

Below is an Elimination Club “starter” pack. This list is optional, but previous members found the Elimination Phase easier with these items on hand. Remember to read your labels to confirm the item you are choosing is Elimination Club-friendly! For pointers on specific brands, check your **Elimination Club Replacements** document.

- Non-dairy milk of choice
- Vegan butter of choice
- Nut cheese of choice
- Nutritional yeast
- Gluten-free wrap of choice
- Gluten-free pasta of choice
- Brown rice cakes
- Bob’s Red Mill 1-to-1 flour
- Almond flour
- Flaxseed meal
- Cracker or chip of choice (baked!)
- Natural sweetener (honey or maple syrup)
- Natural sugar-free sweetener (stevia or monk fruit)
- Elimination-friendly chocolate
- Fruit (for sugar cravings)
- Sugar-free nut butter of choice
- Sparking water
- Bone broth
- Clean meat of choice
- Elimination-friendly salad dressing of choice