

The Inno Elimination Method

The 4-Phase System to Find Your Food Triggers



Welcome to The Inno Elimination Method

A structured, 4-phase system to help you identify what's really behind how you feel — designed by a Registered Dietitian Nutritionist, included with every Inno Cleanse.

Maybe you just purchased your cleanse, maybe you just finished, maybe you're in the middle. Regardless, the cleanse is a reset. This is the next step: finding out why you needed one.

The Inno Elimination Method isn't a fad or a guessing game, it's a research-based, phase-based approach used by dietitians to help people identify their specific food triggers. We built it into every Inno Cleanse purchase because a cleanse and an elimination protocol solve two different problems:

> A cleanse resets you. It gets things moving. The Inno Elimination Method helps you understand why you needed the cleanse in the first place.

Why this works for you:

- **Created by a Registered Dietitian Nutritionist** — this follows the same remove-and-reintroduce framework used in clinical practice.
- **Built in four phases** — Reset, Remove, Reintroduce, and Personalize — so you're never wondering what to do next. We tell you exactly what to do, when and why.
- **Designed to work with your cleanse**, not as a separate program you have to figure out on your own.

By the end, you won't just feel better — you'll know exactly what's been working against you, and what to do about it going forward.

Let's get started. Your gut's about to tell you a lot

The information provided in this ebook is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult with your physician or another qualified healthcare provider before making changes to your diet, exercise routine, supplement regimen, or healthcare plan, especially if you are pregnant, nursing, have a medical condition, or are taking prescription medications.

Individual results may vary. No statements in this ebook should be interpreted as guarantees of specific outcomes.

These statements have not been evaluated by the U.S. Food and Drug Administration. The products discussed are not intended to diagnose, treat, cure, or prevent any disease.

How The Inno Elimination Method Works

Phase 1: Reset

Before you remove anything, you strip things all the way down. For 48 hours, keep meals as simple as possible — a lean protein (like chicken or lean beef) with a simple starch (like white rice). No dairy, no gluten, no sauces, no seven categories to think about yet. If you need a little more variety to get through two days — a piece of fruit— that's okay. The goal isn't perfection, it's simplicity: the fewer variables, the more everything from here forward is actually telling you something.

Phase 2: Remove

For a set period— roughly about a week or two— you take out the foods most commonly linked to digestive discomfort, sensitivities, and gut inflammation — things like dairy, gluten, soy, eggs, or refined sugar. Not forever. Just long enough to keep the clean baseline you started in Phase 1.

Phase 3: Reintroduce

One at a time, you bring food back in — spaced out, one every few days — and pay attention to how you feel after each one. This is where the answers show up. If something brings back the fog, the bloat, the digestive discomfort, the energy crash, you've found a lead worth paying attention to.

Phase 4: Personalize

By the end, you're not guessing anymore. You have a shortlist of foods that actually affect you — not a generic list of foods that affect someone. This becomes your own guide going forward: what to limit, what to enjoy without a second thought, and how to eat in a way that's actually built around you.

Phase 1: The Reset

PHASE 1 IS **48** HOURS

A note from Kevin, Inno Supps Co-founder

This is where I always start — with myself, and with anyone who asks me.

Long before this was "Phase 1," it was just something I did for me. 48 hours, kept as simple as possible — usually just white rice, chicken, and/or super lean ground beef No portions to count, no recipes to think about. Simple, almost too simple. But when I need to figure out what's really going on in my own body, this is the reset I come back to, every time.

Is it unconventional? Maybe. But personal experience has a way of cutting through the noise. I've shared this with more people than I can count, and the results speak for themselves. Think of it as hitting a clean slate — before you build anything else back, you know exactly where you're starting from, with nothing else muddying the picture.

If you need a little more to get through the 48 hours, that's okay too — a piece of fruit here and there won't undo the point of this phase.

Need a little more variety?

Add berries (blueberries, strawberries, raspberries), bananas, citrus (oranges, lemons, limes), pineapple, grapes, honeydew melon or avocado.



When shopping for lean protein:

Look for 93% lean/7% fat or 96% lean/4% fat on the label.

Why 48 hours?

Acute digestive symptoms (like bloating or gas) and food transit clearing typically happen within the first 48 to 72 hours.

Phase 1 Check-In

DO NOT SKIP THIS STEP!

You've made it through phase 1!

Take a few minutes to reflect — this is where the pattern starts to show up.

How is your energy this week, compared to before you started?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How is your digestion?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How is your skin?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How is your sleep?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How's your mood / mental clarity?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

Any bloating or discomfort?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

What's one thing you noticed this week that surprised you?

