

FOND

**Reclaim  
Your Health  
WITH THE HELP  
OF BONE BROTH**





# Introduction

My wellness journey began when I was sick, hurting, and in desperate need of help as modern medicine was failing me. The prognosis given to me after years of digestive issues and an emergency surgery, just a few months postpartum, was to keep taking out “unnecessary organs” rather than looking at why parts of my digestive system were shutting down.

After that emergency surgery and dire prognosis I knew I had to take matters into my own hands and work on healing myself. I began by removing almost everything from my diet in order to stop my body from attacking itself. In addition, I focused on adding in nutrient-dense, whole foods. This journey led me to bone broth. Bone broth was easily digestible, protein-rich, and nutrient-dense. I could drink it when I couldn’t eat solid foods and I could use it as a base for pureed soups and stews as I moved through the healing stages. It gave me sustenance when nothing else could. And it’s the reason I created FOND.

I hadn’t set out to create an eating plan, but there was something to what I had been doing. In just five weeks **I felt the best I had ever felt in my entire life.** I was ecstatic.

Here in FOND’s Reclaim guide I share what I did during those five weeks, post surgery and six months postpartum, to rebuild my body and digestion from the inside out. While five weeks was appropriate for how sick I was, five weeks isn’t necessary for everyone so I’ve condensed this eating plan into a seven to ten day version that is still impactful, easily replicable (you can do it multiple times a year), and thoughtfully designed.

This transformed my life and I know it can help you reclaim your wellness too. Our bodies truly are incredible agents of healing when we get out of its way. Healing begins with nutrient-dense foods, prepared to nourish, and consistently consumed.

Broth on,

A handwritten signature in black ink, appearing to read 'Alysa'.

Alysa,  
Founder & CEO of FOND

# FOND's Reclaim Your Health Guide

While our bodies are powerful detoxifying machines, the reality is our world (and our food) is full of toxins and stressors that tax these natural processes. Our bodies work HARD to function every day and they deserve a break.

Think of Reclaim as a vacation for your body from all the stressors it goes through each and every day just to keep you functioning. Common contributors to our toxic load are:

- Medications
- Antibiotics
- Pesticides (i.e. glyphosate) in our food
- Hormones, antibiotics chemicals in processed foods
- Food allergies
- Cleaning products (especially with synthetic fragrances)
- Make-up and beauty care products
- Inadequate sleep - too much blue light
- Stress
- Environmental toxins (airplane exhaust)
- Too little or too much physical activity
- Alcohol
- Smoking

The goal of Reclaim is to get out of the way and let your body do the amazing healing work it was created to do. If you've found yourself struggling with some of these pain points following the Reclaim guide would be beneficial.

- Digestive symptoms like bloating, constipation, diarrhea, or otherwise.
- Struggling with a specific health issue like SIBO, a yeast overgrowth, an autoimmune condition, etc.
- Dealing with brain fog, weight gain, hormonal imbalances, or skin issues.
- Recovering from surgery or illness or feeling physically and/or mentally run-down.
- Need to incorporate healthier habits into your lifestyle.

When you incorporate easy-to-digest and nutrient-dense foods and bone broth and remove inflammatory foods, you give your digestion a break and allow your body time to heal the intestinal lining, all while still nourishing your body well.

This Reclaim guide gives you a way of eating that incorporates nutrient dense bone broth and nourishing meals to help reclaim a renewed state of wellness in the body. This guide lays out an eating plan for 7 to 10 days and is broken into phases. Each phase can be extended for greater healing benefits.

Each phase of the eating plan focuses on high-quality animal protein, bone broth, pureed soups and stews, healthy fats, and fresh, organic fruits, vegetables, herbs and spices while at the same time restricting inflammatory foods like dairy, grains, legumes, seed oils, processed and packaged foods, sugar, etc.

In simplest terms, this Reclaim eating plan is about loading your body with nutrient-dense foods to provide it the tools it needs to heal itself.

- Gentle reset for the digestive system
- Support your body's natural healing
- Reduce toxic load
- Support gut-healing
- Lower chronic inflammation

*Disclaimer:  
Always speak with a healthcare professional before modifying your diet. The Reclaim eating plan information provided here is not intended to offer or replace medical advice, diagnosis, or provide treatment.*





## How does bone broth help you reclaim health?

Bone broth is the perfect companion to the gut's regenerative functions, the foundation of health, because it supplies vital amino acids, collagen, gelatin, electrolytes, and trace minerals that the body uses in its repairing efforts, essentially healing and sealing the gut. More importantly, your body has intestinal stem cells (ISCs) that are powerful agents of healing. They are able to transform into any type of cell the body needs to repair and are a constant source of renewal in the gut lining. Bone broth provides fuel for these cells to keep doing their vital regenerative work in the gut.

When you regularly eat inflammatory foods, take certain medications, have chronic stress, or other less than ideal lifestyle habits, the normally tight junctions in your gut lining can slowly begin to separate, allowing food particles, toxins, and bugs to get into parts of the body where they shouldn't be. This can cause a whole slew of issues, from inflammation to chronic conditions like autoimmune disease or brain-related disorders.

By design, your digestive tract has something called tight junctions that serve to seal off the digestive tract from the rest of the body. Bone broth is rich in amino acids (particularly glycine, glutamine, and proline), as well as collagen and gelatin which help to **heal and seal the gut** and aid in repairing the tight junctions in your digestive tract.

