



Elimination Diet Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

Fish: Halibut, herring, ● mackerel, salmon, sardines, ● etc.—1 oz
Meat: All wild game, buffalo, elk, lamb, venison—1 oz
Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

Plant Protein:

Spirulina—2 T
Protein Powder:
Check label for # grams/scoop (1 protein serving=7 g)
Hemp, pea, rice

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand).

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Bean soups— $\frac{3}{4}$ c
Dried beans, peas, or lentils (cooked)— $\frac{1}{2}$ c
Flour, legume— $\frac{1}{4}$ c
Green peas (cooked)— $\frac{1}{2}$ c
Hummus or other bean dip— $\frac{1}{3}$ c
Refried beans, vegetarian— $\frac{1}{2}$ c

1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

Kefir: Coconut (plain) ●▲—4–6 oz
Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

Yogurt: Coconut (cultured) ●▲—4–6 oz

1 serving = 25–90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

Almonds—6
Brazil nuts—2
Cashews ●—6
Chia seeds—1 T
Coconut (dried)—3 T
Flaxseed (ground)—2 T
Hazelnuts—5
Hemp seeds—1 T
Macadamias—2–3
Nut and seed butters— $\frac{1}{2}$ T
Pecan halves—4
Pine nuts—1 T
Pistachios—16
Pumpkin seeds—1 T
Sesame seeds—1 T
Sunflower seeds ●—1 T
Walnut halves ●—4

1 serving = 45 calories, 5 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

Avocado ●—2 T or $\frac{1}{8}$ whole
Coconut milk, regular (canned)— $1\frac{1}{2}$ T
Coconut milk, light (canned)—3 T
Ghee/clarified butter (grass-fed)—1 t
Olives: ● Black, green, kalamata—8
Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice

bran, sesame—1 t
Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

KEY

● High Histamine ■ Nightshades ▲ Fermented Foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

This food plan should be followed under the supervision of a qualified healthcare professional.



VEGETABLES Non-starchy

Carbs

Servings/day _____

Artichoke	Horseradish
Arugula	Jicama
Asparagus	Kohlrabi
Bamboo shoots	Leeks
Beets (cubed)	Lettuce, all
Bok choy	Microgreens
Broccoflower	Mushrooms●
Broccoli	Okra
Brussels sprouts	Onions
Cabbage	Parsley
Carrots	Peppers, all■
Cauliflower	Radicchio
Celeriac root	Radishes
Celery	Salsa●■
Chard/Swiss chard	Sea vegetables
Chervil	Scallions
Chives	Shallots
Cilantro	Snap peas/snow peas
Cucumbers	Spinach●
Daikon radishes	Sprouts, all
Eggplant●■	Squash: Delicata,
Endive	pumpkin,● spaghetti,
Escarole	yellow, zucchini, etc.
Fennel	Tomato●■
Fermented	Tomato juice●■— $\frac{3}{4}$ c
vegetables:●▲	Turnips
Kimchi, pickles,	Vegetable juice— $\frac{3}{4}$ c
sauerkraut, etc.	Water chestnuts
Garlic	Watercress
Green beans	
Greens: Beet, collard,	
dandelion, kale,	
mustard, turnip, etc.	

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs

VEGETABLES Starchy

Carbs

Servings/day _____

Acorn squash	Potatoes (mashed,
(cubed)—1 c	made with non-
Butternut squash	dairy milk)— $\frac{1}{2}$ c
(cubed)—1 c	Root vegetables:
Plantain— $\frac{1}{3}$ c or	parsnip, rutabaga,
$\frac{1}{2}$ whole	yuca (cassava)— $\frac{1}{2}$ c
Potato: Purple,	Yam— $\frac{1}{2}$ med
red, sweet, white,	
yellow— $\frac{1}{2}$ med	

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

Apple—1 sm	Melon, all—1 c
Applesauce— $\frac{1}{2}$ c	Mango— $\frac{1}{2}$ sm
Apricots—4	Nectarine—1 sm
Banana— $\frac{1}{2}$ med	Orange—1 med
Blackberries— $\frac{3}{4}$ c	Papaya—1 c
Blueberries— $\frac{3}{4}$ c	Peach—1 sm
Dried fruit●	Pear—1 sm
(no sulfites)—2 T	Persimmon— $\frac{1}{2}$
Figs—3	Pineapple— $\frac{3}{4}$ c
Grapes—15	Plums—2 sm
Grapefruit— $\frac{1}{2}$ med	Pomegranate seeds
Juices (diluted)— $\frac{1}{2}$ c	— $\frac{1}{2}$ c
Kiwi—1 med	Prunes—3 med
Kumquats—4	Raisins—2 T
Lemon—1	Raspberries●—1 c
Lime—1	Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

Eliminate

Citrus fruits (if directed by your healthcare provider)

GLUTEN-FREE GRAINS

Carbs

Servings/day _____

Unsweetened, sprouted, organic preferred

Amaranth— $\frac{3}{4}$ c	Millet— $\frac{1}{2}$ c
Brown rice cakes—2	Oats: Rolled,
Buckwheat/kasha—	steel-cut— $\frac{1}{2}$ c
$\frac{1}{2}$ c	Quinoa— $\frac{1}{2}$ c
Crackers (nut, seed,	Rice— $\frac{1}{3}$ c
rice)—3-4	Teff— $\frac{3}{4}$ c

All grain servings are for cooked amounts.

Flours: arrowroot, cassava, sorghum, tapioca—3 T

1 serving = 75-110 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

Filtered water	Herbs and spices, all
Sparkling/mineral	Condiments:
water	Mustard,● vinegars
Unsweetened	●▲—use sparingly,
coconut water	suggest 1 T or less per
Green tea	serving
Fresh juiced fruits/	
vegetables	

KEY

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Organic, non-GMO fruits, vegetables, herbs and spices preferred



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