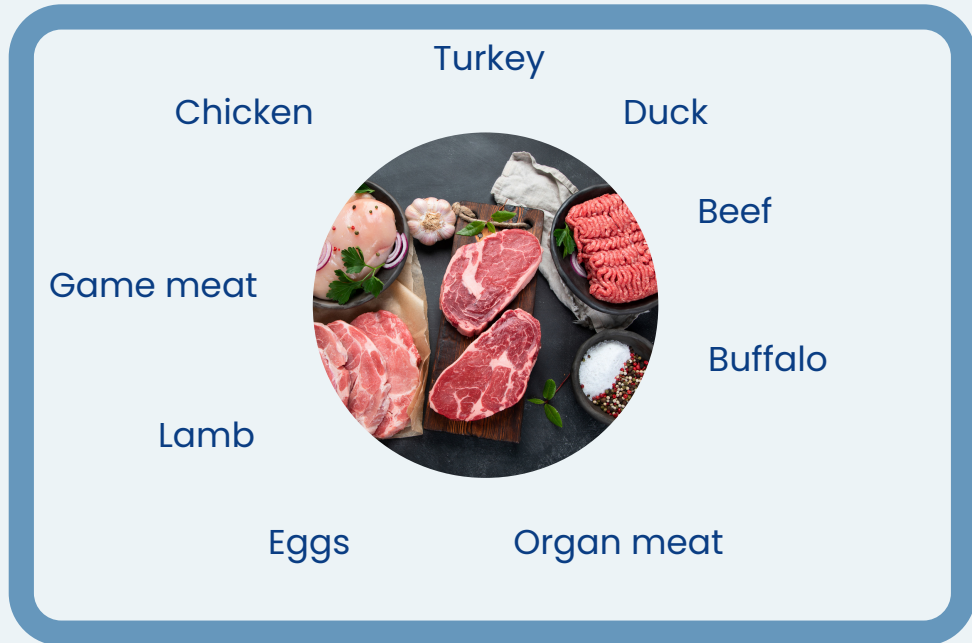
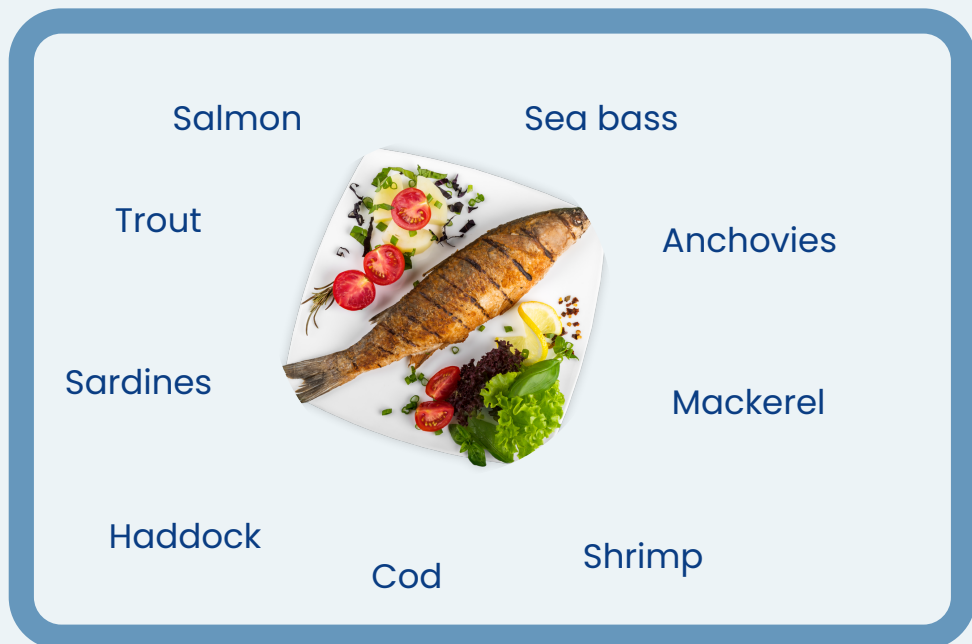


