

PATIENT: **XXXX XXXX**TEST REF: **TST-xxxx**

TEST NUMBER: xxx

COLLECTED: xxx

PRACTITIONER:

GENDER: xxx

TESTED: xxx

xxx

AGE: xxx

TEST NAME: Immuno 1 IgG 115 + Candida + Gliadin

Standard Food Plan (115)

XXXX XXXX: 4-Day Non-Reactive Personalized Food Rotation Plan

This four-day rotation plan has been created for you using your IgG test results, and using the foods that were tested and were non-reactive. Eat a variety of food selections. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance. This food plan does not include IgE test results.

Day One

Protein:

Flounder
Haddock
Perch
Salmon

Vegetables:

Bean, Yellow Wax
Brussels Sprouts
Parsley
Pepper, Green
Potato, Sweet

Beans/Grains/Legumes:

Barley
Mung Bean
Rye
Soybean
Wheat

Fruits and Nuts: (Plus beverages derived from these foods)

Sunflower
Walnut, Black

Condiments:

Cacao-Chocolate
Oregano
Sesame

Beverages: (*Rotate Brands)

Tea, Black
Water

Day Two

Chicken
Lamb
Mackerel
Pork
Scallops
Sole
Tilapia
Turkey

Bean, Green
Broccoli
Zucchini

Amaranth
Bean, Pinto
Oat
Quinoa

Banana
Cantaloupe
Cashew Nut
Orange
Peanut

Clove
Ginger
Pepper, Cayenne
Sage
Sugar, Cane

Coffee
Water

Day Three

Clam
Cod
Herring
Snapper
Tuna

Avocado
Beet
Cabbage
Celery
Eggplant
Onion
Spinach

Lentil
Millet

Brazil Nut
Grapefruit
Peach
Pumpkin
Strawberry

Garlic
Mustard
Nutmeg
Rape Seed (Canola)

Water

Day Four

Beef
Egg
Halibut
Oyster
Trout

Asparagus
Carrot
Cauliflower
Potato, White
Radish

Alfalfa
Bean, Lima
Buckwheat
Corn
Pea

Apple
Cherry
Coconut
Grape, White
Pecan
Plum

Cinnamon
Lemon
Lime
Olive
Yeast, Baker's

Milk, Goat's
Water