

**LEAP – Personalized ImmunoCalm Diet Program – Phases 1 – 5**

| <b>Phase 1</b><br>Days 1 – 7*  | <b>Phase 2</b><br>Days 8 – 12*                        | <b>Phase 3</b><br>Days 13 – 17* | <b>Phase 4</b><br>Days 18 – 22* | <b>Phase 5</b><br>Days 23 – 27* |
|--|---|---------------------------------|---------------------------------|---------------------------------|
| <b>Proteins</b>  |   |                                 |                                 |                                 |
| Tuna<br>Egg<br>Tilapia<br>Pork<br>Pinto Bean                               | Salmon<br>Chicken<br>Beef<br>Garbanzo Bean            |                                 |                                 |                                 |
| <b>Grains &amp; Starches</b>   |   |                                 |                                 |                                 |
| Corn<br>Wheat<br>Sweet Potato<br>Rice                                      | Quinoa<br>Barley<br>Buckwheat                         |                                 |                                 |                                 |
| <b>Vegetables</b>  |   |                                 |                                 |                                 |
| Cucumber<br>Broccoli<br>Lettuce<br>Zucchini                                | Cabbage<br>Lima Bean<br>Yellow Squash<br>Asparagus    |                                 |                                 |                                 |
| <b>Fruits</b>  |   |                                 |                                 |                                 |
| Strawberry<br>Olive<br>Mango<br>Orange                                     | Peach<br>Apple<br>Grape<br>Apricot                    |                                 |                                 |                                 |
| <b>Dairy &amp; Miscellaneous</b>   |   |                                 |                                 |                                 |
| Yeast  | Cheddar Cheese  |                                 |                                 |                                 |
| <b>Nuts &amp; Seeds &amp; Oils</b>   |   |                                 |                                 |                                 |
| Corn<br>Sunflower<br>Almond  | Cashew<br>Walnut                                      |                                 |                                 |                                 |
| <b>Flavor Enhancers</b>  |   |                                 |                                 |                                 |
| Cinnamon<br>Black Pepper<br>Maple<br>Cane Sugar<br>Lemon<br>Honey<br>Other | Basil<br>Cumin<br>Oregano<br>Cayenne Pepper<br>Ginger |                                 |                                 |                                 |

\*Number of days may vary depending on desired progression rate and individual response.

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