

## Elimination Diet Shopping List

Protein	Vegetables		Fats
<p><b><u>Meats • Fish</u></b></p> <p><input type="checkbox"/> Chicken</p> <p><input type="checkbox"/> Turkey</p> <p><input type="checkbox"/> Lamb</p> <p><input type="checkbox"/> Duck</p> <p><input type="checkbox"/> Wild-game</p> <p><input type="checkbox"/> Salmon</p> <p><input type="checkbox"/> Halibut</p> <p><input type="checkbox"/> Cod</p> <p><input type="checkbox"/> Mackerel</p> <p><input type="checkbox"/> Red snapper</p> <p><input type="checkbox"/> Trout</p> <p><input type="checkbox"/> Tuna</p> <p><input type="checkbox"/> Catfish</p> <p><input type="checkbox"/> Sardines</p> <p><input type="checkbox"/> Sole</p> <p><b><u>Vegetable • Dairy Substitutes</u></b></p> <p><input type="checkbox"/> Split peas</p> <p><input type="checkbox"/> Lentils</p> <p><input type="checkbox"/> Legumes</p> <p><input type="checkbox"/> Rice milk</p> <p><input type="checkbox"/> Oat milk</p> <p><input type="checkbox"/> Nut milks</p> <p><input type="checkbox"/> Coconut milk</p>	<p><input type="checkbox"/> Artichoke</p> <p><input type="checkbox"/> Asparagus</p> <p><input type="checkbox"/> Bamboo shoots</p> <p><input type="checkbox"/> Beets</p> <p><input type="checkbox"/> Bell Peppers</p> <p><input type="checkbox"/> Bok choy</p> <p><input type="checkbox"/> Broccoli</p> <p><input type="checkbox"/> Brussels sprouts</p> <p><input type="checkbox"/> Cabbage</p> <p><input type="checkbox"/> Carrots</p> <p><input type="checkbox"/> Cauliflower</p> <p><input type="checkbox"/> Celery</p> <p><input type="checkbox"/> Chives</p> <p><input type="checkbox"/> Collards</p> <p><input type="checkbox"/> Cucumber</p> <p><input type="checkbox"/> Eggplant</p> <p><input type="checkbox"/> Kale</p> <p><input type="checkbox"/> Leeks</p> <p><input type="checkbox"/> Lettuce</p> <p><input type="checkbox"/> Mushrooms</p> <p><input type="checkbox"/> Okra</p> <p><input type="checkbox"/> Onions</p> <p><input type="checkbox"/> Parsley</p> <p><input type="checkbox"/> Peppers</p> <p><input type="checkbox"/> Potatoes</p> <p><input type="checkbox"/> Pumpkin</p> <p><input type="checkbox"/> Radish</p> <p><input type="checkbox"/> Rutabaga</p> <p><input type="checkbox"/> Seaweed</p>	<p><input type="checkbox"/> Snow peas</p> <p><input type="checkbox"/> Spinach</p> <p><input type="checkbox"/> Squash</p> <p><input type="checkbox"/> Sweet Potatoes</p> <p><input type="checkbox"/> Swiss chard</p> <p><input type="checkbox"/> Tomato</p> <p><input type="checkbox"/> Turnips</p> <p><input type="checkbox"/> Watercress</p> <p><input type="checkbox"/> Zucchini</p>	<p><input type="checkbox"/> Olive oil</p> <p><input type="checkbox"/> Olives</p> <p><input type="checkbox"/> Flaxseeds</p> <p><input type="checkbox"/> Flaxseed oil</p> <p><input type="checkbox"/> Avocado</p> <p><input type="checkbox"/> Coconut</p> <p><input type="checkbox"/> Butter</p> <p><input type="checkbox"/> Coconut oil</p> <p><input type="checkbox"/> Ghee</p>
		<p><b>Fruits</b></p> <p><input type="checkbox"/> Apples</p> <p><input type="checkbox"/> Applesauce</p> <p><input type="checkbox"/> Banana</p> <p><input type="checkbox"/> Berries</p> <p><input type="checkbox"/> Cherries</p> <p><input type="checkbox"/> Coconut</p> <p><input type="checkbox"/> Figs (fresh)</p> <p><input type="checkbox"/> Grape Fruit</p> <p><input type="checkbox"/> Kiwi</p> <p><input type="checkbox"/> Lemons</p> <p><input type="checkbox"/> Mangos</p> <p><input type="checkbox"/> Melons</p> <p><input type="checkbox"/> Nectarines</p> <p><input type="checkbox"/> Papayas</p> <p><input type="checkbox"/> Peaches</p> <p><input type="checkbox"/> Pears</p> <p><input type="checkbox"/> Prunes</p>	<p><b>Nuts &amp; Seeds</b></p> <p><input type="checkbox"/> Almonds</p> <p><input type="checkbox"/> Brazil nuts</p> <p><input type="checkbox"/> Cashews</p> <p><input type="checkbox"/> Chestnuts</p> <p><input type="checkbox"/> Hazelnuts</p> <p><input type="checkbox"/> Pecans</p> <p><input type="checkbox"/> Pine nuts</p> <p><input type="checkbox"/> Pistachios</p> <p><input type="checkbox"/> Walnuts</p> <p><input type="checkbox"/> Pumpkin seeds</p> <p><input type="checkbox"/> Sesame seeds</p> <p><input type="checkbox"/> Sunflower seeds</p> <p><input type="checkbox"/> Nut butters</p>

