

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	Salmon Chicken Beef Garbanzo Bean			
Grains & Starches				
Corn Wheat Sweet Potato Rice	Quinoa Barley Buckwheat			
Vegetables				
Cucumber Broccoli Lettuce Zucchini	Cabbage Lima Bean Yellow Squash Asparagus			
Fruits				
Strawberry Olive Mango Orange	Peach Apple Grape Apricot			
Dairy & Miscellaneous				
Yeast	Cheddar Cheese			
Nuts & Seeds & Oils				
Corn Sunflower Almond	Cashew Walnut			
Flavor Enhancers				
Cinnamon Black Pepper Maple Cane Sugar Lemon Honey	Basil Cumin Oregano Cayenne Pepper Ginger			
Other				

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

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