

# Ignore

All Sugar + Processed Sugar

Processed Pre-packaged foods

Ingredients I don't recognize

My Food Allergens or Triggers  
(List yours below)

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**The most common allergens + inflammatory foods are:**

- Dairy (milk, cheese, butter, yogurt, etc.)
- Gluten (wheat)
- Peanuts + Cashews (high in mold)
- Soy and Corn (highly processed)
- Shellfish
- Eggs
- Coffee / Caffeine
- Processed Sugar
- Processed and premade foods
- Oily and fried foods
- Highly salty foods
- Alcohol

**Triggers are foods that generate addictive Tendencies** (add yours)

- Sugar \_\_\_\_\_
- Salt \_\_\_\_\_
- Crunchy \_\_\_\_\_

# Enjoy

**Fresh Fruit**

**Sweeteners** - Honey, Stevia, Maple Syrup

**Vegetables** - All

**Healthy whole grains** - Quinoa, Rice rice cakes, polenta, oats, millet, etc.

**Healthy protein** - Eggs, Animal protein, beans and legumes

**Healthy Oils** - Coconut, Grapeseed, Olive, Avocado

**Healthy Nuts + Seeds** - Almonds, sesame, Sunflower, nut butters, chia, flax, pumpkin

**Warm soothing drinks** - Ginger Tea, Peppermint Tea, Slippery Elm Tea, warm water and lemon, etc.

**Spices + Herbs** - Enjoy them all, just go easy on the Salt.

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*Love your Body, 7 Day Cleanse with Erinn*