



# 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, tuna, etc.—1 oz
- Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

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

Average protein serving is 3–4 oz (size of palm of hand).

### Eliminate

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

### Plant Protein:

- Spirulina—2 T
- Protein Powder: # grams/scoop (1 protein serving=7 g) Hemp, pea, rice

## LEGUMES

Proteins/Carbs

Servings/day \_\_\_\_\_

**Organic, non-GMO preferred**

- 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 = 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, 5g 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.



**VEGETABLES** Non-starchy**Carbs**

Servings/day \_\_\_\_\_

- |   |  |
|---|--|
| <input type="checkbox"/> Artichoke              | <input type="checkbox"/> Horseradish         |
| <input type="checkbox"/> Arugula                | <input type="checkbox"/> Jicama              |
| <input type="checkbox"/> Asparagus              | <input type="checkbox"/> Kohlrabi            |
| <input type="checkbox"/> Bamboo shoots          | <input type="checkbox"/> Leeks               |
| <input type="checkbox"/> Beets (cubed)          | <input type="checkbox"/> Lettuce, all        |
| <input type="checkbox"/> Bok choy               | <input type="checkbox"/> Microgreens         |
| <input type="checkbox"/> Broccoflower           | <input type="checkbox"/> Mushrooms●          |
| <input type="checkbox"/> Broccoli               | <input type="checkbox"/> Okra                |
| <input type="checkbox"/> Brussels sprouts       | <input type="checkbox"/> Onions              |
| <input type="checkbox"/> Cabbage                | <input type="checkbox"/> Parsley             |
| <input type="checkbox"/> Carrots                | <input type="checkbox"/> Peppers, all■       |
| <input type="checkbox"/> Cauliflower            | <input type="checkbox"/> Radicchio           |
| <input type="checkbox"/> Celeriac root          | <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,   |
| <input type="checkbox"/> Endive                 | pumpkin●, spaghetti,                         |
| <input type="checkbox"/> Escarole               | yellow, zucchini, etc.                       |
| <input type="checkbox"/> Fennel                 | <input type="checkbox"/> Tomato●■            |
| <input type="checkbox"/> Fermented              | <input type="checkbox"/> Tomato juice●■-¾    |
| vegetables:●▲                                   | c  |
| Kimchi, pickles,                                | <input type="checkbox"/> Turnips             |
| sauerkraut, etc.                                | <input type="checkbox"/> Vegetable juice-¾ c |
| <input type="checkbox"/> Garlic                 | <input type="checkbox"/> Water chestnuts     |
| <input type="checkbox"/> Green beans            | <input type="checkbox"/> Watercress          |
| <input type="checkbox"/> 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 \_\_\_\_\_

- |   |  |
|---|--|
| <input type="checkbox"/> Acorn squash     | <input type="checkbox"/> Potatoes (mashed, |
| (cubed)-1 c                               | made with non-                             |
| <input type="checkbox"/> Butternut squash | dairy milk)-½ c                            |
| (cubed)-1 c                               | <input type="checkbox"/> Root vegetables:  |
| <input type="checkbox"/> Plantain-⅓ c or  | Parsnip, rutabaga-½ c                      |
| ½ whole                                   | <input type="checkbox"/> Yam-½ med         |
| <input type="checkbox"/> 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 \_\_\_\_\_

**Unsweetened, no sugar added**

- |   |  |
|---|--|
| <input type="checkbox"/> Apple-1 sm           | <input type="checkbox"/> Melon, all-1 c    |
| <input type="checkbox"/> Applesauce-½ c       | <input type="checkbox"/> Mango-½ sm        |
| <input type="checkbox"/> Apricots-4           | <input type="checkbox"/> Nectarine-1 sm    |
| <input type="checkbox"/> Banana-½ med         | <input type="checkbox"/> Orange-1 med      |
| <input type="checkbox"/> Blackberries-¾ c     | <input type="checkbox"/> Papaya-1 c        |
| <input type="checkbox"/> Blueberries-¾ c      | <input type="checkbox"/> Peach-1 sm        |
| <input type="checkbox"/> Dried fruit●         | <input type="checkbox"/> Pear-1 sm         |
| (no sulfites)-2 T                             | <input type="checkbox"/> Persimmon-½       |
| <input type="checkbox"/> Figs-3               | <input type="checkbox"/> Pineapple-¾ c     |
| <input type="checkbox"/> Grapes-15            | <input type="checkbox"/> Plums-2 sm        |
| <input type="checkbox"/> Grapefruit-½ med     | <input type="checkbox"/> Pomegranate seeds |
| <input type="checkbox"/> Juices (diluted)-½ c | -½ c                                       |
| <input type="checkbox"/> Kiwi-1 med           | <input type="checkbox"/> Prunes-3 med      |
| <input type="checkbox"/> Kumquats-4           | <input type="checkbox"/> Raisins-2 T       |
| <input type="checkbox"/> Lemon-1              | <input type="checkbox"/> Raspberries●-1 c  |
| <input type="checkbox"/> Lime-1               | <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 \_\_\_\_\_

**Unsweetened, sprouted, organic preferred**

- |  |  |
|--|--|
| <input type="checkbox"/> Amaranth-¾ c          | <input type="checkbox"/> Millet-½ c    |
| <input type="checkbox"/> Brown rice cakes-2    | <input type="checkbox"/> Oats: Rolled, |
| <input type="checkbox"/> Buckwheat/            | steel-cut-½ c                          |
| kasha-½ c                                      | <input type="checkbox"/> Quinoa-½ c    |
| <input type="checkbox"/> Crackers: (nut, seed, | <input type="checkbox"/> Rice-⅓ c      |
| rice)-3-4                                      | <input type="checkbox"/> Teff-¾ c      |
| <input type="checkbox"/> Flours for baking:    | <b>All grain servings are</b>          |
| Arrowroot, sorghum,                            | <b>for cooked amounts.</b>             |
| tapioca-3 T                                    |  |

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**

- |   |  |
|---|--|
| <input type="checkbox"/> Filtered water       | <input type="checkbox"/> Herbs and Spices, all |
| <input type="checkbox"/> Sparkling/mineral    | <input type="checkbox"/> Condiments:           |
| water   | Mustard●, vinegars●▲                           |
| <input type="checkbox"/> Unsweetened          | -use sparingly, suggest                        |
| coconut water                                 | 1 T or less per serving                        |
| <input type="checkbox"/> Green tea            |  |
| <input type="checkbox"/> Fresh juiced fruits/ |  |
| vegetables                                    |  |

**KEY**

● High Histamine ■ Nightshades ▲ Fermented Foods

**Organic, non-GMO fruits, vegetables, herbs and spices preferred**