

Elimination Diet Food Plan

Proteins

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

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

Plant Proteins:

Spirulina—2 T

Protein Powder:

Check label for # grams per scoop (1 protein serving = 7 g)
Hemp, pea, rice

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average cooked meat serving is 3-4 oz (size of deck of cards).

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 _____

Organic, non-GMO preferred

Bean soups— $\frac{3}{4}$ c
Dried beans, lentils, peas (cooked)— $\frac{1}{2}$ c
Flour, legume— $\frac{1}{4}$ c

Green peas (cooked)— $\frac{1}{2}$ c
Hummus or other bean dips— $\frac{1}{3}$ c
Refried beans, vegetarian— $\frac{1}{2}$ c

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Eliminate:

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

Dairy & Alternatives

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Kefir: Coconut (plain)**—4-6 oz
Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

Yogurt: Coconut (cultured)**—4-6 oz

1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

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 _____

Unsweetened, unsalted, organic preferred

Almonds—6
Brazil nuts—2
Cashews*—6
Chia seeds—1 T
Coconut (dried)—3 T
Flaxseed (ground)—2 T
Hazelnuts—5
Hemp seeds—1 T
Macadamias—2-3
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 seeds*—1 T
Walnut halves*—4

1 serving = 45 calories, 5 g fat

Eliminate:

Mixed nuts (with peanuts), peanuts, peanut butter

Fats & Oils

Fats

Servings/day _____

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

Avocado*—2 T or $\frac{1}{8}$ whole
Coconut milk, regular (canned)— $1\frac{1}{2}$ T
Coconut milk, light (canned)—3 T
Ghee/clarified butter (grass-fed)—1 t
Olives*: Black, green, kalamata—8

Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 4 g fat

Eliminate:

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

Key:

*High histamine #Nightshades +Fermented Foods

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.

This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Artichoke	Horseradish
Arugula	Jicama
Asparagus	Kohlrabi
Bamboo shoots	Leeks
Beets (cubed)	Lettuce, all
Bok choy	Microgreens
Broccoflower	Mushrooms*
Broccoli	Okra
Brussels sprouts	Onions
Cabbage	Parsley
Carrots	Peppers, all#
Cauliflower	Radicchio
Celeriac root	Radishes
Celery	Salsa*#
Chard/Swiss chard	Scallions
Chervil	Shallots
Chives	Snap peas/snow peas
Cilantro	Spinach*
Cucumbers	Sprouts, all
Daikon radishes	Squash: Delicata, pumpkin*, spaghetti, yellow, zucchini, etc.
Eggplant*#	Tomato*#
Endive	Tomato juice*#-¾ c
Escarole	Turnips
Fennel	Vegetable juice-¾ c
Fermented vegetables*+:	Water chestnuts
Kimchi, pickles, sauerkraut, etc.	Watercress
Garlic	
Green beans	
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.	

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Vegetables Starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)-1 c	Potatoes (mashed, made with non-dairy milk)-½ c
Butternut squash (cubed)-1 c	Root vegetables: Parsnip, rutabaga, yuca (cassava)-½ c
Plantain-½ c or ½ whole	Yam-½ med
Potato: Purple, red, sweet, white, yellow-½ med	

1 serving = 80 calories, 15 g carbs

Eliminate:

Corn, potato (if avoiding nightshades)

Fruits

Carbs

Servings/day _____

Organic, non-GMO preferred; unsweetened, no sugar added

Apple-1 sm	Melon, all-1 c
Applesauce-½ c	Nectarine-1 sm
Apricots-4	Orange-1 sm
Banana-½ med	Papaya-1 c
Blackberries-¾ c	Peach-1 sm
Blueberries-¾ c	Pear-1 sm
Dried fruit (no sulfites)*-2 T	Persimmon-½
Figs-3	Pineapple-¾ c
Grapes-15	Plums-2 sm
Grapefruit-½ med	Pomegranate seeds-½ c
Juices (diluted)-½ c	Prunes-3 med
Kiwi-1 med	Raisins-2 T
Kumquats-4	Raspberries*-1 c
Lemon-1	Strawberries-1¼ c
Lime-1	Tangerines-2 sm
Mango-½ sm	

1 serving = 60 calories, 15 g carbs

Eliminate:

Citrus fruits (if directed by your healthcare provider)

Gluten-Free Grains

Carbs

Servings/day _____

Unsweetened, sprouted, organic preferred

Amaranth-¾ c	Millet-½ c
Brown rice cakes-2	Oats (rolled, steel-cut)-½ c
Buckwheat/kasha-½ c	Quinoa-½ c
Crackers (nut, seed, rice)-3-4	Rice-½ c
Flours: arrowroot, cassava, sorghum, tapioca-3 T	Teff-¾ c

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Eliminate:

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

Beverages, Spices & Condiments*Unsweetened, no sugar added*

Filtered water	Condiments: Mustard*, vinegars*+—use sparingly, suggest 1 T or less per serving
Sparkling/mineral water	
Unsweetened coconut water	
Green tea	
Fresh juiced fruits/vegetables	
Herbs and spices, all	

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