



Food Elimination

FOOD ELIMINATION AND GUT RESTORATION MEAL PLAN

(GLUTEN, SOY, DAIRY AND EGG FREE)

The goal is to eat a substantial amount of cooked meals to allow easier digestibility of foods.

DAY 1

Breakfast

1 cup oatmeal (gluten free)
Crushed almonds (soaked overnight)
ClearVite®-SF/CR (K24/36) smoothie
with berries

Snack

1 cup blueberries

Lunch

3 oz. wild salmon
Mixed greens/olive oil dressing
Red potato

Snack

Celery sticks with sunflower seed butter

Dinner

Chicken breast with steamed broccoli
and 1 cup brown rice



DAY 2

Breakfast

ClearVite®-SF/CR (K24/36) smoothie
with fresh fruit and pecans.

Snack

Lettuce wrap with turkey deli slices
(Nitrate-free)

Lunch

Turkey vegetable soup (homemade)
Quinoa

Snack

Humus
Carrots

Dinner

Turkey vegetable soup (leftover)

DAY 4

Breakfast

Two turkey sausages (Nitrate-free)
1 cup brown rice cereal
Almond milk

Snack

1 cup berries with trail mix

Lunch

Fish taco with cabbage and rice tortillas
with mango slices
Steamed mixed vegetables

Snack

Almond butter on celery sticks

Dinner

Grilled chicken salad with balsamic
vinegar dressing

DAY 3

Breakfast

ClearVite®-SF/CR (K24/36) smoothie

Snack

Hummus
Celery sticks

Lunch

Chicken tacos with steamed vegetables
Rice tortillas

Snack

Apple
Almond butter

Dinner

Wild salmon with steamed vegetables
and potatoes

DAY 5

Breakfast

Rice pancakes
Chicken sausage

Snack

Pear
Almonds

Lunch

Tuna with green salad and
balsamic vinegar dressing

Snack

Hummus
Rice crackers and cut-up vegetables

Dinner

Halibut with fresh salsa
Steamed broccoli and red potato



DAY 6

Breakfast

1 cup brown rice cereal
Two chicken sausages

Snack

1 cup berries
Walnuts

Lunch

Wild salmon salad

Snack

ClearVite®-SF/CR (K24/36) smoothie

Dinner

Baked beans
Quinoa pilaf
Steamed green beans and mushrooms

DAY 7

Breakfast

Two turkey sausages
Almonds
1 cup berries

Snack

Hummus with vegetables

Lunch

Vegetable soup with brown rice
Roasted chicken

Snack

Pear
Cashews

Dinner

Wild salmon
Zucchini
Yellow squash
Yam

DAY 8

Breakfast

1 cup gluten-free oatmeal with
ClearVite®-SF/CR (K24/36) smoothie

Snack

Apple slices
Almond butter

Lunch

Seaweed salad with Ahi tuna sashimi

Snack

Hummus with brown rice crackers

Dinner

Shrimp quinoa pilaf
Cooked beet salad: Olive oil and
red wine vinegar
Broccoli

DAY 9

Breakfast

2 pieces turkey bacon
ClearVite®-SF/CR (K24/36) smoothie

Snack

Brown rice cakes
Cashew butter

Lunch

Grilled chicken breast
Steamed green beans

Snack

Carrot sticks
Pecans

Dinner

Grilled mahi-mahi with mango salsa
Steamed broccoli
Brown rice