

# PALEO

## BEGINNINGS

Powered By  
Vitae Functional Medicine





## DR GREG MONGEON

As a Functional Medicine Doctor who has helped hundreds of people take back their health, I am beyond excited you have decided to join our Regenerate 360 program and take back your health. With regular communication and active participation, you will receive your best results! Finally, your willingness to create new habits will guarantee improvement in your health for life.

The paleo meal plan is a great way to start. We eliminate the major food groups that are known to cause inflammation in our bodies. Remember this is a starting point, changes may need to be made along the way, adding foods back in or removing if needed. Be sure to take the time to read through this ebook and even print it out.



# WHAT IS A PALEO DIET?

A paleo diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era. A paleo diet typically includes lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past could be obtained by hunting and gathering.

A paleo diet limits foods that became common when farming. These foods include dairy products, legumes and grains.

This approach leaves out many of the foods that cause issues with inflammation and contribute to gut dysbiosis. It also gives your body a break from the foods that may be exacerbating Autoimmune or hormone issues.



# THE BASICS

Autoimmune diseases occur when your body's immune system attacks your own cells. This reaction causes inflammation and antibodies will attack your healthy tissue. The paleo diet works to heal the immune system and digestive tract lining by eliminating foods that have been known to cause inflammation and further fueling autoimmune reactions.

We recommend at least 90 days of elimination of dairy, gluten and grains. Also pseudo-grains (like quinoa, buckwheat, and amaranth), legumes. For some of you as you go along you may notice you might also need to eliminate foods that are also known to trigger an inflammatory response like nightshade vegetables, eggs and peanuts. We also recommend eliminating modern vegetable oils, alcohol, added sugar or sweeteners, food additives and NSAIDs (Nonsteroidal anti-inflammatory drug), which are medications like ibuprofen.



# HOW TO FOLLOW

As mentioned, we recommend at least 90 days of elimination of dairy, gluten and grains. We also recommend eliminating modern vegetable oils, alcohol, added sugar or artificial sweeteners and food additives.

We understand that it may be difficult to take these things out 100% of the time. We apply the 85/15 rule, which means 85% of the time you should avoid the above listed food groups and 15% of the time you may find it difficult to avoid these foods. Bottom line is do your best! Set rules for yourself and then do your best to follow them.

When it comes time to start putting foods back in (after 90 days) you may already notice foods that you should stay away from. For example you may notice that when you have dairy you have more acne or nasal stuffiness. Some people also feel a thickening on the back of the throat. With gluten the main things we see is bloating, Intestinal issues, stiff joints or swelling. Sugar and alcohol we tend to see headaches, joint pain or general pain, mood issues and foggy thinking.

You may get through the 90 days and "feel" like food does not affect how you feel. We really encourage you to add foods back in slowly, you might be surprised at how subtle it is. So take one food group at a time and slowly add it back in, documenting how you feel over the next days and weeks.

# PANTRY BASICS

Cleaning out...

A really great place to start is by looking at the ingredient list. If it contains wheat, flour, or sugar it goes in the donation box.

Grains and processed foods. We realize this can be a really hard one especially if you have already adapted a cleaner meal plan. Getting rid of ALL rice like; brown rice, white, rice cakes, crackers. Dump rye crisps, granola bars, oats and oatmeal. Even things like couscous, quinoa, amaranth and buckwheat.

Condiments Let's not forget about ketchup, salad dressings, barbecue sauce, any commercial dips and sauces. They typically contain sugar and or corn syrup and vegetable oils and we don't want them in our diet for the next 90 days.





# PANTRY STAPLES

## TO KEEP ON HAND

- Extra virgin olive oil
- Walnut oil
- Avocado oil
- Macadamia oil
- Coconut oil
- Almonds
- Brazil nuts
- Hazelnuts
- Pecans
- Walnuts
- Allspice
- Anise
- Basil
- Bay Leaf
- Cayenne pepper
- Chili powder
- Cinnamon
- Cloves
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger powder
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Peppercorns
- Rosemary
- Sage
- Thyme
- Turmeric

# FRIDGE BASICS

## Juices and drinks

Get rid of the pure orange juices, fruit juices, coffee creamers, kaumbucha (if added sugar). These liquid drinks contain added sugars and elevate your blood sugars quickly. Stick to eating your fruits (verses drinking it and reap the benefits of the fiber along with it.

