

Food Elimination Fix Meal Plan

Here is a suggested meal plan for the Food Elimination Fix. As mentioned, this is a fairly restrictive elimination diet. There are several different ways you can do this plan, there are some plans that are more strict and other that are less strict. The key here is to not get too dogmatic. Self-experimentation rules the day. So try different things and see what works for you.

The only caveat here is that the more you remove, the more likely you are to discover foods you're intolerant to, which is a good thing for your health.

And here's another tip: consider removing any other foods you eat frequently. For example, eat turkey or asparagus every day? If so, try replacing them during the elimination experiment. You may find that you've become intolerant to one of your daily staples because you're eating it so frequently.

Day #1

Breakfast: Two egg omelet with chicken, sautéed, tomatoes and green tea

Lunch: Roasted turkey with turnip greens, yellow squash and onions sautéed in butter. Salad with artichoke hearts, olives and vinaigrette.

Snack: Two ounces of raw almonds.

Dinner: Large salad with tuna, olives, marinated artichokes, tomatoes, vinaigrette dressing

Day #2

Breakfast: Turkey with tomato slices

Lunch: Grilled salmon, green beans, half an avocado, sweet potato with butter and peas

Snack: Pea Protein smoothie with almond milk

Dinner: Large salad with chicken, olives, asparagus and olive oil.

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Day #3

Breakfast: Poached egg 1/2 avocado and herbal tea

Snack: Sunflower seeds

Lunch: Green beans, sautéed spinach in olive oil and garlic, with cauliflower rice

Dinner: Grilled lamb chop rubbed with garlic and onion, Brussels sprouts, steamed zucchini, mashed rutabaga with garlic butter.

Day #4

Breakfast: Pea protein smoothie with almond milk and mixed berries

Snack: Almond butter on celery sticks

Lunch: Chicken sautéed in olive oil with garlic, onion and organic sun dried tomatoes, topped with basil pesto. Salad with olives, roasted red peppers, hearts of palm, and artichokes.

Dinner: Grilled Venison marinated in olive oil, lemon juice, garlic and onions, cucumber salad and steamed green beans with silvered almonds.

Day #5

Breakfast: Smoked salmon with avocado slices and 1 cup mixed berries

Snack: 2 ounces walnuts

Lunch: Broiled turkey with Turnips sautéed in olive oil with black mustard seed, turmeric, pepper and garlic, steamed broccoli, sweet potato and cabbage.

Dinner: Baked Halibut with butter and sautéed yellow squash

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Day #6

Breakfast: Smoothie with mixed frozen berries and coconut milk

Snack: Hard-boiled egg with carrot stick

Lunch: Pan-Roasted Quail stuffed with shallots, roasted fennel with olive oil and vinaigrette

Dinner: Grilled salmon with steamed beets and sweet potato

Day # 7

Breakfast: 2 Eggs (or 6 egg whites) omelet with vegetables (i.e., tomato, spinach) with 1 cup blueberries or 1 small apple

Snack: Turkey slices with sliced cucumbers

Lunch: Sautéed turkey with spices, roasted brussels sprouts and 1/2 sweet potato

Snack: Apple with 2 tablespoons almond butter

Dinner: Lamb with roasted cauliflower and mixed green salad

Day #8

Breakfast: Smoothie with pea protein and mixed berries

Snack: Smoked salmon with 1/4 avocado

Lunch: Organic chicken with large spinach salad with cucumbers, tomatoes, and green beans.

Dinner: Turkey sautéed with spinach and brussels sprouts

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Day #9

Breakfast: 2 hardboiled eggs with spinach and mixed berries

Snack: Kale Chips with handful of almonds

Lunch: Beet salad with chicken and mixed green vegetables

Dinner: Steamed salmon with spinach and sweet potato

Day #10

Breakfast: Canned salmon on cucumber slices

Snack: Raw veggie slices

Lunch: Green salad with chopped vegetables and chicken

Dinner: Steamed kale with lemon juice and turkey breast

Day 11:

Breakfast: Paleo Oatmeal (see recipe book)

Snack: Turkey with celery slices

Lunch: Sautéed shrimp on top of spaghetti squash with tomatoes and broccoli

Dinner: Grilled salmon with kale and avocado

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Day 12:

Breakfast: Omelet with mixed veggies and 1 small apple

Snack: Cashew butter on top of celery sticks

Lunch: Organic chicken with portobello mushroom

Dinner: Vegetable lasagna with spinach salad with olive oil and lemon

Day 13:

Breakfast: Paleo Oatmeal

Snack: Ants on a Log

Lunch: Salmon Steaks with vegetable stew

Dinner: Pan Seared Chicken with Tomatoes with Kale salad w

Day 14:

Breakfast: Spinach Frittata with mixed berries

Snacks: Deviled Guacamole Eggs

Lunch: Apple Walnut Chicken Salad on a Spinach Salad

Dinner: Cauliflower Soft Tacos with side of grilled asparagus

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