### Glycine

Glycine is one of the main amino acids in collagen. Glycine supports digestion by soothing and repairing the digestive tract and supporting fat digestion which in turn improves your ability to absorb vitamins and minerals.

In addition, the glycine may support blood sugar balance. Studies have shown having glycine before a meal has been shown to blunt your body's blood glucose response to that meal. In other words? You eat a meal with carbs and your blood sugar stays more stable after that meal when you've had a mug of bone broth beforehand or alongside. This is great news for cravings, as well as hunger and energy levels.

And last but certainly not least, unfortunately we are all exposed to the cancer-causing chemical, glyphosate. It is incredibly hard to avoid. Glyphosate is especially detrimental to the body because it actually takes the place of glycine in the cells preventing them from regenerating. Thankfully, our bodies are making new proteins and peptides every day and it is thought that flooding our bodies with glycine for the new proteins and peptides is a great way to facilitate detoxing from glyphosate. So not only is bone broth rich in glycine, FOND is proud to be glyphosate-free.

# L-glutamine

Glutamine, another important amino acid, is also abundant in bone broth and has a wide-range of benefits including supporting gut-healing, reducing tension and anxiety, increasing energy, and supporting the immune system.

Glutamine also creates nitrogen, which helps with healing wounds and supporting muscles and joints. Studies have shown that glutamine helps with intestinal inflammation and can even aid in the recovery of food sensitivities and reducing weight gain. It even supports mental health by helping with the release of GABA.

Even though we can produce glutamine, we need a lot of it because every cell in our body uses it, and studies have shown our immune systems specifically need a lot of glutamine to function. This means outside sources of glutamine, such as bone broth, are essential.

# Proline

The amino acid proline supports the body’s ability to repair damaged tissues and heal wounds through collagen synthesis, which is crucial for maintaining the integrity and strength of the tissues in our digestive tract. Proline’s ability to promote a healthy gut lining may contribute to improved digestion and a reduction in gut-related issues.

## Why FOND Bone Broth?

It’s wellness well-made with a quality you can see and taste.

At FOND we build direct relationships with regenerative farms and source every ingredient with flavor and nutrient-density in mind. Regeneratively-sourced, grass-fed and grass-finished beef and pasture-raised chicken, fresh, organic herbs and veggies, and packed in glass jars (no plastic, no chemicals, no powders or additives—FOND bone broths are truly unlike anything else on the market.

FOND is simply sustainable, regenerative, glyphosate-free, liquid gold, designed for flavor and wellness.

I can promise you a bone broth that’s truly as delicious as it is good for you—you’ll crave the flavors as much as the healing.

- ✓ **VERIFIED REGENERATIVE BY LAND TO MARKET**
- ✓ **SLOW SIMMERED FOR 18+ HOURS**
- ✓ **PASTURE-RAISED CHICKEN BONES**
- ✓ **GRASS-FED AND FINISHED BEEF BONES**
- ✓ **INFUSED WITH FRESH ORGANIC HERBS**
- ✓ **NATURALLY-OCCURRING ELECTROLYTES**
- ✓ **RICH IN IMPORTANT AMINO ACIDS**
- ✓ **HANDCRAFTED FOR HEALTH, SIPPED FOR PLEASURE**





## Reclaim Eating Plan

My recommendation is to commit to what works for you, but give yourself a minimum of 7 days to work through the Reclaim phases.

While I had to begin my healing with just bone broth, you don't have to do that. Just as I did, you can make this your own.

- You could start with pureed soups and/or hearty stews.
- You could extend any phase if you feel your body is not ready for the next phase.
- You could start or end your Reclaim with a bone broth fast.
- You could incorporate intermittent fasting into your journey and use bone broth to break your fast.

Your body is the guide here! These are just suggested guidelines.

That said, the focus of your Reclaim should be on incorporating high-quality animal protein, bone broth, healthy fats, and fresh, organic fruits, vegetables, herbs and spices while restricting inflammatory foods like dairy, grains, legumes, seed oils, processed and packaged foods, sugar, etc.

Here is where I started. Five weeks is what I needed to move through each phase successfully and I had to start with just bone broth. If you're not ready to start with just Phase 1, just bone broth, you can start with Phase 2.

<b>OPTIONAL PHASE 1</b> 1 to 3 days	<b>PHASE 2*</b> 2 Days	<b>PHASE 3*</b> 2 Days	<b>PHASE 4*</b> 3 Days	<b>PHASE 5*</b> Varies
Bone broth with healthy fats and organic herbs and spices.	Pureed soups with bone broth, healthy fats, organic herbs and spices, and easily digestible organic vegetables.	Pureed soups and stews with bone broth, healthy fats, organic herbs and spices, easily digestible organic vegetables, and quality protein.	Meals with bone broth, healthy fats, organic herbs and spices, a wider variety of organic vegetables, and quality protein.	Reintroduction.
*Consume only cooked vegetables during phases 2 through 4 for better digestibility.				

If you're just starting on your wellness journey and are new to ways of eating like Paleo and Whole30 and/or are new to fasting, consider working through the Reclaim phases in reverse and ending your first four phases with a restorative 3-day bone broth fast.

