



OPTIONAL

Allergy Rotation Diet (Grain-Free & Dairy/Casein-Free)

This is an eating plan in which you rotate the favorable food groups over a 4-day period, so that your body does not become sensitive to certain foods that are eaten too frequently. Just follow the easy color coding for the foods (found at the bottom of the chart).

DAY 1	DAY 2	DAY 3	DAY 4
Lamb	Duck	Shrimp	Chicken
Beef	Turkey	Lobster	Salmon
Bison	Tuna	Prawns	Trout
Abalone	Red snapper	Crayfish	Whitefish
Clams	Sole	Soybeans*	Herring
Mussels	Swordfish	Tempeh	Bass
Oyster	Anchovy	Tofu	Perch
Squid	Cod	Lentils*	Rabbit
Snail	Grouper	All Beans*	Broccoli
Ghee	Duck eggs	Peas*	Butternut
Daiya vegan-cheese	Almond milk	Black-eyed-peas*	Cabbage*
Beets*	Artichoke*	Mung bean-sprouts	Cauliflower*
Bell peppers	Carrot	Soy milk*	Collard greens
Chive	Celery*	Coconut milk	Horseradish
Cucumber	Chicory	Alfalfa sprouts	Jicama
Dandelion*	Endive	Brussel sprouts	Kale
Eggplant	Escarole	Avocado*	Mustard Greens
Okra	Kohlrabi	Asparagus*	Pumpkin
Pimento	Lettuce	Green beans	Radish
Potato	Mushroom	Onion*	Sauerkraut
Spinach	Parsnip	Leeks*	Squash
Swiss chard	Rutabaga	Apples*	Watercress
Tomato	Turnip	Bananas*	Yam
Blackberries*	Apricots*	Blueberries	Zucchini
Fresh figs	Cherries*	Cranberry	Cantaloupe
Grapes	Nectarines*	Honeydew	Grapefruit*
Loganberries	Papaya	Pears*	Kumquat
Mango*	Peaches*	Persimmon*	Lemons
Mulberries	Pineapple		Limes
	Plums*		

(cont'd)

DAY 1	DAY 2	DAY 3	DAY 4
Cashews	Almonds	Quince	Tangerines
Pistachio	Almond nut-butter	Rhubarb	Watermelon*
Macadamias	Brazil nuts	Chia seeds	Pecans
Sunflower seeds	Chestnuts	Filberts	Pumpkin seeds
Grapeseed oil	Flaxseed	Pine Nuts	Walnuts
Maple syrup	Flaxseed oil	Hazelnuts	Walnut oil
Cayenne	Sesame oil	Coconut	Black/green-olives
Chili pepper	Sesame seeds	Coconut oil	Olive oil
Cream of tartar	Stevia	Avocado oil	Agave syrup*
Garlic*	Molasses	Pecan oil	Basil
Mace	Allspice	Rice syrup	Lemon balm
Nutmeg	Anise	Bay leaf	Marjory
Paprika	Caraway	Black/white-pepper	Mustard
Tarragon	Celery seed	Cinnamon	Oregano
Tapioca	Clove	Licorice	Sage
Potato-starch	Coriander	Peppermint	Savory
	Cumin	Sassafras	Thyme
	Dill	Spearmint	Kuzu/kudzu
	Fennel	Wintergreen	
	Parsley	Arrowroot	
	Agar/kanten		

Note: It is very important to be well hydrated, so drink at least the eight glasses of water daily. Low water intake is associated with increased allergic response.

* FODMAP (*Fermentable Oligo-Di-Monosaccharides and Polyols*) foods.

Proteins (Animal & Fish)

Legumes

Dairy substitutes

Vegetables

Fruits

Nuts & Seeds

Sweeteners

Spices

Thickeners