

CAPLAN HEALTH INSTITUTE

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# Optimizing the Elimination Diet

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**#EliminationDietChallenge**

# Today's Menu:

- Meal planning tips and ideas
- Lifestyle considerations to optimize your Elimination Diet success
- Objectives for the week

# Meal Planning

**Step 1:**  
Plan your week!

**Step 2:**  
Grocery shop

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NOTES
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Snack								

# Meal Planning

**Step 3:**  
Prep what you can



# Meal Ideas

## Breakfast

- Sausage w/ sauteed greens, avocado and berries
- Chia seed pudding made with a scoop of protein powder
- Dinner for Breakfast!
- Smoothie

## Lunch

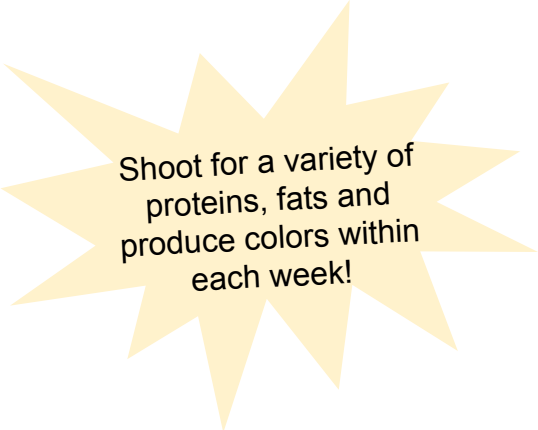
- Mixed green salad with cooked protein and chickpeas
- Protein w/ mixed cooked veggies (a lot of variation here!)
- Leftovers from dinner the night before

## Dinner

- Protein w/ mixed cooked veggies (a lot of variation here!)

## Snacks

- Fruit + nuts
- Veggies and hummus or guac
- Chia seed pudding



Shoot for a variety of proteins, fats and produce colors within each week!

# General Tips

- No “naked carbs”
- Shoot for a protein, healthy fat and vegetable at each meal.
- If you're hungry- eat! Try to have something on hand as a snack in case hunger hits (ie nuts/seeds are an easy non-perishable)
- VARIETY :)


# Lifestyle Considerations

- Toxin exposure
- Stress management
- Sleep
- Movement
- Hydration


















# Toxin Exposure

## DIRTY DOZEN

1  Strawberries	2  Spinach	3  Kale
4  Nectarines	5  Apples	6  Grapes
7  Peaches	8  Cherries	9  Pears
10  Tomatoes	11  Celery	12  Potatoes

## CLEAN FIFTEEN

 Avocado	 Corn	 Pineapple
 Frozen Peas	 Onions	 Papaya
 Eggplant	 Asparagus	 Kiwi
 Cauliflower	 Cantaloupe	 Cabbage
 Broccoli	 Mushrooms	 Honeydew

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## DECREASE EXPOSURE TO TOXIC CHEMICALS



Storage Containers



Personal Care Products



Household Products



Cookware & Utensils



Quality Food



EWG.org

# Stress Management

- Mental/ emotional/ spiritual health
- Create your stress management toolbox:
  1. Daily practice (can be 5 minutes!)
  2. Acute stress tool
  3. Scheduled self care



# Sleep

The time your  
body has to  
repair and  
restore itself!

60 - 67 °F



Cool room  
temperature



Himalayan  
Salt Lamp



Limit light exposure 1hr  
before going to bed to  
help natural melatonin  
production



If using your phone  
as an alarm, put on  
airplane mode to  
limit EMF exposure

TIPS FOR  
**Quality  
Sleep**



Establish an  
evening routine



Sunrise  
Simulation  
Alarm

# Movement



- It should be energizing, and not leave you drained the rest of the day or days after.
- Find your tolerance level. Everyone is different!
- Shoot for daily!
- More gentle & restorative movement may be best for now.

# Hydration

- Clean filtered water, sparkling water, herbal teas
- $\frac{1}{2}$  your body weight in ounces per day!



# Objectives

1. Plan your meals for the week
2. Share a meal or snack to the group!
3. Pick one lifestyle consideration to work on to enhance and optimize your elimination diet.

*Next week: How to do the Reintroduction Phase*

**Oh hey! Just a heads  
up...**



**You're doing great!  
Keep up with  
awesome work!**

*See you next time!*