



dietitian cassie's ELIMINATION DIET PROTOCOL

Why don't I feel well? Why am I eating PFC balanced and still not losing weight?

Even if you have removed a lot of processed foods and are eating perfectly balanced PFC, the reality is that some foods may be irritating your body when you eat them. When you consume foods you are sensitive to, this causes an inflammatory response in the body and damages the intestinal tract, causing your body to focus on healing instead of reaching your health goals. *An elimination diet is a tool to help you to discover which foods may be causing problems and which foods are not.*

The top five most common foods people are sensitive to are gluten, dairy, eggs, soy and nuts.

When you remove these foods and systematically bring them back into your lifestyle, it helps to decipher which foods are problematic and which are safe.

The goal:

To prevent further inflammation, understand what foods you are sensitive to and provide healing and nourishing foods for your body so you can get on track to achieving your goals and seeing results!

Potential Benefits:

- Decreased inflammation
- Decreased water weight
- Weight loss
- Increased energy
- Healthy bowel movements
- Decrease in bloating and cramping
- Clearer skin
- Increased ability to be in tune with your body

Common Symptoms:

- Indigestion
- Constipation
- Diarrhea
- Bloating
- Weight loss resistance
- Gas
- Cramps
- Acne
- Psoriasis
- Chronic Fatigue

The Protocol:

Our carefully designed protocol takes six weeks of eliminating the top allergens. For some people, gluten and dairy may take up to 60 days to notice a change and for this reason, eight weeks is ideal for best results. After the six weeks of elimination, you will slowly bring each food group back in one at a time and assess symptoms. Using the provided tracking form, log both your food intake and your symptoms (i.e., bloating, gas, mood swings, brain fog, etc.). The following is an order of how to reintroduce foods.

Elimination Diet Protocol pg. 2

Reintroduction:

WEEK 1: Eggs and Nuts

Days 1-3: Add back in 2-4 eggs per day.

Days 4-5: Pecans, walnuts, macadamia nuts (or any of these nut butters).
Eat 1/2 cup-2/3 cup per day.

Days 6-7: Peanuts, almonds, cashews (or any of these nut butters).
Eat 1/2 cup-2/3 cup per day.

WEEK 2: Dairy*

Day 1: Ghee (2-4 Tbsp.)

Day 2: Butter (2-4 Tbsp.)

Day 3: Goat cheese

Day 4: [Whey protein powder](#)

Day 5: Heavy whipping cream

Day 6: Hard cheeses (ex. cheddar)

Day 7: Kefir/yogurt

Day 8: Soft cheeses (ex. cream cheese)

**Your Dietitian Coach may ask you to adjust this week of dairy re-introduction.*

WEEK 3: Corn

Days 1-2: Fresh corn on the cob and/or polenta and/or grits

Days 3-4: Corn tortilla chips

Please note: The other top allergens, gluten and soy, are best left out of everyone's eating plan.

Life after the Elimination Diet: After the elimination, adjust your PFC menu surrounding which foods you reacted to and which ones you did not. Allow your Dietitian Coach to support you in the process.

As the gut heals, microflora will change and will need to be supported after the elimination diet. We recommend:

[ProbioVive™](#): Our best maintenance probiotic provides you with a healthy blend of bifidobacteria and lactobacillus.

[L-Glutamine](#): An amino acid to support your gut's integrity and further healing.

[Fish Oil](#): to further support reducing inflammation and protection of the gut.

Elimination Diet Protocol pg. 3

GLUTEN

Avoid:

Wheat, rye, barley, triticale, spelt
Often cross contaminated: oats, barley

Hidden gluten ingredients:
Maltodextrin
Modified food starch
Hydrolyzed vegetable protein
All breads containing ingredients above

Safe:

[Coconut flour](#)
[Almond flour](#)

Rice (1/3 cup serving)
Quinoa (1/2 cup serving)

DAIRY

Avoid:

Milk (skim, 1%, 2%, whole)
Yogurt
Cheese, etc.
*For best results, remove goat's milk products as well.
Milk containing ingredients: caseinates, whey

Safe:

[Coconut milk](#)
[Almond milk](#)
Cashew cream

SOY

Avoid:

Soybean oil

Soy protein isolate or concentrate
Soy byproducts: soy lecithin if at all possible
Miso
Tempeh
Tofu

Safe:

Some people may be able to tolerate fermented soy products such as miso and tempeh AFTER the elimination protocol.