## Dairy

This can be really hard as most people use diary foods as snack foods. Things like cheese sticks, yogurt and cottage cheese all contain high amounts of protein and are used as "healthier" go to's.... but for purposes of healing we are eliminating these known allergens to heal your body. You will be able to have these things again, don't worry.

## Pre Made & Package foods

Watch items like salad kits, rice noodles and hummus. These items contain things like vegetable oil, rice and chickpeas which are not a part of the paleo plan.





# FRESH STAPLES

## TO KEEP ON HAND

- Apple
  - Avocado
  - Banana
  - Cantaloupe
  - Grapes
  - Grapefruit
  - Lemon
  - Orange
  - Strawberries
  - Blueberries
  - Tomato
- Bell pepper
  - Broccoli
  - Carrots
  - Cauliflower
  - Celery
  - Cucumber
  - Lettuce
  - Mushrooms
  - Onions
  - Scallions
  - Spinach
- Basil
  - Chives
  - Cilantro
  - Dill
  - Tarragon
  - Fresh fish/shellfish
  - Omega 3 eggs
  - Free-range chicken
  - Grass-fed beef

# NEXT STEPS

1

Make a list: Now that you have cleaned everything out, it's time to go shopping! Make sure you start with a list, buying only the things you need and not what looks good. Going in with a plan is so very helpful! Use the recipes on the next few pages to help you. Also we have a [Pinterest](#) page you can follow for more ideas!

2

Shop: In general we encourage you to shop around the outside of the store. Look for fresh over canned or frozen. Don't allow those extra things to pop into your cart, only what is on the list!

3

Prep: When you get home, wash, chop and store all the foods you just bought. I like to put foods right into containers or bags so that it's a grab and go and super easy to stay on track.





# BREAKFAST

We have often been told "breakfast is the most important meal of the day" What we really want you to know is "your first meal is the most important meal of the day" Everyone starts eating at a different time of the day. For some it may be 6am, 8am or maybe not until noon. We want you to know that what ever time you start, is just fine. Listen to your body, if you are hungry you should eat and vice versa.

We also want you to really think about what you have at that first meal. Following a paleo meal will help to keep your blood sugars from raising too high. People tend to have issues when you start with a high carb breakfast (oatmeal) or sugary coffee drink, like a Starbucks mocha (this includes sugar free as well!). Your first meal sets the stage of what your blood sugars will do the rest of the day. Believe it or not, it also sets your mood the rest of the day!

Follow the suggestions on these pages for examples and we encourage you to look up "paleo breakfast" for more ideas!



# GOOD MORNING HASH

SERVES 2

## INGREDIENTS

- 3 Tbsp coconut oil divided
- 2 small/med sweet potatoes - chopped into 1/2 inch cubes
- 1 med onion chopped
- 1 small bell pepper, chopped
- 1/2 lb fresh bulk sausage
- 1/4-1/2 tsp paprika
- Sea salt and black pepper
- 4 eggs
- Thinly sliced scallions for garnish

## DIRECTIONS

Preheat oven to 400 degrees (you will use it to bake the eggs into the skillet at the very end) Heat a large skillet, preferably cast iron, over medium heat and add 1 Tbsp of the coconut oil to melt. Once sizzling, crumble the sausage into the pan, and stir while cooking to evenly brown. When sausage is about 3/4 of the way done, add the onions and peppers and continue to cook and stir until the sausage is browned and the onions and peppers are soft and fragrant. Remove from heat and set aside until the potatoes are done. Meanwhile in a separate skillet over medium heat, add the remaining 2 Tbsp of coconut oil to melt. Add the chopped sweet potatoes and stir to coat. Sprinkle with smoked paprika, sea salt and pepper to taste. Cook and stir, uncovered, until the outside begins to brown, then cover the skillet (any cover that mostly fits will do!) and continue to cook to soften the inside of the potatoes, uncovering to stir once in a while. Adjust the heat if necessary to prevent burning, and add a bit more coconut oil if necessary. This step should take about 7 minutes total, give or take. Once the potatoes are softened and browned, transfer them to the sausage mixture and stir to combine. Create 4 indents where you will crack each egg - then carefully crack the eggs into the spaces (I like to create a bit of space for the eggs so the yolks don't break and the whites don't run all over!) Put the entire skillet in the 400 degree oven to bake the eggs to preference, about 10-15 minutes. Alternatively, you can cook the eggs by covering the skillet and cooking over medium-low heat until the eggs are done. I prefer the oven method to avoid burning the bottom of the hash, but either way should work! Serve hot and enjoy!



