

Whole Life Nutrition's
28-Day Elimination and Detoxification Diet "In and Out Foods"
www.WholeLifeNutrition.net

Phase 2

Go ahead and enjoy:

*(add in these foods now one at a time in
3 day increments)*

- lemons and limes
- tamari

No honey, not now:

- gluten grains and their flours (wheat, spelt, kamut, rye, barley)
- oats
- millet
- bread (even gluten-free)
- flour (even gluten-free flours)
- yeast
- dairy products (including goat's milk)
- eggs
- soy products (miso, tofu, tempeh, soy milk, soy protein powder, soy lecithin)
- corn (remember cornstarch)
- nightshade vegetables (potatoes, tomatoes, peppers, eggplant)
- pineapple, papaya
- citrus fruits (except lemons and limes)
- kiwi fruit, bananas
- strawberries
- all tree nuts and peanuts
- all beans (except for mung, lentil, adzuki)
- sesame seeds
- refined sugar
- alcohol
- caffeine (sorry, no coffee or tea)
- chocolate