


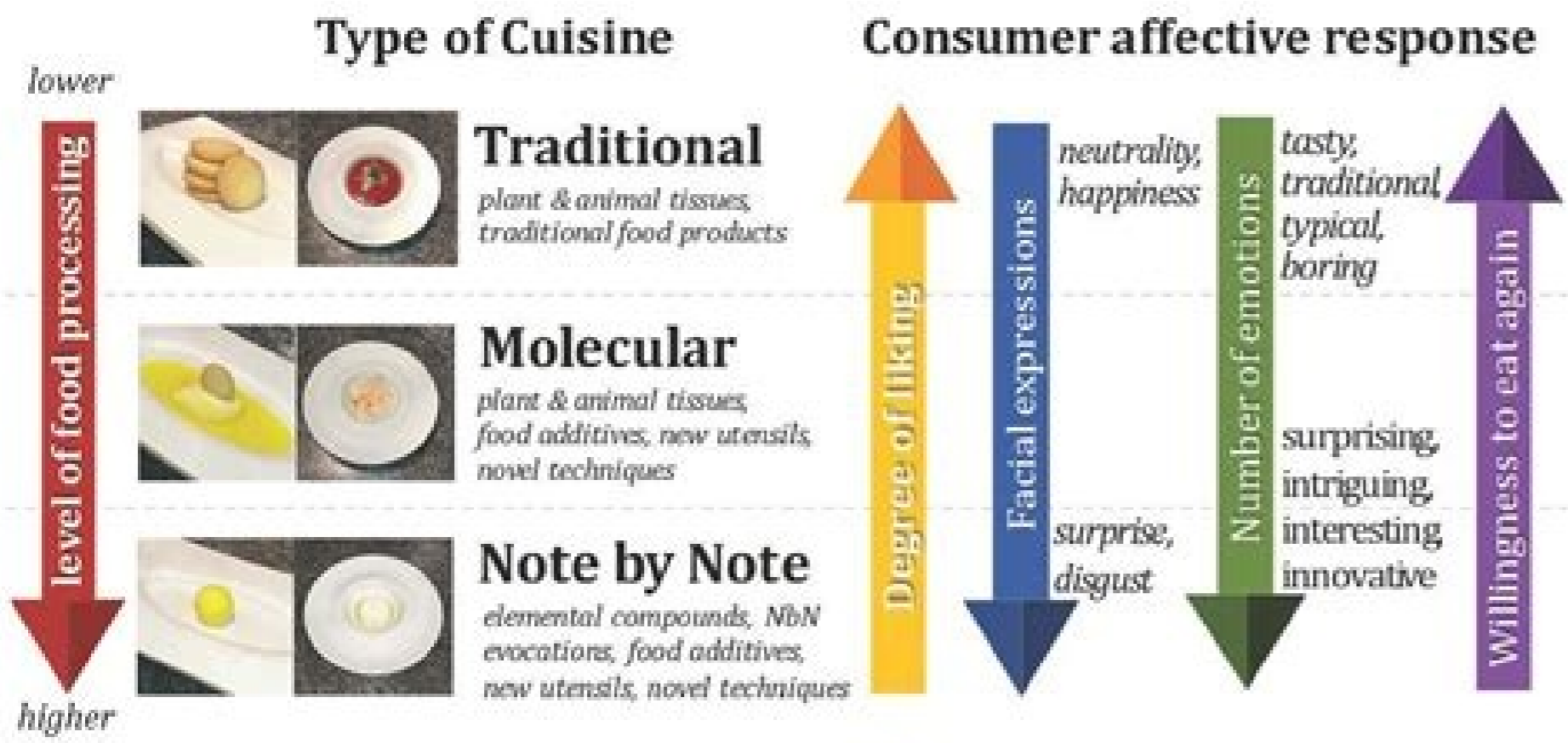
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Frequency or Rate Data Sheet

Session	Blind	Attention	Flap	Command	Variable
1					
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As you implement Functional Analysis conditions, tally the amount of occurrences of problem behavior. If no occurrences of problem behavior occur within a condition, mark a 0.



THE OZ SHOW

ELIMINATION DIET

SHOPPING LIST

- Filtered water (Aim for 6-8 glasses/day)
- Fish:** Sardines, herring, wild salmon, black cod, sole and cod (4-6 oz twice a day)
- Lean white chicken breasts** (4-6 oz twice a day)
- Fresh or frozen non-citrus fruits:** Blueberries, raspberries, strawberries, blackberries, grapes, melons, apples, kiwis and cherries
- Fresh or frozen green vegetables:** Leeks, broccoli, cabbage, kale, collard greens, Brussels sprouts, bok choy, spinach, arugula, asparagus and celery
- Low-sodium vegetable broth**
- Brown rice**
- Nuts and seeds:** Almonds, walnuts, pecans, macadamia nuts, and pumpkin seeds
- Spices:** Rosemary, cilantro, ginger, garlic, turmeric, curry, or sea salt

DAILY FOOD MENU

Breakfast: 7-9 a.m.

- 1 cup green tea
- 1 cup hot rice cereal
- 1 tbsp of almonds
- 1 tbsp of pumpkin seeds
- 1 cup of strawberries

Morning snack: 10-11 a.m.

- 1 oz of almonds
- 1 cup of low-sodium vegetable broth
- 1 apple

Lunch: 12-1 p.m.

- 4-6 oz of chicken breast, cooked
- 2 cups lightly sautéed green vegetables (with 1 tbsp of olive oil)
- 1/2 cup of cooked brown rice

Afternoon snack: 2-3 p.m.

- 1 cup of low-sodium vegetable broth
- 1 oz of almonds
- 1 cup of raspberries
- 1 cup of green tea

Dinner: 5-7 p.m.

- 4-6 oz of salmon, cooked
- 2 cups of lightly sautéed green vegetables (with 1 tbsp of olive oil)
- 1/2 cup cooked brown rice
- 1 cup of low-sodium vegetable broth

FOODS TO REINTRODUCE AFTER CLEANSE

- Soy:** Tofu, soybeans
- Citrus:** Fruits and juices
- Dairy products:** Milk, butter, yogurt and cheese
- Eggs**
- Corn**
- Nightshades:** Tomatoes, eggplants
- Gluten and wheat**



