THRIVE with Coach Phil

ELIMINATION DIET

RESET YOUR INTERNAL ENVIRONMENT, REDUCE INFLAMMATION, BURN STUBBORN FAT STORES & NOURISH YOUR BODY



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Introduction

1 - What is the Elimination Diet?

- **Understanding the Basics:**

The Elimination Diet is a systematic, methodical approach to identifying food sensitivities, intolerances, and allergies. By removing specific foods and food groups from your diet for a period of time and then gradually reintroducing them, you can pinpoint which foods might be causing adverse reactions. This diet is not about weight loss or restricting calories but about enhancing your body's overall function and well-being by understanding how it reacts to certain foods.

- **The Science Behind It:**

The science behind the Elimination Diet revolves around the concept that certain foods can cause inflammation, digestive issues, and other health problems. When these foods are removed from the diet, the body has a chance to heal, and symptoms can diminish. Reintroducing foods one at a time allows you to observe any changes in your symptoms, providing clear evidence of how specific foods impact your health. This process can uncover hidden food intolerances that might not be apparent through traditional allergy testing.



- **Who Can Benefit?**

Many individuals can benefit from an Elimination Diet. Those who suffer from chronic digestive issues, unexplained fatigue, skin problems, headaches, joint pain, or other persistent health concerns often find relief through this approach. Additionally, it is beneficial for anyone looking to improve their overall health and gain a deeper understanding of their body's unique dietary needs. Athletes, people with autoimmune conditions, and those seeking optimal wellness can also find value in this diet.

2 - Why an Elimination Diet?

- **Identifying Food Sensitivities and Allergies:**

One of the primary reasons for undertaking an Elimination Diet is to identify food sensitivities and allergies that may be causing discomfort or health issues. Unlike immediate allergic reactions, food sensitivities can have delayed responses, making them harder to detect. By systematically eliminating and reintroducing foods, you can clearly identify which foods trigger symptoms such as bloating, headaches, or skin rashes.

- **Improving Digestive Health:**

A significant benefit of the Elimination Diet is the improvement of digestive health. Many common foods can cause inflammation or irritation in the digestive tract,



leading to symptoms like bloating, gas, and irregular bowel movements. Removing these potential triggers allows the digestive system to heal, promoting a healthier gut environment. Improved digestion can lead to better nutrient absorption, increased energy levels, and overall improved health.

- **Enhancing Overall Well-being:**

Beyond digestive health, the Elimination Diet can enhance your overall well-being. Chronic inflammation caused by food sensitivities can contribute to a wide range of health issues, including joint pain, skin conditions, and mental health problems. By identifying and removing the offending foods, you reduce inflammation and support the body's natural healing processes. Many people report increased energy, clearer skin, improved mood, and reduced pain after completing an Elimination Diet.

In summary, the Elimination Diet is a powerful tool for uncovering hidden food sensitivities and optimising your internal function. By understanding the basics, the science behind it, and who can benefit, you can embark on this journey with confidence. Identifying food sensitivities, improving digestive health, reducing inflammation, optimising fat burning potential and enhancing overall well-being are compelling reasons to consider an Elimination Diet, paving the way for a healthier, more vibrant life.



The Truth Pill

Let's not kid ourselves any longer.

When it comes to what you're eating on a day-to-day basis, you know exactly what's right and what's wrong, don't you? You know that including plenty of fresh fruit and vegetables in your diet every day is a step in the right direction, right? Sure you do. There's not a single person on the planet, kids included, who doesn't know this. Yet for some reason, it's a conveniently forgotten truth when it comes to grocery shopping or selecting meals when eating out.

You also know that a diet including fresh meat, fish, and poultry is of superior quality when the animals are allowed to roam free and graze on grass and eat heir natural foods. Meat from livestock reared in these conditions is far healthier than from animals farmed intensively, injected with antibiotics and steroids, and fed on grains, animal remains and 'slops'. Yet, you still buy the awful stuff 'because it's cheaper'.

You've known all along that food additives that make your drinks, crisps, and candies 'interesting colours' and 'taste funny' aren't good for you, haven't you? Yet you still buy them for yourself and your kids 'because you/they like them'.



You also know that a diet high in sugar is bad for you, don't you? You've both seen and felt its effects in yourself and others and have often commented that you 'really should cut down'. But for some reason, you never really get around to it.

And you've certainly known for some time that there are certain foods and drinks that make you feel YUK! Yet, like most people, you continue to eat and drink them because you say you like them when, in truth, you're addicted to them... and you know that too!

The truth is, if you did what you know you need to do, what your instincts have told you many times to do, then you'd see results. But you're not... so you don't.

Time to stop pretending!

We need to take a truth pill and own up to a few realities if you really want success and improvements in quality of life. Habit change is always going to be difficult but stick in there as the rewards can be life-changing.

If you really want to see results from the next 4 weeks, you have to commit whole-heartedly to the strategies I will present to you. CLUB THRIVE will provide you with the knowledge and support to take control and manage your weight for the rest of your life. When starting this process, it is very important to regain the internal well-being of your body.



For those of you wanting to re-establish your internal health, I recommend completing a 30-day elimination diet.

Initially, we need to eliminate the toxins from your body. This will re-establish the vitality of your internal environment, properly nourish your cells, and allow the nutritional and biochemical status quo to be re-established.

Detox takes commitment. Your commitment can result in losing a significant amount of 'stubborn fat' and excess water in a relatively short period of time. Furthermore, your health and vitality will improve, and food cravings (non-physiological or emotional hunger) will reduce or go away entirely.

This is because the human body, when overwhelmed with toxins, will 'dump' many toxic substances within the fat (adipose tissue) stores to reduce their circulation throughout the body. When there are no longer toxins entering the body, those stored toxins will then be processed and expelled along with the fat (and a lot of excess water) that is storing them.

Of course, the downside of this is that temporarily you may feel a little off-colour as those toxins 'hit' you.

When your body no longer has to produce chemical reactions against a background of toxic 'static', you will find that you can extract a greater amount of nutrients from the foods you eat. Your health and general vitality will improve.



But not just that! You'll notice that hair, skin, and fingernails are healthier and stronger and that your energy levels are higher than they have been in ages. Additionally, you may find that if you are on medication, your doctor may need to reduce the dosages, and you may be able to come off the meds altogether.

