

TIENT:	XXXX	XXXX

TEST NUMBER:xxxGENDER:xxxAGE:xxx

PA

COLLECTED:	ххх
TESTED:	ххх

TEST REF: TST-XXXX

PRACTITIONER:

ХХХ

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	Day Two	Day Three	Day Four	
Protein:				
Flounder Haddock Perch Salmon	Chicken Lamb Mackerel Pork Scallops Sole Tilapia Turkey	Clam Cod Herring Snapper Tuna	Beef Egg Halibut Oyster Trout	
Vegetables:				
Bean, Yellow Wax Brussels Sprouts Parsley Pepper, Green Potato, Sweet	Bean, Green Broccoli Zucchini	Avocado Beet Cabbage Celery Eggplant Onion Spinach	Asparagus Carrot Cauliflower Potato, White Radish	
Beans/Grains/Legumes:				
Barley Mung Bean Rye Soybean Wheat	Amaranth Bean, Pinto Oat Quinoa	Lentil Millet	Alfalfa Bean, Lima Buckwheat Corn Pea	
Fruits and Nuts: (Plus beverages derived from these foods)				
Sunflower Walnut, Black	Banana Cantaloupe Cashew Nut Orange Peanut	Brazil Nut Grapefruit Peach Pumpkin Strawberry	Apple Cherry Coconut Grape, White Pecan Plum	
Condiments:			i ium	
Cacao-Chocolate Oregano Sesame	Clove Ginger Pepper, Cayenne Sage Sugar, Cane	Garlic Mustard Nutmeg Rape Seed (Canola)	Cinnamon Lemon Lime Olive Yeast, Baker's	
Beverages: (*Rotate Brands)				
Tea, Black Water	Coffee Water	Water	Milk, Goat's Water	

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