



**4 WEEKS MINIMUM at 100%; TAKES 5-6 HRS/WEEK FOR PLANNING/SHOPPING/COOKING
DON'T RE-INTRODUCE FOODS UNTIL WE MEET** (eliminations will be followed with specific challenges)

OPTION 1: Remove Known Toxins: All Alcohol, Added Sugar (White/Brown/Raw), Artificial Sweeteners, Nitrates, Preservatives, Artificial Colors, Added fructose. (Caffeine : 1-2 cups OK, preferred rotation)

OPTION 2: No dairy = no milk, cheese, yogurt, ice cream, butter, goat cheese, casein or whey. Goat NOT allowed!
Can use almond milk, coconut milk/creamer, hemp milk, make other nut milks
No grain = no wheat, barley, rye, spelt, teff, rice, corn, oat, millet, sugar cane, bamboo,
No pseudograin = no quinoa, amaranth, buckwheat (see Cordain "Paleo Answer" for more info)
can use zucchini and/or spaghetti squash for pasta substitute

OPTION 3: Leptin/Circadian Rules:

- Rule 1:** Never eat after dinner. Allow eleven to twelve hours between dinner and breakfast. Never go to bed on a full stomach. Finish eating dinner at least three hours before bed.
- Rule 2:** Eat **two or three** meals a day. Allow **five to six** hours between meals. **Do not snack.**
- Rule 3:** Do not eat small breakfasts or large dinners. Calories per meal should **be between 500-700 calories.** Eating slowly is important.
- Rule 4a:** Breakfast consists of **fat as first priority, then protein** with minimal carbs (see below for examples).
- Rule 4b:** Breakfast **within 30-60 minutes** of awakening unless exercising first.
- Rule 5:** Reduce the total amount of carbohydrates you eat (see below).

OPTION 4: Paleo:

- 1) **NO:**
 - a. No grains or pseudo-grains—see above
 - b. dairy: see above
 - c. Beans/legumes/lentils (includes soy, pea peanut, hummus (chickpea)),
 - d. white potato
- 2) **YES:**
 - a. organic meats (chicken, eggs, grass-fed beef, wild salmon or sardines)
 - b. greens (NOT green beans, green jelly beans)
 - c. all nuts and seeds except those above (rotate chia and flax if using)
 - d. fruits, but limit to 2/day, rotate as below

OPTION 5: Allergy-Rotation

- 1) Rotate food families, 2 days on, 6 days off (see table); need four sets of foods to cover 8 days
- 2) Beware of the following families: Rose (apple, almond, strawberry), Nightshade (tomato, potato, peppers, eggplant), Onion/garlic, Egg, Citrus

OPTION 6: Food Combining-Natural Hygiene

- 1) Do not eat fruits near proteins, fats or starches (including morning smoothies)
- 2) Do not combine starch with protein (ie steak and potato, burger, bun and fries, chicken and rice)

Summary/Combined:

- 1) Carb budget of **80-120 gms carbs/day, leafy greens free** (not green peas or green jelly beans)
nutritiondata.com for food breakdown (ie carbs, fat, protein, more)
- 2) Meals should be between 500-600 cal
- 3) **Breakfast mostly fat, then protein, minimal carb: examples: eggs, meats, avocado, nuts (handful), nut butters, left over dinners; crunchy = celery, jicama, cucumber slices, 500-600 calories**
- 4) 5 hrs minimum between meals no snacking; **only exception is fruit 1 hr before or 5 hrs after a meal.**
- 5) No eating after 6-7 pm; ie 12 hrs between dinner and break-fast.
- 6) If you get hungry between meals (ie after 3-4 hours) eat more fat/protein during the preceding meal.
- 7) Fatal combo seems to be carb/starch + fat (one or the other)
- 8) Robert Lustig "Bitter Truth" Youtube about fruit, fructose, triglycerides, obesity, diabetes

Tracking:

Watch your weight, symptoms, sleep quality, bowel patterns for any changes.

DON'T CHEAT A LITTLE; IF YOU DO CHEAT, YOU MIGHT HAVE TO START OVER!
Cheats include: cream in coffee, a handful of popcorn, a little butter, small glass of wine or beer...