

dr gundry plant paradox food list pdf

Dr Gundry Plant Paradox Food List PDF

The phrase "Dr Gundry Plant Paradox Food List PDF" has garnered significant attention among health enthusiasts, dieters, and those interested in optimizing their gut health. Dr. Steven Gundry, a renowned cardiologist and author of *The Plant Paradox*, has developed a unique dietary approach centered around reducing lectins—proteins found in many plant-based foods—and emphasizing nutrient-dense, lower-lectin options. The official food list, often shared in PDF format, serves as a foundational guide for individuals following his Plant Paradox diet. This comprehensive list helps adherents identify which foods to prioritize, which to limit, and which to avoid to promote gut health, weight management, and overall wellness.

In this article, we will explore the details of Dr. Gundry's Plant Paradox food list, its principles, the rationale behind it, and practical tips for incorporating these foods into daily life.

Understanding the Plant Paradox Diet

What Is the Plant Paradox?

The Plant Paradox is a dietary approach that challenges traditional plant-based eating habits by highlighting the presence of lectins—plant proteins that can cause inflammation and digestive issues in some people. Dr. Gundry asserts that many common foods contain lectins that can damage the gut lining, promote inflammation, and contribute to chronic diseases.

The Core Philosophy

The diet emphasizes:

- Reducing or eliminating high-lectin foods
- Consuming nutrient-dense, low-lectin foods
- Incorporating certain preparation techniques to neutralize lectins
- Prioritizing foods that support gut health and overall wellness

The Role of the Food List PDF

Importance of the Food List

The Dr Gundry Plant Paradox Food List PDF serves as an accessible, organized resource for followers to:

- Identify permitted foods
- Recognize foods to avoid or limit
- Understand proper preparation methods

- Track dietary adherence

Accessibility and Usage

Most versions of the PDF are freely available online or through official publications and serve as quick-reference guides. They simplify complex nutritional information into an easy-to-understand format, aiding users in meal planning and grocery shopping.

The Food Categories in the Plant Paradox List

The list is typically divided into several categories, each with specific guidelines on their inclusion or exclusion.

1. Allowed Foods (Low-Lectin, Nutrient-Dense)

Vegetables

Most non-starchy, leafy, and cruciferous vegetables are encouraged, including:

- Leafy greens: kale, spinach, arugula
- Cruciferous vegetables: broccoli, cauliflower, brussels sprouts
- Others: zucchini, asparagus, cucumbers

Fruits

Fruits are limited but include:

- Berries: strawberries, blueberries, blackberries
- Avocado (technically a fruit)
- Olives

Nuts and Seeds

Allowed in moderation:

- Macadamia nuts
- Pecans
- Walnuts
- Chia seeds
- Flaxseeds

Proteins

- Pasture-raised meats
- Wild-caught fish
- Shellfish
- Eggs from pasture-raised hens

Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil

2. Foods to Limit or Use with Caution

Certain Vegetables and Fruits

- Tomatoes, eggplants, peppers (contain lectins)
- Melons and certain tropical fruits

Legumes

- Lentils, chickpeas, black beans (high in lectins unless properly prepared)

Dairy

- Hard cheeses in moderation
- Avoid processed dairy products

Grains and Grain Products

- Wheat, rice, oats (most contain lectins unless sprouted or properly prepared)

3. Foods to Avoid (High-Lectin Foods)

Legumes & Pulses

- Beans, lentils, soybeans, peanuts

Nightshade Vegetables

- Tomatoes, potatoes, eggplants, peppers

Grains & Pseudograins

- Wheat, corn, oats, quinoa, and similar grains

Processed & Packaged Foods

- Foods containing additives, preservatives, or refined ingredients

Certain Fruits

- Melons, bananas, and tropical fruits high in sugar

Preparation Techniques to Reduce Lectins

Many foods high in lectins can be made safe through specific preparation methods, which are often included in the PDF guide.

Soaking

- Soak beans, nuts, and seeds overnight to reduce lectin content

Sprouting

- Sprout grains and legumes to decrease lectins and increase nutrient bioavailability

Pressure Cooking

- Use pressure cookers to effectively neutralize lectins in beans and legumes

Peeling and Deseeding

- Remove skins and seeds of certain fruits and vegetables to lower lectin levels

Fermentation

- Fermented foods like sauerkraut or kimchi can support gut health

Practical Tips for Following the Food List

Grocery Shopping

- Focus on fresh, organic produce that aligns with the allowed list
- Read labels carefully to avoid hidden sources of lectins

Meal Planning

- Incorporate a variety of permitted vegetables and healthy fats
- Use approved proteins and prepare them with recommended techniques

