



# Elimination Diet Protocol - Sample Meal Plan

( Gluten, Dairy, Nightshade, Processed & Refined Free )

|                     | Day 1   | Day 2   | Day 3   |
|---------------------|---|---|---|
| 1 cup, AM and/or PM | Bone Broth                                    | Bone Broth  | Bone Broth  |
| Breakfast           | <u>Fried Egg Breakfast Hash</u>               | <u>Egg Sausage Stacks</u>                             | <u>Almond &amp; Banana Pancakes</u><br>w/ Berries             |
| Lunch               | <u>Tuna Salad Lettuce Wraps</u><br>w/ Avocado | Big Green Salad<br><u>w/ Apple Cider Vinaigrette</u>  | <u>Chicken Burrito Bowls</u>                                  |
| Snack               | Veggies w/<br>Guacamole or Hummus             | <u>Prociutto Lettuce</u><br>Roll ups                  | Sliced Apple w/<br>Almond Butter                              |
| Dinner              | <u>Skirt Steak w/</u><br>Chimichurri Sauce    | <u>Fish Taco Lettuce Wraps</u><br>w/ Mango/Kiwi Salsa | <u>Roasted Salmon</u><br>w/<br><u>Garlic Roasted Broccoli</u> |

