



The Reintroduction Phase – How to Do It Right

Don't skip this part—it's where the magic happens

Congratulations on completing your 30 days of eating foods that are complementary to your health.

You've likely learned a number of lessons along the way.

You've eliminated a number of foods—some of which you really love. But your energy is rocking, you sleep like a baby, your cravings are down, and your digestion is humming. So how much do you really miss them? (It's okay to say “actually, a lot.”) Yes, you've learned that avoiding or limiting at least some of these foods helps you feel and live your best, but you're still ready to bring back some of your favourites.

This is where we'll encourage you to be patient. If you bring back pizza, beer, and ice cream all in the same meal, how will you know which food to blame if your energy, cravings, digestion, skin, or joints suffer? You'd lose half the learning experience if you did it that way. And it would be hard (if not impossible) to determine the specific foods that work best in your body.

That's why your Whole30 reintroduction follows a careful schedule. Previously eliminated food groups are reintroduced back into your diet one at a time, carefully and systematically, so you can effectively evaluate the impact. Throughout the process, you'll pay careful attention to how the reintroduction of these foods impacts your energy, sleep, cravings, mood, digestion, inflammation, and other symptoms. You'll then be able to compare how you felt during elimination (without these foods in your diet) to how you feel when you reintroduce them.

Reintroduction will help you identify the foods that lead to cravings, energy slumps, digestive distress, and unwanted symptoms in your unique body—lessons you'll take with you for the rest of your life in your food freedom.

Reintroduction basics

You can either follow the advised order of food group reintroduction, or you can choose your own adventure and reintroduce food groups in whatever order you like. Just make sure to reintroduce **only one food group at a time**, and return to your Whole30 elimination phase for 2-3 days between each reintroduction group.

Take it slow

Reintroduction takes at least 10 days, but can take up to 30 (or more). The more patient you are here, the more you'll learn about how specific foods impact you.

One at a time

Reintroduce each food or beverage group one at a time, like a scientific experiment. (Even if the last group caused no issues.)

Reintroduction days

On reintroduction days, the rest of your meals should be Whole30 compatible to isolate the impact of that particular food group.

Challenge your system

Include foods from that day's reintroduction group in all of your meals (alcohol is the exception), and reintroduce enough of each item to challenge your system.

Choose low-sugar options

Opt for whole-wheat bread over a blueberry muffin or plain yogurt over sweetened, so a big hit of sugar doesn't complicate your evaluation.

Take breaks between groups

Return to the Original Whole30 meals for 2-3 days between each reintroduction group to allow any negative effects to calm.

Here is the recommended reintroduction plan

If you want to follow the recommended Whole30 order of reintroduction, then this is it.

Whole30 has both a 10-day reintroduction schedule and a “slow roll option” (where you do the reintroduction over a longer period of time). These schedules have a very specific order of reintroducing foods.

- #1: Legumes (day one)
- #2: Non-gluten grains (day four)
- #3: Dairy (day seven)
- #4: Gluten-containing grains (day ten)

This order is for good reason. The idea is that you’ll stick to all the other Whole30 eating rules during the transition period. Introduce those four types of foods in the order of least likely to be problematic (legumes and non-gluten grains) to most likely to be problematic (dairy and gluten).

We recommend having one serving of the food you’re introducing at each meal on that day.

For example, if you’re reintroducing gluten-free grains (e.g. rice), you could have a slice of gluten-free bread with breakfast, some corn chips with lunch, and rice with dinner. You would then go back to Whole30 eating for two days (more if you have a particularly adverse reaction) to assess any negative symptoms you might encounter.

Watch out for symptoms.

During the reintroduction period, it will probably help to keep a log of the symptoms that you’re feeling. Sometimes, foods are very obviously causing problems. Other times, their effects are subtler.

Digestive woes (including constipation, diarrhoea, cramping, and bloating), headaches, acne, changes in mood, an increase in sugar cravings, the return of joint pain, low energy or fatigue, a change in sleep quality, or a return of medical conditions or symptoms are all signs that certain foods may not be working for you.

Remember that you on page 1 of this programme, you have the “How My Body Feels Now” document, where you could track exactly how your body felt at the start of the programme. You can re-do this exercise now, and see what amazing differences you notice having successfully followed the programme.

You can look through this checklist yet again, as you go through the reintroduction phase, to look for negative reactions to the foods that you're reintroducing.

Typically these negative symptoms are a sign of an intolerance. So the response will be delayed and may not be as obvious as an allergic reaction (such as itching, swelling, hives, or anaphylaxis).

Make a plan for the future

Once you've introduced foods back into your diet after Whole30, you can use your observations to help you make smart food choices going forward. Remember that a poor reaction to a food doesn't reflect on you as a person or negate the benefits of your Whole30.

Every food you reintroduce is simply giving you information. That's it. You can decide to do whatever you want after that. And you can always decide when a food is worth it (and when it isn't). You'll simply be empowered to make that choice yourself.

For example, after Whole30, if you find that dairy bloats you, you may want to cut it out completely. Or, you might just decide to lessen how much or how often you have it. Either way, you've gained a better understanding of your body and how it reacts to what you're eating. Whether it's how you're sleeping, your energy levels, or more severe symptoms like migraines and chronic pain.

When you really think about it, proper reintroduction is what can make the biggest impact on your life. It's what makes the last 30 or so days totally worth it.

Let me know if you need any help with anything during your reintroduction phase.