What was the hardest part of week 1?

What are you most looking forward to noticing in week 2?

Overall, how are you feeling compared to day 1?
☐ Noticeably better ☐ A little better ☐ No real change
☐ A little worse ☐ Noticeably worse

Phase 2: Remove

PHASE 2 IS 14 DAYS

Why 14 days?

Research suggests an elimination phase should last at least 2 weeks, with most experts recommending 2–4 weeks. That's because symptoms from food sensitivity don't always show up right away — sometimes it takes a few days for your body to react. Giving your body that extra time to fully "reset" before you start reintroducing foods is what makes the results you see later actually mean something.

Why this list goes further than a typical elimination diet

Most elimination diets focus on the classic sensitivity triggers — dairy, gluten, soy, eggs — the foods most commonly linked to bloating, gas, and general digestive discomfort. But if you're already putting in the effort, it's worth doing it thoroughly. That's why this list also includes foods commonly discussed in the context of gut lining, inflammation, and fermentation — things like nightshades, cruciferous vegetables, corn, certain fruits, legumes, and sweeteners — not because everyone reacts to them, but because if you're going to be a detective in your own body, you might as well look at every suspect, not just the usual ones. Digestive discomfort can show up for a lot of different reasons, and casting a wider net during Phase 2 means you're less likely to miss something that's actually been part of the picture.

Don't panic!

This may feel like an extensive list, but we have the "phase 2 safe shopping list" so all the guesswork is gone!

FODMAP foods

FODMAP stands for a group of fermentable carbohydrates found naturally in certain fruits, vegetables, legumes, and sweeteners. In some people, these carbs aren't fully absorbed in the small intestine — so they travel further down, where gut bacteria ferment them. That fermentation process is what can lead to gas, bloating, and general digestive discomfort. It's not about the food being "bad" — it's about how your particular gut processes it.

> Feeling a little foggy, irritable, tired, or headachy in the first few days? That's sometimes called the "carb flu" — a short adjustment period as your body shifts away from relying on refined carbs and sugar for quick energy. It usually passes within a few days, and staying hydrated helps.

Elimination Diet - An Overview | ScienceDirect Topics. (n.d.). In *www.sciencedirect.com*. Retrieved August 7, 2026, from https://www.sciencedirect.com/topics/medicine-and-dentistry/elimination-diet

Phase 2: Remove

Dairy

- Milk (cow, goat, sheep)
- Cheese, yogurt, butter, cream, ice cream
- Whey and casein protein
- Ghee, custard, evaporated milk
- Anything with milk solids or lactose in the ingredient list

Gluten & High-FODMAP Grains

- Wheat, barley, rye, triticale, spelt
- Farro, semolina, couscous
- Most breads, pastas, cereals, crackers
- Beer
- Anything using wheat flour as a thickener (think sauces, soups, gravies)

Corn

- Corn on the cob, cornmeal, corn starch, corn syrup
- Popcorn, corn tortillas, corn oil, sweet corn
- Hidden forms in processed foods (dextrose, maltodextrin often derive from corn)

Soy & High-FODMAP Legumes

- Soybeans, edamame, tofu, tempeh
- Miso, soy sauce, tamari, soy milk
- Soy lecithin (common in packaged/processed foods)
- Textured vegetable protein — look for these words on the label: Textured Soy Protein (TSP), Textured Soy Flour (most common), Textured Vegetable Protein (TVP), Textured Plant Protein (often made from peas or wheat instead of soy), or Soy Protein Concentrate
- Chickpeas, lentils, kidney beans, pinto beans, baked beans, black-eyed peas

Nuts

- Almonds, cashews, walnuts, pecans
- Pistachios, hazelnuts, Brazil nuts, macadamias
- Nut butters, nut milks, nut flours

Cruciferous & High-FODMAP Vegetables

- Broccoli, cauliflower, cabbage, Brussels sprouts
- Mushrooms (shiitake, button, enoki)
- Asparagus, leeks, garlic, onion
- Snow peas, Jerusalem artichokes

Eggs

- Whole eggs (any prep)
- Mayonnaise, meringue, egg-based dressings
- Many baked goods, some pastas
- Foods with albumin — look for these words on the label: *Dried Egg Whites, Egg Albumin or Dried Egg Albumin, Powdered Egg White, Whey Protein Concentrate, Lactalbumin*

Nightshades

- Tomatoes, potatoes (not sweet potatoes), eggplant
- Bell peppers, chili peppers
- Paprika, cayenne, goji berries