The Hard Bit...

You are responsible!

Most diet books try to convince you from the start how it's going to be easy and fun to reduce or, hopefully, eliminate these foods from your diet.

The first few weeks on the program are going to be pretty HARD for most people to follow. This is because, in all likelihood, you are an addict. Addicted to caffeine, addicted to sugar, and addicted to processed foods with their chemical appetite stimulants and e-numbers.

If you think that 'addiction' is too strong a word, then just wait and see what happens when you take them away! You'll get energy swings, mood swings, and feel stressed, tired, and more than a little 'jittery'.

The important thing is that you TRY to cut these foods out of your diet. Most people find that 3-4 days is enough to smash their dependent cravings for the foods on my banned list if, and only if, they go 'cold turkey' on the foods that cause them.



This approach **ALWAYS** works, BUT the flip side is that this is the **ONLY** way that works!

This whole system is about improving your health, your wellness, and your vitality. If you follow the directions in this eBook, you'll achieve all this and more.

Before We Start...

At first, this approach may sound a little harsh, but it's totally necessary if you are to be successful in ridding yourself of the long-term fat you've been storing and the effects of ill health and sickness that you've been suffering from.

If you continue to eat and drink the foods that are on the 'banned' list, however small they may be, you simply will not give your body the chance to deal with the toxic storage dump you've built up.

I feel it is important to do this 30-day ELIMINATION diet at least once in your life – it has dramatically changed my life and my clients lives in the past – I hope you allow it to change yours for the future!



Getting Started

Understand that the diet is a temporary phase, designed to identify problem foods, and not a lifelong restriction.

Be patient and open-minded to help you navigate any challenges that arise.

Creating a Support System:

A strong support system can make a significant difference in your success with the Elimination Diet. Inform family, friends, and work colleagues about your plans so they can offer encouragement and understanding.

If you're apart of our CLUB THRIVE membership let the group know you are starting the Elimination Diet. Then everyone can share their experiences, offer support, provide tips, and recipes, motivation and make the process more enjoyable.

Having someone to talk to about your progress and challenges can help you stay committed and positive.



Foods to Eliminate

Certain foods are known to commonly trigger sensitivities and should be the first to be eliminated. These include dairy, gluten, soy, corn, and shellfish. Caffeine, alcohol, and processed foods with artificial additives can also be problematic for many people. Identifying and removing these foods from your diet will set the foundation for uncovering specific sensitivities.

To truly transform your body I believe a detox is extremely important to do to fully realise and learn how your body responds to foods and to clear the system of toxins.

If your body is constantly fighting against food, chemicals and hormones it finds toxic (or is intolerant to) it can't perform the functions it is supposed to. That means keeping you healthy and processing fat effectively.

Therefore, while striving for body transformation and improved health you should limit or eliminate certain foods from your diet. The following all put stress on your internal environment and will slow your body's ability to effectively detox harmful chemicals and therefore limits fat mobilisation and burning.



This means that the following things need to be considered detrimental to your goals:

- **All Caffeine containing products** – Coffee, Tea, Hot chocolate, fizzy drinks
- **Sugar** – Including sucrose, glucose or fructose, honey, maple syrup, corn syrup
- **Processed Food** – The list is almost endless but pretty much anything tinned, baked or pre-packed or if it has numbers or unpronounceable words on the packet
- **Wheat Products** – Bread, biscuits, cakes, pies and breakfast cereals
- **Bad Fats** – Avoid bad oils like vegetable, canola, sunflower, soy, grapeseed, and palm oils
- **Dairy** – Milk and cheese (only in part one of programme)
- **Alcohol** – All of it, even your 'diet vodka'

Alcohol - There are no if's or but's about this one. Alcohol is quite simply a toxin. As such, your body has to work extremely hard to detoxify your system placing stress upon your liver, kidneys and adrenal glands.

On a molecular level, alcohol is a potent sugar that triggers insulin secretion, blood sugar imbalance, increased body fat storage and many chronic degenerative processes.



Caffeine - Caffeine first overexcites and then later 'wears out' the body's energy producing glands. This leads to massive energy fluctuations and the subsequent need for sugary foods.

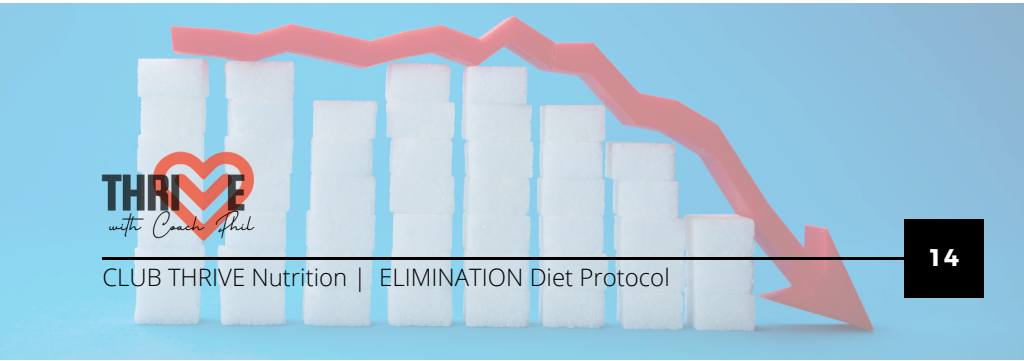
Avoid ALL caffeine in tea, coffee, sodas and other products. Many people are totally unaware of their intolerances until after the elimination phase is complete and they try to add them back into their diets.

Dairy - Other than those items in the shopping list above (eggs, butter and live yoghurt) you should avoid all other forms of dairy for AT LEAST 30 days.

This is because most dairy produce is heavily processed and uses pasteurisation and homogenisation in order to maintain its 'shelf life'. Unfortunately, these processes kill off ALL of the enzymes required to properly digest them (In fact, pasteurisation is defined as a total absence of enzymes!) meaning that your body has to work overtime to digest them. This is a major cause of food intolerance.

Sugar – All sugar (including white, brown, beet, molasses, honey, fructose, maltose, dextrose, corn sugar) creates an insulin response. The simpler the makeup of the sugar, the more rapid and aggressive the insulin response.

