

The Elimination Protocol

A guide on how to do an elimination protocol
when your body calls for it

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A few guidelines

This protocol is not intended to promote restrictive or disordered eating patterns. If you are someone who is struggling with either or, please reach out to a registered healthcare professional.

This is simply a guide to help you discover what foods may not be sitting well with your system.

Disclaimer: If you're suffering from any medical condition or on prescription medications please consult your medical doctor prior to beginning an elimination diet or any new protocol for your health.

I encourage you to ask ...

How do I feel? Do I feel any of the following?

- Bloating
- Constipation
- Diarrhea
- Autoimmune issues
- Fatigue
- Brain Fog
- Depression/Anxiety
- Food cravings
- Low sex drive
- Difficulty sleeping
- Headaches
- Chronic inflammation
- Swelling
- Moodiness
- Difficulty losing weight

I encourage you to ask ...

How is food making me feel?

- Do you feel tired, bloated, irritable or have digestive discomfort after eating?
- Food does truly impact how we feel - both mentally and physically
- Food intolerances can surface as many of the symptoms that have been listed above, and more!

What is the Elimination Protocol?

It is the process of temporarily removing specific foods that are most likely to cause problems. The duration can vary, however, most suggest 8 weeks. During this time, it is helpful to focus on consuming anti-inflammatory whole foods.

After eight weeks, you will reintroduce the foods you have eliminated, one by one, to test for reactivity and symptom recurrence. This will show you which foods may not work for you.



eliminate



observe



reassess

Food Guidelines

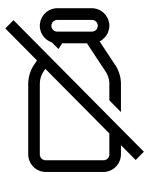
If it is possible, try consuming organic fruits and vegetables.

Make sure you wash them thoroughly to remove pesticides and contaminants - use soap, or a veggie wash.

Be sure to read labels thoroughly to find added ingredients and avoid anything with sugar, glucose, fructose, EDTA, flavouring, colour or any other preservatives.



What an Elimination Protocol Looks Like



What foods should you eat?

One of the largest misconceptions people have about the elimination diet is that they won't be able to eat food that tastes good!

Vegetables

Eat

All fresh vegetables (try to incorporate onions, garlic, carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens - kale, mustard greens, turnip greens, bok choy, kohlrabi etc.)
Sweet potatoes, yams
Try sprouting, esp. mung beans, alfalfa and red clover as they help with detoxification



Avoid

Tomatoes, corn, mushrooms, peppers, potatoes
These are common vegetable allergens.
Frozen, canned or jarred vegetables.



Fruits

Eat

All fresh fruits
Fruit sauces
(applesauce, apple
blackberry, apple
cherry) with no added
sugar (Santa Cruz) or
Wellesley's apple sauce

Avoid

Although fruit is allowed
on the elimination diet,
I recommend focusing on
berries as well as citrus
(lower-GI)
Avoid dried fruit



Grains

Eat

Brown rice, millet,
buckwheat, quinoa,
tapioca, teff, amaranth
You can also eat cereal
and pasta made from
these grains

Avoid

All gluten-containing grains
(wheat, spelt, rye, oats,
barley)
commonly found in breads,
pasta and other products
from refined flour



Legumes

Eat

All legumes (adzuki
beans, navy, black, etc.)
All peas
(fresh/split/snap)
Lentils (any variety)

Avoid

Soy beans and soy
products (tofu, soy milk,
soy sauce, miso,
tempeh, TVP)



Nuts and Seeds

Eat

Almonds, sesame seeds, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts all in their raw form



Avoid

Peanuts, pistachios, cashews
Any nuts or seeds that are salted or flavoured in some way



Animal Products

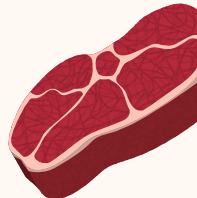
Eat

Free-range chicken and turkey (can be grain fed if organic not available)
Organic lamb, wild game
Wild deep water fish (salmon, halibut, cod, mackerel, sardines)



