

**Whole Life Nutrition's  
28-Day Elimination and Detoxification Diet "In and Out Foods"**  
[www.WholeLifeNutrition.net](http://www.WholeLifeNutrition.net)

**Challenge Phase (part 1)**

***Go ahead and enjoy:***

*(start with these foods and add one at a time in 3 day increments)*

- kiwi fruit
- strawberries
- oranges
- peanuts
- sesame seeds
- refined sugar
- alcohol
- caffeine
- chocolate

**Challenge Phase (part 2)**

***Go ahead and enjoy:***

*(start with these foods and add one at a time in 3 to 14 day increments – the longer the better)*

*\*\*\*please note that many people are feeling so good at this point that they choose to wait to introduce gluten, dairy, eggs, yeast, and corn*

- gluten grains and their flours (wheat, spelt, kamut, rye, barley)
- oats
- millet
- bread (gluten-free)
- yeast
- dairy products (including goat's milk)
- eggs
- corn