

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

Phase 3

Go ahead and enjoy:

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

- nightshade vegetables (potatoes, tomatoes, peppers, eggplant)
- all beans
- all tree nuts (no peanuts)
- bananas, papaya, pineapple
- fish (salmon, halibut, mackerel, cod)
- chicken (be sure it's organic)
- turkey (freshly cooked organic, no packaged pre-cooked)
- soy products (tempeh, tofu)

No honey, not now:

- gluten grains and their flours (wheat, spelt, kamut, rye, barley)
- oats
- millet
- bread (even gluten-free)
- yeast
- dairy products (including goat's milk)
- eggs
- corn (remember cornstarch)
- citrus fruits (except lemons and limes)
- kiwi fruit
- strawberries
- peanuts
- sesame seeds
- refined sugar
- alcohol
- caffeine (sorry, no coffee or tea)
- chocolate