Avoid

Red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, smoked meats, shell-fish, catfish
Dairy (milk, cream, sour cream, cheese, butter, yogurt), eggs



Condiments

Eat

Oils: olive, avocado oil and coconut oil

All herbs (e.g., parsley, coriander, garlic, ginger)

All spices (e.g., curry, fennel, cayenne, basil, cinnamon, clove)

Sea salt

Spreads: tahini paste; nut butters (e.g., almond, hazelnut, sesame, sunflower), apple butter (Eden Organic), bean dips (e.g., hummus *made with olive oil*)

Sauces: pesto, mustard with no additives

Apple cider/brown rice vinegar, fresh lemon juice (not concentrated)

Sweeteners: stevia, monk fruit

Avoid

Regular table salt

Refined oils, margarine, shortening

All sweeteners

(corn/brown rice/maple syrups, molasses, honey, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc)

This includes desserts and all processed foods high in sugars



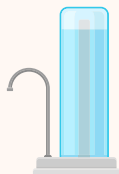
Beverages

Eat

Filtered water

Herbal teas

Green tea



Avoid

Caffeine

Alcohol

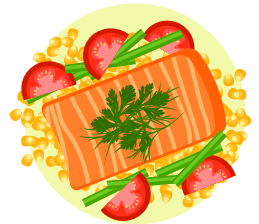
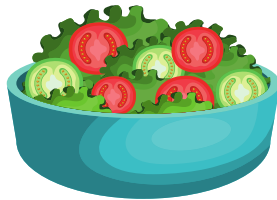
Dairy

Soy milk

All fruit drinks high in refined sugars

All vegetable drinks high in salt

MEAL SUGGESTIONS



Breakfast

Breakfast may include combinations of approved grains, meats and fruits, here are a few ideas:

Buckwheat/millet/brown rice (Bob's Red Mill Creamy Rice Farina) **porridge** or **quinoa** to this you can add cinnamon, apples or pears, almonds and rice or almond milk.

In general: add fruit, nuts and spice to porridge while its cooking; makes fruit and nuts more digestible and adds flavour. You can even mix buckwheat and millet together!

Fruit smoothie - blend together the following:

- 1 cup rice/almond milk
- 1 cup of fruit (berries, pears, mango)
- 1 tbsp flax oil
- 1/2 tbsp tahini
- few almonds

Buckwheat **flakes** (Arrowhead)/rice flakes (Arrowhead)/**rice** crisps (Barbara's)/nutty rice (Pacific Grain Products) **cereal** with rice or nut milk

Lunch and Dinner

Lunch and dinner may include approved **protein** source (organic/grass- fed chicken and turkey, wild game, fish), **healthy fibre** (grains, legumes, cooked or raw vegetables, soups and salads) with a **healthy fat**.

Snacks

Brown rice crackers or rice cakes with almond butter, or tahini with vegetable topping (sprouts, cucumber, cooked beans), avocado

Fruits, especially those that are seasonal

Raw vegetables (carrot and celery sticks)

Handful of nuts

Reintroduction Phase

After the elimination phase, you'll slowly bring foods back in over a few weeks while looking out for any flare-ups of symptoms or a decrease in your energy levels.

Every newly introduced food or food group should be eaten during at least two of the three meals in one day for three consecutive days. At any point when you start to react to the food, you need to stop eating the offending food. If however, you have no reactions after the third day you simply introduce another food group.

Please note that when you react to an introduced food, wait until your reaction subsides prior to reintroduction of the next food group and do not eat the food that you reacted to until the reintroduction of all the other food groups is over. Then, add the food group at the very end.

Once you have reintroduced all the various foods into your diet, you need to go back and try eating those foods to which you were sensitive.

See how you react to them again. If you have any adverse reaction(s) to that food or food group, then you know that you may need to avoid that food/food group altogether or eat it sparingly.

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