

Table 2: CHALLENGE PHASE SCHEDULE

DAY	FOOD TO ADD
1	Lemon
4	Lime
7	Grapefruit
10	Orange
13	Corn
16	Soy
19	Eggs
22	Eggplant
25	Peppers
28	Tomato
31	Potato
34	Oats
37	Rye
40	Barley
43	Bulgur
46	Wheat
49	Goat milk
52	Cow milk
55	Coffee /Tea
58	Alcohol
61	Chocolate