Unfortunately, so much of our diet contains sugar that this response becomes too frequent and excessively high or low



depending upon the type of dysfunction and leads to energy fluctuations, fat storage and interferes with embolism.

Note: Whilst fructose is on the banned list, we're talking about fructose powder or granules NOT fruit. You may eat fruit during the 30 days but should endeavour not to overdo it nor eat it in isolation. Always accompany your fruit intake with some nuts to add fat and protein to the sugar to slow absorption

Wheat and Gluten - For many, wheat products are simply indigestible or place a large stress on the digestive system leading to a sluggish metabolism and intolerances.

In addition, modern wheat, especially after processing, is barely distinguishable from simple sugar, leading to all of the same problems.

It's not that wheat is 'bad', rather that it is often indigestible or excessively processed to the point where the body does not recognise it. Therefore, I advise all serious 'detoxers' to completely avoid wheat and gluten in all its forms for 30 days whilst in phase 1 of the diet. Believe it or not, this is possibly the hardest part of the programme as wheat has found its way into a huge proportion of the food chain.

You will obviously avoid wheat bread, cakes, pies, biscuits etc but also be aware that many soups and sauces have



gluten added as thickeners. You may still eat Rye, corn, millet and wheat free breads if you know these grains and their gluten to be tolerated by your system. If unsure then avoid them!

Processed Food – You should avoid ALL processed food during this programme. Nothing with an E-number or unpronounceable name, nothing pre-cooked, pre-baked or package in any way for 'long life'. Only wholesome natural foods like fresh meat, fresh fruit and vegetables should be in your shopping trolley.

Bad Fats – Avoid bad oils like vegetable, canola, sunflower, soy, grapeseed, and palm oils. Bad fats are also often disguised in ingredients lists. They are called hydrogenated oils, partially hydrogenated oils, trans fats, and trans fatty acids. These terms indicate the presence of unhealthy fats that can contribute to inflammation, heart disease, and other chronic health issues. Always check ingredient labels carefully and avoid products containing these harmful fats to support your overall health and well-being.

That's It!...



What You Can Eat

There is an abundance of food that is both tasty and nutritious that will provide you everything you desire. The below list is not an exhaustive list – it is merely an illustration of the amount of good options available.

This should include:

Fish	Meat	Vegetables	Fruit
Haddock Sardines Mackerel Salmon Basa Tuna	Beef Buffalo Chicken Turkey Lamb Bison Venison Game Meats Duck	Asparagus Aubergine Broccoli Cauliflower Cabbage Bok Choy Chinese Kale Green Beans Celery Onions Peppers Beetroot Coriander Courgettes Leeks Lettuce Brussels Sprouts Bean Sprouts Mushrooms	Avocado Lemon Lime Pomelo Kiwi Blueberries Blackberries Raspberries Cherries
Dairy	**Grains & Starch**		**Nuts & Seeds**
Eggs Butter	Quinoa Sweet Potato Potato Buckwheat Carrots Pumpkin		Walnuts Pumpkins Seeds Sunflower Seeds Macadamia Brazil Almonds
Miscellaneous			
Olive Oil Avocado Oil Coconut Oil	Garlic Ginger Turmeric	Sea Salt Himalayan Salt Black Pepper	Olives All Dry Spices All Dry Herbs

You should attempt to make as much of this shopping list as possible organic in order to get the best effect from the programme. If this is not possible then ensure that you are only getting your foods from fresh, natural sources and that they are cleaned and peeled thoroughly before consumption.

Avoid Bad Oils:

Avoiding bad oils like vegetable, sunflower, soy, sesame, and palm oils is crucial for maintaining optimal health. These oils often undergo extensive processing, which includes high heat and chemical treatments that strip them of their natural nutrients and create harmful trans fats.

Trans fats are linked to inflammation, heart disease, and other chronic health conditions. Additionally, many of these oils have high levels of omega-6 fatty acids, which, when consumed in excess, can lead to an imbalance in the body's omega-6 to omega-3 ratio, further promoting inflammation and associated health risks.

By eliminating these oils from your diet and opting for healthier alternatives like olive oil, avocado oil, and coconut oil, you can reduce your intake of harmful fats and support better overall health and well-being.

Avoiding harmful fats is the best thing you can do for your



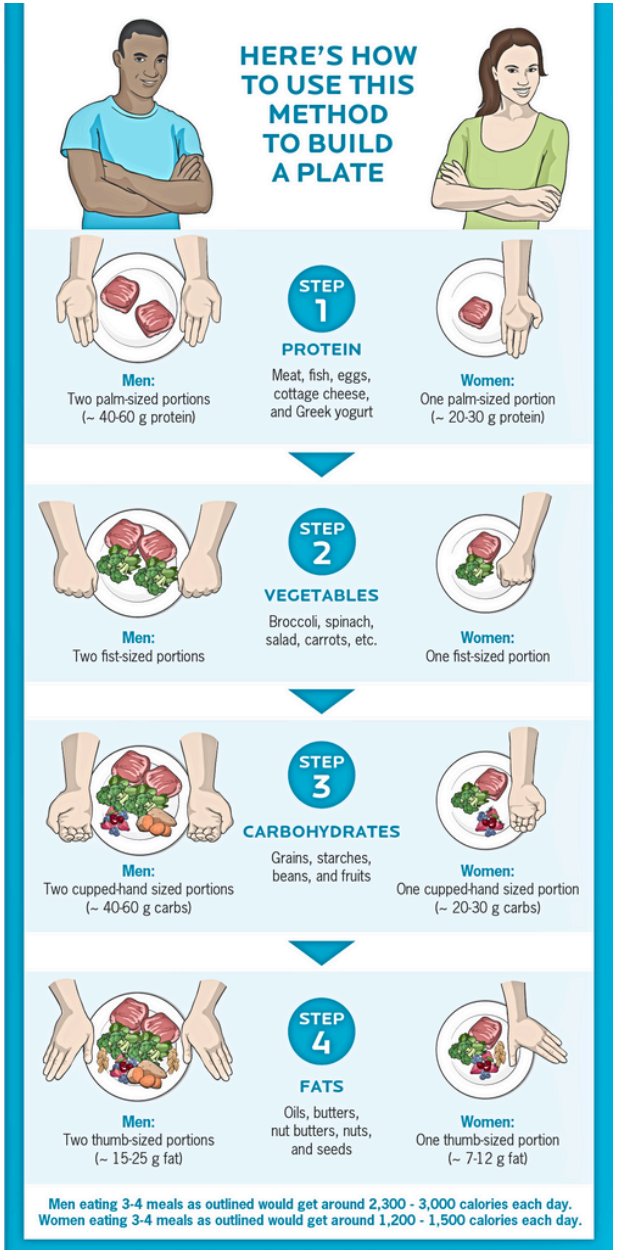
body and bran health. However, they have found their way into all packaged and processed foods. Restaurants use them because they are cheap and have long shelf lives. These bad fats are the most important substances to avoid. So at least use good oils at home for cooking to ensure your quality of nutrition.

