

## 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.