

Anti-Inflammatory Elimination Diet

Keep Wellness Simple™ with Dr. Sabrina Russ, PharmD, BCGP, NBC-HWC

Week 1 – Foundation

- Drink cranberry drink before meals.
- Eat at least two servings of cooked vegetables per meal.
- Consume 2–3 cups of bone broth daily.
- Eat a healthy fat with each meal.
- Limit meat/dairy to ≤ 4 oz per meal; choose grass-fed or pasture-raised.
- Remove all caffeine and artificial sweeteners.

Week 2 – Sugar Reset

- Continue cranberry drink, vegetables, bone broth, and healthy fats.
- Remove all sugar and fruit juice (except cranberry drink).

Week 3 – Gut Support

- Increase vegetables to three servings per meal.
- Add raw and fermented vegetables.
- Remove all gluten and corn.

Week 4 – Deep Elimination

- Increase vegetables to four servings per meal.
- Remove grains, potatoes, soy, dairy, and alcohol.

Week 5 – Expanded Elimination

- Remove eggs, nightshades, shellfish, legumes, and tobacco products.

Weeks 6–7 – Stabilization

- Continue all eliminations.
- Maintain high vegetable intake, healthy fats, and bone broth.

Week 8 – Restore Phase

- Begin Restore/Core Reset as instructed while maintaining prior diet.

Week 9 – Reintroduction

- Reintroduce foods one at a time, once per week.

- Monitor symptoms carefully.
- Do not reintroduce gluten, soy, sugar, alcohol, or processed foods without guidance.

This guide is for educational purposes and part of the Keep Wellness Simple™ Detox Program.