# IHP Elimination Meal Plan Shopping List

## ANIMAL PROTEIN

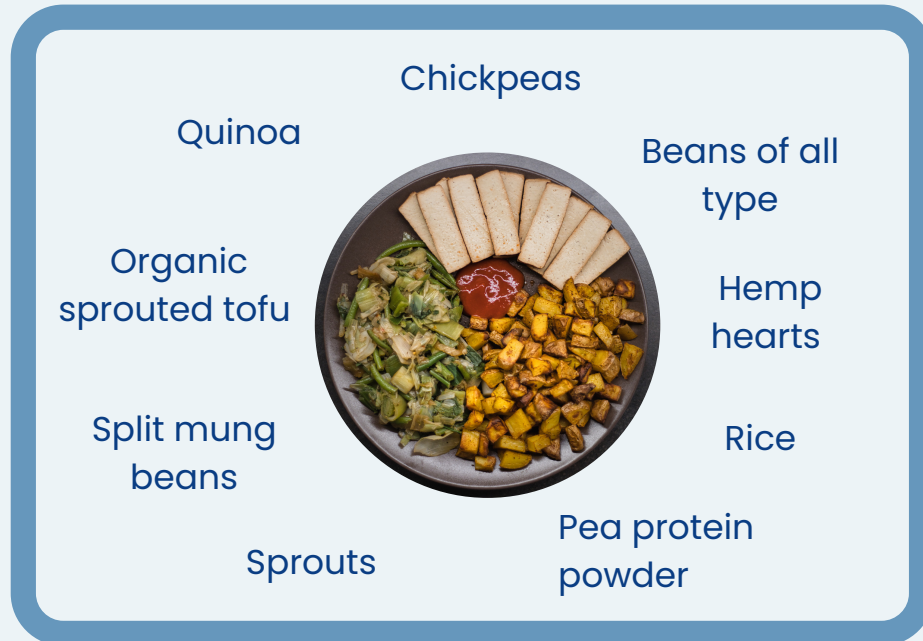


## FISH

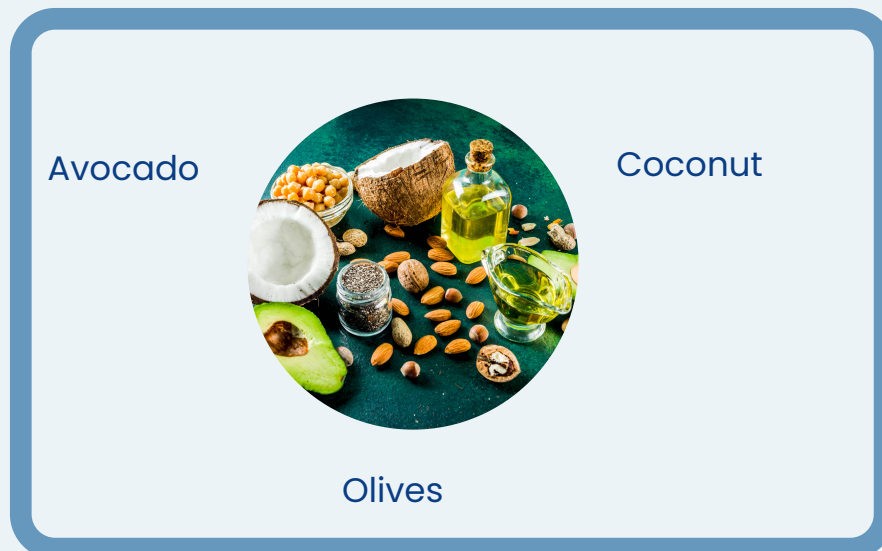


# IHP Elimination Meal Plan Shopping List

## VEGAN FOODS



## OILS AND FATS



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\*If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first and cold pressed to ensure it is top quality without additives.

.....

# IHP Elimination Meal Plan Shopping List

## VEGETABLES



Turnips

Asparagus

Squashes

Snap or snow peas

Chard

Sprouts

Kale

Bell peppers

Cauliflower

Romaine

Spinach

Brussels sprouts

Parsnips

Heirloom tomatoes

Mustard greens

Cucumber

Green beans

Broccoli


Endive

Bamboo shoots

Bok choy

## GLUTEN FREE STARCHES

### ROOT VEGETABLES



Yucca

Yams

Parsnips

Squashes

Potatoes (all colors)

