

DO IT WELL:

HEAL YOUR GUT

ELIMINATION DIET GUIDELINES

ENJOY



Sugar & Sweeteners

Small amounts of pure monk fruit (no erythritol) and pure stevia (no erythritol or natural flavors)



Beverages

Plenty of purified water, herbal tea, seltzer, sparkling water and bone broth; cold-pressed, vegetable-only juices; up to one cup per day of organic coffee, matcha or green tea



Gluten & Grains

Grain-free options including foods made with almond flour and coconut flour

AVOID

All other types of sugar

All sweetened beverages including juices, energy drinks, sweet tea & soda; drinks with artificial sweeteners; alcohol

All gluten, grains and gluten-free foods, including rice, quinoa or oats

ENJOY



Fish & Seafood

Wild-caught fish; sustainably harvested shellfish



Fats & Oils

A variety of good quality oils, including cold-pressed olive oil, avocado oil, coconut oil, grass-fed ghee and lard; other sources of healthy fat include olives, coconut products, avocado and tahini



Nuts & Seeds

A variety of nuts and seeds



Dairy & Dairy Alternatives

Grass-fed butter and ghee; unsweetened dairy alternatives such as nut and seed milks



Beans & Legumes

If vegetarian or vegan, you can enjoy (in limited amounts):

Legumes such as black beans, chickpeas, lentils or kidney beans

AVOID

All farm-raised fish and larger fish including tuna and swordfish

All trans fats and processed seed and vegetable oils including canola, sunflower, soybean and corn oil

Peanuts

All other dairy-containing foods

All non-organic soy products and all processed soy products including soy milk, soybean oil and tofu