# GOOD MORNING BERRY SMOOTHIE

SERVES 1

## INGREDIENTS

1/2 frozen banana  
1/2 cup frozen berries  
1 tsp raw honey  
1 cup almond milk  
2 tsp almond butter

## DIRECTIONS

Place all ingredients into high speed blender until smooth. Pour into glass, and serve.

## TASTY ADD-INS

Spinach  
Collard greens  
Unsweetened coconut  
Chia seeds  
Flax seeds  
Avocado



# FLUFFY PANCAKES!

SERVES 8

## INGREDIENTS

1 1/2 cups almond flour  
2 Tbsp tapioca flour  
1 tsp baking powder  
1 tsp cinnamon  
1/4 tsp salt  
1 egg  
1 cup coconut milk (from can) or 3/4 cup almond milk  
1 tsp vanilla  
1 tbsp ghee or coconut oil for pan  
Pour into glass, stir in tumeric, and serve.

## DIRECTIONS

In a large bowl, mix together almond flour, tapioca flour, baking powder, cinnamon, and salt. In a small bowl, whisk egg. Add in vanilla and milk of choice. Add wet ingredients to dry ingredients and stir until combined. Batter will be thick! Heat a pan with 1 tbsp ghee or coconut oil. Once hot, scoop 1/4 cup batter onto pan. If you want to add in any fruit, now is the time. Let pancake cook slowly, once bubbling or if you peak and see golden brown, flip over. This will take about 3-4 minutes and will get quicker as you cook more and more pancakes. Cooking the pancakes low and slow allows them to get the nice golden brown and cook in the middle. Once cooked all the way though, take off the heat. Serve with butter, maple syrup, and more fruit and enjoy.



# LUNCH

Lunch is a big one that people tend to go light with. Make sure your lunch has a least a hand size portion of protein (chicken, steak or fish) and at least a tablespoon of healthy fats (avocado, olive oil or nuts) along with veggies.

Why is it important to eat a moderate size lunch? It's important to know what your body is doing on the inside so you can make good choices on the outside. Have you ever gotten "hangry"? moody, irritable? The reason for this is your brain is fueled by glucose. Your muscles, thyroid (yes thyroid!) and organs use glucose as well. If you feel low on energy or hangry... it's because your body is going into reserve mode. This means your metabolism and digestion will slow down, and if you go even longer without eating your body starts to shut down activities that are not necessary. So the key is NEVER let yourself get to the "hangry" or moody phase.

Our bodies are like machines, they need to be well oiled, fueled and ready to go. (on the other hand or body does not like to be over full either so balance is key). Eat a really good lunch that leaves you feeling full and satisfied and you will do great until dinner!



# ASIAN CHICKEN CHOPPED SALAD

SERVES 6

## INGREDIENTS

- 4 cups cole slaw mix (cabbage with shredded carrots)
- 1 cup shredded red cabbage
- 1/2 red bell pepper, sliced thin
- 1 cup shredded chicken breast
- 1/4 cup slivered almonds
- 2 green onions, finely sliced
- 1 Tablespoon sesame seeds

## ASIAN DRESSING

- 1/4 cup coconut aminos
- 2 tablespoons rice vinegar
- 2 tablespoons extra virgin olive oil
- 1/2 tablespoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger

## DIRECTIONS

Mix dressing in a bowl and set aside. Mix all try ingredients in a larger bowl. Add dressing to the larger bowl and mix together. Serve immediately or store in fridge up to 3 days.



