



ELIMINATION DIET

SHOPPING LIST

- Filtered water (Aim for 6-8 glasses/day)
- Fish: Sardines, herring, wild salmon, black cod, sole and cod (4-6 oz twice a day)
- Lean white chicken breasts (4-6 oz twice a day)
- Fresh or frozen non-citrus fruits: Blueberries, raspberries, strawberries, blackberries, grapes, melons, apples, kiwis and cherries
- Fresh or frozen green vegetables: Leeks, broccoli, cabbage, kale, collard greens, Brussels sprouts, bok choy, spinach, arugula, asparagus and celery
- Low-sodium vegetable broth
- Brown rice
- Nuts and seeds: Almonds, walnuts, pecans, macadamia nuts, and pumpkin seeds
- Spices: Rosemary, cilantro, ginger, garlic, turmeric, curry, or sea salt

FOODS TO REINTRODUCE AFTER CLEANSE

- Soy: Tofu, soybeans
- Citrus: Fruits and juices
- Dairy products: Milk, butter, yogurt and cheese
- Eggs
- Corn
- Nightshades: Tomatoes, eggplants
- Gluten and wheat

DAILY FOOD MENU

Breakfast: 7-9 a.m.

- 1 cup green tea
- 1 cup hot rice cereal
- 1 tbsp of almonds
- 1 tbsp of pumpkin seeds
- 1 cup of strawberries

Morning snack: 10-11 a.m.

- 1 oz of almonds
- 1 cup of low-sodium vegetable broth
- 1 apple

Lunch: 12-1 p.m.

- 4-6 oz of chicken breast, cooked
- 2 cups lightly sautéed green vegetables (with 1 tbsp of olive oil)
- 1/2 cup of cooked brown rice

Afternoon snack: 2-3 p.m.

- 1 cup of low-sodium vegetable broth
- 1 oz of almonds
- 1 cup of raspberries
- 1 cup of green tea

Dinner: 5-7 p.m.

- 4-6 oz of salmon, cooked
- 2 cups of lightly sautéed green vegetables (with 1 tbsp of olive oil)
- 1/2 cup cooked brown rice
- 1 cup of low-sodium vegetable broth