High-FODMAP Fruits

- Apples, apricots, pears, peaches
- Plums, prunes, watermelon, cherries
- Dried fruit, fruit juice

Sweeteners & Additives

- Honey, high-fructose corn syrup, agave nectar
- Sugar alcohols — sorbitol, mannitol, xylitol, isomalt (common in sugar-free gum and mints)

Phase 2 “Safe To Eat” Shopping List

Proteins
- ☐ Turkey
- ☐ Chicken
- ☐ Beef
- ☐ Lamb
- ☐ Wild-caught fish (salmon, cod, sardines)
- ☐ Shellfish
- ☐ Pork

Vegetables
- ☐ Leafy greens (spinach, kale, arugula, romaine)
- ☐ Zucchini
- ☐ Cucumber
- ☐ Carrots
- ☐ Beets
- ☐ Celery
- ☐ Green beans
- ☐ Artichokes
- ☐ Radishes
- ☐ Squash (butternut, acorn, spaghetti)
- ☐ Sweet potatoes

Fruits
- ☐ Berries (blueberries, strawberries, raspberries)
- ☐ Bananas
- ☐ Citrus (oranges, lemons, limes)
- ☐ Pineapple
- ☐ Grapes
- ☐ Honeydew melon
- ☐ Avocado

Grains & Starches
- ☐ Rice (white or brown)
- ☐ Quinoa
- ☐ Buckwheat
- ☐ Millet
- ☐ Oats (certified gluten-free)
- ☐ Rice noodles

Fats & Oils
- ☐ Olive oil
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Coconut milk/cream

Herbs, Spices & Condiments
- ☐ Oregano
- ☐ Basil
- ☐ Thyme
- ☐ Rosemary
- ☐ Cilantro
- ☐ Parsley
- ☐ Cumin
- ☐ Turmeric
- ☐ Ginger
- ☐ Cinnamon
- ☐ Sea salt
- ☐ Coconut aminos (soy sauce swap)

Beverages
- ☐ Water
- ☐ Herbal tea
- ☐ Coconut water
- ☐ Sparkling water

A Note on Coffee

Coffee affects everyone differently—for some, it’s a gut irritant; for others, it’s totally fine. We’re not here to take that choice away from you. But if you’re keeping it during Phase 2, it needs to be black. No dairy, no sweeteners, and no flavored syrups. All three are already off the list for other reasons, so your coffee needs to follow the same rules as everything else on your plate.

In short: We won’t take your caffeine, but we may have to take your latte.

If you do drink coffee, we recommend cutting it off by 2 pm to support better sleep.

Coffee The Half-Life Math: If you consume 200 mg of caffeine at 2:00 PM, about 100 mg remains active in your bloodstream at 8:00 PM, and roughly 50 mg is still circulating around midnight.

Phase 2: 7-Day Meal Plan

DAY 1

Breakfast: Rice noodle stir-fry with chicken, zucchini, and carrots
Lunch: Grilled chicken over leafy greens with cucumber, celery, olive oil, and lemon
Dinner: Baked salmon with roasted sweet potato and green beans
Snack: Berries + a handful of banana slices

DAY 2

Breakfast: Oats (certified gluten-free) with banana and cinnamon
Lunch: Turkey and rice bowl with carrots, beets, and basil
Dinner: Beef with roasted butternut squash and sautéed spinach
Snack: Sliced avocado with sea salt

DAY 3

Breakfast: Quinoa porridge with berries and coconut milk
Lunch: Shellfish salad with arugula, cucumber, and olive oil
Dinner: Lamb with roasted radishes and artichokes
Snack: Citrus segments (orange or grapefruit)

DAY 4

Breakfast: Rice with sautéed spinach and avocado
Lunch: Grilled chicken with celery, carrots, and cilantro over greens
Dinner: Cod with buckwheat and roasted beets
Snack: Pineapple chunks

DAY 5

Breakfast: Millet porridge with cinnamon and grapes
Lunch: Turkey lettuce wraps (romaine) with carrots and cucumber
Dinner: Pork with roasted acorn squash and green beans
Snack: Coconut water + banana

DAY 6

Breakfast: Smoothie (ice, plain coconut water, berries, leafy greens, oats)
Lunch: Sardines over greens with lemon, olive oil, and celery
Dinner: Beef with spaghetti squash and roasted radishes
Snack: Berries with coconut cream

DAY 7

Breakfast: Buckwheat porridge with pineapple and coconut milk
Lunch: Chicken and rice bowl with zucchini, carrots, and parsley
Dinner: Salmon with roasted sweet potato and artichokes
Snack: Sliced citrus + sea salt

Phase 2 Check-In

DO NOT SKIP THIS STEP!

