

THE EASY ELIMINATION DIET

For the first part of each phase, cut the listed foods out of your diet. Then add each back, one at a time, for three days and see if you have any symptoms. If you do, that's likely your trigger food, and you should avoid eating it.

PHASE 1

DAY 1-21	DAIRY	GLUTEN	SOY	EGGS
DAY 22-24	DAIRY			
DAY 25-27	DAIRY	GLUTEN		
DAY 30-32	DAIRY	GLUTEN	SOY	
DAY 33-35	DAIRY	GLUTEN	SOY	EGGS

*If you can tolerate yogurt but not milk, talk to your doc: You may have lactose intolerance.

PHASE 2

DAY 36-58	PEANUTS	SHELLFISH	CORN
DAY 59-61	PEANUTS		
DAY 62-64	PEANUTS	SHELLFISH	
DAY 65-67	PEANUTS	SHELLFISH	CORN

PHASE 3

DAY 68-90	TREE NUTS	FISH
DAY 91-93	TREE NUTS	
DAY 94-96	TREE NUTS	FISH

*Tree nuts include almonds, walnuts, cashews, hazelnuts, pistachios, and Brazil nuts

PHASE 4

DAY 97-103	PRESERVATIVES	ARTIFICIAL SUGARS	ARTIFICIAL DYES
DAY 104-106	PRESERVATIVES		
DAY 107-109	PRESERVATIVES	ARTIFICIAL SUGARS	
DAY 110-112	PRESERVATIVES	ARTIFICIAL SUGARS	ARTIFICIAL DYES

*This includes soda, most alcoholic drinks, and many packaged snacks

2 Food Plan Comprehensive Elimination Diet

JR Anderson



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