



## Easiest Elimination Diet Protocol Overview

### Client Modules & Eliminations

This is a step-by-step 60-day elimination and reintroduction plan designed to be the easiest elimination diet to put into practice by your clients. Every module and set of eliminations comes with tips, recipes, explanations of why they are eliminating each of the foods and additional functional wellness education.

#### Module 1: Pre-program

- Welcome and preparation

#### Module 2: Week 1

- Eliminate: sugar, artificial sweeteners, fruit juice
- Add: healthy fats and vegetables (from provided list)

#### Module 3: Week 2

- Eliminate: caffeine, gluten, corn

#### Module 4: Week 3

- Eliminate: dairy, soy, alcohol, grains, white potatoes

#### Module 5: Week 4

- Eliminate: eggs, shellfish, tomatoes, legumes
- Add: additional vegetable serving per meal

#### Module 6: Week 5 & 6 (dietary detox – good time to add detox supplements)

- Eliminate: fruit, red meat

#### Module 7: Week 7 & 8 (food reintroductions)

- Curriculum provides instructions to check with practitioner if the client has certain diseases/diagnosis otherwise a reintro list, directions and symptom chart is included

#### Module 8: Bonuses

Details to use our online platform as yours: [Elimination Diet Platform Use Overview](#)

Provider course and set-up discount code: [EED Pro Course Details](#)