

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

<b>Phase 1</b> Days 1 – 7*	<b>Phase 2</b> Days 8 – 12*	<b>Phase 3</b> Days 13 – 17*	<b>Phase 4</b> Days 18 – 22*	<b>Phase 5</b> Days 23 – 27*
<b>Proteins</b>				
Tuna Egg Tilapia Pork Pinto Bean	Salmon Chicken Beef Garbanzo Bean	Catfish Lentil Sole Cod	Shrimp Scallop Soybean	
<b>Grains &amp; Starches</b>				
Corn Wheat Sweet Potato Rice	Quinoa Barley Buckwheat	Millet Spelt	Rye Amaranth Kamut	
<b>Vegetables</b>				
Cucumber Broccoli Lettuce Zucchini	Cabbage Lima Bean Yellow Squash Asparagus	String Bean Cauliflower Celery	Green Pepper Onion Mushroom	
<b>Fruits</b>				
Strawberry Olive Mango Orange	Peach Apple Grape Apricot	Cantaloupe Cherry Raspberry Plum	Honeydew Pear Blueberries Grapefruit	
<b>Dairy &amp; Miscellaneous</b>				
Yeast	Cheddar Cheese	American Cheese		
<b>Nuts &amp; Seeds &amp; Oils</b>				
Corn Sunflower Almond	Cashew Walnut	Pecan Peanut	Soybean	
<b>Flavor Enhancers</b>				
Cinnamon Black Pepper Maple Cane Sugar Lemon Honey	Basil Cumin Oregano Cayenne Pepper Ginger	Mint Parsley Vanilla Turmeric	Carob Coconut Mustard Leek Paprika	
<b>Other</b>				

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

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