Creating a Balanced Diet

Maintaining a balanced diet during the elimination phase is crucial for your overall health and well-being. Ensure your meals include a variety of macronutrients: proteins, fats, and carbohydrates. For example, a typical meal might consist of a lean protein source, a generous portion of vegetables, a serving of gluten-free grains, and healthy fats from avocado or olive oil. This balance will help keep you satisfied and energised.

Our friends at Precision Nutrition provide an excellent guide to help easily control portion size...




HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE
STEP 1
PROTEIN
Meat, fish, eggs, cottage cheese, and Greek yogurt
Men:
Two palm-sized portions
(~ 40-60 g protein)
Women:
One palm-sized portion
(~ 20-30 g protein)
STEP 2
VEGETABLES
Broccoli, spinach, salad, carrots, etc.
Men:
Two fist-sized portions
Women:
One fist-sized portion
STEP 3
CARBOHYDRATES
Grains, starches, beans, and fruits
Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)
Women:
One cupped-hand sized portion
(~ 20-30 g carbs)
STEP 4
FATS
Oils, butters, nut butters, nuts, and seeds
Men:
Two thumb-sized portions
(~ 15-25 g fat)
Women:
One thumb-sized portion
(~ 7-12 g fat)
Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.



I prefer to keep things very simple when completing the Elimination Diet. Simply choose good ingredients and follow the steps outlined by Precision Nutrition. There's no need for fancy recipes or complicated cooking skills.

Cook your protein how you like—grilled, barbecued, baked, or air-fried. Prepare your vegetables your favourite way—sautéed, steamed, boiled, barbecued, or air-fried. Add spices and herbs to both for flavour and taste.

Keep it straightforward, and you'll find it easier to stick to the diet and enjoy your meals.

5 Day Sample Planner

Here is a simple 5 day example meal plan to help you get off to the best start.

** Note: these are just samples, an idea f how you can eat, not how you MUST. You need to think of meals that fit your lifestyle and routine... the following 5 days give you an idea of how to structure your nutrition for the Elimination Diet.*

*** Note: each dinner is the next days lunch... this preparation is the easiest to ensure you are eating well throughout the day and reduces your time in the kitchen.*

Day One	Day Two
Pre-Breakfast 1-2 tablespoons of apple cider vinegar 500mls - 1L Water, salt, lime juice + omega-3 + Probiotic + VitD3	**Pre-Breakfast** 1-2 tablespoons of apple cider vinegar 500mls - 1L Water, salt, lime juice + omega-3 + Probiotic + VitD3
Breakfast 2 x boiled eggs, avocado, tomatoes & lightly steamed broccoli with olive oil and chilly powder/pepper	**Breakfast** 2 scrambled eggs on a bed of greens (spinach, Bok Choy or Cabbage) or Omelette with mixed vegetables
Lunch Buffalo steak strips, seasoned Green salad + omega-3 + Probiotic	**Lunch** Beef patties Green Beans & Asparagus + omega-3 + Probiotic
Snack Thumb sized portion of mixed nuts and seeds	**Snack** Thumb sized portion of mixed nuts and seeds
Dinner Beef patties Green Beans & Asparagus + omega-3 + Probiotic	**Dinner** Fish and salad with olive oil and lemon/lime juice as a dressing + omega-3 + Probiotic
Snack ½ handful sunflower seeds + Magnesium	**Snack** Small portion almonds + Magnesium

Day Three	Day Four
Pre-Breakfast 1-2 tablespoons of apple cider vinegar 500mls - 1L Water, salt, lime juice + omega-3 + Probiotic + VitD3 **Breakfast** Vegetable soup **Lunch** Fish and salad with olive oil and lemon/lime juice as a dressing + omega-3 + Probiotic **Snack** Boiled eggs x 2 **Dinner** Grilled Turkey Breast and vegetable soup (made with coconut milk or pure vege and water) + omega-3 + Probiotic **Snack** 2 celery sticks with hummus + Magnesium	**Pre-Breakfast** 1-2 tablespoons of apple cider vinegar 500mls - 1L Water, salt, lime juice + omega-3 + Probiotic + VitD3 **Breakfast** Chicken breast with palm of nuts **Lunch** Grilled Turkey Breast and vegetable soup (made with coconut milk or pure vege and water) + omega-3 + Probiotic **Snack** 1 Avocado with 1 handful pumpkin or sunflower seeds **Dinner** Chicken breast seasoned on a bed of greens and mashed sweet potato + omega-3 + Probiotic **Snack** Small portion of almonds + Magnesium
Day Five	**etc...**
Pre-Breakfast 1-2 tablespoons of apple cider vinegar 500mls - 1L Water, salt, lime juice + omega-3 + Probiotic + VitD3 **Breakfast** Veggie Shake **Lunch** Chicken breast seasoned on a bed of greens and mashed sweet potato + omega-3 + Probiotic **Snack** Steamed broccoli with hummus or nut butter **Dinner** Fish with steamed broccoli and cauliflower + omega-3 + Probiotic	• Note: a multivitamin can be taken at lunchtime on non-workout days or directly after a training session

For me keeping it simple - like the above 5 day example - where I'm simply "heating up" good ingredients and adding spices is how I like to approach the Elimination Diet.

However, I know many of you get bored with this approach, so I am including an additional week long meal plan. The recipes are delicious and a little more involved but worth the time to prepare.

The recipes are selected from my recipe eBook collection... if you'd like more of these recipes they are available on my website...

