

Elimination Diet Food List

ANIMAL FOODS

- ✓ Organic, pasture-raised, grass-fed preferred
- ✗ **NO** red meat (beef veal, lamb), pork, eggs, shellfish, processed or smoked meats, canned fish/seafood
- White meat: chicken, turkey
- Buffalo
- Fish: mackerel, herring, anchovies, halibut, wild caught salmon

BEANS & LEGUMES

- ✓ Organic, non-GMO, dry beans preferred
- ✗ **NO** canned beans
- Lentils, garbanzo beans, chickpeas, navy beans, black eyed peas, green and yellow split peas, green beans, fava beans, kidney beans, mung beans, black beans, lima beans, pinto beans
- Also try sprouted beans (ex: sprouted mung beans) and flour (ex. chickpea flour)

NUTS

- ✓ Organic, unsalted, raw
- ✗ **NO** peanuts
- Almonds, walnuts, brazil nuts, cashews, pistachios, hazelnut, pine nuts, pecans, coconut, macadamia
- Also try nut flours, butters, and milks (ex: almond flour, almond butter, almond milk)

SEEDS

- ✓ Organic, unsalted, raw
- Pumpkin seeds, sunflower seeds, chia seeds, flax seeds, hemp seeds
- Also try as seed flours, butters, and milks (ex: sunflower seed flour, sunflower butter, sunflower seed milk)

WHOLE GRAINS

- ✓ Unrefined, non-GMO, organic,
- ✗ **No** gluten (wheat, barley, rye)
- Quinoa, amaranth, brown and white rice, wild rice (technically a grass), buckwheat, millet, gluten-free oats, teff, arrowroot, cassava
- Also try sprouted whole grains

FRUITS & VEGETABLES

RED	ORANGE	YELLOW	GREEN	BLUE/PURPLE	TAN/BROWN
Apples	Apricots	Bananas	Arugula	Beets	Black-eyed peas
Beets	Bell peppers	Bell peppers	Artichoke	Black currants	Garbanzo beans
Bell peppers	Butternut squash	Corn	Asparagus	Blackberries	Navy beans
Blood oranges	Cantaloupe	Ginger	Avocados	Blueberries	Cauliflower
Cherries	Carrots	Golden beets	Broccoli	Carrots	Coconut
Chili peppers	Grapefruit	Golden Kiwi	Brussel sprouts	Eggplant	Dates
Cranberries	Nectarines	Jackfruit	Collard greens	Elderberry	Garlic
Pomegranate	Oranges	Lemons	Cucumbers	Figs	Grains
Radicchio	Orange peppers	Mangos	Grapes	Passion fruit	Oats
Radishes	Papaya	Pineapple	Jalapenos	Plums	Quinoa
Raspberries	Peaches	Spaghetti squash	Kale	Prunes	Wheat
Red pears	Persimmons	Summer squash	Kiwi	Bell pepper	Amaranth
Rhubarb	Pumpkin	Yellow apples	Limes	Purple carrots	Jicama
Red grapes	Sweet potatoes	Yellow peppers	Okra	Purple cauliflower	Mushrooms
Strawberries	Tangerines	Yellow cherries	Peas	Purple potatoes	Shallots
Tomatoes	Turmeric	Yellow potatoes	Spinach	Red cabbage	Turnips
Watermelon	Yams	Yellow tomatoes	Swiss chard	Red onions	Whole grains

Elimination Diet Food List

HERBS & SPICES

✓ Organic fresh and dried herbs preferred

- **Spices:** cinnamon, nutmeg, clove, cardamom, cayenne pepper, paprika, chili flakes, cumin, turmeric, ginger, mustard seeds
- **Herbs:** coriander, chives, basil, parsley, sage, rosemary, and thyme, oregano, fenugreek
- **Sprouts:** radish, broccoli, alfalfa, mung

OILS

✓ Organic, non-GMO, cold-pressed preferred

- ✗ **NO** butter, mayonnaise, vegetable oil, vegan alternatives, corn oil, peanut oil, soybean oil
- Olive oil, coconut, avocado, grapeseed, sesame, ghee

DRINKS & TEAS

✓ Loose leaf and organic teas preferred

- **Teas:** Chamomile, rooibos (no caffeine), green tea (caffeine), roasted chicory root (prebiotic), mint/peppermint, hibiscus, lavender, and other herbal combinations
- **Other drinks:** Filtered water, coconut water (unsweetened), apple cider vinegar, kombucha

THERAPEUTIC FOODS FOR THE GUT

FOODS THAT SUPPORT:

STOMACH ACID

- Fermented foods (kimchi, beets, sauerkraut, kombucha)
- Bitter foods (arugula, dandelion greens, beetroot)
- Apple cider vinegar, ginger, artichokes, turmeric

PANCREATIC ENZYMES

- Fermented foods (kimchi, beets, sauerkraut, kombucha)
- Pineapple, papaya, kiwi, ginger, avocado, banana, mango, raw

BILE PRODUCTION

- Arugula, bok choy, collard greens, kale, dandelion greens, spinach, beetroot, artichokes, pickles, celery juice, radish

LEAKY GUT

ZINC CONTAINING FOODS

- Pumpkin seeds, hemp seeds, chickpeas, lentils, almonds, cashews, cocoa powder, mushrooms, spinach, avocado, chicken

BROTHS

- See recipe book in course Resource Library for Magic Mineral Broth, as well as beef, chicken, and simple bone broths

MICROBIOME

PREBIOTICS

- ✓ **Non-dairy:** Asparagus, banana, beans, chicory root, garlic, Jerusalem artichoke, kiwi, onion, peas, raw honey, seaweed, beets, tomato

PROBIOTICS

- ✓ **Non-dairy and soy-free:** Fermented vegetables, kimchi, sauerkraut, green olives, (no sugar/vinegar), kombucha (fermented tea)