



Elimination Diet Food Plan

FMFT

FUNCTIONAL MEDICINE FAST TRACK

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Fish: Halibut, herring, mackerel, salmon, sardines, etc.—1 oz
- ☐ Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- ☐ Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

Plant Protein:

- ☐ Spirulina—2 T
- Protein Powder:**
 - ☐ Check label for # grams/scoop (1 protein serving=7 g) Hemp, pea, rice

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand).

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- ☐ Bean soups—¾ c
- ☐ Dried beans, peas, or lentils (cooked)—½ c
- ☐ Flour, legume—¼ c
- ☐ Green peas (cooked)—½ c
- ☐ Hummus or other bean dip—½ c
- ☐ Refried beans, vegetarian—½ c

1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

- ☐ Kefir: Coconut (plain) ●▲ ☐ Yogurt: Coconut (cultured) ●▲—4–6 oz
- ☐ Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

1 serving = 25–90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

- ☐ Almonds—6
- ☐ Brazil nuts—2
- ☐ Cashews ●—6
- ☐ Chia seeds—1 T
- ☐ Coconut (dried)—3 T
- ☐ Flaxseed (ground)—2 T
- ☐ Hazelnuts—5
- ☐ Hemp seeds—1 T
- ☐ Macadamias—2–3
- ☐ Nut and seed butters—½ T
- ☐ Pecan halves—4
- ☐ Pine nuts—1 T
- ☐ Pistachios—16
- ☐ Pumpkin seeds—1 T
- ☐ Sesame seeds—1 T
- ☐ Sunflower seeds ●—1 T
- ☐ Walnut halves ●—4

1 serving = 45 calories, 5 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

- ☐ Avocado ●—2 T or ½ whole
- ☐ Coconut milk, regular (canned)—1½ T
- ☐ Coconut milk, light (canned)—3 T
- ☐ Ghee/clarified butter (grass-fed)—1 t
- ☐ Olives: ● Black, green, kalamata—8
- ☐ Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
- ☐ Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
- ☐ Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

KEY

● High Histamine ■ Nightshades ▲ Fermented Foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

This food plan should be followed under the supervision of a qualified healthcare professional.





VEGETABLES NON-STARCHY

Carbs

Servings/day _____

- | | |
|--|---|
| ☐ Artichoke | ☐ Horseradish |
| ☐ Arugula | ☐ Jicama |
| ☐ Asparagus | ☐ Kohlrabi |
| ☐ Bamboo shoots | ☐ Leeks |
| ☐ Beets (cubed) | ☐ Lettuce, all |
| ☐ Bok choy | ☐ Microgreens |
| ☐ Broccoflower | ☐ Mushrooms ● |
| ☐ Broccoli | ☐ Okra |
| ☐ Brussels sprouts | ☐ Onions |
| ☐ Cabbage | ☐ Parsley |
| ☐ Carrots | ☐ Peppers, all ■ |
| ☐ Cauliflower | ☐ Radicchio |
| ☐ Celeriac root | ☐ Radishes |
| ☐ Celery | ☐ Salsa ●■ |
| ☐ Chard/Swiss chard | ☐ Sea vegetables |
| ☐ Chervil | ☐ Scallions |
| ☐ Chives | ☐ Shallots |
| ☐ Cilantro | ☐ Snap peas/snow peas |
| ☐ Cucumbers | ☐ Spinach ● |
| ☐ Daikon radishes | ☐ Sprouts, all |
| ☐ Eggplant ●■ | ☐ Squash: Delicata, |
| ☐ Endive | ☐ pumpkin, ● spaghetti, |
| ☐ Escarole | ☐ yellow, zucchini, etc. |
| ☐ Fennel | ☐ Tomato ●■ |
| ☐ Fermented vegetables: ● | ☐ Tomato juice ●■-¾ c |
| ☐ ▲ Kimchi, pickles, | ☐ Turnips |
| ☐ sauerkraut, etc. | ☐ Vegetable juice-¾ c |
| ☐ Garlic | ☐ Water chestnuts |
| ☐ Green beans | ☐ Watercress |
| ☐ Greens: Beet, collard, | |
| ☐ dandelion, kale, mustard, | |
| ☐ turnip, etc. | |

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

VEGETABLES STARCHY

Carbs

Servings/day _____

- | | |
|--|---|
| ☐ Acorn squash (cubed)-1 c | ☐ Potatoes (mashed, made with non-dairy milk)-½ c |
| ☐ Butternut squash (cubed)-1 c | ☐ Root vegetables: parsnip, rutabaga, yuca (cassava)-½ c |
| ☐ Plantain-½ c or ½ whole | ☐ Yam-½ med |
| ☐ Potato: Purple, red, sweet, white, yellow-½ med | |

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- | | |
|--|--|
| ☐ Apple-1 sm | ☐ Melon, all-1 c |
| ☐ Applesauce-½ c | ☐ Mango-½ sm |
| ☐ Apricots-4 | ☐ Nectarine-1 sm |
| ☐ Banana-½ med | ☐ Orange-1 med |
| ☐ Blackberries-¾ c | ☐ Papaya-1 c |
| ☐ Blueberries-¾ c | ☐ Peach-1 sm |
| ☐ Dried fruit ● (no sulfites)-2 T | ☐ Pear-1 sm |
| ☐ Figs-3 | ☐ Persimmon-½ |
| ☐ Grapes-15 | ☐ Pineapple-¾ c |
| ☐ Grapefruit-½ med | ☐ Plums-2 sm |
| ☐ Juices (diluted)-½ c | ☐ Pomegranate seeds-½ c |
| ☐ Kiwi-1 med | ☐ Prunes-3 med |
| ☐ Kumquats-4 | ☐ Raisins-2 T |
| ☐ Lemon-1 | ☐ Raspberries ●-1 c |
| ☐ Lime-1 | ☐ Tangerines-2 sm |

1 serving = 60 calories, 15 g carbs

Eliminate

Citrus fruits (if directed by your healthcare provider)

GLUTEN-FREE GRAINS

Carbs

Servings/day _____

Unsweetened, sprouted, organic preferred

- | | |
|---|--|
| ☐ Amaranth-¾ c | ☐ Millet-½ c |
| ☐ Brown rice cakes-2 | ☐ Oats: Rolled, steel-cut-½ c |
| ☐ Buckwheat/kasha-½ c | ☐ Quinoa-½ c |
| ☐ Crackers (nut, seed, rice)-3-4 | ☐ Rice-½ c |
| ☐ Flours: arrowroot, cassava, sorghum, tapioca-3 T | ☐ Teff-¾ c |

All grain servings are for cooked amounts.

1 serving = 75-110 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- | | |
|---|---|
| ☐ Filtered water | ☐ Herbs and spices, all |
| ☐ Sparkling/mineral water | ☐ Condiments: Mustard, ● |
| ☐ Unsweetened coconut water | ☐ vinegars ●▲-use sparingly, suggest 1 T or less per serving |
| ☐ Green tea | |
| ☐ Fresh juiced fruits/vegetables | |

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