# WALDORF CHICKEN SALAD

SERVES 4

## INGREDIENTS

2 cups cooked or leftover organic chicken, cubed  
1/2 cup grapes, halved  
1/3 cup celery, diced  
1/4 cup red onion, diced  
1/4 cup walnuts, chopped  
2 tbsp. fresh basil, chopped (or 1 tsp. dried basil)  
1/3 cup mayo  
2 Tbsp. lemon juice  
Salt & pepper to taste

## DIRECTIONS

Combine all of the ingredients in a bowl and mix until well combined. Serve on top of a bed of greens or in a lettuce leaf.



# CHICKEN SHAWARMA SALAD WITH TAHINI

SERVES 4

## SALAD

1/2 head romaine lettuce  
1/2 head butter lettuce  
1/2 c. fresh parsley chopped  
1/2 c. fresh mint chopped  
2 c. cherry tomatoes halved  
1/2 english cucumber sliced  
1 small red onion thinly sliced

## LEMON TAHINI DRESSING

1/2 c. tahini  
1/4 - 1/2 c. water  
1/4 c. olive oil  
1 lemon juiced  
sea salt to taste  
cracked black pepper to taste

## DIRECTIONS

In a small bowl, add the lemon juice, avocado oil, salt, pepper, and spices and whisk. Place the raw chicken thighs into a gallon-sized zipper bag and pour the marinade over the chicken. Rub the marinade into the chicken with your (clean) hands, then press the air out of the bag, seal, and place in the fridge. Marinate at least a few hours, and up to overnight. I prepare the marinade first thing in the morning for an evening meal. When you're ready to cook, preheat the oven to 425. Remove the chicken from the marinade and place it onto a rimmed baking sheet. Pour any excess marinade over the chicken. Roast for 30 minutes, until the chicken is cooked throughout. Set aside to cool slightly, then slice into 1/2" strips. While the chicken is roasting, prep the salad. Chop the lettuce and herbs, then toss to combine. Chop the tomatoes and cucumber and slice the red onion. Place the tahini, olive oil, lemon juice, salt and pepper into a blender along with 1/4 cup of water to start. (I love using my Ninja blender to make dressings. The individual cups are the perfect size for small batch items like salad dressing!). Blend until emulsified. Add additional water to reach desired consistency. For salad dressing, vs. a dipping sauce, I use closer to half a cup, sometimes a bit more. Layer the tomatoes, cucumbers, and red onions over the herb salad base. Top with the chicken, and then dress with tahini to taste. Serve immediately.



# DINNER

Don't underestimate dinner. This is where you really want to be cautious. Eating late, when your metabolism is at its slowest can cause: weight issues, sleep issues, puts you at a higher risk of multiple autoimmune diseases and chronic disease.

Dinner should include a protein (chicken, turkey, lean beef, seafood or fish) at least 4-6 ounces. 1 cup of vegetables and healthy fat equal to 1-2 tablespoons. A good rule of thumb to follow is if you eat dinner and feel satisfied.... you ate the right amounts. If you eat dinner and feel like you want something sweet, you did not have enough healthy fat. If you eat and feel tired... you had a bit too much healthy fat.

Follow the recipes on the following pages to help you in this journey or research "paleo dinners" to help you!



# CHICKEN MARSALA WITH BACON

SERVES 6

## INGREDIENTS

6 slices nitrate free bacon  
3 Tbsp rendered bacon fat divided  
1 1/2 lbs boneless skinless chicken breasts thin sliced  
Sea salt and black pepper  
3 Tbsp + 1 tsp tapioca flour or arrowroot starch, divided  
1 medium onion diced  
8 oz baby Bella mushrooms, sliced  
3-4 cloves garlic minced  
Pinch sea salt and black pepper  
1 cup chicken bone broth  
1 1/2 Tbsp balsamic vinegar  
2/3 cup coconut milk full fat  
1 Tbsp nutritional yeast optional  
2 tsp stone ground mustard optional  
Fresh herbs for garnish

