

② Phase 2: Elimination



YES & NO FOOD LIST

Below are the foods to avoid and include during Phase 2. We suggest printing out this list and posting it to your refrigerator.

YES

Whole Grains:

Brown Rice
White Jasmine Rice
Wild Rice
Quinoa
Brown Rice Flour
Quinoa Flour
Amaranth Flour

Legumes:

Black Beans
Garbanzo Beans
Adzuki Beans
Mung Beans
White Beans
Lima Beans
Pinto and Pink Beans
Garbanzo Bean Flour
(preferably organic and sprouted)

Meats & Fish:

Organic Chicken
Organic Turkey
Organic Lamb
Venison
Duck
Goose
Pheasant
Anchovies
Herring
Wild Salmon
Black Cod
Scallops

Mollusks:

Clams
Pollock
Oysters

Fruits:

Apples
Apricots *(fresh or dried with no added preservatives)*
Bananas
Berries (blueberries, blackberries, raspberries)
Cherries
Dates *(dried or fresh with no preservatives or additives)*
Figs *(fresh and dried)*
Grapes
Melons
Nectarines and Peaches
Pears
Pineapple
Plantains
Papayas
Plums
Pomegranates

Vegetables:

Artichoke
Asparagus
Avocados
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Cilantro (Coriander)
Collard Greens
Cucumber
Fennel
Garlic
Ginger root
Jerusalem Artichoke (Sunchoke)
Kale
Lettuce
(all varieties except iceberg)
Mizuna
Mushrooms
Mustard Greens
Onions
Parsley
Parsnip
Peas (sugar snap, snow, frozen, and dried split)
Pickles
(homemade without chilies)

Pumpkin
Rutabaga
Spinach
Sweet Potatoes
String Beans
Turnips
Winter Squash
(all varieties)
Watercress
Yams
Zucchini

Sea Vegetables:

Nori
Kombu
Hijiki
Arame
Dulse

Seeds & Butters:

Raw Pine Nuts
Raw Hemp Seeds
Raw Chia
Raw Flax Seeds

Raw Pumpkin Seeds
Raw Sunflower Seeds
Pumpkin Seed Butter

Oils:

Extra Virgin Olive Oil
Virgin Coconut Oil

Sweeteners:

Coconut Sugar
Coconut Nectar
Pure Maple Syrup
Raw Honey

Herbal Teas:

Chamomile
Nettle
Mint
Rose
Tulsi (holy basil)
Rooibos
Dandelion Root
Slippery Elm
Licorice
Atragalus
Burdock

Herbs & Spices:

Allspice
Anise
Bay leaves
Black pepper
(only freshly ground)
Cumin
Coriander
Cinnamon
Turmeric
Ginger Powder
Nutmeg
Cloves
Oregano
Thyme
Basil
Dill

Other Ingredients:

Arrowroot Powder
(from a gluten-free facility)
Kudzu
Agar Flakes and Powder
Raw Organic Vanilla Powder
Raw Apple Cider Vinegar
Raw Coconut Vinegar
Coconut Aminos
Fresh Coconut Water
Coconut Milk
(canned, organic)
Fresh Coconut Meat
Raw Coconut Butter

NO

Gluten:

Wheat
Rye
Spelt
Kamut
Triticale
Oats
(cross-contaminated with gluten)
Buckwheat
(cross-contaminated with gluten)
Millet
(cross-contaminated with gluten)
Sorghum
(cross-contaminated with gluten)
Lentils
(cross-contaminated with gluten)

Dairy:

Milk
Cream
Yogurt
Cheese
Butter and Ghee
Whey
Ice Cream
Sour Cream
Cream Cheese
Cottage Cheese
Evaporated Milk
Whipped Cream
Sweetened Condensed Milk

Eggs:

Chicken Eggs
Duck Eggs
Liquid Eggs
Meringue

Meat:

Beef
Pork
Lard
Tallow
Shellfish:
Shrimp
Lobster
Crab

Soy:

Soy Milk
Soy Oil
Soy Protein Isolate
Soy Protein Powder
Textured Vegetable Protein

Tofu
Tempeh
Tamari and Soy Sauce
Soy Lecithin
Vitamin E

Corn:

Corn on the Cob
Frozen Corn
Corn Tortillas
Hominy
Grits
Masa
Polenta
Cornmeal
Corn Flour
Cornstarch
Baking Powder
Dextrose
Sorbitol
Maltodextrin
Food Starch
Vegetable Starch
Vegetable Gum
Vegetable Protein
High Fructose Corn Syrup
Xanthan Gum

Yeast:

Baker's Yeast
Nutritional Yeast
Brewer's Yeast
Autolyzed Yeast Extract
Vinegars (all except for raw apple cider and coconut vinegars)

Nuts:

Peanuts
Peanut Butter
Almonds
Almond Butter
Cashews
Cashew Butter
Brazil Nuts
Hazelnuts
Macadamia Nuts
Pecans
Pistachios
Walnuts

Citrus:

Oranges
Lemons

Limes
Grapefruit
Tangerines
Satsumas
Orange Juice
Lemonade

Nightshade Vegetables:

Tomatoes
Tomatillos
Peppers (sweet and hot)
Eggplant
Potatoes
Goji Berries
Hot Sauce
Cayenne Pepper
Curry Powder
Mexican Seasoning
Taco Seasoning
Chili Powder
Chipotle Chili Powder

Sugar:

Cane Sugar
Sucanat
Agave Nectar

Other Foods:

Sesame
Kiwi
Alcohol
Caffeine
Chocolate
Refined Vegetable Oils

