

Foods to avoid:

- 1) Wheat – 70% of the population is sensitive
- 2) Dairy
- 3) Egg
- 4) Yeast
- 5) Soy
- 6) Peanuts
- 7) Corn
- 8) Tomatoes
- 9) Sugar

Toxins to avoid:

- 1) Caffeine (coffee, black tea, sodas)
- 2) Alcohol
- 3) Preservatives/ additives

What to Eat/Shopping List

- Vegetables (except corn and tomatoes)
- Fruit (preferably fresh organic, dried fruit OK)
- Fruit or vegetable Juice (preferably organic, fresh squeezed)
- Organic, unprocessed meat, chicken and fish
- Whole grains (except wheat, corn, rye & oats)  
Include rice, quinoa, buckwheat, millet, amaranth
- Raw nuts & seeds (except peanuts)
- Rice, almond, hemp milk or coconut milk
- Legumes (lentils, humus, beans)
- Stevia, brown rice syrup, maple syrup
- Spices, vinegar, olive oil, flax oil, mustard
- Rice protein shakes and smoothies
- Purified water, herbal tea (green tea if you can't get yourself off caffeine)

**DON'T LET YOURSELF GET HUNGRY!**

Suggested products:

Quinoa Flakes (hot cereal)

Quinoa

Millet cereal, flax cereal, rice cereal

Rice Cakes

Rice Crackers

Almond, cashew, sunflower butter, tahini

Food for Life gluten free breads (other GF breads have egg)

Coconut oil

Frozen fruits for smoothies

Flax seed for smoothies

Squash, sweet potatoes

Brown rice

Be creative with vegetables

Homemade soups

Avocados

Clearvite.info for smoothie recipies

Jakes gluten free store in Boise

## How to Reintroduce Foods – Very Important!!

You choose one food (or food group) that was eliminated and introduce it for 3 days.

Keep track of any changes you see while adding that food in for those 3 days. If everything feels good after 3 days, then introduce a 2<sup>nd</sup> food. Changes can include: bloating, heartburn, elimination problems, irritability, fatigue, trouble sleeping, joint pain, weight gain, etc.

You should start with the least allergenic foods. The best order would be something like this:

1. Tomatoes
2. Corn
3. Peanuts
4. Eggs
5. Soy
6. Dairy
7. Gluten
8. Sugar
9. Alcohol

**\*\*If something does not agree with you and you are having a “reaction” you need to stop eating it immediately and wait 3 more days until you introduce another food. This will give your system time to get rid of the inflammation and be back to a more normal state before checking another food.\*\***