## DIRECTIONS

In a large deep skillet, cook bacon on med-high heat until crisp, then remove and drain on paper towels. Reserve bacon fat in a container, then wipe the skillet of burnt bits. Return skillet to medium-high heat and add 2 Tbsp bacon fat (or preferred cooking fat. Place 3 Tbsp tapioca on a plate or in a very shallow bowl. Sprinkle chicken with sea salt and pepper on both sides. Coat chicken in the tapioca and shake off excess, then add to the hot skillet. Allow one side to turn golden brown (about 3-4 mins) then flip. Repeat with all chicken, working in batches if necessary. You might need to add more cooking fat if frying the chicken in batches. Once chicken is done, set aside and lower the heat to medium. Add the remaining 1 Tbsp bacon fat, then add the onions and cook until translucent. Add the mushrooms and garlic, another pinch of salt and pepper, and continue to cook another 3-5 minutes to soften. Mix the 1 tsp tapioca into the broth, then add broth to the skillet, along with the vinegar, coconut milk, mustard, and nutritional yeast. Stir and bring to a boil, then lower heat to a simmer and add the chicken back in, simmering for 3-4 minutes to thicken the sauce. For the last minute, crumble the cooked bacon into the skillet to heat through. Serve over cauli rice, veggie noodles or with roasted potatoes. Enjoy!



# SOUTHWEST SKILLET

SERVES 4

## INGREDIENTS

Southwest Skillet

1 Lb Ground Beef

2 Medium Sweet Potatoes Diced

1/2 Tsp Cumin

1/4 Tsp Paprika

1/4 Tsp Salt

1/4 Tsp Pepper

1 Medium Red Bell Pepper Diced

1 Medium Yellow Bell Pepper Diced

1 Medium Poblano Pepper Diced

1 Medium Red Onion Diced

Chipotle Sauce

2 Cups Avocado mayo

1 Chipotle Pepper Finely Minced

1 Tbsp Lime Juice

1/4 Tsp Cumin

1/4 Tsp Salt

Cilantro For garnish

## DIRECTIONS

Heat a skillet over medium heat and add the ground beef. Cook until all meat is browned, about 5-6 minutes. Remove from skillet to a bowl and set aside. Do not drain the skillet. Add the diced sweet potato to the skillet and cook over medium high heat for about 10 minutes. Stirring once or twice. Once the sweet potatoes have begun to soften add the peppers and onion to the skillet also. Cook, stirring frequently until the peppers and onion have begun to soften. The sweet potatoes should be nearly cooked at this point. Add back in the ground beef and sprinkle with the cumin, paprika, salt, and pepper. Mix together and cook until everything is cooked through and hot. While the skillet is cooking, in a blender add the mayo, minced pepper, cumin, lime juice, and salt. Blend until smooth. If sauce is too thick add water in tsp amounts until desired consistency is reached. Serve the skillet hot with the mayo sauce poured over. Garnish with cilantro or serve over lettuce if desired.



# GINGER BEEF STIR FRY

SERVES 4

## INGREDIENTS

1 1/2 pound flank steak, thinly sliced against the grain  
3 tablespoons tapioca flour  
1 teaspoon salt  
1/2 teaspoon garlic powder  
sesame oil  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced  
2 garlic cloves, thinly sliced  
1 cup coconut aminos  
2 tablespoons sriracha  
1 tablespoon grated ginger  
1/2 teaspoon fish sauce  
green onions, for garnish  
cilantro, for garnish  
sesame seeds, for garnish

## DIRECTIONS

Place thinly sliced beef in a large bowl, sprinkle with tapioca flour, salt and garlic powder and toss to thinly coat all the beef. Set aside. Add about 3 tablespoons of sesame oil to a large sauté over medium heat, add bell peppers and cook for about 8 minutes, until slightly browned. Then add garlic and a bit of salt, toss, and cook for 2 more minutes. Remove from pan and set aside. Add about 3 more tablespoons of sesame oil to the pan over medium-high heat. Once the pan is hot, add beef to pan without overcrowding the pan. This will let the beef brown without steaming. Cooking for about 2-3 minutes per side then set aside with the peppers. Repeat until all the beef is cooked through. Lastly, add coconut aminos, sriracha, ginger and fish sauce to the pan over medium-high heat, whisk and let come to a low boil, for about 6-8 minutes, until the liquid reduced by about a third and the sauce coats the back of a spoon. Add beef and peppers to the pan with the sauce, mix to combined and let cook for 2 more minutes. Top beef stir fry with green onions, cilantro and sesame seeds before serving!



