



ELIMINATION DIET

Create your own Modern Paleo Diet – the best diet for YOU! Do a food elimination diet today and discover foods to which you are sensitive! The best way to determine food sensitivities is with a food elimination and challenge diet.

STEP 1 - ELIMINATION

These foods below must ALL be removed from the diet for TWO WEEKS to cool reactions to past exposures and heal inflammation. Some may need to eliminate for longer.

- ☐ GMO, genetically modified foods - *eat organic only during the elimination*
- ☐ Gluten - *no wheat, rye, barley, oats*
- ☐ Dairy - *no milk, yogurt, butter, cheese, cream*
- ☐ Corn - *no tortillas, corn oil, high fructose corn syrup*
- ☐ Eggs - *eggs can be found in mayonnaise, pies, cakes, cookies, bread, pancakes, puddings, ice cream*
- ☐ Soy - *no edamame, soy sauce, soy milk, tempeh, miso, soy protein, tofu, soybean oil*
- ☐ Tree nuts - *no almonds, cashews, walnuts, pecans, pistachios, brazil nuts, hazelnuts, chestnuts*
- ☐ Nightshades - *potatoes except sweet potatoes and yams; tomatoes; peppers like green, red, yellow, orange, jalapeno, chili, and pimentos; eggplant; tobacco; spices from peppers like cayenne, chili, red pepper, curry mixes, paprika)*
- ☐ Citrus - *no lemons, limes, oranges, mandarins, grapefruit*
- ☐ Yeast - *yeast can be found in bread and fermented products like beer and vinegar, no baker's/brewer's yeast*

STEP 2 - CHALLENGE ONE FOOD

Choose one of the foods above and eat it a few times on day 1 of your challenge. You must continue to eliminate all other foods on the list except for the foods you're challenging.

STEP 3 - RECORD SYMPTOMS

Observe how you feel over day 2 and 3 of your challenge. Write any symptoms you experience in a food journal. Make a connection between the food you eat and how it makes you feel. Do you feel bloated, tired or have a headache after eating a food?

STEP 4 - CHALLENGE EACH FOOD, EVERY THREE DAYS

Choose one of the foods above and eat it a few times on day 1 of your challenge. You must continue to eliminate all other foods on the list except for the foods you're challenging. Continue to challenge with each food every three days. Your body needs three days to clear any reaction to a food.

STEP 5 - CHALLENGE VARIETIES

When you find foods to which you are sensitive, do another challenge with different forms of that food to see which ones affect you. With dairy, you may be able to eat butter, but not milk. You may be able to eat eggs yolks but not whites.