You've made it through phase 2!

Take a few minutes to reflect — this is where the information really starts to come in. Take inventory of how you feel.

How is your energy this week, compared to before you started?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How is your digestion?
☐ Much better ☐ Somewhat better ☐ About the same
☐ Somewhat worse ☐ Much worse

How is your skin?
☐ Much better ☐ Somewhat better ☐ About the same
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How is your sleep?
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Any bloating or discomfort?
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What's one thing you noticed this week that surprised you?

What was the hardest part of week 1?

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☐ Noticeably better ☐ A little better ☐ No real change
☐ A little worse ☐ Noticeably worse





Ready to move to Phase 3?

The right time to move into Phase 3 is when you've had meaningful improvement in how you feel—not simply after a fixed number of days. While Phase 2 should last at least 14 days, that timeline is a minimum, not a finish line. Starting reintroduction while you're still feeling "off" muddies the signal because you won't be able to tell whether a new symptom is caused by the food you're testing or lingering inflammation from before. If you need a few extra days in Phase 2, listen to your body. The goal isn't to finish as quickly as possible—it's to give yourself the clearest baseline possible before you begin adding foods back.



Phase 3: Reintroduce

The core rule: one food at a time, spaced out, in isolation

Reintroduce a single eliminated food, on its own — not combined with other reintroduced foods — and give it a few days before adding the next one so you can attribute any change to that specific food. Foods should be reintroduced one at a time and consumed in their purest form, with at least 72 hours between foods to observe whether a reaction occurs.

PHASE 3: Reintroduction Cadence

DAY	ACTION
1	Reintroduce one food, small portion, then increase
2–4	Stop eating that food again; Observe
5	Make a note of how your body responded, then move on to the next food.

Example: Testing Eggs

Day 1 | The Testing Day
Eat plain scrambled eggs cooked in a little olive oil. Avoid adding cheese, butter, or other eliminated foods. Eat the eggs in 2–3 gradually increasing portions (for example, a few bites in the morning, a larger serving a few hours later, then a normal serving if no reaction occurs for dinner).

Days 2–4 | The 72-hour Observation Period
Don't introduce any new foods. Continue eating only foods that are already approved in Phase 2, and pay attention to how you feel.

After 72 hours | The Verdict Day
If no symptoms appear, eggs are likely well tolerated, and you can move on to testing your next food

If symptoms do appear: Stop eating eggs, return to your Phase 2 foods until symptoms settle, and make a note that eggs may be a trigger before moving on to your next reintroduction.

By giving each food its own "test window," you'll know exactly which foods your body tolerates and which ones may be contributing to your symptoms.

Phase 3: Reintroduction Log

Food being tested: _____

Date/time introduced: _____

Starting portion size: _____

Portion size, when increased: _____

Day 1:

Energy: ☐ Better ☐ Same ☐ Worse

Digestion: ☐ Better ☐ Same ☐ Worse

Skin: ☐ Better ☐ Same ☐ Worse

Sleep: ☐ Better ☐ Same ☐ Worse

Mood / mental clarity: ☐ Better ☐ Same ☐ Worse

Notes: _____

_____

Day 2:

Energy: ☐ Better ☐ Same ☐ Worse

Digestion: ☐ Better ☐ Same ☐ Worse

Skin: ☐ Better ☐ Same ☐ Worse

Sleep: ☐ Better ☐ Same ☐ Worse

Mood / mental clarity: ☐ Better ☐ Same ☐ Worse

Notes: _____

_____

Day 3:

Energy: ☐ Better ☐ Same ☐ Worse

Digestion: ☐ Better ☐ Same ☐ Worse

Skin: ☐ Better ☐ Same ☐ Worse

Sleep: ☐ Better ☐ Same ☐ Worse

Mood / mental clarity: ☐ Better ☐ Same ☐ Worse

Notes: _____

_____

Verdict

☐ Tolerated — no change noticed, safe to keep in rotation

☐ Reaction — noticed a change, hold off and revisit later

☐ Unclear — mixed or inconclusive, worth retesting on its own

What to do with what you learn

As you move through each food, the path is simple: if you feel fine, add it back into your rotation—you're clear to eat it going forward. If you notice a reaction—bloating, fatigue, skin changes, brain fog, or whatever it is for you—that's your answer, too. Leave it out, at least for now, and move on to the next food.

Either way, you're not guessing anymore. You're building your own personal list—one food at a time—of what your body actually wants.