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42 Thai Green Lentil Curry

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46 Sun-dried Tomato Hummus Snack

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Plan

	Breakfast 30-60 min after waking	**Lunch** 3-4 hours after breakfast	**Snack** between lunch and dinner	**Dinner** 3-4 hours after snack or 6-120 min post-workout
Monday	Morning Salad Bowl	Crunchy Chicken Walnut Salad	E.g. Sun-dried Tomato Hummus or Protein Shake	Banana Chicken Curry
Tuesday	Berry Bliss Smoothie Bowl	Leftover Crunchy Chicken Walnut Salad	E.g. Sun-dried Tomato Hummus or Protein Shake	Leftover Banana Chicken Curry
Wednesday	Turmeric Poached Egg Breakfast Salad	Sun-dried Tomato Hummus Snack with Vegetables & Crackers	E.g. Sun-dried Tomato Hummus or Protein Shake	Tray-Baked Salmon & Veggies
Thursday	Matcha Chia Delight	Warming Broccoli & Ginger Soup	E.g. Sun-dried Tomato Hummus or Protein Shake	Leftover Tray-Baked Salmon & Veggies
Friday	Turmeric Poached Egg Breakfast Salad	Leftover Broccoli & Ginger Soup	E.g. Sun-dried Tomato Hummus or Protein Shake	Thai Green Lentil Curry
Saturday	Berry Bliss Smoothie Bowl	Shrimp Nicoise Salad	E.g. Sun-dried Tomato Hummus or Protein Shake	Meal Out - Enjoy!
Sunday	Morning Salad Bowl	Leftover Shrimp Nicoise Salad	E.g. Sun-dried Tomato Hummus or Protein Shake	Leftover Thai Green Lentil Curry



Morning Salad Bowl

Serves 2

2 slices of your choice of bread
4 handfuls of salad leaves (2 per bowl)
2 baby cucumbers, sliced
75g (2.6 oz) feta cheese, cubed
75g (2.6 oz) blueberries
2 tbsp. pumpkin seeds
1 tbsp. olive oil
2 tsp. honey
juice of ½ lemon

What you need to do

1. Toast the bread slices and tear them into small pieces.
2. Assemble the salad in two large bowls by equally dividing the salad leaves, cucumber slices, cubed feta cheese, and blueberries between them. Sprinkle each with pumpkin seeds.
3. Drizzle olive oil, honey, and lemon juice over each bowl to finish.

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Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	0 min	370	22	32	11	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Berry Bliss Smoothie Bowl

Serves 1

3 tbsp. flaxseeds
½ cup water (about 120ml, adjustment from 100ml for accuracy)
1 cup frozen raspberries
3 heaped tbsp. beetroot juice (adjusting the volume to tbsp. for consistency)
2 tbsp. natural yogurt (or plant-based alternative)
1 tsp. raw cacao nibs

What you need to do

1. Boil water using a kettle.
2. In a small pot, combine the flaxseeds with the boiled water. Cook over medium heat for approximately 5 minutes, or until the mixture thickens. Remove from heat and allow to cool slightly.
3. In a blender, combine the frozen raspberries and beetroot juice. Blend until smooth.
4. Add the flaxseed mixture to the blender, and blend again until everything is well combined.
5. Pour the smoothie into a bowl. Top with yogurt and sprinkle with cacao nibs.
6. Serve immediately for the best taste and texture.

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GF | V | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	5 mins	258	10	32	10	13

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Turmeric Poached Egg Breakfast Salad

Serves 2

2 tsp. pine nuts
1¾ cups (14 oz) fresh spinach
⅝ cup (4.4 oz) halved tomatoes
1 tbsp. mild olive oil
1 tbsp. white wine vinegar
1 tsp. ground turmeric
2 medium-sized eggs

What you need to do

1. Toast pine nuts in a dry frying pan over medium heat for 2 minutes, then set aside.
2. In the same pan, heat the olive oil and sauté the spinach and tomatoes over medium heat for 2 minutes, or until the spinach is wilted. Season with sea salt and black pepper to taste.
3. Bring a pot of water to a boil. Add the white wine vinegar and turmeric, then reduce the heat to achieve a gentle simmer.
4. Carefully crack each egg into the water and poach for 3 minutes. Use a slotted spoon to remove each egg.
5. Divide the spinach mixture between two bowls. Place a poached egg on top of each and sprinkle with toasted pine nuts. Season with additional sea salt and black pepper. Serve immediately, breaking the eggs to allow the yolks to flow.

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GF	DF	LC	V	Q	N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	5 mins	178	14	5	8	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Matcha Chia Delight

Serves 2

¼ cup (30g) chia seeds
1½ cups water
3 tbsp. (40g) chocolate whey protein isolate (or vanilla flavored)
1 tsp. matcha powder
1 cup (100g) fresh or frozen blueberries, for serving

What you need to do

1. Combine the chia seeds and water in a bowl. Refrigerate for one hour, then stir the mixture and leave it in the refrigerator to chill overnight.
2. The following morning, add the protein powder, and matcha powder to the chia mixture. Stir until well combined.
3. Divide the pudding between two bowls and top each with half of the berries before serving.

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GF | DF | LC | HP | V | N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
overnight	0 min	219	7	17	22	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Crunchy Chicken Walnut Salad

Serves 4

1 sweet apple
3 cups (400g) cooked or leftover chicken, shredded
4 cups (500g) chicory, shredded
1 ½ tbsp. mustard
4 tbsp. Greek yogurt (0% fat)
3 tbsp. extra virgin olive oil
1 tbsp. white wine vinegar
2 tbsp. parsley, chopped
⅓ cup (40g) walnuts, chopped

What you need to do

1. Quarter the apple, remove the core, and chop the flesh.
2. Trim the chicory's bottom, halve it lengthwise, discard the hard core, and slice into strips.
3. Whisk together mustard, yogurt, olive oil, and vinegar in a bowl. Season with black pepper to taste.
4. Toss chicory and apple in the dressing. Let stand for 10 minutes to meld flavors.
5. Stir in parsley, chicken, and walnuts until evenly mixed.
6. Serve immediately or refrigerate until ready to serve.

