

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

Monica M. Tighe, Marg Brown



2 Food Plan Comprehensive Elimination Diet:

Reviewing **2 Food Plan Comprehensive Elimination Diet**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**2 Food Plan Comprehensive Elimination Diet**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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