

Printable ELIMINATION DIET Food List

(101 foods to PRINT today)

Get your food +
lifestyle gut healing
journal to track it all
guthealingjournal.com

- almond milk
- almonds
- amaranth
- aminos, coconut
- apple cider vinegar
- artichoke
- arugula
- avocado oil
- bamboo shoots
- basil
- beef
- black beans
- black pepper
- blueberries
- bok choy
- brazil nuts
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- chervil
- chia seed
- chicken
- Chicken Bone Broth
- chives
- cilantro
- coconut milk
- coconut oil
- cod
- cucumbers
- daikon radishes
- delicata squash
- dill
- dulse
- endive
- escarole
- fennel
- flaxseed
- ghee butter
- ginger
- grapes
- green beans
- green olives
- greens, in general
- halibut
- hazelnuts
- hempseed
- kalamata olives
- kale
- kelp
- kiwi
- kombu
- lamb
- lentils
- lettuce, all
- macadamia nuts
- melon
- microgreens
- nori
- olive oil
- oregano
- parsley
- parsnip
- peas
- pecans
- **Perfect Plant Protein** (At checkout you can use my code – GUTSY10 – to save an automatic 10%.)
- pine nuts
- plantain
- pumpkin seeds
- quinoa
- radicchio
- radishes
- raspberries
- rice
- rosemary
- rutabaga
- salmon
- scallions
- sea salt
- sesame seeds
- sesame oil
- spaghetti squash
- sprouts
- strawberries
- sweet potato
- swiss chard / chard
- tea, green
- tuna
- turmeric
- turkey
- turnips
- Vegetable Broth
- wakame
- walnut oil
- water
- water chestnuts
- watercress
- white potato
- yellow squash
- zucchini