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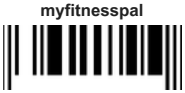

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GF | LC | HP | Q | N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
15 mins	0 min	381	21	13	35	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Shrimp Nicoise Salad

Serves 4

5.6 oz. (160g) artichoke antipasti, drained
12 oz. (340g) green beans, cooked
4 hard-boiled eggs
juice of 1 small orange
1 tsp. Dijon mustard
3 tbsp. olive oil, divided
16 oz. (450g) king prawns (shrimps), peeled & deveined
1 garlic clove, sliced
2 sprigs of fresh oregano, leaves picked
1 baby Romaine lettuce, leaves separated & torn
2 tbsp. black olives, pitted & halved

What you need to do

1. Preheat the BBQ or a non-stick grill pan over medium heat.
2. In a bowl, whisk together the orange juice, Dijon mustard, and 2 tbsp. olive oil to prepare the dressing. Add the artichokes and green beans to the dressing, tossing to coat. Set aside.
3. In a separate bowl, combine the shrimp, garlic, oregano leaves, and the remaining 1 tbsp. of olive oil. Grill the shrimp over prepared heat, turning once, until pink and opaque, about 3 to 5 minutes.
4. Arrange the torn Romaine lettuce evenly across four bowls. Evenly distribute the dressed artichokes, green beans, halved eggs, and olives among the bowls.
5. Top each salad with grilled shrimp and serve immediately.

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GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	15 mins	333	17	13	32	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Warming Broccoli & Ginger Soup

Serves 6

1 tbsp. coconut oil
7 oz. (200g) leeks, chopped
2 tbsp. ginger, finely chopped
2 heads of broccoli, florets only
1 large potato, peeled & chopped
1 tsp. turmeric
1 tsp. sea salt, plus more to taste
1 tbsp. olive oil
6 cups (1.4 liters) vegetable or chicken stock
6 tsp. sunflower seeds
freshly ground black pepper, to taste

What you need to do

1. Heat the coconut oil in a large pot over medium heat. Add the leeks and sauté for 5-6 minutes, or until softened.
2. Add the ginger, broccoli florets, potato, turmeric, salt, olive oil, and stock to the pot. Bring to a boil.
3. Reduce the heat and simmer for 10 minutes, or until the vegetables are tender.
4. Use a hand blender to blend the soup until creamy and smooth. Season with additional salt and freshly ground black pepper to taste.
5. Serve the soup topped with a teaspoon of sunflower seeds per bowl.

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GF | DF | V | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
5 mins	10 mins	212	8	24	11	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Banana Chicken Curry

Serves 4

1 tbsp. olive oil
1 lb. (450g) chicken breast, chopped
2 tbsp. curry madras paste
1 cup (240ml) coconut milk, light
scant ½ cup (100ml) water
2 cups (300g) mangetout (snow peas)
1 banana, sliced
salt & pepper, to taste
¼ cup (30g) flaked almonds

What you need to do

1. Heat sesame oil in a large pan over medium heat. Cook the chicken and curry paste together for 3-4 minutes.
2. Add coconut milk, water, and mangetout. Bring the mixture to a boil, then reduce heat and simmer for 5-6 minutes.
3. Stir in the banana slices. Season with salt and pepper to taste. Continue to cook for an additional 2-3 minutes.
4. Serve hot, garnished with flaked almonds.

Note: Serve with an approved starch of your choice (cooked Quinoa, buckwheat, pumpkin, potato, etc) for a complete meal (starch not included in nutrition information).

GF | DF | HP | Q | N

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Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
5 mins	15 mins	360	20	16	29	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Thai Green Lentil Curry

Serves 4

1 onion, finely chopped
1 garlic clove, chopped
1 tsp. ginger, grated
1 tbsp. coconut oil
2-3 tbsp. Thai green curry paste
juice & zest of 1 lime
14 oz. (approximately 13.5 fl oz) can light coconut milk
1 large or 2 small bok choy, cut into pieces
14 oz. (approximately 15.5 oz) can lentils, drained & rinsed
salt, to taste
coriander, for serving
8 oz. cooked rice noodles, for serving

What you need to do

1. In a large pan, fry the onion, garlic, and ginger in coconut oil over medium heat for a few minutes until softened.
2. Stir in the curry paste and continue cooking for 5 more minutes to release its flavors.
3. Add the lime zest and juice, followed by the coconut milk. Mix well to combine.
4. Incorporate the lentils and bok choy into the pan, letting the mixture simmer for about 5 minutes or until the bok choy is tender. Season with salt to taste.
5. Serve the curry over a portion of rice noodles, garnished with fresh coriander.

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GF | DF | V | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	15 mins	395	11	67	7	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Tray-Baked Salmon & Veggies

Serves 4

3½ cups (800g) baby potatoes, washed
2 tbsp. olive oil
1 cup (200g) tenderstem broccoli or green beans
3 small red onions, cut into wedges
1¼ cups (250g) cherry tomatoes
2 sprigs rosemary
2 tbsp. balsamic vinegar
1 lb. (500g) salmon filets

What you need to do

1. Preheat the oven to 360°F (180°C).
2. Place the baby potatoes in a large baking tray. Drizzle with olive oil, season with salt and pepper, and toss to coat. Bake for 10 minutes.
3. Add the onions and rosemary to the tray. Drizzle with balsamic vinegar and return to the oven for an additional 10 minutes.
4. Season the salmon filets with salt and pepper. Add them to the tray along with the broccoli or green beans. Return the tray to the oven and bake for 15 more minutes, or until the salmon is cooked through.
5. Evenly distribute the contents of the tray among four plates and serve immediately.

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GF | DF | HP

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	45 mins	441	13	47	34	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Sun-dried Tomato Hummus Snack

Serves 8

1x (15 oz/425g) can chickpeas, drained & rinsed
¼ cup (15g) sundried tomatoes
2 tbsp. tahini
1 clove garlic, crushed
juice of 1 lemon
2 tbsp. oil (reserved from sun-dried tomatoes)

What you need to do

1. In a food processor or high-speed blender, blend the chickpeas, sun-dried tomatoes, tahini, garlic, lemon juice, and reserved oil until smooth.
2. Adjust the consistency with water as needed. Season with salt and pepper to taste.

