

Legend for your Food, Shopping and Recipe Lists

Black fonts without colors are in the diet	Foods in Black	These are foods that may be allowed on this diet at this time.
Gray foods, without a background or a green or blue outline, are out	Light Gray Foods	These are foods Restricted from this diet at this time.
Yellow backgrounds without a green or blue outline	Foods in Black	Foods that I am slightly sensitive to, and although in black text, I need to avoid this today. Wait 42 days to reintroduce these.
Lite orange backgrounds without a green or blue outline	Foods in Black	Foods that I am moderately sensitive to, and although in black text, I need to avoid them for at least 3 months.
Darker orange backgrounds without a green or blue outline	Foods in Black	These are foods that I am a little more sensitive to, and although in black text, I need to avoid them for at least 6 months.
Red backgrounds without a green or blue outline	Foods in Black	Foods that I am highly sensitive to, and although in black text, I need to avoid them as they produce a larger response. My doctor will tell me if and when I can add these foods back.
Red backgrounds without a green or blue outline	Foods in Black	Foods that I am allergic to, and although in black text, I need to avoid them as they produce a larger response.
Colored background and a grey font (without a blue or green border)	Foods in Gray Foods in Gray Foods in Gray Foods in Gray Foods in Gray	These foods I have various sensitivities to, but moreover they are not allowed on this diet at this time for me. Hold off until we've indicated that it is ok to experiment with these.
Foods with a blue outline	Light Gray Foods Foods in Black Light Gray Foods Foods in Black Light Gray Foods Foods in Black Light Gray Foods Foods in Black Light Gray Foods Foods in Black	We would like you to experiment with this food & update us on a daily basis about changes to your mood, energy, weight, pain, digestion, hairloss, and more. Please CAPTIALIZE these foods so that our Nutritionist can look for patterns.

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Foods with a green-dashed outline

Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black

We would like you to have these foods, occasionally. Speak with your Nutritionist about how frequently each food should be consumed.

Foods with a solid green outline

Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black

This is a food that you can have now.

Foods with a red border

Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black
Light Gray Foods	Foods in Black

Foods with a Red border are foods I have removed from my diet as my body seems to consistently react to ingredients in the These foods seems to contain ingredients which may trigger an autoimmune issue for me.