



T Y P E O

| |  Eliminate | Add |
|--------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| Week 1 | Wheat & Gluten Cow's Milk & Dairy Pork | Spelt/Brown Rice Bread Almond Milk Lean Grass Fed Beef |
| Week 2 | Corn Catfish Cabbage | Kale Cod Broccoli |
| Week 3 | Potatoes Navy Beans Peanuts | Turnip/Parsnip Azuki Beans Walnuts |
| Week 4 | Canola Oil Olives Orange Juice | Olive Oil Artichokes Pineapple Juice |

| |  Eliminate | Add |
|--------|-----------------------------------------------------------------------------------------------|-------------------------------------------|
| Week 1 | Beef Banana Cow's Milk | Salmon Fig Soy Milk |
| Week 2 | Tomatoes Eggplant Orange | Beet Portobello Mushroom Grapefruit |
| Week 3 | Potatoes Garbanzo Beans Cabbage | Turnip/Parsnip Lentils Kale |
| Week 4 | Pork Wheat Pasta Tea (Black) | Cod Spelt Noodles Coffee |

T Y P E A

T Y P E B

| |  Eliminate | Add |
|--------|---------------------------------------------------------------------------------------------|-----------------------------------------------------|
| Week 1 | Chicken Corn Wheat Bread | Lamb Broccoli Oat Bread |
| Week 2 | Lentils Peanuts Tomatoes | Kidney Beans Almonds Peppers |
| Week 3 | Couscous Canola Oil American Cheese | Rice Cakes / Bran Olive Oil Mozzarella Cheese |
| Week 4 | Crab Coconut Coffee | Cod Banana Green Tea |

| |  Eliminate | Add |
|--------|-----------------------------------------------------------------------------------------------|---------------------------------------|
| Week 1 | Red Meat Kidney Beans Corn | Turkey Pinto Beans Kale |
| Week 2 | White Potatoes Buckwheat Sea Bass | Sweet Potato Spelt Cod |
| Week 3 | Ice Cream Corn Flakes American Cheese | Kefir Oatmeal Mozzarella Cheese |
| Week 4 | Peppers Lima Beans Mango | Eggplant Parsnips Pineapple |

T Y P E AB

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