Dining Out

- Choose restaurants that accommodate low-lectin options
- Ask about ingredients and preparation methods

Supplementation and Monitoring

- Consider supplements for nutrients that may be limited

- Regularly monitor health markers and consult healthcare professionals

Benefits and Considerations

Potential Benefits

- Improved digestion and gut health
- Reduced inflammation
- Weight management
- Enhanced energy levels
- Reduced risk of chronic diseases

Possible Challenges

- Restrictive nature of the diet may require significant adjustments
- Risk of nutritional deficiencies if not properly planned
- Social and cultural aspects of eating may be impacted

Consultation and Personalization

It is recommended to consult with a healthcare provider or registered dietitian before starting the Plant Paradox diet, especially for individuals with existing health conditions.

Conclusion

The Dr Gundry Plant Paradox Food List PDF is an essential resource for those committed to following the principles of the Plant Paradox diet. By understanding which foods are permitted, which to avoid, and how to prepare them correctly, followers can optimize their gut health, reduce inflammation, and achieve their wellness goals. While the diet emphasizes the avoidance of certain high-lectin foods, it also encourages nutrient-dense, delicious, and health-promoting options. Proper planning, knowledge, and adherence to the guidelines outlined in the PDF can help individuals harness the full benefits of this innovative dietary approach.

Frequently Asked Questions

What is the Dr. Gundry Plant Paradox Food List PDF?

The Dr. Gundry Plant Paradox Food List PDF is a downloadable document that outlines foods recommended and to be avoided on Dr. Gundry's Plant Paradox diet, helping followers adhere to his guidelines for optimal health.

Where can I find the official Dr. Gundry Plant Paradox Food List PDF?

You can find the official PDF on Dr. Gundry's official website or through authorized health resources and purchase options associated with his books or programs.

Is the Dr. Gundry Plant Paradox Food List suitable for vegetarians or vegans?

Yes, the list includes plant-based foods that are suitable for vegetarians and vegans, emphasizing non-reactive, nutrient-dense plants while avoiding lectin-rich foods.

What are some key foods to avoid according to the Plant Paradox Food List?

Key foods to avoid include grains, legumes, nightshade vegetables, and processed foods high in lectins, such as tomatoes, peppers, eggplants, and certain beans.

Can I get the Dr. Gundry Plant Paradox Food List in a printable PDF format?

Yes, many versions of the Food List are available in printable PDF formats online, either from Dr. Gundry's official resources or third-party health websites.

How often is the Dr. Gundry Plant Paradox Food List updated?

The list is generally updated periodically by Dr. Gundry to reflect new research and dietary guidelines, so it's best to refer to the latest official version for the most current information.

Is the Dr. Gundry Plant Paradox Food List PDF free or paid?

Some versions of the Food List are available for free online, while official, comprehensive PDF guides or books may require purchase or subscription to access.

Additional Resources

Dr. Gundry Plant Paradox Food List PDF: An In-Depth Investigation

In recent years, the intersection of diet, gut health, and longevity has garnered significant attention from both the scientific community and the general public. Among the myriad of dietary protocols claiming to optimize health, Dr. Steven Gundry's "Plant Paradox" has emerged as a controversial and influential program. Central to this approach is the Dr. Gundry plant paradox food list PDF, a comprehensive resource purportedly guiding adherents through food choices that promote digestive health and prevent chronic disease. This article provides a thorough investigation into the origins, content, scientific basis, and practical implications of the Plant Paradox food list PDF, offering clarity for those considering its adoption.

Understanding the Genesis of the Plant Paradox Concept

Who is Dr. Steven Gundry?

Dr. Steven Gundry is a cardiothoracic surgeon turned nutritionist, best known for advocating dietary strategies aimed at reducing "cardiotoxins" and improving overall health. His book, *The Plant Paradox*, published in 2017, gained widespread popularity, especially among those seeking alternative approaches to conventional dietary guidelines.

The Core Premise of the Plant Paradox

At its heart, the Plant Paradox argues that certain plants contain naturally occurring compounds called "lectins," which can cause inflammation, damage the gut lining, and contribute to various chronic illnesses. Gundry suggests that by avoiding or limiting high-lectin foods, individuals can improve their health, lose weight, and increase longevity.

The Development and Content of the Plant Paradox Food List PDF

What is the Plant Paradox Food List PDF?

The Plant Paradox food list PDF is a downloadable, printable document that

catalogues foods categorized as "allowed" or "to be avoided" within Gundry's dietary framework. It serves as a practical guide for adherents to navigate grocery shopping, meal planning, and mindful eating.