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GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	0 min	114	6	11	4	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

That concludes the main recipe section of the Elimination Diet Protocol! Throughout this program, you've been provided with a variety of simple, nutrient-dense meals designed to support your journey towards better health and locking your full potential. From delicious protein options to vibrant vegetables, these recipes are crafted to make your elimination diet both enjoyable and effective.

By sticking to these guidelines, you'll lay a solid foundation for identifying food sensitivities and promoting overall well-being.

But the journey doesn't stop here! As a special bonus, I'm excited to introduce even more recipes to enhance your experience. These bonus recipes are a real benefit, providing additional variety and flavours to keep your meals exciting and satisfying.

The Elimination Diet Protocol already offers more comprehensive information than any other program on the market, and yet, I'm still giving more. Dive into these bonus recipes and continue your path to optimal health with even more delicious and nutritious options. If you would like even more delicious recipes you can find more recipe eBooks in my website store... Let's make healthy and feeling awesome taste great!

Bonus Recipes to Try

49	Vibrant Quinoa Turkey Salad Bowl	**57**	Smoky Eggplant Stew
51	Beetroot Bliss Soup	**59**	Lean & Green Power Smoothie
53	Mackerel & Red Bean Salad Bowl	**61**	Grilled Avocado with Black Beans
55	Asian Satay Pork Noodles	**63**	Pea & Leek Garden Soup



Vibrant Quinoa Turkey Salad Bowl

Serves 2

1 cup (185g) cooked quinoa
1 tbsp. coconut oil
8.1 oz. (230g) turkey fillet
1 small carrot, grated
½ cup (50g) red cabbage, shredded
⅔ cup (50g) edamame beans, frozen (thawed, if preferred)
1 tbsp. honey
1 tbsp. soy sauce
1 tbsp. sesame oil
a handful of sprouting alfalfa (or similar)
1 tbsp. sesame seeds

What you need to do

1. Cook the quinoa according to package instructions and let it cool to lukewarm.
2. Season the turkey fillets with salt and pepper. In a pan, heat the coconut oil and cook the turkey for about 8 minutes, turning regularly. Once cooked, cut the turkey into strips.
3. In a bowl, combine the quinoa, carrot, cabbage, and edamame beans.
4. For the dressing, whisk together honey, soy sauce, and sesame oil, then drizzle over the quinoa mixture.
5. Top the salad with the turkey strips and sprinkle with alfalfa and sesame seeds before serving.

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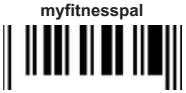

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GF | DF | HP | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	10 mins	490	22	37	36	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Beetroot Bliss Soup

Serves 4

6 raw beetroots
1 apple
2 red onions
2 garlic cloves
2 vegetable stock cubes
3 cups (750ml) water
a handful of curly parsley

What you need to do

1. Prepare the vegetables by peeling the beetroots and apple. Core the apple and chop both the beetroots and apple into pieces. Peel and finely chop the onions and garlic.
2. In a large pan, heat oil over low heat and sauté the onion and garlic for 3 minutes. Increase to medium-high heat, add the beetroot and apple, and cook for 5 minutes, stirring occasionally.
3. Add the water and vegetable stock cubes. Bring to a boil, then reduce the heat, cover, and simmer for 30 minutes.
4. Puree the soup using a hand blender until smooth. Serve garnished with curly parsley.

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GF | LC | V

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	30 mins	113	1	23	3	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mackerel & Red Bean Salad Bowl

Serves 4

1 garlic clove, crushed
juice of ½ lemon (additional slices for serving)
2 tbsp. olive oil
½ cucumber, sliced
8 radishes, sliced
a handful of parsley, chopped
1¼ cups (240g) chickpeas, drained
1 ¼ cups (240g) kidney beans, drained
⅜ cup (85g) arugula (rocket)
⅔ cup (150g) smoked mackerel
⅜ cup (50g) pecans, chopped
salt & pepper, to taste

What you need to do

1. Begin by preparing the dressing. In a small bowl, whisk together the crushed garlic, lemon juice, and olive oil. Season with salt and pepper to taste.
2. In a large bowl, combine the cucumber, radishes, parsley, chickpeas, kidney beans, and arugula. Toss gently to mix.
3. Drizzle the salad with the dressing, ensuring it's evenly coated, then divide the salad among serving plates.
4. Flake the mackerel into bite-sized pieces and arrange them on top of the salads.
5. Garnish with chopped pecans and serve immediately, accompanied by additional lemon slices.

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GF | DF | HP | Q | N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
15 mins	0 min	355	23	22	15	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Asian Satay Pork Noodles

Serves 4

1 lb. (500g) diced pork
2 tbsp. olive oil, divided
14 oz. (400g) frozen Chinese stir-fry vegetable mix
8 oz. (225g) rice noodles
2 tbsp. crunchy peanut butter
½ tbsp. honey
1 tbsp. tamari
1 tbsp. lime juice, plus lime wedges for serving
½ cup (120ml) water
sea salt & black pepper, to taste

What you need to do

1. Prepare the noodles according to the instructions on the packaging; set aside.
2. Heat 1 tbsp. of sesame oil in a wok over medium heat. Add the frozen Chinese vegetables and stir-fry for 8 minutes; remove from heat and keep warm.
3. Season the diced pork with sea salt and black pepper to taste. In a separate frying pan, heat the remaining 1 tbsp. of sesame oil over medium heat. Add the pork and cook for 8 minutes, or until golden brown.
4. In a saucepan, combine the peanut butter, honey, tamari, lime juice, and water. Bring to a boil, then reduce the heat to low and simmer for 4 minutes, stirring occasionally.
5. Add the satay sauce to the cooked pork, tossing to coat evenly.
6. Toss the cooked noodles with the stir-fried vegetables, ensuring they are well mixed.
7. Serve the noodles with the pork satay on top, accompanied by a wedge of lime.