<b>PHASE 4</b> 3 days	<b>PHASE 3</b> 2 Days	<b>PHASE 2</b> 2 Days	<b>PHASE 1</b> 1 to 3 Days	<b>PHASE 5*</b> Varies
Meals with bone broth, healthy fats, organic herbs and spices, a wider variety of organic vegetables, and quality protein.	Pureed soups and stews with bone broth, healthy fats, organic herbs and spices, easily digestible organic vegetables, and quality protein.	Pureed soups with bone broth, healthy fats, organic herbs and spices, and easily digestible organic vegetables.	Bone broth with healthy fats and organic herbs and spices.	Reintroduction.







## Phase I: Optional - Bone Broth Fast (1 to 3 days)

The goal of Phase 1 is to reset the digestive system, reduce your toxic load, and promote gut-healing.

A 3-day bone broth fast (or one or two days) is a gentler way to fast than water or juice fasting as bone broth supplies vital amino acids, collagen, gelatin, electrolytes and trace minerals that the body uses in its repairing efforts.

While many people value prolonged fasting with just water, coffee, mineral and herbal teas in order to induce autophagy, autophagy is not the main goal of FOND's bone broth fasting.

While Phase 1, a 3-day bone broth fast, can be very beneficial, please DO NOT do this fast if:

- You're significantly underweight.
- You have a history of disordered eating or eating disorders.
- You are experiencing adrenal fatigue.
- You're pregnant or breastfeeding.
- Are under very high stress or have thyroid concerns.

During this phase I recommend you plan to drink 14 to 16 ounces of bone broth three to four times per day (that's 3 to 4 jars of FOND), but definitely customize this for your needs. If you need to drink more, you will not ruin the fast and if you cannot drink all four jars you will also not ruin your fast. Trust your body to lead here.

While our bone broths are hand-crafted to be delicious you may add approved fats, herbs and spices from the approved list for additional ionizing and detoxifying properties.

To keep you from feeling overly-hungry, I recommend that at least two jars a day are blended with a healthy fat from the approved list below. You should feel slightly hungry during the 3-day fast because you are limiting calories, but you should not feel famished.

If you are distressingly famished, we suggest adding a pureed soup for one meal. As a word of encouragement, many people have often found they needed to make this modification during their first fast, but not for subsequent ones.

Staying hydrated during this phase is imperative! You should drink six to eight 8-ounce servings of water and any of the approved mineralized teas and waters—without added sugar—from the approved list below. When possible, choose tea that does not use plastic tea bags, and instead uses compostable or paper bags.





## Phase 2: Pureed Vegetable Soups (2 days)

The goal of Phase 2 is to ease you back into eating after the bone broth fast.

Your pureed soups should be made with approved vegetables, a healthy fat, fresh, organic herbs and spices, and lots of bone broth. We recommend pureeing your soups in this phase for easier digestion.

You can also accompany these soups with sides of fresh fruit, kombucha and plenty of tea. Aim for two meals a day with one meal (preferably the morning) still being bone broth.



## Phase 3: Soups and Stews (2 days)

The goal of Phase 3 is to ease into heartier meals.

Pureed bone broth based soups are still consumed in this phase as you add stews with meat and chunkier vegetables.



## Phase 4: Meals and Bone Broth (3 days)

The goal of Phase 4 is to start moving away from soups and stews and moving toward protein and sides. Bone broth stays and becomes the side dish to accompany the meal, for pre or post-meal digestive support.



## Phase 5: Reintroduction (Varies)

The goal of Phase 5 is to reintroduce foods systematically to identify any problematic foods for you. Bone broth is still part of the daily routine for immune support and gut health.

## Daily Reclaim Routine

This routine is meant to be used as a guide. Adjust according to your wake-up time.

	Phase 1 1 to 3 days	Phase 2 2 days	Phase 3 2 days	Phase 4 3 days	Phase 5
<b>7am</b>	Water with lemon or ACV	Water with lemon or ACV	Water with lemon or ACV	Water with lemon or ACV	Water with lemon or ACV
<b>8am</b>	1 jar of bone broth with optional approved fats, herbs and spices	1 jar of bone broth with optional approved fats, herbs and spices	1 jar of bone broth with optional approved fats, herbs and spices	Light breakfast with foods from the approved list	Breakfast
<b>12pm</b>	1 jar of bone broth with optional approved fats, herbs and spices	Pureed bone broth soup with approved vegetables, fats, herbs and spices. Optional side of fresh fruit	Bone broth based stew or pureed soup with a side of fresh fruit	Lunch with foods from the approved list with bone broth or bone broth-based soup on the side	Lunch with bone broth or bone broth-based soup on the side
<b>2pm</b>	OPTIONAL 1 jar of bone broth with optional approved fats, herbs and spices	OPTIONAL 1 jar of bone broth with optional approved fats, herbs and spices	OPTIONAL 1 jar of bone broth with optional approved fats, herbs and spices	OPTIONAL 1 jar of bone broth with optional approved fats, herbs and spices	OPTIONAL 1 jar of bone broth with optional approved fats, herbs and spices
<b>5pm</b>	1 jar of bone broth with optional approved fats, herbs and spices	Pureed bone broth soup with approved vegetables, fats, herbs and spices and optional side of fresh fruit	Bone broth based soup or stew with approved vegetables, fats, herbs and spices and optional side of fresh fruit	Dinner with foods from the approved list with bone broth or bone broth-based soup on the side	Dinner with bone broth or bone broth-based soup on the side
<b>7pm</b>	Evening tea, tea latte, or bone broth latte	Evening tea or tea latte	Evening tea or tea latte	Evening tea or tea latte	Evening tea or tea latte

# Reclaim Foods

## Foods and Drinks to Avoid

In addition the foods you may be currently avoiding the following are foods I recommend you avoid while following the Reclaim eating plan.

