

LEAP – Personalized ImmunoCalm Diet Program – Phases 1 – 5

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				
Tuna Egg Tilapia Pork Pinto Bean				
Grains & Starches				
Corn Wheat Sweet Potato Rice				
Vegetables				
Cucumber Broccoli Lettuce Zucchini				
Fruits				
Strawberry Olive Mango Orange				
Dairy & Miscellaneous				
Yeast				
Nuts & Seeds & Oils				
Corn Sunflower Almond				
Flavor Enhancers				
Cinnamon Black Pepper Maple Cane Sugar Lemon Honey Other				

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

Bethel 060419