

	Day 1	Day 2	Day 3	Day 4
<b>Dairy</b>	Blue Cheese, Casein, Cheddar Cheese, Cow's Milk, Sheep's Milk, Swiss Cheese, Whey		Cottage Cheese, Goat's Milk, Mozzarella Cheese, Yogurt	
<b>Egg, Meat, Poultry</b>	Chicken, Chicken Egg White, Chicken Egg Yolk, Goose, Lamb	Buffalo, Pork, Rabbit, Venison	Beef, Duck, Duck Egg Whole, Turkey	
<b>Fish, Crustacea, Mollusk</b>	Mussel, Scallop, Shrimp	Bass, Carp, Cod, Eel, Flounder, Herring, Lobster, Pike, Red Snapper, Sardine, Sea Urchin, Sole, Swordfish, Tilapia, Trout	Clam, Octopus, Oyster, Squid	Anchovy, Catfish, Crab, Halibut, Mackerel, Perch, Salmon, Tuna
<b>Fruits</b>	Apple, Blackberry, Cantaloupe, Gogiberry, Kiwi, Olive, Papaya, Pear, Raspberry, Strawberry, Watermelon	Cranberry, Date, Fig, Grape, Jackfruit, Lime, Orange, Tangerine	Apricot, Banana, Cherry, Guava, Honeydew, Peach, Pineapple, Plum	Blueberry, Grapefruit, Lemon, Mango, Persimmon
<b>Grains, Legumes, Nuts</b>	Almond, Barley, Bran, Brazil Nut, Cola Nut / Kola Nut, Gliadin, Gluten, Malt, Oat, Pine Nut, Rye, Sorghum, Teff, Walnut, Wheat	Amaranth, Black-Eyed Pea, Canola Seed, Chestnut, Chia Seed, Coconut, Gingko Nut, Green Bean, Green Pea, Kidney Bean, Lima Bean, Macadamia Nut, Mung Bean, Navy Bean / White Bean, Pinto Bean, Pistachio Nut, Poppy Seed, Safflower Seed	Brown Rice, Buckwheat, Corn, Hazelnut, Millet, Pecan, Spelt, White Rice	Adzuki Bean / Red Bean, Cashew Nut, Chickpea, Lentil, Peanut, Quinoa, Soybean
<b>Miscellaneous</b>	Baker's / Brewer's Yeast, Black Tea, Cocoa Bean (Chocolate), Flaxseed, Ginseng, Sesame Seed, Shiitake Mushroom	Hemp, Hops, Stevia, Sunflower Seed	Button Mushroom, Cane Sugar, Coffee Bean, Green Tea, Honey	
<b>Spices</b>	Black Pepper, Cinnamon, Curry Powder, Paprika, Turmeric, Vanilla	Basil, Coriander, Fennel Seed, Oregano, Rosemary, Tarragon, Thyme	Bay Leaf, Chili Pepper, Clove, Ginger	Dill, Licorice, Mustard, Parsley, Peppermint, Sage
<b>Vegetables</b>	Asparagus, Avocado, Bamboo Shoot, Cucumber, Green Bell Pepper, Leek, Okra, Rhubarb, Squash, White Potato	Artichoke, Broccoli /Brussel Sprouts, Burdock Root, Celery, Horseradish, Kale, Kelp, Lotus Root, Radish / Daikon, Spinach, Turnip, Wasabi	Eggplant, Garlic, Onion, Pumpkin, Sweet Potato, Tomato, Zucchini Squash	Beet, Cabbage, Carrot, Cauliflower, Lettuce

This report does not identify IgE-mediated anaphylaxis risks. Avoid all foods to which you have had an anaphylactic reaction (consult your practitioner).