Sources and Accessibility

Gundry's official website offers the PDF as part of his book package, online courses, or paid memberships. Several unofficial versions circulate freely online, often summarizing or paraphrasing his recommendations. The official PDF emphasizes clarity, ease of use, and adherence to his lectin-avoidance principles.

Structure of the Food List

The PDF generally divides foods into:

- Foods to Avoid: High-lectin foods, grains, certain fruits, nightshade vegetables, and processed foods.
- Foods to Consume: Leafy greens, nuts (except peanuts and cashews), seeds, pasture-raised meats, certain fruits, and specific oils.

This categorization aims to streamline food choices, minimizing lectin intake while promoting nutrient-dense options.

Deep Dive: The Science Behind the Food List

What Are Lectins?

Lectins are a type of protein found naturally in many plants as a defense mechanism against pests and predators. While some lectins are harmless or beneficial, others are considered problematic due to their potential to bind to cell membranes, interfere with nutrient absorption, and trigger immune responses.

Gundry's Perspective on Lectins

Gundry posits that lectins, especially in their raw or unprocessed forms, can:

- Damage the gut lining, leading to "leaky gut."
- Promote systemic inflammation.
- Contribute to autoimmune conditions, metabolic syndrome, and other chronic diseases.

He advocates for strategies such as pressure-cooking, peeling, fermenting, and removing skins to reduce lectin content in foods.

Controversies and Scientific Scrutiny

While some studies have identified lectins as potentially harmful in certain contexts, mainstream science remains divided. Critics argue that Gundry's claims often lack robust peer-reviewed evidence and that many lectin-containing foods are health-promoting when properly prepared.

Recent research suggests that:

- Cooking and food processing significantly reduce lectin levels.
- Many lectin-rich foods, such as beans and whole grains, have well-documented health benefits.
- Individual responses to lectins vary, and blanket avoidance may lead to nutritional deficiencies.

Analysis of the Food List Contents

Foods to Avoid According to the List

The PDF emphasizes limiting or avoiding:

- Nightshade vegetables: Tomatoes, eggplants, peppers, potatoes.
- Grains and pseudo-grains: Wheat, corn, oats, rice, quinoa.
- Legumes: Beans, lentils, peanuts, cashews.
- Dairy: Milk, cheese, and yogurt (unless specifically permitted).
- Fruits high in sugar: Bananas, grapes, melons, pineapples.
- Processed foods and sugars.

Foods Recommended for Consumption

The list favors:

- Leafy greens: Spinach, kale, arugula.

- Cruciferous vegetables: Broccoli, cauliflower.
- Fruits: Berries, avocados, olives.
- Nuts and seeds: Macadamia, walnuts, pumpkin seeds.
- Animal proteins: Pasture-raised meats, wild-caught fish, eggs.
- Healthy oils: Olive oil, avocado oil.

Additional Considerations

The list often includes guidance on food preparation methods, such as:

- Pressure-cooking beans and grains to reduce lectins.
- Peeling and deseeding certain vegetables.
- Fermentation to enhance digestibility.

Practical Implications and Criticisms

Potential Benefits of Following the List

Proponents claim that adherence can:

- Reduce inflammation.
- Improve gut health.
- Promote weight loss.
- Decrease autoimmune flare-ups.

Some users report subjective improvements in digestion and energy levels.

Challenges and Limitations

However, critics raise concerns:

- Nutritional Adequacy: Eliminating entire food groups like grains, legumes, and nightshades may risk deficiencies in fiber, B vitamins, and other nutrients.
- Scientific Evidence: The evidence linking lectins to chronic disease is inconclusive, with many studies indicating that properly prepared lectin-containing foods are safe and healthful.
- Implementation Complexity: The preparation techniques recommended can be time-consuming and impractical for some lifestyles.
- Economic Factors: Restrictive diets may increase costs, especially when emphasizing organic, pasture-raised, or wild-caught foods.

Are There Risks in Following the Food List?

Unsupervised strict adherence without professional guidance might lead to:

- Nutritional gaps.
- Social and psychological impacts due to dietary restrictions.
- Potential for disordered eating patterns.

Scientific and Clinical Perspectives

Current Research Landscape

While some small studies suggest that reducing lectins may benefit certain autoimmune conditions, large-scale, high-quality clinical trials are lacking. Most dietary guidelines endorse whole grains, legumes, fruits, and vegetables as part of a balanced diet.

Expert Opinions

Nutrition experts generally advise caution:

- Emphasize whole, minimally processed foods.
- Recognize individual variability.
- Consult healthcare professionals before major dietary shifts, especially for those with existing health conditions.