- Dairy, including raw dairy
- Grains, including ancient grains, quinoa, and oats
- Beans and legumes
- Vegetable and seed oils
- Sugar and artificial sweeteners, including monk fruit and stevia
- Alcohol, soda, and juices with the exception of fresh-pressed vegetable juices
- Processed deli meats
- Canned or preserved fruits, vegetables, jams and jellies
- Packaged foods and commercially-made condiments
- Food additives such as gums and carrageenan

## Reclaim Approved Foods

Here are the foods I recommend you choose for your soups, stews, and meals on the Reclaim eating plan.

### PROTEIN

- **Beef, bison, lamb, and pork**—choose grass-fed or regenerative when possible.
- **Chicken, turkey and other poultry**—choose pasture-raised or regenerative when possible.
- **Fish and seafood**—choose wild caught when possible.
- **Eggs**—choose pasture-raised or regenerative when possible.
- **Wild game**

**VEGETABLES**—Nothing is off-limits when following these guidelines.

- Buy organic fruits and vegetables, or from a grower you trust.
- Cook all vegetables during Phases 2 through 4.
- Baby greens and sprouted vegetables, like broccoli sprouts, are great nutrient-dense choices.

- Limit starchy vegetables to ½ to 1 cup per meal. Starchy vegetables are squashes and root vegetables like potatoes, carrots, beets, etc.

**FRUITS.** Limit fruits to 1 cup or less a day. Berries are a great choice!

**FATS**—Non-vegetable and non-seed based oils and spreads such as:

- Avocado oil
- Coconut oil
- Canned coconut milk and coconut cream (no gums or thickeners)
- Grass-fed Ghee
- MCT oil
- Olive oil, virgin cold pressed
- Tallow

### HERBS AND SPICES

Choose fresh herbs and organic spices when possible. When using dried herb and spice blends make sure there is no added sugar, caking agents, or preservatives.

- Dried, organic herb and spice blends with no sugars, fillers, or caking agents
- Flavor pastes, organic, like harissa, no sugars, additives, or seed oils
- Freshly chopped, organic herbs
- Freshly grated, organic spices
- Hot sauce, no additives or sugars

**NUTS AND SEEDS**, raw, dry-roasted, or roasted in a healthy fat without sweeteners.

### DRINKS

- Bone broth
- Coffee – freshly made, no sweeteners
- Juices (freshly pressed)
- Kombucha, no vinegar and no pasteurization (GT Kombucha is a great option)
- Teas – freshly made, no sweeteners
- Vegetable juices – without additives except salt

### VINEGAR, SAUCES, DRESSING, AND

**CONDIMENTS** – made from approved foods, without additives or preservatives or other ingredients from the avoid list, and no added sugars.

**SWEETENERS** – honey, maple and date syrup only.



# How do I get started?

1. Order one of [FOND's Reclaim Bundles](#) or create your own bundle.
2. Plan your Reclaim for a time when you have few if any commitments, especially ones involving food.
3. Shop for the foods for your Reclaim.
4. Prep ahead of time: pre-chop your veggies and batch cook your soups and stews.



# Reclaim Recipes by Phase

## Recipes for Phase I



### IMMUNITY TONIC

- 1 jar FOND's Shiitake & Sage Bone Broth
- ¼ cup coconut milk
- ⅛ tsp Red pepper Harissa or your favorite high-quality hot sauce
- Handful of cilantro, minced
- Juice of ½ lime
- Salt to taste

\*Bring to a simmer and use a stick frother or blender to combine until frothy.

### INFLAMMATION TONIC

- 1 jar FOND's Turmeric & Black Pepper Bone Broth
- ¼ cup coconut milk
- Freshly grated turmeric root
- Salt and pepper to taste

\*Bring to a simmer, strain and use a stick frother or blender to combine until frothy.



### DIGESTION TONIC

- 1 jar FOND's Lemon & Garlic Bone Broth
- ¼ cup coconut cream
- 1 Tbsp gluten-free kimchi brine, or your favorite fermented brine (make sure it is sugar and preservative-free)
- Salt to taste

### SLEEP TONIC

- 1 jar FOND's Turmeric & Black Pepper Bone Broth
- ½ cup coconut milk
- 1 tea bag chamomile lavender (I use Traditional Medicinals)
- 2 whole leaves mint
- 1-in lemongrass, bruised









## Recipes for Phase 2

In addition to the below recipes, all of FOND functional sips recipes are permitted during all phases of the Reclaim as well.

