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Elimination Diet Menu Plan

Congratulations! You are about to embark on amazing learning experience. During the next six weeks you will detoxify your liver, blood, and cells, heal the lining of your small intestine and colon, help balance your blood sugar, and discover any food allergies or intolerances that you may have. When you are done you will feel squeaky clean, energized, and healthier than you have in years. In the beginning, the process may be difficult, as you will be giving up many of your favorite foods for this short time period; you may experience withdrawal symptoms such as headaches, food cravings, or constipation. As the first few days pass, however, you will begin to feel great and full of energy.

The basic timeline is as follows:

	Protein (1x/meal) 3 oz serving	Fruit (2-3x/day) 1 medium fruit	Vegetable (no limit)	Healthy fat (1-2x/meal) 1-2 tsp	Fiber - whole grains & legumes (1/meal) ½ to ¾ cup
Brkfst	Protein Shake Roast Turkey	Fruit in shake	Carrots	Almond milk (shake)	Ground Flax seed
Lunch	Salmon	Banana	Salad	Avocado	Taro chips
Dinner	Lamb chop	Berries	Stir fry Broccoli & carrots	Ghee	Brown rice
Brkfst	Protein Shake Hummus	Fruit in shake	Celery	Rice milk	Ground chia seeds
Lunch	Roast chicken	Apple	Salad	Olive oil & lemon dressing	Rice crackers
Dinner	Grilled Halibut	Dried fruit (unsulphured)	Asparagus	Flax oil drizzled on asparagus	Quinoa
Brkfst	Protein Shake Almond butter (in shake)	Fruit in shake	Vegetable soup	Almond milk	Rice crackers
Lunch	Tuna salad (no mayo – use olive oil and/or balsamic vinegar)	Pear	Salad	Macadamia nuts	Three bean salad
Dinner	Grilled chicken breast	Grapes	Artichoke	Ghee	Brown rice noodles
Brkfst	Protein Shake (Refried beans)	Fruit in shake	Avocado (In shake?)	Coconut milk	Refried beans
Lunch	Lentil soup	Kiwifruit	Salad	Flax oil and vinegar dressing	Ground Flax seeds
Dinner	Turkey burger	Melon	Green beans	ghee	Sweet potato
Brkfst	Protein Shake	Fruit in shake	Jicama	Hemp milk	quinoa
Lunch	Lamb patty	Raisins	Steamed veggies	ghee	Brown rice with pine nuts
Dinner	Black Bean w/ chicken soup	Cherries	Zucchini	Coconut oil	(Beans in soup)
Snack 1 or two items	Hummus Deli turkey and chicken Nuts Nut butter Left over meats Refried beans	Any fruit	Veggie sticks	Nuts and nut butters Avocado	Rice crackers Taro chips Brown rice cakes "Mary's Gone Crackers" brand
<p>Protein sources during the week with no meat: Brown rice, Quinoa, Beans, Nuts, Seeds, Protein shake</p> <p>Ideas for meals: Mix rice, refried beans, and nuts to make "burgers" Soups with lots of vegetable and more than one type of bean Salads with nuts and seeds, beans, and avocado Fried rice with lots of veggies</p> <p>Roasted veggies with sweet potatoes Pasta primavera (brown rice pasta and stir fried veggies)</p>					