Elimination Diet Protocol pg. 4

CORN

Avoid:

Corn/corn meal/corn flour (and all foods made with corn)

Corn ingredients: polenta, cornmeal, cornstarch, baking powder, dextrose, Sorbitol, Maltodextrin, food starch, vegetable gum, vegetable protein, high fructose corn syrup, xanthan gum

Safe:

Sweet potatoes

Potatoes

[Almond flour](#)/[coconut flour](#) baked products

EGGS

Avoid:

Any raw or cooked form of egg (hard boiled, over easy, etc)

Cookies, quick breads (i.e., banana bread, etc.), or any baked good containing eggs

Safe:

Egg-free baked goods with safe ingredients (not on the avoid lists above)

NUTS

Avoid:

Peanuts (although technically a legume)

Cookies and other baked goods made with nut flours.

Safe:

[Sunflower seeds](#)

[Pumpkin seeds](#), pepitas

Coconut

Elimination Diet Protocol pg. 5

7 day PFC menu to eliminate top allergens:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack (FC)
Day 1	Chicken sausage links with kale sautéed in coconut oil	A beef stick , and carrots dipped in guacamole	A grilled turkey burger topped with avocado, and broccoli sautéed in coconut oil on the side	Salmon jerky , and cucumber dipped in hummus with olive oil added	Cod fillet with steamed, mashed cauliflower with olive oil blended in	Green apple slices with sun butter
Day 2	Pastured bacon with zucchini sautéed in the bacon grease	Turkey jerky, pumpkin seeds , and apple slices	Chicken breast dipped in unrefined mayo and cabbage sautéed in coconut oil	Banana slices with sun butter, and a chicken leg	Skillet meal: chicken sausage, zucchini, onions, kale & sweet potatoes cooked in coconut oil	Diced pear sautéed in coconut oil
Day 3	Smoothie: Full fat coconut milk, berries, spinach, and dairy free protein powder	Leftover chicken and carrot sticks dipped in unrefined ranch	Tuna mixed with unrefined mayo, onions, celery and a sprinkle of dried cranberries , served in lettuce wraps	Deli roast beef with unrefined mayo rolled around a carrot	Sweet potato nachos with sweet potato slices topped with taco meat, tomatoes, peppers, lettuce and guacamole	Mango and coconut milk blended together for a sorbet

Elimination Diet Protocol pg. 6

7 day PFC menu to eliminate top allergens:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack (FC)
Day 4	Ground turkey sausage with shaved Brussels sprouts sautéed in coconut oil	Leftover tuna salad scooped up with cucumber slices	Beef and veggie soup with a side salad and olive oil	Sliced turkey with avocado and cucumber slices	Chicken thigh served with steamed asparagus drizzled in olive oil	Fresh veggies dipped in guacamole
Day 5	Canadian bacon, diced butternut squash with and spinach all sautéed in coconut oil	Salmon jerky with coconut butter and blueberries	Chicken sausage links paired with mixed greens cooked in coconut oil	A chicken stick paired with banana dipped in sun butter	Salad with romaine lettuce, grilled chicken, tomatoes, cucumbers and olive oil	Carrots and parsnips roasted with olive oil
Day 6	Smoothie: Coconut milk, dairy free protein powder , chocolate Dynamic Fruits & Greens and banana	Ham slice topped with avocado and grape tomatoes on the side	Fish sticks with coconut flour breading with unrefined tartar sauce, served with steamed broccoli with coconut butter	A chicken leg, pumpkin seeds and raspberries	Grilled turkey burger topped with avocado cubes and served with mashed cauliflower with olive oil and watermelon	Berries with whipped coconut milk

Elimination Diet Protocol pg. 7

7 day PFC menu to eliminate top allergens:

	Breakfast	Snack	Lunch	Snack	Dinner	
Day 7	Pastured bacon wrapped around asparagus spears with pumpkin seeds on the side	Deli ham with unrefined mayo wrapped around a large pickle	Salad with spinach, salmon, tomatoes and a creamy mayo based dressing	Chicken sausage with cantaloupe and coconut butter	Stir fry: strips of pork, broccoli, cabbage, carrots and pea pods, seasoned with coconut aminos and cooked in coconut oil	A pear cooked in coconut oil

TRACKING SYMPTOMS DURING YOUR REINTRODUCTION

Date	Food item reintroduced	Portion	Symptoms

Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).