



LEAP ImmunoCalm Diet Program – Food Reintroduction Schedule

Patient name:
SAMPLE PATIENT

Physician:
WELLNESS, MARK MD

Identifier:
S7000-0

Test date:
04/20/2001

Phase 1
DAYS 1 – 7

Phase 2
DAYS 8 – 12

Phase 3
DAYS 13 – 17

Phase 4
DAYS 18 – 22

Phase 5
DAYS 23 – 27

Proteins



EGG
LENTIL
LAMB
SCALLOP

SOLE
BEEF
TUNA
SALMON

SHRIMP
TURKEY
CHICKEN
SOYBEAN

CLAM
TILAPIA
GARBANZO BEAN
PORK

CRAB

Starches



BUCKWHEAT
SWEET POTATO
KAMUT

SPELT
CORN
MILLET

OAT
RICE
QUINOA

WHEAT
TAPIOCA
AMARANTH (GRAIN)

Vegetables



STRING BEAN
BROCCOLI
CABBAGE
CUCUMBER

LETTUCE
BEET
ZUCCHINI
YELLOW SQUASH

ONION
ASPARAGUS
CAULIFLOWER
GREEN PEA

CELERY
CARROT
GREEN PEPPER
TOMATO

Fruits



GRAPE
OLIVE
AVOCADO

ORANGE
PLUM
STRAWBERRY

CHERRY
HONEYDEW MELON
PEAR

WATERMELON
BANANA
PEACH

MANGO
CANTALOUPE
PAPAYA

Dairy / Miscellaneous



WHEY
COCOA

CHEDDAR CHEESE
AMERICAN CHEESE

YOGURT
GOAT'S MILK

COFFEE

Nuts / Seeds / Oils



OLIVE
ALMOND
SUNFLOWER SEED

CORN
HAZELNUT
PECAN

SOYBEAN
PISTACHIO
SESAME

WALNUT
CASHEW

Flavor Enhancers



MAPLE
BLACK PEPPER
CAROB
GINGER
LEEK

VANILLA
CINNAMON
CANE SUGAR
COCONUT
HONEY

DILL
CAYENNE PEPPER
MINT
PAPRIKA
TURMERIC

PARSLEY
LEMON
OREGANO
BASIL
SESAME

MUSTARD