

## Chapter 2: The Three Phases of the Lectin-Free Diet

When I first got started on the lectin-free diet, I felt pretty overwhelmed.

Although I was extremely confident that this would be the scientifically-proven answer to my rheumatoid arthritis, I still had a ton of questions. The loudest of these was, *'But what on earth am I going to eat?'*

As I thought about what I'd been eating up until that point in my life, it dawned on me that it was no wonder I'd been feeling so sick for all these years. It was no wonder I looked unhealthy, came down with every single cold, flu and other illness that came my way. It was all because of the crazily high amount of lectins I was eating.

But what was the other option?

*What on earth could I eat?*

So, I did my research. And I'll be honest, all of this did nothing to help. In fact, faced with long lists of what to eat and what not to eat, I was more confused than ever.

That's why I've decided to dedicate a whole chapter in this book to helping you make sense of the lectin-free diet, without breaking a sweat.

When I went lectin-free, I followed the guidelines outlined by Gundry in his book, *'The Plant Paradox'* which breaks down the healing journey into three phases. Let me walk you through what each of these means and what you can eat during each phase.

### Phase 1: Detox

Firstly, we need to kick-start your path towards healing by following a short cleanse for three days. This helps your body remove the junk from your body and give your healthy gut bacteria a boost.

Without a doubt this is one of the most important phases of the diet, and one you really shouldn't skip, unless your doctor advises you not to do it.

You see, your gut health is THE most important factor in your healing.

If you don't have enough healthy bacteria populating your gut, all your hard work could go to waste. Sure- you'll notice a big improvement in your energy levels and the quality of your sleep, but you'll never get that feel-good glow you're aiming for.

During this phase, greens are key. You'll be starting your day with a green smoothie, snacking on guacamole and lettuce, and filling up on greens with a small amount of healthy protein for lunch and dinner.

Only eat the meals featured in the meal plan outline below or lectin-free phase one meals.

Don't despair if this looks shockingly restrictive. This is a cleanse. It's only supposed to last a few days. Soon, you'll be able to go back to eating a much wider range of foods that will really tickle your taste buds whilst also keeping your health issues in check.

If you're vegetarian or vegan, you can replace the chicken or salmon with Quorn products or cauliflower steaks. All the recipes can be found in the [recipe section](#) later.