

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

Phase 1

Go ahead and enjoy:

(make sure you use organic)

- brown rice, wild rice
- quinoa
- amaranth
- teff
- apples, pears
- peaches, nectarines
- plums, apricots
- berries (except strawberries)
- cherries
- grapes
- figs (dried and fresh)
- mango
- kale, collard greens
- lettuce, spinach
- dandelion greens
- bok choy, cabbage
- parsley, cilantro
- sprouts (all types)
- Brussels sprouts
- broccoli, cauliflower
- beets, carrots, parsnips
- winter squash (all types)
- yams and sweet potatoes
- avocados
- onions, garlic, and ginger
- sunflower and pumpkin seeds
- sunflower and pumpkin seed butters
- pine nuts
- mung beans, adzuki beans, lentils
- wakame seaweed, kombu seaweed
- nori seaweed, dulse flakes
- fresh herbs
- coconut milk
- coconut oil and olive oil
- kudzu, arrowroot (be sure its GF)
- guar gum (in small amounts)
- agave nectar and maple syrup

No honey, not now:

- gluten grains and their flours (wheat, spelt, kamut, rye, barley)
- oats
- millet
- buckwheat
- bread (even gluten-free)
- flour (even gluten-free flours)
- yeast
- dairy products (including goat's milk)
- eggs
- soy products (tamari, miso, tofu, tempeh, soy milk, soy protein powder, soy lecithin)
- corn (remember cornstarch)
- nightshade vegetables (potatoes, tomatoes, peppers, eggplant)
- mushrooms
- pineapple, papaya
- citrus fruits
- 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
- vanilla extract
- vinegar (all types)