# SNACKS

Snacks can be used throughout the day. Use them when you feel hungry but are not ready for a full meal. Use them to fulfill a craving but know that cravings are for a reason.

Cravings are considered selective and nonselective.

Selective cravings are cravings for specific foods, such as a person's favorite chocolate bar, a particular burger from their favorite restaurant, or a bag of potato chips of a certain flavor.

Nonselective hunger is the desire to eat anything. It may be the result of real hunger and hunger pangs, but it can also be a sign of thirst. Drinking water may help with intense nonselective cravings.

Cravings involve the appetite centers of the brain, even though they tend to be separate from hunger. Various factors can affect a person's food cravings. In people who menstruate, hormonal fluctuations across the menstrual cycle can create food cravings.

Eating empty calories like Doritos cause an imbalance in the hormones Leptin and Ghrelin which are your "satiety and hunger hormones".



# CHOCOLATE ZUCCHINI MUFFINS

SERVES 12

## INGREDIENTS

2 cups almond flour (or almond meal)  
1/4 cup unsweetened cocoa  
1/4 teaspoon salt  
1/2 teaspoon baking soda  
1/4 cup coconut oil, melted and cooled (or oil of choice)  
1/4 cup pure maple syrup  
3 large eggs, room temperature  
3/4 cup shredded zucchini  
1/2 cup gluten-free, dairy-free dark chocolate chips

## DIRECTIONS

Preheat oven to 350°F (180°C). Line a cupcake pan with 12 paper liners; set aside. In a large mixing bowl, whisk almond flour, cocoa, salt, and baking soda. In a separate medium mixing bowl, whisk coconut oil, maple syrup, and eggs. Add the wet ingredients to the dry ingredients and mix until well combined. Stir in the shredded zucchini. Stir in the chocolate chips. Spoon batter evenly into your paper liners. Bake for 20-22 minutes or until the center is set. Remove from the oven and let cool for 5-10 minutes before serving. Store in an airtight container at room temperature for up to two days.

# SNACK BOXES

SERVES 1

Options to add to your box

- clean lunch meat
- dried meats
- grapes
- apples
- pears
- hard boiled eggs
- cucumbers
- tomatos
- strawberries
- blueberries
- nuts
- celery
- nut butters
- cauliflower
- broccoli





# GRANOLA

28 1/4 CUP SERVINGS

## INGREDIENTS

2 cups blanched sliced almonds  
1 cup pecans  
1 cup chopped walnuts  
1 cup sunflower seeds  
1 cup pepitas or pumpkin seeds  
1/4 cup sesame seeds  
1/4 cup ground flax seed  
3/4 cup unsweetened coconut flakes  
1/2 cup honey  
6 tablespoons coconut oil  
1 teaspoon vanilla  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
1/2 teaspoon ground ginger  
1/2 teaspoon kosher salt  
3/4 to 1 cup dried cranberries raisins  
or other dried fruit

## DIRECTIONS

Preheat oven to 275°F. Lightly grease a sheet pan or, for easy clean up, line a sheet pan with parchment paper or foil. If you use foil, lightly grease it. Combine all the nuts and seeds as well as the coconut in a large bowl. Over low heat, combine honey and coconut oil until heated through. (You can also heat the honey and coconut oil in the microwave on high heat for 90 seconds.) Remove from heat and stir in vanilla, cinnamon and cloves, ginger and salt. Pour over nut/seed mixture and mix well. Be sure to scrape all the good honey/oil mixture that's left in the bowl. Spread mixture onto prepared baking sheet. Bake for about 45 minutes or until golden brown (may take longer, depending on your oven), stirring every 15 minutes to keep granola at the edges of the pan from burning. Watch carefully after 30 minutes as ovens vary. Once the granola is a nice golden brown, remove it from oven and allow to cool. Add dried fruit after granola has cooled.

# FOOD JOURNAL

| DATE | TIME | FOOD/DRINK | HOW MUCH | NOTES |
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“

a healthy  
outside  
starts  
from the  
inside

”



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