### PROTEINS

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- **Lean, free-range, grass-fed, organically grown animal proteins**: non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned fish is allowed if cans are BPA-free, and if the fish is canned in water only. Only cheeses aged 30 days or more that have a cultural bacterial influence are included (are not manufactured) are allowed.

#### Animal Protein:
- Cheese: Cheddar, colby, gruyere, havarti, manchego, provolone, Swiss—½ oz
- Cheese: Asiago, blue, brie, camambert, edam, gorgonzola, gouda, limburger, Monterey jack, muenser, romano—1 oz
- Parmesan cheese—2 T
- Egg—1, or 2 egg whites
- Bacon (crispy, sugar-free)—1 oz
- Fish/shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.—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**

Items in red should be removed for six months and added back into the diet with caution only after gastrointestinal symptoms have resolved.

**Items in orange should be removed in Phase 1, and added back into the diet with caution only after gastrointestinal symptoms have resolved.**

**Fats & Oils**

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- **Minimally refined, cold pressed, organic, non-GMO preferred**
  - Avocado—2 T or ½ whole
  - Butter/ghee (clarified butter, grass-fed)—1 T
  - Coconut milk, regular (canned)—⅓ T
  - Coconut milk, light (canned)—⅓ T
  - Mayonnaise (unsweetened)—1 t
  - Oils, cooking: Avocado, canola, coconut, ghee, olive (extra virgin)
  - Olives: Black, green, Kalamata—8
  - Pesto (olive oil)—1 t

1 serving = 45 calories, 5 g fat

**Eliminate**

Items in red should be removed for six months and added back into the diet with caution, and only on occasion (1–3 servings per week).

#### 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________**

Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.

- Artichoke hearts
- Arugula
- Asparagus
- Bamboo shoots
- Beets (cubed)
- Black radish
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (green, purple, Savoy)
- Carrots
- Celeriac root
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Eggplant
- Endive
- Escarole
- Fennel
- Fermented vegetables (unsweetened, additive-free): Kimchi, dill pickles, sauerkraut—1 T

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

**Eliminate**

All canned vegetables, eliminate parsnip, potatoes (all), shiratuki noodles, tara, turnip, yam, and yucca.

### FRUITS

**Servings/day________**

Unsweetened, no sugar added. If moderate to severe digestive issues persist, cook all (except ripe bananas) until gastrointestinal symptoms resolve.

- Apples (peeled)—1 sm
- Apricots—4
- Banana (ripe with black spots)—½ med
- Blackberries—¼ c
- Blueberries—¼ c
- Cherries—12
- Cranberries—¼ c
- Dates or figs—3

**Dried fruit:**

- Cranberries, currants, Gogi berries, papaya, pineapple, raisins—2 T
- Grapefruit—½ med
- Grapes—15
- Guava—1 med
- Kiwi—1 med
- Mango—½ sm

1 serving = 60 calories, 15 g carbs

**Eliminate**

Canned fruit and frozen fruit juice from concentrate.

### HERBS & SPICES

- Allspice
- Basil
- Bay leaf
- Cilantro
- Cinnamon
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon
- Thyme

### VEGETABLES

#### Starchy Carbs

**Servings/day________**

Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.

- Acorn squash (cubed)—1 c
- Butternut squash (cubed)—1 c

### BEVERAGES

#### Unsweetened, no sugar added

- Filtered water
- Sparkling/mineral water
- Coconut water—4 oz
- Coffee (weak)

**Eliminate**

Aloe vera juice, beer, brandy, decaffeinated coffee, decaffeinated tea, and instant coffee. All teas containing astragalus, burdock root, carob, chicory root, cordials, licorice root, liqueurs, liquid chlorophyll, marshmallow root, and slippery elm. All commercial dairy alternatives containing thickeners like agar-agar, carrageenan, guar gum, and xanthan gum.

### CONDIMENTS

#### Unsweetened, no sugar added

- Fish sauce
- Honey—1 t
- Ketchup (unsweetened)
- Lemon/lime juice
- Mustard

**Eliminate**

Ketchup (sweetened), miso, tamari, tamarind, vinegar (sweetened), soy sauce. All sweeteners except those listed, including agave syrup, bee pollen, maple syrup, molasses, and stevia.

Items in orange should be removed in Phase 1, and added back into the diet with caution only after gastrointestinal symptoms have resolved.

Items in red should be removed for six months and added back into the diet with caution, and only on occasion (1-3 servings per week).

**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.