# Lemon Asparagus Soup

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### DIRECTIONS

- Heat a medium pot to medium heat. Add some olive oil into the pot and heat until shimmering. Add in your leeks and celery and season with salt and pepper. Saute until soft, about 4-5 minutes.
- Add your cauliflower, asparagus pieces, dill and lemon zest. Saute for another 3 minutes, or until bright green.
- Add FOND Bone Broth and garlic powder. Bring soup to a boil. Lower to a simmer and cover. Let simmer for 30-45 minutes to allow flavors to meld.
- Put soup mixture into a blender (after soup has cooled) or use an immersion blender to puree. Add coconut milk, lemon juice, salt and pepper. Blend until smooth!
- Season to taste with additional lemon pepper.

### INGREDIENTS

- 2 cups [FOND's Lemon & Garlic](#) or [Chicken Bone Broth](#)
- ½-lb asparagus, chopped into 1-½ inch pieces
- 1 leek, sliced
- 1 stalk celery, chopped
- 1 cup cauliflower florets
- 2 Tbsp fresh dill, chopped
- ⅔ cup coconut milk, canned
- ½ tsp garlic powder
- Zest of ¼ lemon
- 1 Tbsp fresh lemon juice
- 1 tsp salt
- 1 tsp lemon pepper

## Recipes for Phase 2

In addition to the below recipes, all of FOND functional sips recipes are permitted during all phases of the Reclaim as well.

# Coconut Lime Bone Broth Soup

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### DIRECTIONS

- Warm the bone broth and coconut cream on the stovetop until simmering, don't worry if the coconut cream is chunky - the blender will take care of that!
- Transfer carefully to a blender, then add the harissa or hot sauce, fish sauce, cilantro and juice of 1 lime to the mixture, blend and enjoy!

### INGREDIENTS

- 2 cups [FOND's Shiitake & Sage](#) or [Chicken Bone Broth](#)
- ½ can of coconut milk or coconut cream
- ¼ cup chopped fresh cilantro
- ½ tsp mild Harissa or Hot Sauce
- 1 lime, juiced
- 1 Tbsp fish sauce



## Recipes for Phase 2

In addition to the below recipes, all of FOND functional sips recipes are permitted during all phases of the Reclaim as well.

# Egg Drop Bone Broth Soup

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### DIRECTIONS

- Bring the bone broth to a boil and turn off the heat.
- Beat the egg and slowly add to the heated bone broth stirring the bone broth while you add the mixed egg in.
- Once mixed, ladle into bowls and add fish sauce. Enjoy!

### INGREDIENTS

- 2 cups [FOND's Shiitake & Sage](#) or [Chicken Bone Broth](#) or [Beef Bone Broth](#)
- 1 organic pasture-raised egg
- 1 Tbsp fish sauce (I LOVE Red Boat)





## Recipes for Phase 2

In addition to the below recipes, all of FOND functional sips recipes are permitted during all phases of the Reclaim as well.

# Cauliflower Vichyssoise

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### DIRECTIONS

- In a medium pot, turn the heat to medium and add the avocado oil.
- Add the shallots and saute until translucent, about 5 minutes.
- Add in the leeks, and saute until they begin to soften, about 5 minutes.
- Add in the cauliflower and bone broth, and season with salt and pepper.
- Bring the mixture up to a simmer, and reduce the heat to low. Cover the pot and cook until the cauliflower is fork-tender.
- Once this has happened, use an immersion blender to blend the soup into a velvety-smooth soup. If you do not have an immersion blender, you can do this in small batches in a regular blender. (Be careful! If you're using a regular blender I recommend placing your hand with a kitchen towel on top of the blender to keep the top from popping off from the steam.)
- Add the coconut cream to the blender to combine very well.

### INGREDIENTS

- 1 Tbsp avocado oil
- 1 shallot, medium diced
- 1 leek, rinsed well & roughly chopped
- 2 cups cauliflower florets
- 2 cups [FOND's Lemon & Garlic](#) or [Chicken Bone Broth](#)
- Salt & pepper, to taste
- ¼ cup coconut milk or coconut cream
- ¼ cup fresh chives, finely minced

*Note: This soup is great served warmed or cold. If serving cold, let the soup cool down to room temp or be completely chilled before serving. Top with chives and a little extra coconut cream.*











## Recipes for Phase 3

# Hearty Beef and Vegetable Stew

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### DIRECTIONS

- In a large heavy-bottomed skillet on medium-high heat, add the salad dressing and let it begin to bubble. Carefully toss the meat in the skillet. Brown it evenly on all sides. Depending on the salad dressing, this can take a long time. You want the flavor to absorb into the meat to keep it flavorful in the soup. The dressing will reduce and just leave the oil in the bottom of the pan. It takes about 20 minutes for all of the meat to successfully brown.
- In a separate large soup pot, add the bone broth, all of the chopped veggies, the Herbs de Provence and the salt. Then add the browned meat in as well. Cover the pan, reduce the heat to low and gently simmer for one hour.
- Once the carrots and potatoes are cooked through (gently pierce them with a fork to check) taste the stew and adjust salt as needed.

### INGREDIENTS

- 2 lbs beef stew meat
- 1/3 cup Italian dressing
- 1 large onion, diced
- 3 medium carrots, diced
- 3 stalks celery, diced
- 2 cups potatoes
- 1 Tbsp Herbs de Provence
- 24 oz diced tomatoes
- 2 tsp Redmond Real Salt
- 1 jar [FOND's Beef Bone Broth](#)

# One Pot Paleo Leek and Sausage Bone Broth Soup

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### DIRECTIONS

- Add the bone broth, carrots, celery, leeks and cauliflower to a large soup pot. Bring to a boil and let simmer for 30 minutes. Add the sausage and cook for an additional 10 minutes. Season with salt and pepper and serve!

