



# ELIMINATION DIET

\*No grains, eggs, dairy, nuts, corn, shellfish, alcohol, or soy (except organic tofu 1-2x/week) for 21 days.

## PROTEIN

### Animal

(pastured, grass-fed)

- Chicken
- Turkey
- Duck
- Game meat
- Organ meat
- Lamb
- Buffalo
- Beef

### Fish

(wild, low mercury)

- Salmon
- Trout
- Sardines
- Anchovies
- Mackerel
- Cod
- Haddock

### Vegan

- Chickpeas
- Beans of all type (not canned)
- Lentils
- Split mung beans
- Hemp hearts
- Sprouts
- Rice, hemp or pea protein powder
- Non-GMO organic sprouted tofu (1-2x a week if not estrogen dominant)

## HEALTHY FAT

- Avocado
- Olives
- Coconut
- Pumpkin seed
- Hemp seed
- Chia seed

*\*If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first and cold pressed to ensure it is top quality without additives.*

## VEGETABLES

- Spinach
- Kale
- Chard
- Romaine
- Mustard greens
- Parsnips
- Heirloom tomatoes
- Cucumber
- Bamboo Shoots
- Arugula
- Bok choy
- Sprouts
- Endive
- Celery
- Green beans
- Asparagus
- Broccoli
- Cauliflower
- Radish
- Snap peas
- Brussels sprouts
- Turnips

## GF STARCHES

- Yams
- Potatoes (all colours)
- Yucca
- Parsnips
- Taro
- Plantains
- Squashes
- Carrots
- Beets

## FRUIT

### Low Glycemic

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Strawberries
- Kiwi
- Green Apple

### Med Glycemic

- Apples
- Oranges
- Grapefruit

### High Glycemic

- Watermelon
- Mangoes
- Papaya (non-GMO)
- Pineapple
- Bananas

\* All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

