



Dr. Ritamarie's FAST

FOOD ALLERGY SPY TRAINING

Program

REVEALING AND HEALING THE DANGERS OF HIDDEN FOOD ALLERGIES

Elimination Diet Menu Plan

Rare Foods Diet Grid and Food Plan

Food Category	Day 1	Day 2	Day 3	Day 4
Green Leafy Vegetables				
Salad Vegetables				
Rainbow Vegetables				
Herbs and Spices				
Fruit				
Starchy Vegetables				
Nuts, Seeds, and Oils				
Grains				
Legumes				
Meat or Fish (organic, clean only for non- vegetarians)				

If you are pregnant or nursing DO NOT fast or do a juice-only diet during the Elimination Phase.

<http://www.FoodAllergySpy.com>

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