

THE LEAKY GUT DIET PROTOCOL



DR. JASON PIKEN

HEALTHY GUT • BETTER LIFE

STAGE ONE: RESTRICTED PALEO DIET

EAT ONLY FROM THE FOLLOWING LIST OF FOODS:

- **MEATS, SEAFOOD, POULTRY**

Best wild or grass fed, organic, not fed grains or soy.

- **FATS**

Olive oil, coconut oil, avocados, lard, bacon fat, cultured ghee (certified to be free of casein and lactose)

- **ALL FRUITS & VEGGIES**

With the exception of Nightshades, substitute white potato with sweet potatoes which are not nightshades. (See page 4 for list of nightshade foods).

- **MILK DERIVED FROM PLANTS**

Coconut and Hemp milk are great substitutes.

- **NATURAL SUGARS**

Raw Honey





HOW LONG SHOULD YOU STAY ON THE DIET?

If you have an autoimmune issue or severe chronic gut issues:	12 weeks
If you have chronic gut issues that are mild to moderate:	4 weeks
For a health reset & to learn more about how foods are impacting your life:	2 weeks

STAGE TWO: REINTRODUCTION



PLEASE TAKE NOTE :

- When finished with stage one, begin to reintroduce foods one category at a time in the following order.
- Allow one week between any new foods introduced and take note of your body's reactions.
- After that if you notice any adverse symptoms, discontinue those foods and do a 3-day reset by going back to the diet you were comfortable with.

1. NUTS AND SEEDS

- Keep in mind that peanuts are not nuts, they are beans.

2. NIGHTSHADES

- Bell peppers (a.k.a. sweet peppers)
- Eggplant
- Goji berries (a.k.a. wolfberry)
- Hot peppers (such as Chili peppers, Jalapenos, Habaneros, Chili-based spices, Red pepper, Cayenne)
- Paprika
- Potatoes (but not sweet potatoes)
- Tomatillo
- Tomatoes

3. EGGS

4. DAIRY

- (Minimize) Cow Milk/Grass Fed Best.
- (Better Choice) Goat Milk & Sheep milk

5. BEANS & LENTILS

6. QUINOA

7. RICE

8. OTHER NON-GLUTEN GRAINS

9. CORN

10. SUGAR

11. GLUTEN GRAINS

- (Wheat, Rye, and Barley) probably best to avoid altogether.

SUMMARY:

This handout is a quick cheat sheet. Now, if you're one of those incisive people who want more information on how to implement the AI Paleo program? Here is my [affiliate link](#) to Real Plans...the Real Plans website and App offer Recipes, shopping lists...for all types of diets and you can pick and choose what diet you are on and what ingredients you like and don't like. It's a great tool.

If you suspect you have an underlying issue that needs to be addressed immediately, contact my office right away and [schedule](#) an initial consult. You can reach me at (212) 581-9079 or send me an email at drp@drjasonpiken.com. Let's get the ball rolling on making you better!

I specialize in creating individualized programs for people that don't feel better using simple protocols and I can help you get the relief you deserve. Learn more about me and my services here, www.drjasonpiken.com



DR. JASON PIKEN , DC CNS

Hi! I'm Dr. Jason Piken, a Certified Nutritional Specialist, a Chiropractor and an Applied Kinesiologist. I specialize in the health of the whole person and I've learned that the health of your gut is the key to it all. I've helped thousands of patients with digestive issues, chronic pain, anxiety, sugar metabolism and autoimmune conditions.

My expertise is finding the correct blend of foods, lifestyle changes and nutritional support needed to help you achieve your health goals.



WEEK #: _____

WEEKLY MEAL PLANNER



	BREAKFAST	LUNCH	DINNER	SNACKS	WHAT TO BUY:
SUNDAY					<input type="checkbox"/>
MONDAY					<input type="checkbox"/>
TUESDAY					<input type="checkbox"/>
WEDNESDAY					<input type="checkbox"/>
THURSDAY					<input type="checkbox"/>
FRIDAY					<input type="checkbox"/>
SATURDAY					<input type="checkbox"/>



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