



Elimination Diet Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically-grown meats; non-GMO plant proteins; and wild-caught fish preferred

Animal Proteins:

- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz
- Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- Poultry: Chicken (skinless), Cornish hen, turkey—1 oz

Plant Protein:

- Burger alternatives: Bean, mushroom, veggie (no soy or wheat)—1 oz

Protein Powder:

- Check label for # grams/scoop—1 protein serving = 7 g Hemp, pea, rice protein

1 oz serving = 35-75 calories, 7g protein

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein).

LEGUMES

Proteins/Carbs

Servings/day _____

- Bean soups— $\frac{3}{4}$ c
- Dried beans, peas, or lentils (cooked)— $\frac{1}{2}$ c
- Flour, legume— $\frac{1}{4}$ c
- Green peas (cooked)— $\frac{1}{2}$ c
- Hummus or other bean dip— $\frac{1}{3}$ c
- Refried beans, vegetarian— $\frac{1}{2}$ c

1 serving = 110 calories, 15g carbs, 7g protein

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened

- Coconut yogurt and kefir— $\frac{1}{3}$ c
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

1 serving = 50-100 calories, 12g carbs, 7g protein

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS

Proteins/Fats

Servings/day _____

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chia seeds—1 T
- Coconut, flakes (unsweetened)—3 T
- Flaxseed, ground—2 T
- Hazelnuts—5
- Hemp seeds—1 T
- Nut and seed butters— $\frac{1}{2}$ T
- Pecan Halves—4
- Pine nuts—1 T
- Pistachios—16
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seed kernels—1 T
- Walnut halves—4

1 serving = 45 calories, 4 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado—2 T
- Coconut milk, regular (canned)— $1\frac{1}{2}$ T
- Coconut milk, light (canned)—3 T
- Olives, black or green—8
- Prepared salad dressing with acceptable oils—2 T
- Oils, cooking: Coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, high-oleic safflower and sunflower, pumpkin, sesame, walnut—1 t

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



VEGETABLES Non-starchy Carbs

Servings/day _____

- | | |
|---|--|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Vegetables, fermented |
| <input type="checkbox"/> Greens (beet, collard, dandelion, kale, mustard, turnip) | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Jicama | |

1 serving = $\frac{1}{2}$ c cooked, 1 c raw, 25 calories, 5 g carbs

VEGETABLES Starchy Carbs

Servings/day _____

- | | |
|---|---|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Potato: Purple, red, sweet, white, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed—1 c | <input type="checkbox"/> Potatoes, mashed (made with non-dairy milk)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Celeriac, cubed—1 c | <input type="checkbox"/> Yam— $\frac{1}{2}$ med |
| <input type="checkbox"/> Plantain ($\frac{1}{2}$ whole)— $\frac{1}{3}$ c | |

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS Carbs

Servings/day _____

Unsweetened, no sugar added

- | | |
|---|---|
| <input type="checkbox"/> Apple—1 sm | <input type="checkbox"/> Lemon—1 |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Lime—1 |
| <input type="checkbox"/> Apricots, fresh—4 | <input type="checkbox"/> Melon, all—1 c |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med | <input type="checkbox"/> Mango— $\frac{1}{2}$ sm |
| <input type="checkbox"/> Blackberries— $\frac{3}{4}$ c | <input type="checkbox"/> Nectarine—1 sm |
| <input type="checkbox"/> Blueberries— $\frac{3}{4}$ c | <input type="checkbox"/> Orange—1 med |
| <input type="checkbox"/> Dried fruit (no sulfites)—2 T | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Figs, fresh—3 | <input type="checkbox"/> Peach—1 sm |
| <input type="checkbox"/> Grapes—15 | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ med | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Juices, diluted— $\frac{1}{2}$ c | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Kiwi—1 | <input type="checkbox"/> Plums—2 sm |
| <input type="checkbox"/> Kumquats—4 | <input type="checkbox"/> Pomegranate seeds— $\frac{1}{2}$ c |

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Prunes—3 med | <input type="checkbox"/> Raspberries—1 c |
| <input type="checkbox"/> Raisins—2 T | <input type="checkbox"/> Tangerines—2 sm |

1 serving = 60 calories, 15 g carbs

Eliminate citrus fruits if directed by your healthcare provider

GLUTEN-FREE GRAINS Carbs

Servings/day _____

- | | |
|---|--|
| <input type="checkbox"/> Amaranth (cooked)— $\frac{3}{4}$ c | <input type="checkbox"/> Millet (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Brown rice cakes—2 | <input type="checkbox"/> Oats (cooked), rolled or steel-cut— $\frac{1}{2}$ c |
| <input type="checkbox"/> Buckwheat/Kasha (cooked)— $\frac{1}{2}$ c | <input type="checkbox"/> Quinoa (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Crackers (nut, seed, rice)—3-4 | <input type="checkbox"/> Rice (cooked)— $\frac{1}{3}$ c |
| <input type="checkbox"/> Flours for baking: arrowroot, sorghum, tapioca—3 T | <input type="checkbox"/> Teff (cooked)— $\frac{3}{4}$ c |

1 serving = 75-110 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES

- | | |
|--|---|
| <input type="checkbox"/> Filtered water (with lemon or lime juice) | <input type="checkbox"/> Unsweetened nut/seed milks |
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Unsweetened coconut water |
| <input type="checkbox"/> Fresh juiced fruits/vegetables | |

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