### INGREDIENTS

- 2 carrots, diced
- 4 celery stalks, diced
- 2 cups cauliflower, chopped
- 1 jar [FOND's Chicken Bone Broth](#)
- 2 leeks, cleaned and trimmed
- 1 lb sugar-free kielbasa sausage sliced into coins









## Recipes for Phase 3

# Low-Carb Chili

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### DIRECTIONS

- Place one jar of Conductor into a small sauce pot and let it come up to a boil. As soon as it does, add in the dried ancho chiles and remove from the heat and allow them to steep for a minimum of 30 minutes to rehydrate. Place all the broth and the ancho chiles into a blender and pulse until everything is blended. Keep to the side.
- In a large stew pot on medium heat, add in the ground beef and begin to brown it. Add in all the spices so they cook with the meat and deepen in flavor. Then add in the onion, green bell pepper, and roma tomatoes and allow this to cook for another 10 minutes.
- Add in the broth and ancho chile mixture, and scrape any bits from the bottom of the pan. Add in the puree tomatoes, stir well, and cover. Turn the heat down to low, and let this cook gently for another 30 minutes. The mixture will be thick! Taste for seasoning, and then serve!
- *Optional: garnish with green onions and avocado.*

### INGREDIENTS

- 2 cups [FOND's Beef Bone Broth](#)
- 3 medium dried ancho chiles
- 2 lbs 80/20 ground beef
- 3 Tbsp chili powder
- 2 Tbsp garlic powder
- 1 Tbsp cumin
- Salt & pepper to taste
- 1 medium green bell pepper, diced
- 1 large onion, diced
- 4 fresh roma tomatoes, diced
- 28 oz tomato puree

## Recipes for Phase 3

# Green Chile Stew

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### DIRECTIONS

- Preheat the oven to 500 degrees. On a cookie sheet, combine the garlic, onion, jalapeño and tomatillos with half the avocado oil. Place in the oven and cook for 13-15 minutes, or until lightly browned and soft. Blend in a blender or food processor until roughly chopped. You still want there to be small chunks of jalapeño and onion present. Keep to the side.
- In a heavy bottomed pot, put the other half of avocado oil and set it to medium high heat. Once the pan has gotten hot (you'll see a little smoke coming off the pan) place the diced pork loin in and begin to brown it on all sides, about 10 minutes.
- Once the pork is browned, add in one jar of & Garlic Lemon and scrape the fond off the bottom of the pan with a wooden spoon. Add in the green chiles, the tomatillo mixture, the lime juice, cumin, and some salt and pepper.
- Turn the heat down to low, and let the stew simmer for about half an hour. The pork should be tender. The stew should thicken by allowing it to simmer. No extra thickener is needed. Taste for seasoning and adjust as needed.

### INGREDIENTS

- 1.5 lbs pork loin, diced into 1" pieces
- 1 Tbsp Avocado oil
- 2 cloves garlic, whole
- 1 large onion, diced
- 1 jalapeño, sliced
- 6 medium tomatillos, quartered
- 2 cups [FOND's Lemon & Garlic](#) or [Chicken Bone Broth](#)
- 16 oz green chiles, canned
- Juice of one lime
- 1 tsp cumin
- Salt and Pepper, to taste











## Recipes for Phase 4

# Bone Broth Chicken Curry AIP Compliant

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### DIRECTIONS

- Grab a cast iron skillet, add the avocado oil on medium heat. Cook the chicken until browned on all sides. Set aside in a dish.
- Using the same pan, whisk in the curry spice, grated ginger, and garlic until combined. Add the coconut milk and bone broth slowly and continue whisking until thickened (about 5 - 7 minutes). Add the chicken back in, cover and cook until it is heated through about 10 minutes.
- Garnish with raisins, diced green apples, shredded coconut, freshly chopped cilantro and freshly cut limes. Serve over cauliflower rice or enjoy on its own.

### INGREDIENTS

- 2 Tbsp avocado oil
- 2 lbs boneless skinless chicken breasts, cut into bite-sized pieces
- 2 Tbsp yellow curry spice
- 2 tsp freshly grated ginger
- 2 cloves garlic, pressed
- 1 can organic coconut milk
- 1 jar [FOND's Turmeric & Black Pepper Bone Broth](#)
- 1 tsp fish sauce
- 1 Tbsp fresh lime juice
- Rice alternative (such as cauliflower rice)
- *Optional: soak 2 pitted dates in warm water, remove from warm water and place in the vitamix with the coconut milk until well blended. Then move on with the recipe as directed.*

## Recipes for Phase 4

# Slow Cooker Beef & Broccoli (with Instapot Variation)

### DIRECTIONS

- In a slow cooker, add all of the ingredients except the broccoli with the setting on low for 6 hours. Add the broccoli in for the last 30 minutes and serve over cauliflower rice or enjoy on its own!