Conclusion: Is the Dr. Gundry Plant Paradox Food List PDF a Reliable Guide?

The Dr. Gundry plant paradox food list PDF reflects a specific dietary philosophy rooted in lectin avoidance. While it offers a structured approach to food choices and encourages mindful preparation, its scientific underpinnings are subject to debate. Consumers should approach it with a critical eye, considering:

- The current state of evidence.
- Their individual health needs.

- Potential nutritional implications.

Incorporating elements of the list may benefit some individuals, especially those with autoimmune conditions or sensitivities, but broad application without professional guidance may not be appropriate. As with all dietary interventions, personalized consultation with healthcare providers or registered dietitians is advisable.

Final Thoughts

The fascination with the Dr. Gundry plant paradox food list PDF underscores a growing desire for dietary clarity amidst conflicting nutritional messages. While its principles challenge conventional wisdom, they also highlight the importance of evidence-based eating patterns. Future research may clarify the role of lectins in human health, but until then, balanced, diverse diets remain the cornerstone of nutritional wellness.

[Dr Gundry Plant Paradox Food List Pdf](#)

dr gundry plant paradox food list pdf: The Smart and Savvy Guide to Plant-Based Eating
Siloam, 2020-03-03 The best food comes from the earth. This book will show you how to cook appetizing meals that will help you feel better, look younger, and live longer. The virtues of vegetarian, vegan, and raw foods are more popular than ever in both cookbooks and restaurant menus. Readers will learn to prevent chronic illness, lose weight, and improve their overall health with plant-based replacements for meat, eggs, dairy, and more. A quick-start guide includes delicious, easy, healthy recipes for both cooked and raw foods. OTHER BOOKS IN THIS SERIES: The Smart and Savvy Guide to Superfoods (2020) ISBN: 978-1-62999-696-7

dr gundry plant paradox food list pdf: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling The Plant Paradox is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In The Plant Paradox, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in The Plant Paradox, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them,

including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

dr gundry plant paradox food list pdf: *Plant Paradox Quick and Easy* Dr. Steven R. Gundry, M.D., 2019-01-08 From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller *The Plant Paradox*, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in *Plant Paradox Quick and Easy*, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), *Plant Paradox Quick and Easy* is the all-in-one resource *Plant Paradox* fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

dr gundry plant paradox food list pdf: *The Plant Paradox Cookbook* Dr. Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his *Plant Paradox* program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

dr gundry plant paradox food list pdf: *The Plant Paradox* the plant paradox by steven gundry the plant paradox by steven gundry, 2017-08-16 Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the gluten-free foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious

health conditions.

dr gundry plant paradox food list pdf: The Plant Paradox Family Cookbook Dr. Steven R. Gundry, M.D., 2019-11-19 From the New York Times bestselling author of *The Plant Paradox* comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of *The Plant Paradox* in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In *The Plant Paradox Family Cookbook*, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. *The Plant Paradox Family Cookbook* includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, *The Plant Paradox Family Cookbook* will help the whole family experience the incredible benefits of the Plant Paradox program.

dr gundry plant paradox food list pdf: Summary of Steven R. Gundry's the Plant Paradox Sumoreads, 2017-06-22 PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In his controversial new book, *The Plant Paradox*, Dr. Steven Gundry presents a new paradigm in dieting and healthy eating, arguing that plants--the primary source of nutrition for the human populace--are also the most potent adversaries of the wellness of people. This SUMOREADS Summary & Analysis offers supplementary material to *The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain* to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? Executive Summary of the original book Editorial Review Key Takeaways & Analysis Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview *The Plant Paradox* is a new and informative dieting approach. It revolutionizes your thoughts about building good health through dieting. In it, Dr. Gundry a world-renowned expert in cardiothoracic surgery, restorative medicine and immunologist, enlightens you on what keeps you in pain, sick and low on energy. As you flip the pages, you will understand how plant proteins known as lectins are behind numerous health issues and where it all started. Also, you will interact with several testimonies of Dr. Gundry's patients detailing how the plant paradox program reversed various autoimmune and chronic conditions. Finally, this book doesn't leave you guessing on how to take steps in your new dieting program. You'll find plenty of instructions on different meal plans and recipes that include locally available ingredients that match the plant paradox program. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, *The Plant Paradox*.

dr gundry plant paradox food list pdf: The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free (the Plant Paradox, 2) [Spiral-Bound] Dr. Steven R Gundry MD Steven R. Gundry, 2018-04-10

dr gundry plant paradox food list pdf: SUMMARY OF The Plant Paradox Quick and Easy: The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free Smile Publishers, Alex Jones, 2019-11-12 THE Plant Paradox Quick and Easy: The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free - Book Summary From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins--a type of protein found in fruits, vegetables, legumes, dairy, and grains--wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change--one that, for many people, can feel overwhelming. This Summary will Help You Understand The Concept of The Plant Paradox Quick and Easy. Very Concise and Straight To The Point!