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GF | DF | HP | N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
5 mins	25 mins	510	14	65	31	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Smoky Eggplant Stew

Serves 4

2 aubergines (eggplants)
2 tbsp. olive oil, divided
1 onion, diced
2 garlic cloves, minced
1 red bell pepper, chopped
1 red chili pepper, finely chopped
1 tbsp. lemon juice
1 tsp. smoked paprika
1 tsp. sweet paprika
1 can (400g) chopped tomatoes
1 tbsp. tomato purée
2 tbsp. chopped parsley
freshly ground black pepper, to taste

What you need to do

1. Slice the aubergines into ¼ inch thick pieces. Season with salt on both sides and set aside for 20-30 minutes to draw out moisture.
2. In a large pot, heat 1 tablespoon of olive oil over medium heat. Sauté the onion for 2 minutes, then add the garlic and cook for another 1-2 minutes until fragrant.
3. Add the chopped bell pepper and chili pepper to the pot, and continue to cook for about 4 minutes, stirring frequently.
4. Pat the aubergine slices dry with paper towels and cut them into cubes. Add the cubes to the pot along with the remaining tablespoon of olive oil. Fry for about 10 minutes, stirring occasionally.
5. Sprinkle in the lemon juice and both types of paprika. Season with black pepper (omit additional salt, as the aubergines have absorbed the initial seasoning).
6. Stir in the chopped tomatoes and tomato purée, bring to a boil, then reduce heat to simmer.
7. Cover and let simmer for 15 minutes, or until the aubergine is tender. Adjust the consistency of the sauce with a few tablespoons of water if necessary.
8. Stir in the chopped parsley and adjust seasoning if needed.

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GF | DF | MP | V

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
20-30 mins	35 mins	200	8	27	5	11

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Lean & Green Power Smoothie

Serves 1

2 kale leaves (cooked)
½ avocado
½ cucumber
2 celery stalk
½ lemon, juiced
mint spring

What you need to do

1. Wash all ingredients and place in a high-speed blender.
2. Blend everything until smooth and serve with ice cubes.
3. Add water if needed for desired thickness

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GF | DF | V | Q

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
5 mins	0 min	284	16	30	5	12

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Grilled Avocado with Black Beans

Serves 4

2 avocados, halved & pitted
1 medium tomato
zest & juice of 1 lime
1 cup (184g) black beans, drained & rinsed
1 clove garlic, minced
2 tbsp. fresh coriander (cilantro), finely chopped
2 tbsp. smoked almonds, chopped

What you need to do

1. Preheat the grill to high heat or prepare the barbecue for grilling.
2. Finely chop the tomato and combine in a bowl with the lime zest and juice from half the lime. Stir in the chopped coriander. Season with sea salt and black pepper to taste.
3. In a separate bowl, combine the drained and rinsed black beans with the minced garlic. Season with sea salt and black pepper to taste.
4. Place the avocado halves cut-side down on the grill or barbecue. Grill for about 3 minutes, or until they are slightly charred and warm.
5. To assemble, spoon the black bean mixture into the grilled avocado halves. Top with the tomato salsa, sprinkle with chopped smoked almonds, and garnish with additional coriander.

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GF | DF | V | Q | N

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	5 mins	290	18	24	8	13

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Pea & Leek Garden Soup

Serves 4

2 chicken stock cubes
4 cups (1L) boiling water
2 medium white potatoes, peeled & chopped
2 leeks, chopped
3 cups (450g) frozen garden peas
8 bacon strips, baked until crispy, then chopped

What you need to do

1. Dissolve the chicken stock cubes in the boiling water. Add the chopped potatoes and simmer for 5 minutes.
2. Incorporate the leeks and continue to boil for 10 minutes.
3. Add the peas and cook for an additional 5 minutes.
4. Puree the mixture using a hand blender until smooth.
5. Serve the soup topped with crispy bacon strips. Season with salt and pepper to taste.

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GF DF

Prep	Cook	Kcal	Fats	Carbs	Protein	Fibre
10 mins	20 mins	434	22	42	17	8

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

Integrating Exercise into Your Elimination Plan

As you embark on this detox journey, incorporating exercise is essential to maximise the benefits and enhance your overall well-being. Regular physical activity not only supports your body's detoxification processes but also boosts your mood, improves energy levels, and aids in maintaining a healthy weight. However, it's important to listen to your body and avoid overexertion during this period of rejuvenation.

Exercise Guidelines:

- **Walking:** At a minimum, aim to walk for 30-60 minutes both in the morning and in the evening. Walking is a gentle yet effective way to keep your body active without placing undue stress on your system. It helps stimulate circulation, supports lymphatic drainage, improves mitochondrial fat burning efficiency and promotes mental clarity

- **Mindful Movement**: Pay close attention to how you feel during and after exercise. This detox is about nurturing your body, so focus on mindful movements that make you feel good. Activities like yoga, stretching, or light resistance training can be beneficial if they feel right for you



- **Hydration:** Ensure you stay well-hydrated, especially when exercising. Proper hydration supports your detox efforts and keeps your body functioning optimally

- **Rest and Recovery:** Balance your physical activities with adequate rest. Listen to your body's signals and take breaks when needed. Restorative practices like meditation or deep breathing can help you stay in tune with your body's needs

By integrating these exercise habits into your daily routine, you'll not only enhance the effectiveness of your reboot but also set the stage for a healthier, more balanced lifestyle moving forward. Remember, the goal is to support your body's natural processes and promote a state of overall well-being. Embrace this time to reconnect with your body, nurture your health, and pave the way for sustained vitality.

Embark on this journey with a sense of purpose and mindfulness, and you'll soon reap the rewards of a revitalised body and mind. Enjoy the process, stay committed, and celebrate the positive changes you're making for a healthier, happier you.

Need more help and support with your exercise... JOIN our award winning CLUB THRIVE membership or checkout one of my preset workout programs in my website store.



Final Word

The Elimination Diet is not just a temporary eating plan; it's a comprehensive approach to better understanding your body's needs and responses to different foods. By identifying and eliminating common trigger foods, you're giving your body the chance to reset and heal, paving the way for improved digestion, enhanced energy levels, and overall well-being.

Remember, the success of this diet is not just in the elimination phase but in the insights you gain and the healthier habits you form. You've been provided with a wealth of recipes to keep your meals simple, nutritious, and delicious. And, to further support your journey, there are additional resources available through my website store. Whether you're looking for more recipes, workout programs, or a supportive community, you'll find everything you need to maintain and build upon the progress you'll make.

Good luck on your continued journey to health and wellness. Remember, every step you take towards better health is a victory. Keep pushing forward, stay mindful of your body's needs, and don't hesitate to reach out for support when you need it. You've got this!

