

Elimination Diet (g)

Meal #	Item	Serving	Protein	Carb	Fat	Calories
1						
Protein	Cage Free Eggs (oz)	8	28.8	1	5	326
Protein						
Carbs	Organic Oats (Cup)	0.5	6	28	2	154
Fat	Organic Avocado (oz)	3	3	6	12	144
Veggie	Organic Broccoli (Cup)	1	3.7	11.2	1	55
Veggie						
Fruit						
Liquids	Bottle Water (oz)	40				
Liquids	Limit Caffeine if you think it's a problem					
Other						
Total			41.5	46.2	20	679

Meal #	Item	Serving	Protein	Carb	Fat	Calories
2 (7 hours after waking up)						
Protein	Organic Chicken Broth (oz)	10	15		4	105
Protein	100% Grass Fed Beef (oz)	4	24		8.8	180
Carbs						
Fat	MCT Oil (Tbsp)	1			14	130
Veggie						
Veggie						
Fruit						
Liquids	Bottle Water (oz)	20				
Liquids						
Other	Multi Vita, CLA, Probiotic					
Total			39	0	26.8	415

Meal #	Item	Serving	Protein	Carb	Fat	Calories
3						
Protein						
Protein						
Carbs						
Fat	Organic Avocado (oz)	3	3	6	12	144
Veggie	Organic Cauliflower (Cup)	1	3.7	3	1	55
Veggie	Organic Romaine Lettuce (cup)	2				
Fruit						
Liquids	Bottle Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			6.7	9	13	196

Meal #	Item	Serving	Protein	Carb	Fat	Calories
4						
Protein	Hormone Free Chicken (oz)	6	33		9	210
Protein						
Carbs						
Fat	Hormone Free Cheese (oz)	3	21	0.12	37	339
Veggie	Organic Asparagus (oz)	6				6
Veggie						
Fruit						
Liquids	Bottle Water (oz)	20				
Liquids						
Other						
Total			54	0.12	46	555

Diet **Protein** **Carbs** **Fats** **Calorie**
 141.2 55.32 105.8 1845

Spenny Diet, but could be worth it for you to avoid all preservative foods, hormone free foods, less process sugar, less processed wheat, Organic foods mainly, and purified water to see if your body feels any different.

Substitutes for Meals #3,4,5
 You may Sub the Proteins for Organic Chicken, O. Turkey, or Fresh White fish

Condiments: Unlimited
 Fresh: Lemon Juice, Lime juice, vinegar, soy sauce, mustard, herbs and spices, salsa, splenda.

Condiments: On Occasion
 Limit of 2 of these one time per day: Organic: Ketchup, bbq sauce, light mayo, light ranch (1 tbsp only) Light (not fat free) salad dressing, teriyaki sauce, marinara sauce, tsp butter or margarine, 1 tbsp jelly, 1 tsp brown sugar.

Fiber & Unlimited Foods
 Organic: Spinach, Arugula, Peppers, Onions, Arugula, Kale, Mushrooms, Celery, Cucumbers

Beverages: Limited if a problem
 unsweetened tea, herbal tea, coffee.

Beverages: Occasionally
 RARELY: No dye alcohols and 1-2 a week. Try to drink spirits or wine and if you can try to be organic.