

B4 Be Gone: Foods to Phase Out

Step #1: Processed and High Glycemic Foods to Eliminate and Avoid

Once you feel good about adding in more nutritious foods, we'll help you feel even better by **temporarily removing foods that may be creating inflammation** in your body and contributing to unwanted symptoms.

There are many processed and high glycemic foods (foods that are known to spike insulin levels) that contribute heavily to inflammation. As we want to put your body in a position to heal, once again, we'll be **temporarily removing foods**.

The removal of these processed foods can be a gradual process, i.e. one per day, or cold turkey. As long as you are ready to be completely off them by Day 1 of the 30-day metabolic reset phase, you're in good shape. You may notice some withdrawal symptoms like headaches, cravings, or feelings of low energy. Hang in there. These symptoms generally only last a few days. Ensure you are following the withdrawal busting strategies, taking the recommended supplements, and finding a way to include movement in your day to reduce the symptoms.

Also avoid all foods you know or suspect you don't tolerate well.

(Please see the chart on the next page.)



Processed/High Glycemic Food: Removal Plan

For the purpose of potentially helping you on calls or with personalizing your success, please track your diet changes below. If these foods have already been removed from your diet, please check them in the "Completed" column.

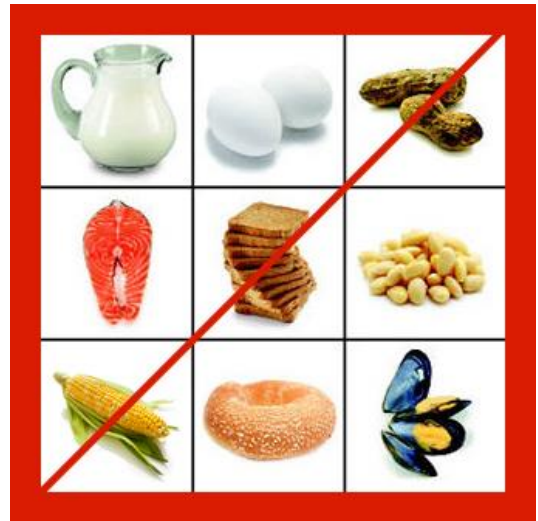
Processed Foods	Phase Out Start Date	Date Phased Out	Completed
Sugar and all relatives			
Alcohol			
High sugar fruits (bananas, mangos, papaya, etc.)			
Dried fruit			
Fruit juice			
Grains (all kinds)			
Potatoes			
Heated oils, trans fats, margarine			
Coffee			
Legumes (may be acceptable if tested and found not to raise blood sugar)			

Step #2: Top 6 Allergens to Avoid

As with the processed/high-glycemic foods, the removal of these allergenic foods can be a gradual process, i.e. one per day, or cold turkey. Again, as long as you are ready to be completely off them by Day 1 of the 30-day metabolic reset phase, you're in good shape.

Once again, you may notice some withdrawal symptoms like headaches, cravings, or feelings of low energy. Hang in there. These symptoms generally only last a few days. Ensure you are following the withdrawal busting strategies, taking the recommended supplements, and finding a way to include movement in your day to reduce the symptoms.

Also avoid all foods you know or suspect you don't tolerate well.



For the purpose of potentially helping you on calls or with personalizing your success, please track your diet changes below. If these allergens have already been removed from your diet, please check them in the "Completed" column.

Top 6 Allergens to Avoid: Removal Plan			
Top 6 Allergens	Phase Out Start Date	Date Phased Out	Completed
Gluten			
Dairy			
Corn			
Soy			
Eggs			
Peanuts			