

**Three-Week Allergy Diet adapted for Gallbladder Diseases**  
**GallbladderAttack.com**

Note: Best results are achieved with a 21 day program. The 14 day option is really intended for a "refresher" course a month or two down the road.

<b>Preparation Phase 1 or Completion Phase 2</b>	<b>Preparation Phase 2, or Completion Phase 1</b>	<b>Detoxification Phase</b>
<b>Vegan Protein</b>	<b>Vegan Protein</b>	<b>Vegan Protein</b>
Before Breakfast 1 Serving	Before Breakfast 1 Serving	Before Breakfast 1 Serving
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cooked Quinoa with	Cooked Amaranth with	Gluten Free Rice Cereal from your local health food store with
Peaches and Hemp* or Low Fat Almond Milk*	Fresh or poached Pears	Berries and Hemp* or Low Fat Almond Milk*
<b>MID-MORNING SNACK</b>	<b>MID-MORNING SNACK</b>	<b>MID-MORNING SNACK</b>
Celery, Carrots, Jicama	Quinoa Tabouli	Carrot Sticks or Fennel sticks
		<b>Vegan Protein</b>
		Before Lunch 1 Serving
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Salad with Olive Oil Dressing	Mixed Green Salad with Avocado*	Mixed Green Salad With Sunshine Burger on Uddi's Allergy-free Bread
Fish – Cod, Trout, Salmon	Olive Oil or Flax Oil Dressing	Olive Oil Lime Dressing
<b>MID-AFTERNOON SNACK</b>	<b>MID-AFTERNOON SNACK</b>	<b>MID-AFTERNOON SNACK</b>
Apple or 1/4c. beet recipe	Jicama sticks	<b>Vegan Protein 1 serving</b>
	Sunflower seeds*	
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Fish	Fresh Coldwater Fish	Steamed Vegetables
Steamed Vegetables	Rice/Quinoa	Brown Rice or Quinoa
Or Split Pea* Soup	Vegetables	Lentil* Soup
<b>BEDTIME SNACK</b>	<b>BEDTIME SNACK</b>	<b>BEDTIME SNACK</b>
Beet Recipe	Dried Unsulfured Apricots	Beet Recipe
* Limit amount and frequency		

### Detoxification Protocol

Two Weeks Plan	Three Weeks Plan	Servings of Vegan Protein to be taken	<p style="text-align: center;"><b>Dietary Plan</b></p> <p style="text-align: center;">The menu plan above is an example only. Please substitute foods on a daily basis from the allowed foods below.</p>
Days 1 & 2	Days 1 to 4	<p style="text-align: center;"><b>"Preparation Phase 1"</b></p> <p style="text-align: center;">One Serving Daily, Just Before Breakfast</p>	<ul style="list-style-type: none"> <li>• <b>Foods to avoid:</b> <ul style="list-style-type: none"> <li>•Any food that you know you are allergic to even if not listed.</li> <li>•Dairy (milk, cheeses, yogurt, butter), eggs, margarine, and shortening</li> <li>•Foods prepared with Gluten containing cereals like wheat, oats, rye, barley, normally found in breads, pasta, etc.</li> <li>•Tomatoes and tomato sauces and all nightshades like eggplant, potatoes and bell peppers</li> <li>•Alcohol, Caffeine (coffee, black tea, sodas)</li> <li>•Soy or products made from soy, such soymilk or tofu</li> <li>•Peanuts or peanut butter and corn</li> </ul> </li> <li>•Nuts and nut butters</li> <li>•Beef, pork, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat analogues made from soy</li> </ul> <p><b>Foods to eat:</b></p> <ul style="list-style-type: none"> <li>•Drink plenty of water (8-10 glasses), herbal teas, green tea, fruit juices (no sugar added), vegetable juices</li> <li>•Consume grain foods made from rice, millet, quinoa, buckwheat or tapioca.</li> <li>•Fresh fruits, vegetables, beans (navy, white, red kidney, etc., peas (fresh, split, snap)</li> <li>•Consume mainly fish (not shellfish), and moderate amounts of chicken, turkey, and lamb</li> <li>•Use only olive oil and flax seed oil in moderation</li> </ul>
Days 3 & 4	Days 5 to 7	<p style="text-align: center;"><b>"Preparation Phase 2"</b></p> <p style="text-align: center;">Two Servings Daily, One Before Breakfast, One Before Dinner.</p>	
Days 5 to 10	Days 8 to 14	<p style="text-align: center;"><b>"Detoxification"</b></p> <p style="text-align: center;">Three Servings Daily, One Before Breakfast, One Before Lunch, One Before Dinner.</p>	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>•Avoid all of the foods in the "Foods to avoid" listed above.</li> <li>•Use all of the foods in the "Foods to eat" in the above list, except now <b>eliminate all animal products from the diet</b> (including fish, chicken, turkey, beef and lamb. Note: that chicken and turkey is not recommended for gallbladder. If you like, you can try adding chicken and turkey as your first food when you are finished, to see how your body reacts.)</li> </ul>
Days 11 & 12	Days 15 to 17	<p style="text-align: center;"><b>"Completion Phase 1"</b></p> <p style="text-align: center;">Two Servings Daily, One Before Breakfast, One Before Dinner.</p>	<p><b>During this phase of the plan:</b></p> <ul style="list-style-type: none"> <li>•Avoid all of the foods in the "Foods to avoid" listed above.</li> <li>•Use all of the foods in the "Foods to eat" in the above list, including back in the diet <b>any animal products you can tolerate</b> (usually fish is easiest)</li> </ul>
Days 13 & 14	Days 18 to 21	<p style="text-align: center;"><b>"Completion Phase 2"</b></p> <p style="text-align: center;">1 Serving Daily, Before Breakfast</p>	