### INSTAPOT INSTRUCTIONS

- Select the 'Saute' function on your Instant Pot and allow it to pre-heat. Season the beef with salt and pepper.
- Add the avocado oil, and once it shimmers in the pan, add the beef and begin to brown while stirring frequently. Add the bone broth, coconut aminos, ginger and cayenne pepper, and honey. Turn the 'Saute' mode off, close the lid and vent, and set it to pressure cook for 15 minutes on high pressure.
- When the pressure cooking is done, carefully vent the Instant Pot until all the pressure has released. Take off the lid, and turn the 'Saute' function back on. Add the broccoli and let it cook for about 5 minutes, or until fork tender.
- Serve with cauliflower rice!

### INGREDIENTS

- 1 Tbsp avocado oil
- Salt and Pepper, to taste
- 1-½ lbs beef chuck roast, sliced thinly into strips
- ¼ cup coconut aminos
- ¼ cup honey
- 14 oz broccoli florets
- 1 Tbsp fresh ginger, grated
- ¼ tsp cayenne pepper
- 1 cup [FOND's Beef Bone Broth](#)
- 1 tsp fish sauce





## Recipes for Phase 4

# Slow Cooker Bone Broth Carnitas (with Instapot Variation)

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### DIRECTIONS

- Add all ingredients to a large slow cooker, and give the mixture a stir to combine. Cook on low for 6–8 hours or on high for 4–5 hours until the pork is completely tender and shreds easily with a fork.

### INSTAPOT VARIATION

- Cut the pork shoulder into large, 4-inch chunks, removing any excess fat.
- Season the pork butt with ingredients.
- Next, pour bone broth into the Instant Pot.
- Cook in Instant Pot on HIGH for 70 minutes.
- When the timer beeps, allow the pot to naturally release pressure, about 15 minutes longer.
- Remove the lid and shred the meat. Enjoy with slices of avocado, fresh lime wedges and mango salsa.

### INGREDIENTS

- 2-½ lbs boneless pork shoulder (“pork butt”)
- 1 cup of [FOND’s Beef](#) or [Chicken Bone Broth](#)
- 1 Tbsp lime juice
- 2 tsp coarse sea salt
- 2 tsp ground cumin
- 1 tsp chili powder
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cilantro
- ½ tsp ground black pepper



## Phase 5 Reintroducing Foods and Drinks

Once you've completed your Reclaim you will start to reintroduce the foods you've been avoiding. Reintroducing slowly and systematically could help to identify foods that are problematic for you. Remember, the reintroduction process can vary from person to person, and it's essential to be patient. Here's how I like to approach a reintroduction.

Plan and schedule when you will reintroduce each food group. Start with foods that are least likely to cause reactions for you. If you're not sure where to start, here is my suggestion.

- Dairy, starting with raw and grass-fed
- Beans and legumes
- Non-gluten grains
- Gluten-based grains
- Alcohol
- Sugar and natural zero-calorie sweeteners like monk fruit and stevia

Start with small amounts of food in one food group and monitor your body's reaction for the next 2-3 days before reintroducing the next food group. If you experience any digestive or skin issues, drops in energy or sleep disruptions come back to that food group at a later time.

If you do experience a reaction after reintroducing a food, go back to Phase 4 for a few days to reset before you try the next food group.

If you don't experience any issues, gradually increase the quantity and variety from that food group over the next few days and watch again for any reactions. One week is roughly a good amount of time to move on to the next food group.

Trust me when I say, your patience in this phase will pay off. You'll know what foods are triggers for your health and you'll likely find that you're feeling so much better and you don't want to go back to unhealthy choices.



## Other Ways to Make the Most of Reclaim

I know that a healthy lifestyle is about more than what you eat. It's also about your stress level, the amount of sleep you get, the thoughts coursing through your head, and the people you surround yourself with (to name a few!). While the below are by no means required, they're additional steps you can take to support your body during this time (and always!).

- Get 7-8+ hours of sleep
- Gentle movement - walking, yoga, stretching, Pilates, or barre
- Meditation or breathwork
- Infrared sauna
- Hot/cold therapy - infrared sauna + ice bath. You can also do contrast hot/cold therapy in the shower if you don't have access to a sauna or ice bath
- Dry brushing before your shower.



## Reclaim FAQs

**Q: Can I choose different flavors for my Reclaim?**

Yes! You can pick any flavors you'd like.

**Q: Is this guided or self-led?**

This Reclaim is self-led, but throughout the year we will be holding group Reclaims, where we can do it together and provide support and share our experiences in the private Facebook group. Our [\*\*FOND Family Facebook Group\*\*](#) is also somewhere that you can go throughout the year to ask questions and share about your experiences.

**Q: Can I do the Reclaim if I'm pregnant or nursing?**

While Phases 2 through 5 should be safe for pregnancy and breastfeeding, every person's needs and circumstances are different. Please check with your trusted practitioner before starting the Reclaim.

**Q: Can I do the reset if I have hypothyroid or Hashimotos? Type 1 or 2 Diabetes? What about HPA dysfunction or another condition?**

When in doubt, please ask your trusted practitioner. Especially if you're on medications or a specific regimen for your condition, they will need to monitor your health during the Reclaim.

**Q: I need to take my medication with food. Will bone broth be enough "food"?**

Bone broth is likely not enough calories/food to take your medication. Have your medication with a pureed bone broth soup or other Reclaim meal.

**Q: Can I take my supplements?**

This is up to you and your practitioner! You can still take any supplements you need - I'd recommend taking them with pureed bone broth soup or other Reclaim meal instead of with bone broth alone, since food often helps with absorption.

