Any serving of 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, organic grass-fed ice cream, organic seasoned nuts etc.

The following protein drink counts as a protein, a fruit and a vegetable along with the collagen requirement on this plan. The following makes 4 servings, which can be stored in the refrigerator and will be good for a week.

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| 1 cup Grass-fed plain yogurt | 4 tsp. of kakudu plum or camu camu powder (both hi-potency vitamin C) |
| 1 cup frozen organic blueberries or mixed berries | 4 scoops of garden of life collagen powder |
| 1 cup frozen organic peas or spinach | 4 scoops pre-biotic/probiotic fiber (Just Thrive) |
| 1 banana | |
| 1 cup organic pomegranate juice or coconut milk | |
| 1 avocado | |

Weekly Tracking

Proteins	Fruits and Vegetables	Fats	Grains/Substitutes
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