Herbs, Spices & Extracts	Beverages	Grains, Starches & Flour	Other
<input type="checkbox"/> Basil <input type="checkbox"/> Black pepper <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cumin <input type="checkbox"/> Dandelion <input type="checkbox"/> Dill <input type="checkbox"/> Dry mustard <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Nutmeg <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Rosemary <input type="checkbox"/> Salt-free herbal blends <input type="checkbox"/> Sea salt <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Pure vanilla extract	<u>Herbal Teas:</u> <input type="checkbox"/> Cinnamon <input type="checkbox"/> Chamomile <input type="checkbox"/> Green tea <u>Water:</u> <input type="checkbox"/> Mineral <input type="checkbox"/> Spring <u>Juices:</u> <input type="checkbox"/> Pure unsweetened Fruit <input type="checkbox"/> Pure unsweetened vegetable	<input type="checkbox"/> Amaranth <input type="checkbox"/> Arrowroot <input type="checkbox"/> Garbanzo bean flour <input type="checkbox"/> Millet <input type="checkbox"/> Oat <input type="checkbox"/> Potato starch and flour <input type="checkbox"/> Quinoa <input type="checkbox"/> Rice—brown, white, wild, rice bran <input type="checkbox"/> Sorghum <input type="checkbox"/> Tapioca <input type="checkbox"/> Teff <input type="checkbox"/> Buckwheat	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<b>Breads &amp; Baking</b>	<b>Cereals &amp; Pasta</b>	
	<input type="checkbox"/> Baking soda <input type="checkbox"/> Gluten free breads <input type="checkbox"/> Rice flour and <input type="checkbox"/> Gluten-free baking mix <input type="checkbox"/> Gluten-free pancake mix <input type="checkbox"/> Mochi	<input type="checkbox"/> Buckwheat <input type="checkbox"/> Cream of rice <input type="checkbox"/> Oats <input type="checkbox"/> Puffed rice <input type="checkbox"/> Puffed millet <input type="checkbox"/> Quinoa flakes <input type="checkbox"/> Rice pasta <input type="checkbox"/> 100% buckwheat soba noodles <input type="checkbox"/> Rice crackers & cakes	
<b>Sweeteners</b>	<b>Vinegars</b>	<b>Condiments</b>	
<input type="checkbox"/> Fruit sweetener <input type="checkbox"/> Apple juice concentrate <input type="checkbox"/> Agave nectar <input type="checkbox"/> Molasses <input type="checkbox"/> Rice syrup <input type="checkbox"/> Stevia	<input type="checkbox"/> Apple Cider <input type="checkbox"/> Balsamic <input type="checkbox"/> Red wine <input type="checkbox"/> Rice <input type="checkbox"/> Tarragon <input type="checkbox"/> Ume plum	<input type="checkbox"/> Mustard (made with apple cider vinegar) <input type="checkbox"/> Nutritional yeast	