

INTRO DIET

***Remember, this stage should last two to five days
MAXIMUM.**

Fruits

- 100% grape juice
- Apple Cider (non alcoholic)

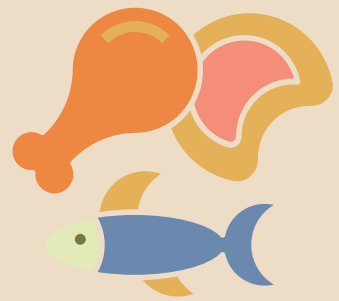


Vegetables

- Peeled and cooked carrots

Meats

- Chicken
- Beef
- Turkey
- Lean Pork
- Lean game meat

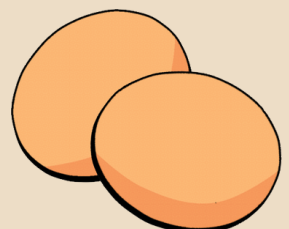


Nuts

- Not yet!

Eggs

- Any style but minimize fats used for cooking.



STAGE ONE

*Below are foods that can be introduced in addition to those from the previous stage.

Fruits

- Homemade applesauce
- Homemade pearsauce
- Very ripe banana (with spots)



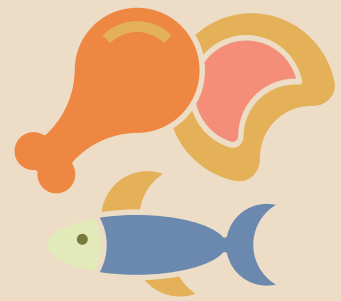
Vegetables

- Peeled, deseeded & cooked only!
- Acorn squash
- Butternut squash
- Spinach
- Zucchini



Meats

- Chicken
- Beef
- Turkey
- Lean Pork
- Lean game meat



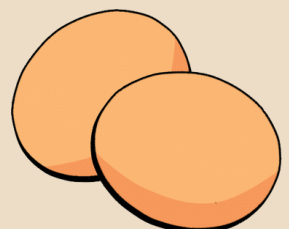
Nuts

- Homemade nut milks
- Blanched almond or pecan milk
- Homemade nut milk yogurt



Eggs

- Any style but minimize fats used for cooking.



STAGE TWO

Fruits

- Peeled, deseeded & cooked only!
- Apricot
- Avocado
- Peach
- Pineapple
- Plum
- Tomato
- Raw avocado



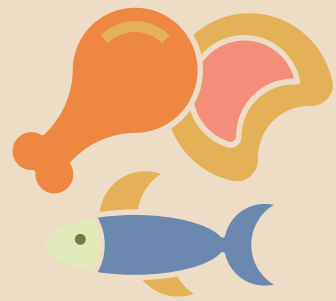
Vegetables

- Peeled & cooked!
- Artichoke
- Asparagus
- Cucumber
- Garlic
- Green beans
- Mushrooms
- Peppers
- Winter squash
- Watercress



Meats

- Chicken
- Beef
- Turkey
- Lean Pork
- Lean game meat



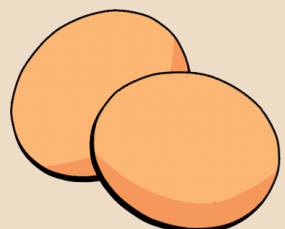
Nuts

- Blanched almonds
- Blanched pecans
- Homemade coconut milk
- Homemade cashew, hazelnut macadamia milk



Eggs

- Any style.



STAGE THREE

Fruits

- Peeled, deseeded & cooked!
- Blueberry
- Blackberry
- Cantaloupe
- Citrus
- Cherry
- Date
- Fig
- Kiwi
- Mango
- Papaya
- Passion fruit
- Strawberry
- Watermelon
- Dried fruit and rasins



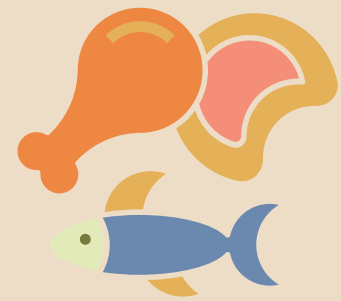
Vegetables

- Beet
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Eggplant
- Greens
- Leek
- Olive
- Onion
- Parsley
- Peas
- Shallots
- Snow peas
- Spaghetti squash
- Swiss chard
- Watercress



Meats

- Pan fried meats
- Legal bacon



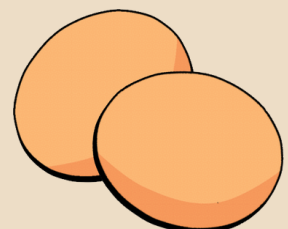
Nuts

- Blanched almond flour
- Blanched pecan flour
- Cashew butter
- Hazlenut butter
- Macadamia nut butter



Eggs

- Any style.



STAGE FOUR

Fruits (raw and peeled)

- Apple
- Apricot
- Avocado
- Cantaloupe
- Cherry
- Citrus
- Date
- Fig
- Grapes
- Kiwi
- Mango
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmon
- Pineapple
- Plum
- Tomato
- Watermelon



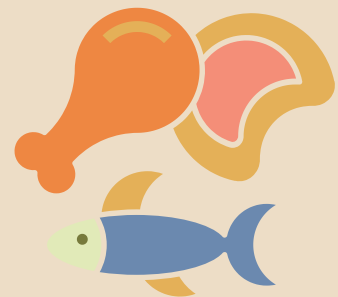
Vegetables

- Raw vegetables



Meats

- Battered and deep fried meats



Nuts

- Blanched hazelnut flour
- Cashew flour
- Macadamia nut flour
- Walnut flour
- Coconut flour
- Almond pieces
- Pecan pieces
- Shredded coconut



Beans

- Soaked and sprouted!
- Haricot beans
- Lentils
- Lima beans
- Navy beans
- Split peas
- *Only introduce after ALL SYMPTOMS have subsided!



STAGE FIVE

Fruits (raw)

- Blueberry
- Blackberry
- Olive
- Raisin
- Strawberry
- Tomato



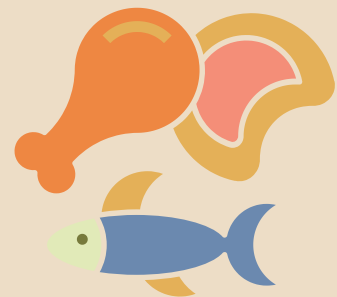
Vegetables

- All vegetables- raw and with peel are permitted.



Meats

- Dried jerky



Nuts

- Almonds
- Cashews
- Pecans
- Macadamia nuts
- Walnuts



Beans

- Soaked and sprouted!
- Black beans
- Kidney beans

