



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 2 - Part 2 Action Step Plan

How to Do an Elimination Diet to Identify Hidden Food Sensitivities



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| HOW TO DO AN ELIMINATION DIET TO IDENTIFY HIDDEN FOOD SENSITIVITIES

Here's your success checklist:

Read the Comprehensive 30-Day Elimination Diet Guide to fully understand the details of the plan.

NOTE: If taking out all the foods in the Comprehensive Elimination Diet feels overwhelming, start with a modified elimination diet by taking out these foods:

- Gluten (wheat, rye, spelt, bulgar, barley, semolina, couscous, triticale, durum flour, modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed products such as soups, stews, and sauces)
- Soy (soy milk and creamer, tofu, tempeh, soy protein powders, bars, soy sauce, and whole soy beans)
- Dairy (pasteurized milk, cheeses, yogurt, kefir, butter, yogurt, cottage cheese) Eggs are not a dairy product. You can also eat clarified butter or ghee if it's made from grass fed organic dairy.
- Sugar (all sugar substitutes, maple syrup, honey, brown rice sugar, date sugar, and agave). You can have stevia.

Choose your start date.

Choose 4 to 5 recipes to make for the week and plan to rotate them over the course of 30 days to simplify meal planning. (See the Sample Meal Plan and Recipes.)

Make a grocery list of all the ingredients you need for the week. (See Grocery Shopping List.)

Go grocery shopping. Choose one day each week to do your shopping.

Prep your meals. Choose one day each week to prep your meals.

NOTE: After 30 days I'll walk you through you how to test your reactions to foods.