

21-Day Food Allergy Test

Day 1: Eliminate



Wheat/Gluten, Corn



Shellfish



Peanuts, Soy



Dairy - cheese, milk, yogurt, cream, etc.



Eggs



Nightshade vegetables

- tomatoes, potatoes, eggplant, peppers

All other vegetables, fruits, nuts, beans, oils, meats, spices are OK

DAY 21: reintroduce each category of food one by one. Introduce one food at a time, eating that food several times per day for one day, then return to the elimination diet for 3 days.

Pro tip: Also remove all major toxins and stimulants from your diet during this process.

ALCOHOL, SODA, CAFFEINE, TOBACCO, ARTIFICIAL SWEETENERS/COLORS/PRESERVATIVES, AND REDUCE PROCESSED FOOD INTAKE.

The slow reintroduction of the eliminated foods will help you gauge either immediate or DELAYED allergy symptoms.

If no problems arise after the food is consumed (and for the 3 days following), that food is now considered safe to eat.

Log your food reactions here:

ITEM	REACTION?
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Wheat/Gluten	
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Corn	
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Shellfish	
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Peanuts	
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Soy	
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Dairy	
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Eggs	
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Nightshades	
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