

Elimination Diet: Simple Client Guide

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Instagram: [BB_Nutrition101](#)

Purpose

- The elimination diet helps identify foods that may be causing:
 - Bloating or digestive issues
 - Fatigue or low energy
 - Joint pain or inflammation
 - Skin issues
 - Brain fog
- This is temporary, not a forever diet.

Phase 1: Eliminate (2-4 weeks)

**Remove common trigger
foods to let your body
reset.**

Foods to Remove:

- Dairy
- Gluten (wheat, barley, rye)
- Soy
- Eggs
- Added sugar
- Alcohol
- Highly processed foods

Phase 1 contin...

Goal: Symptoms calm down and digestion improves.

Foods You CAN Eat:

- Meat, poultry, fish
- Vegetables
- Fruit
- Rice, potatoes, oats
(gluten-free)
- Olive oil, avocado, coconut oil
- Salt, herbs, spices

Phase 2: Stabilize

Keep meals simple and consistent.

- Eat similar foods daily
- Avoid “cheat meals”
- Focus on how your body feels

Goal: Establish a ~~symptom-free~~ baseline.

Phase 3: Reintroduce (most important)

This is where we find
your trigger foods.

How to Reintroduce:

1. Add ONE food at a time
2. Eat it 1-2 times in one day
3. Watch symptoms for 24–48 hours
4. If symptoms return → remove that food
5. If no symptoms → food is likely safe

Phase 3 contin...

Suggested Order:

1. Eggs
2. Dairy
3. Gluten
4. Soy
5. Sugar

Symptoms to monitor

Not just digestion:

- Energy levels
 - Sleep quality
 - Mood or focus
 - Joint stiffness
 - Skin changes
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Bottom line

- This is short-term, not restrictive eating
 - More foods \neq better results
 - The goal is clarity, not perfection

Remove \rightarrow Reset \rightarrow Reintroduce

We use your body's feedback to ~~personalize~~ personalize your nutrition.