Phase 3: Suggested Reintroduction Schedule

1. Corn
Start with a small portion of a single-ingredient corn food—like plain corn on the cob or plain popcorn (no butter, no salt blends)—rather than something corn-derived and processed. Corn shows up hidden in a lot of packaged foods (corn syrup, maltodextrin, corn starch), so testing the whole-food version first gives you a cleaner read before you worry about hidden sources.

2. Soy
Start with a small piece of plain tofu or a few edamame pods rather than soy sauce or a soy-based processed product. Whole-food soy isolates the soy itself; soy sauce and packaged soy products often carry gluten or additives that could muddy the result.

3. High-FODMAP Fruits
Start with one fruit on its own, in a small portion—like a few apple slices or a handful of grapes—rather than a fruit salad or smoothie mixing several at once. Since these fruits vary widely in what actually causes a reaction (fructose in some, sugar alcohols in others), testing one at a time is the only way to know which one—if any—is actually the issue.

> **This is where patience pays off.** Testing one food at a time may feel slow, but it's a short-term commitment for a long-term win—every test gets you closer to understanding your body.

4. Eggs
Start with something like one hard-boiled egg on its own, since eggs are a fairly contained, easy-to-isolate food.

5. Cruciferous & High-FODMAP Vegetables
Start with one vegetable at a time, in a small cooked portion—like a few florets of broccoli or a small amount of sautéed onion—rather than a mixed vegetable side. This category has some of the most individually variable triggers (garlic, broccoli, and onion in particular), so isolating each one matters more here than almost anywhere else on this list.

6. Nuts
Start with a small amount of a single nut you don't have a known history with—for example, a few plain almonds or walnuts, unsalted and unseasoned—rather than a mixed nut blend or nut butter with multiple

varieties. Testing one nut at a time (not “nuts” as a category) matters more here than with other foods, since a reaction to one nut doesn’t necessarily mean you’ll react to all of them.

> ***Important:*** *If you’ve ever had a reaction to nuts before — even a mild one — don’t reintroduce them on your own. Check with a doctor or allergist first. Unlike most foods on this list, a nut reaction can escalate quickly, so this is one category where it’s worth having support in place before you test.*

7. Nightshades
Start with just one nightshade on its own—like a few slices of plain tomato or a small piece of bell pepper—rather than a mix of nightshades together. If that’s tolerated, you can test the next nightshade (potato, eggplant, etc.) on its own in a later round, the same way you would with any new food.

> Nightshades are the food category most likely to trip people up because, in everyday eating, they usually show up together (tomato + pepper in salsa, eggplant + tomato in pasta sauce). It’s worth keeping the “test one at a time” rule in mind—otherwise, the natural instinct is to combine them the way you’d normally eat them.

8. Sweeteners & Additives
Start with a small, isolated amount of one sweetener—like a teaspoon of honey stirred into water—rather than testing it baked into something else. Since these are often hidden in packaged foods and combined with other ingredients, testing the sweetener completely on its own is the only clean way to know if it’s the trigger.

9. Dairy
Saved for later in most protocols, dairy is often tested in stages within the category itself: starting with fermented, low-lactose forms like 24-hour fermented yogurt or hard cheese first to help separate a reaction to milk proteins from a reaction to lactose.

10. Gluten & High-FODMAP Grains
Typically saved for last. Reintroduction happens systematically, one food at a time, every few days, so you can assess tolerance. Because gluten reactions can be subtle, delayed, or cumulative, giving it the most “cleared runway” (the least chance of overlap with a previous food’s lingering effects) gives you the cleanest read.

Phase 4: Personalize

By now, you've done the real work. You've stripped everything down, built back up carefully, and tested—one food at a time—what your body actually does with each one. That's not a small thing. Most people go their whole lives never knowing this about themselves.

Phase 4 is where it all comes together.

Take everything you learned in Phase 3—every food you added back, every one you left out—and turn it into your own personal list. Not a generic "avoid these seven things" list. Your list. Built entirely from your own results, not someone else's.

This becomes your new normal:

- Foods you're clear on go back into regular rotation, with no second-guessing.
- Foods that gave you a reaction stay out for now—you can always retest later if you want to double-check.
- Foods you never got around to testing are still fair game whenever you're ready.



You're not on a restrictive diet anymore. You're just eating in a way that's actually built around you—which, it turns out, is the whole point of all of this.

And if you ever feel like you need to reset again—a stretch of travel, a season where things feel off, or just a check-in with your body—you know exactly where to start: back to Phase 1. Rice, meat, and a clean slate. And of course, **Inno Cleanse.**