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Dr. Steven Gundry
wrote this diet book
initially to help people
lower their cholesterol
as well as chances of
chronic diseases, such
as diabetes and high
blood pressure.

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Originally published in

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transformed the lives

of thousands of

Americans struggling
with weight, diet, and

health issues.

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Evolution: The First 2-6

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Evolution Turn Off
The Switch That
Are Killing You

Weeks Foods you are
allowed to eat: What to
each at each meal!

Protein the size of the
palm of your hand (see
below for other

options) Plenty of
green leafy vegetables.

2 snacks of seeds or
nuts. Other sources of
protein servings: 1 cup
cheese (ricotta or
cottage)

Dr Gundry's Diet Evolution: The First 2-6 Weeks

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evolution recipes.

There are numerous recipes that fit the profile of the diet. Here are some ideas about what you can have when you are decided on the Gundry diet.

Unlike the Abs diet recipes, Steven's diet is based on specific ingredients that have to be looked for.

**Dr. Gundry's Diet
Evolution: Food List,
Plan, Recipes and ...**

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Dr. Gundry was among the first to lead the charge of busting health myths wide open. Dr. Gundry came to realize that even “healthy” choices like fruits and vegetables can take a toll on your body. While some nutritionists would have you feast on high sugar fruits, Dr. Gundry knew that was a bogus attempt at a so-called better diet.

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**Dr Gundry Diet Food
List (A
Comprehensive Yes
And No List)**

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Paperback - Illustrated,
March 3, 2009 by
Steven R. Gundry
(Author) 4.1 out of 5
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There is a diet from U
Mass for UC and
Crohn's that I have
been following that
include pumpkin,
oatmeal, nut butters,
kefir, Greek yogurt and
other NO foods on Dr.
Gundry's list. This diet
from U Mass is
designed to change
your gut microbiome,
like Dr. Gundry's diet
but uses different
foods so I'm confused.

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Dr. Gundry's Print-Friendly "Yes" & "No" Lists - Dr Gundry

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foods and behaviors
that make us sick and
the key foods&
behaviors that promote
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| A Complete Summary
This book discusses the
Diet Evolution, which
consists of three
phases. What's great
about this diet plan is
that it teaches you a
new routine and habits
along with exercise. It

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The Genes That
is not just a diet but
also a way of life.

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wise program with a

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powerful track record.”
-Mehmet Oz, M.D.

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