



Elimination Diet- Keep The Beet Inc.

The following diet is designed to recalibrate your body. This is a temporary measure to eliminate known stresses in the form of foods for most people. Most people can shed weight easily as the body begins to let go of the toxic load. The biggest challenge is being prepared with preplanning essential to the success of this diet.

6 meals a day, plan ahead

Proteins: Each meal, have a minimum 4-6 oz of cleans sources of protein. Grass fed, pastured, wild caught fish. You are not limited to this amount per meal.

Vegetables: Eat as much as you desire. Have raw and cooked vegetables focusing on dark leafy greens and a rainbow of colors. Avoid starchy vegetables, such as potatoes, yams, corn etc.

Fruits: Only one or two small pieces of fruit per day. Sweeter fruits leave behind.

Grains: No pastas, bread, beans or legumes, or grains of any kind.

Nuts: None at this time.

Dairy: None at this time, exception is pastured eggs, which can be added in the second week.

Fats: Ghee, organic coconut oil, olive oil, must be organic, first press preferred, no artificial or hydrogenated oils of any kind.

Sweeteners: None of any kind.

You must eat every two hours. Eat proteins and fats with every meal to maintain your blood sugar levels. No processed or packaged foods.

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