**Q: Will I feel weak or tired during the Reclaim?**

It all depends. If you are used to eating a higher carb diet, a lot of added sugar, or are used to snacking throughout the day, you may feel tired as your body switches from being dependent on sugar for energy to diving into fat storage for fuel. If drastically cutting out sugar, carbs, and alcohol you may experience signs of your body detoxifying such as increased cravings, tiredness, or even mild flu like symptoms.



**Q: Can I exercise during the Reclaim?**

You can, but it's certainly not a requirement. Since Reclaim incorporates bone broth and food, you should be consuming enough calories to safely exercise. Check with your practitioner if you're unsure! And remember that exercise can be as simple as going for a walk!

**Q: How much fat can I add to my bone broth?**

I recommend 1-2 servings, which equates to about 1-2 tablespoons for most sources of fat.

**Q: What can I add to my coffee?**

Most coffee creamers are off-limits for the three days – even the “sugar-free” ones! During the reset, stick to black coffee or coffee with coconut milk, coconut oil, ghee, or MCT oil.

**Q: I don't have a way to heat my bone broth during the day, what do I do?**

Get an insulated thermos or tumbler that you like – I love Yeti, but there are lots of options! Heat your bone broth in the morning and put it in your thermos before you leave the house. That way, it's ready to go when you need it! And FOND tastes great at room temp, too, if you find yourself in a bind.

**Q: What if I cannot make it seven days or complete all phases?**

Your body will benefit from this even if you are not able to do it for a full 7 or 10 days. Aim for as long as you can, but congratulate yourself on wherever you end up for doing something to nourish your body no matter how long you are able to do it!

If you are unable to make it to the number of days you wanted, try again two weeks later to see if you can make it longer!

**Q: Can I do the Reclaim for longer than 10 days?**

You can! The Reclaim eating plan is flexible and you can extend any phase for as long as needed to reclaim your health. If you have a health condition, work with your health practitioner on the best amount of time for you.

**Q: How much water should I drink?**

Water is a really important part of the reset process! Drink at least half your bodyweight in ounces daily. Since bone broth offers naturally-occurring electrolytes, your body should have what it needs to properly absorb and utilize all the water you're drinking!

**Q: Help! I have bathroom issues, what can I do?**

Oh no! Don't worry, this is often a natural part of changing your diet. Sometimes, things get worse before they get better. Digestive upset (for example: loose stools, constipation, or bloating) is often due to the bacteria in your gut adjusting to a different form of fuel. Especially if you have a bacterial imbalance or yeast overgrowth, those bugs won't be so happy to lose their preferred fuel (sugar and carbs!). If you notice sustained diarrhea, vomiting, or other more severe issues, please contact your health practitioner.

**Q: If I eat a food that I should have been avoiding, do I have to start over?**

No! It's not all or nothing here. This Reclaim is designed to support your health and help you feel well, so we don't want it to add any anxiety around food or your health choices. If you ate something that's not on the Reclaim approved foods list, simply get back to it with your next meal. Please note that in order to see the best possible results, it's important to stick to the plan as closely as possible.

**Q: How often can I do this Reclaim?**

Repeating the Reclaim quarterly, with the change of seasons for an easy reminder, would be a great boost for overall health as well as staying on track with healthier habits.

**Q: How do I know if I need to go longer than 7 to 10 days?**

Phases 3 and 4 will be the best indicator of whether you should go longer. At this point you should be feeling lighter, bloating should have eased, and maybe you have a little more energy. If you're not yet there, extend Phase 3 for a few more days. Phase 4 as long as needed until you get there.

**Q: What can I expect during and after the Reclaim?**

Everyone is different, but here's what I've seen from others and experienced myself. Bloating will start to ease after the first day and typically be gone the morning after you finish. Body pain decreases. Brain fog lifts and thoughts become clearer. Major decrease in sugar and carbs cravings. While you may initially experience some bowel changes, bowel movements will begin to regulate by day three. And finally, post-Reclaim most people find an increased desire to eat more veggies, soups, bone broth, and healthier meals!

For me, the initial hunger pangs on days one and two were more mental than physical. My brain was used to grabbing food whenever and it was rebelling against the new structure. It takes some work to establish ingrained habits!

## Shop FOND

Not sure where to begin? We've hand-picked our best selling flavors to support and nourish you through your Reclaim.



**7-DAY RECLAIM BUNDLE**

4 jars of each of the following:

- Lemon & Garlic Chicken Bone Broth - 14 oz
- Turmeric & Black Pepper Chicken Bone Broth - 14 oz
- Shiitake & Sage Chicken Bone Broth - 14 oz
- Chicken Bone Broth - 24 oz
- Beef Bone Broth - 24 oz

[SHOP NOW](#)



**10-DAY RECLAIM BUNDLE**

4 jars of each of the following:

- Lemon & Garlic Chicken Bone Broth - 14 oz
- Turmeric & Black Pepper Chicken Bone Broth - 14 oz
- Shiitake & Sage Chicken Bone Broth - 14 oz
- Butternut & Rosemary Chicken Bone Broth - 14 oz
- Five Spice & Pear Beef Bone Broth - 14 oz
- Tomato & Thyme Beef Bone Broth - 14 oz
- Chicken Bone Broth - 24 oz
- Beef Bone Broth - 24 oz

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