Carrots

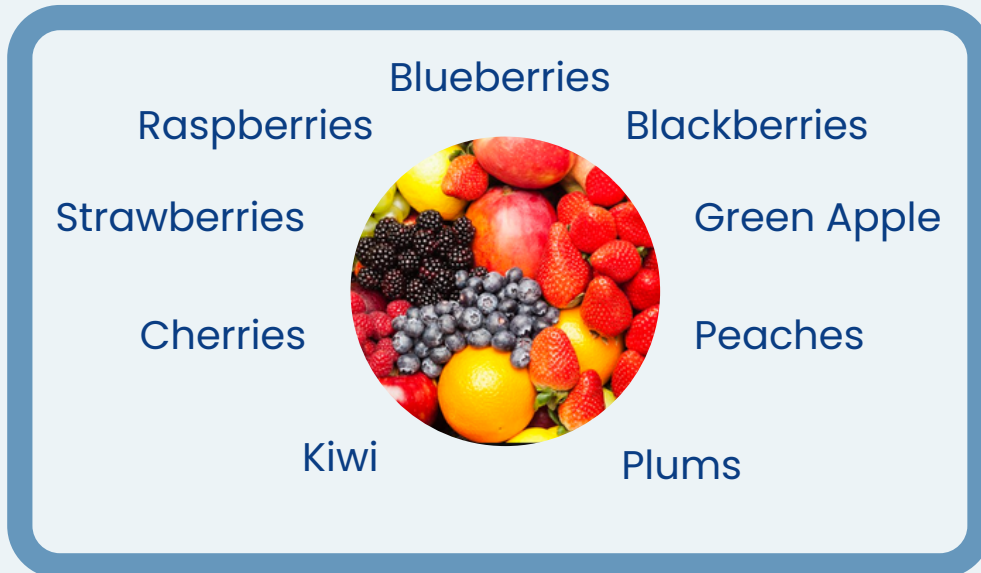
Plantains

Beets

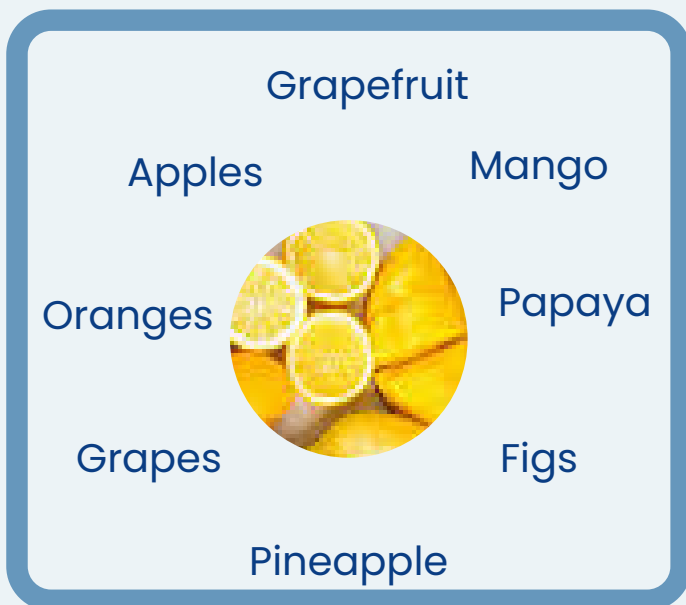
Taro

# IHP Elimination Meal Plan Shopping List

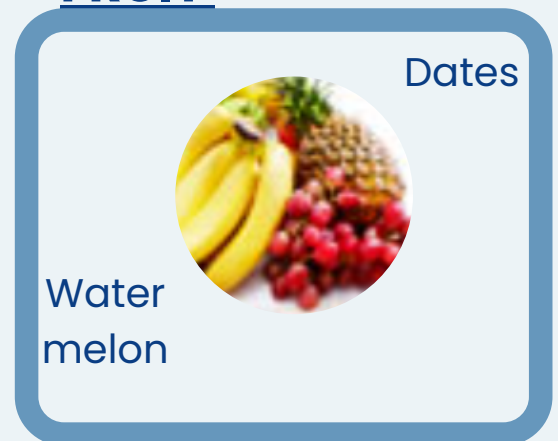
## FRUITS LOWER GLYCEMIC FRUIT



## MODERATE GLYCEMIC FRUIT



## HIGHER GLYCEMIC FRUIT



• The GI Scale differs depending on the source of food and the amount of fruit that is consumed. It is best to focus on eating lower GI fruits while still being conservative with the amount of moderate-high GI foods you consume.

GI= Glycemic Index