

# Elimination Diet



## Phase I - Detox

Below are the foods to avoid & include during Phase I. We suggest printing this list out and posting to your refrigerator.

### The 'YES' List

#### Meats

- Homemade chicken stock
- Homemade lamb stock

#### Vegetables (juiced or pureed in soups/smoothies)

- Avocados
- Beets
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chard
- Cilantro
- Collard greens
- Cucumber
- Fennel
- Garlic
- Gingerroot
- Jerusalem artichoke
- Kale
- Lettuce (all kinds)
- Mizuna
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Parsnip
- Pumpkin
- Rutabaga
- Spinach
- Sweet potatoes
- String beans
- Turnips
- Winter squash (all varieties)
- Watercress
- Yams
- Zucchini

#### Fruits (pureed in smoothies or juiced)

- Apples
- Apricots (fresh only)
- Bananas
- Berries (blueberries, blackberries, raspberries)
- Cherries
- Figs (fresh only)
- Grapes
- Melons
- Nectarines and peaches
- Pears
- Pineapple
- Papayas
- Plums
- Pomegranate

#### Sea Vegetables

- Nori
- Kombu
- Hijiki
- Arame
- Dulse

#### Oils

- Extra virgin olive oil
- Virgin coconut oil

#### Herbal Teas

- Chamomile, nettle, mint, rose, tulsi/holy basil, rooibos, slippery elm, licorice, astragalus, burdock

#### Herbs & Spices

- Allspice, anise, bay leaves, black pepper, cumin, coriander, cinnamon, turmeric, ginger, nutmeg, cloves, oregano, thyme, basil, dill

#### Other Ingredients

- Naturally fermented apple cider vinegar
- Raw coconut vinegar
- Fresh coconut water
- Fresh coconut meat
- Raw coconut butter



## The 'NO' List

### Grains

- All, including corn

### Legumes

- All, including soy

### Dairy Products

- All including milk, cream, yogurt, cheese, butter, ghee, whey protein powder, ice cream, sour cream, cream cheese, cottage cheese, evaporated milk, whipped cream, condensed milk, kefir

### Eggs & Meats

- All, except homemade stocks, as above.

### Nuts & Seeds

- All

### Citrus Fruits

- Oranges
- Lemons
- Limes
- Grapefruit
- Tangerines
- Satsumas
- Orange juice, lemonade

### Nightshade Vegetables

- Tomatoes
- Tomatillos
- Peppers, sweet and hot
- Eggplant
- Potatoes
- Goji berries
- Hot sauce
- Cayenne pepper
- Curry powder
- Taco seasoning
- Chili Powder
- Chipotle Powder

### Sugar & Sweeteners

- Cane sugar
- Sucanat
- Agave nectar
- Coconut sugar, coconut nectar
- Maple syrup
- Honey

### Other Miscellaneous

- Yeast products – baker's yeast, brewer's yeast, nutritional yeast, autolyzed yeast extract, vinegars (except coconut and apple cider vinegar, as listed above)
- Kiwi
- Alcohol
- Caffeine
- Chocolate
- Refined vegetable oils

## Phase II - Elimination

Below are the foods to include and avoid during Phase II. We suggest printing this list out and putting on the fridge.

## The 'YES' List

### Whole Grains

- Brown rice
- White Jasmine rice
- Wild rice
- Quinoa
- Brown rice flour
- Quinoa flour
- Amaranth flour

### Legumes

- Black beans
- Garbanzo beans
- Aduki beans
- Mung beans
- Lima beans
- Pinto beans
- Pink beans
- Garbanzo flour (preferably sprouted &/or organic)

### Meats & Fish

- Organic chicken
- Organic turkey
- Organic lamb
- Venison, duck, goose, pheasant
- Anchovies, herring, wild salmon, black cod, scallops
- Clams, Pollock, oysters



## Fruit

- Apples
- Apricot (fresh or dried with no added preservatives)
- Bananas
- Berries (blueberries, blackberries, raspberries)
- Cherries
- Dates (fresh or dried with no added preservatives)
- Figs (fresh or dried)
- Grapes
- Melons
- Nectarines and peaches
- Pineapple
- Plantain
- Papaya
- Plums
- Pomegranates

## Vegetables

- Artichokes
- Asparagus
- Avocados
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chard
- Cilantro
- Collard greens
- Cucumber
- Fennel
- Garlic
- Ginger
- Jerusalem artichokes
- Kale
- Lettuce (all varieties)
- Mizuna
- Mushrooms
- Mustard greens
- Onion
- Parsley
- Parsnips
- Peas (sugar snap, snow, frozen, and dried split)
- Pickles (homemade without chilies)
- Pumpkin

- Rutabaga
- Spinach
- Sweet potatoes
- String beans
- Turnips
- Winter squash, all varieties
- Watercress
- Yams
- Zucchini

## Sea Vegetables

- Nori, kombu, hijiki, arame, dulse

## Seeds & Seed Butters

- Raw pine nuts
- Raw hemp seeds
- Raw chia
- Raw flax
- Raw pumpkin seeds
- Raw sunflower seeds
- Pumpkin seed butter

## Oils

- Extra virgin olive oil
- Virgin coconut oil

## Sweeteners

- Coconut sugar/coconut nectar
- Pure maple syrup
- Raw honey

## Herbal Teas

- Chamomile, nettle, mint, rose, holy basil/tulsi, rooibos, dandelion root, slippery elm, licorice, astragalus, burdock

## Herbs & Spices

- Allspice, anise, bay leaves, black pepper, cumin, coriander, cinnamon, turmeric, ginger, nutmeg, cloves, oregano, thyme, basil, dill

## Other Ingredients

- Arrowroot powder (from a certified gluten-free company)
- Agar flakes and powder
- Raw organic vanilla powder
- Raw apple cider vinegar
- Raw coconut vinegar



- Coconut aminos
- Fresh coconut water
- Coconut milk (canned, organic)
- Fresh coconut meat
- Raw coconut butter

## The 'NO' List

### Grains & Legumes

- Wheat, barley, rye, spelt, triticale & kamut (gluten containing)
- Corn & products made from corn
- Oats, buckwheat, millet, and sorghum (all cross-contaminated with gluten)
- Lentils (cross-contaminated with gluten)
- Soy

### Dairy Products

- All

### Eggs & Meats

- All eggs
- Beef and pork
- Lard and tallow
- Shellfish, shrimp, lobster, crab

### Nuts

- Peanuts & peanut butter, almonds & almond butter, cashews & cashew butter, Brazil nuts, hazelnuts, macadamia nuts, pecans, walnuts, pistachios

### Nightshade Vegetables

- Tomatoes
- Tomatillos
- Peppers, sweet and hot
- Eggplant
- Potatoes
- Goji berries
- Hot sauce
- Cayenne pepper, chili powder, taco seasoning, chipotle powder

### Other Miscellaneous

- Yeast products – brewer’s, baker’s, nutritional yeast, autolyzed yeast extract, vinegars (other than those listed above)
- Citrus fruits – all

- Kiwi
- Alcohol
- Caffeine
- Chocolate
- Refined vegetable oils
- Sugar – cane sugar, corn sugar & syrup, agave nectar

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