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Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

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dr gundry plant paradox food list pdf: The Plant Paradox Diet for Beginners Madison Hall, 2018-12-15 All you have to do to stay healthy is to eat fewer carbs, stay away from sugar, and have a lot of organic vegetables and plants, and exercise regularly, right?Wrong!I'm sorry to be the one to break it to you but some of the 'healthy' plants and vegetables you are consuming are making you sick. You're probably having the exact reaction I had when I first heard of the Plant Paradox diet right now. Personally, I was tired of diets - I hated them. This one comes and stays Stop eating carbs, they're killing youWhile you're still doing the victory dance, happy to have conquered your love for carbs, another one comes and says Fats are the enemy, eat carbs but ignore fatsTruth is, if we wanted to listen to all the 'professionals' who have 'discovered' something 'dangerous' about the traditional human diet, you and I will probably just stick to eating stones. So when I heard about the plant paradox thing, I just hissed it off. Until I saw a recent photo of Kelly Clarkson next to an interview that she did. She was looking so slim and very beautiful.The interview was about how she

lost all the excess weight so naturally, I was interested. She was crediting this same Plant Paradox thing for her weight loss- of course; all my paid sponsorship sensors went up. But something caught my eye (or should I say captured my heart) in the interview, and led me to give the Plant Paradox diet a try. She talked about the fact that many people are on supposed healthy diets, for years in fact, following all of the rules strictly, and still never losing any significant weight, just a few pounds every now and then. She was describing me! Sometimes the scales would even go up after a whole week of following all of the rules and you're almost screaming at the scale You bloody liar! How could I have gained 2 pounds when I didn't have any carbs or desserts this week? At that point I had to agree that maybe she was right- maybe Doctor Gundry was right- maybe the so-called healthy foods are not so healthy after all. I decided to try to 3-day cleanse and because I lost 3 pounds in 3 days, I decided to follow through with the diet. Today, I am 35 pounds lighter and my arthritis? Gone! Completely! I have since dedicated my time to letting people know about this amazing diet. Well, it's not a diet for me but a lifestyle change and I hope that you too can make this lifestyle change because the key to the quick and sustainable weight loss and better health that you're seeking may lie with getting rid of the fat-promoting, gut-irritating, cancer-causing, diabetes-inducing, inflammatory protein called Lectins from your diet. In this book, you'll learn: -What Lectins are and How they Attack your Body-How Lectins Make you Fat and Hungry all The Time-The Diseases Lectins Cause-What a Lectin-free Diet Can Do For Your Weight and Health-How to Kickstart a Lectin-free Diet (Plant Paradox Diet)-30-Day Lectin-Free Menu Plan-63 Delicious Lectin-Free Recipes including Breakfast, Lunch and Dinner Recipes

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dr gundry plant paradox food list pdf: The Plant Paradox The Summary Guy, 2018 A Complete Summary of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain The Plant Paradox is a book written by Dr. Steven Gundry. The book is actually a follow-up to his book Diet Evolution. As such, it follows a similar pattern and has a similar message the author wanted to share with his readers. The most important thing about this book is that it tries to discuss the source or the root causes of many health problems. The author invested many years of research in order to write this book and to come up with many of his ideas. The reason why this book was titled The Plant Paradox is that there are some plants we can eat in excess without getting sick. On the other hand, there are some plants, which, when consumed in small portions, are beneficial, but when consumed in large portions, can become unhealthy. This book is a resource for tips and advice on how to control our food cravings and what we eat. Thus, this book is a good source of help for anyone and everyone who wants to know how to gain full control over their diet. The fact that Dr.

Grundy had invested many years in his research (including obtaining a medical degree from the Medical College in Georgia and working for sixteen years as a professor of surgery and pediatrics) only further emphasizes the quality of his work. Thus, *The Plant Paradox* is a book that is here to educate us and to show us that there is a better way when it comes to our food intake and diet. Here Is A Preview Of What You Will Get: In *The Plant Paradox* , you will get a summarized version of the book. In *The Plant Paradox* , you will find the book analyzed to further strengthen your knowledge. In *The Plant Paradox* , you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy and learn all you can about *The Plant Paradox*.

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