

Elimination Diet Instructions

21 Days or Longer

Types of Foods	Foods to Include	Foods to Exclude
Vegetables	All fresh/raw/ frozen/steamed/sautéed/ juiced/roasted <i>except nightshades, corn, and mushrooms</i>	<ul style="list-style-type: none"> • Corn or any creamed vegetables • Nightshades: tomatoes, eggplant, peppers (including spicy peppers), cayenne, chili powder, potatoes • Mushrooms
Meat and Fish	All good-quality poultry, fish, lamb, goat, grass-fed beef, wild game <i>except shellfish and pork</i>	<ul style="list-style-type: none"> • Pork, sausage, bacon • Processed meats: deli, hot dogs, sausage, brats • Shellfish: shrimp, lobster, etc. • Canned meats (other than water-packed fish)
Fats	Cold-pressed extra-virgin olive oil, coconut, avocado oil, coconut milk	Trans fats, hydrogenated/partially hydrogenated, palm kernel, corn, soybean, canola, cottonseed, vegetable, safflower, sunflower, peanut, margarine, shortening, butter, mayonnaise, spreads
Nuts and Seeds	Must be raw or sprouted: Almonds, cashews, walnuts, sunflower, pumpkin, sesame (tahini), nut butters <i>except peanuts/peanut butter</i>	Peanuts and peanut butter, roasted nuts <i>*Advanced: avoid ALL nuts and seeds</i>
Fruits	Unsweetened fresh, frozen, water packed or canned <i>except citrus and strawberries</i>	<ul style="list-style-type: none"> • Strawberries • Citrus: orange, tangerine, grapefruit (<i>lemons and limes are okay</i>)
Corn	None	Popcorn, corn chips, tortillas, corn breads or muffins, fresh/frozen/canned corn, cornstarch, corn syrup
Grains	None	Gluten-free grains, quinoa, rice, amaranth, millet, corn, All gluten-containing grains, wheat, spelt, rye, barley, couscous, all oatmeal, buckwheat, malt
Legumes	None	Soy, tofu, tempeh, soybeans, edamame, soy milk, soy sauce, other soy products, dried/canned beans, lentils, split peas
Dairy	None	Cow/goat/sheep/etc dairy, yogurt, cheese, milk, cream, casein, whey protein concentrate, sour cream, cottage cheese, frozen yogurt, non-dairy creamer, butter
Eggs	None	Egg whites and yolks
Beverages	Tea, coffee (organic and mold free), water, sparkling water (unflavored)	<ul style="list-style-type: none"> • Alcohol/mixed drinks/beer/wine • Soda, energy drinks • Almond/rice/soy milk • Flavored coffees <i>*Advanced: avoid ALL caffeine</i>
Spices and Condiments	All spices, including Himalayan salt, pepper, cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, or turmeric – fresh or dried (must be gluten free) apple cider vinegar, cocoa	Chocolate (candy), ketchup, relish, chutney, soy sauce, BBQ sauce, vinegar (gluten free is okay), regular table salt, other condiments
Sweeteners	Stevia, Lo Han, Lakanto, Monk Fruit	Table sugar (sucrose, white or brown), added sugar, honey, maple syrup, rice syrup, corn syrup, high-fructose corn syrup, aspartame, sports beverages, agave, molasses

How to Reintroduce Foods

Once you have avoided the foods on the "Avoid" list for at least 21 days, slowly reintroduce them back into your diet one by one. If you already know one of the foods on the list causes you problems, you may choose not to reintroduce all the foods.

Day 1: reintroduce only one new food – all other foods that day are from the Elimination Diet. Eat that food 2-3 times that day. Write down any symptoms you experience.

Day 2: remove all "Avoid" foods and again eat only from the Elimination Diet.

Day 3: continue to eat only from the Elimination Diet

Day 4: reintroduce a second food; repeat until all foods have been reintroduced

Sample Reintroduction Schedule:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
ALMONDS			EGGS			TOMATO
Almond butter in smoothie	Stick with Elimination Diet foods only	Stick with Elimination Diet foods only	Scrambled eggs	Stick with Elimination Diet foods only	Stick with Elimination Diet foods only	Tomato in veggie and chicken scramble
Silvered almonds on salad			Hard-boiled eggs on salad			Cherry tomatoes on salad

How do you know if you are reacting?

- Gas, bloating, diarrhea, constipation, indigestion, stomach upset, belly pain
- Tired feeling immediately after eating. Fatigue on waking the next day, or gradual decline in energy over a period of time
- Brain fog/fuzziness, inability to concentrate or focus, loss of motivation
- Bad mood, depressed feelings, anxiety
- Water retention: puffy fingers, face, ankles or under eyes
- Dark circles under eyes after waking the next day
- Sinus congestion, post nasal drip, throat clearing
- Airborne allergies may worsen
- Joint pain or stiffness
- Acne, skin rashes, eczema, red/flushed skin
- Any other uncomfortable symptoms you don't normally experience.