

Introduction to the Menu Plan for the Comprehensive Elimination Diet

Eat only the foods listed under “Foods to Include,” and avoid those foods shown under “Foods to Exclude” in the “Comprehensive Elimination Diet Guidelines.” These guidelines are intended as a quick overview of the dietary plan. If you have a question about a particular food, check to see if it is on the food list. You should, of course, avoid any listed foods to which you know you are intolerant or allergic. We also may change some of these guidelines based upon your personal health condition and history.

The “7 Day Menu Plan” may be used as is, or as a starting point. This is a *suggested* menu that you might find useful while you are on the elimination diet. Feel free to modify it and to incorporate your favorite foods, provided they are on the accepted list.

A few suggestions which may be of help:

- You may use leftovers for the next days’ meal or part of a meal, e.g. leftover broiled salmon and broccoli from dinner as part of a large salad for lunch the next day.
- It may be helpful to cook extra chicken, sweet potatoes, rice, and beans, etc. that can be reheated for snacking or another meal.
- Most foods on the menu plan freeze quite well.
- Please add extra vegetables and fruits as needed. The menu is a *basic* one and needs your personal touch. **This is not a calorie-restricted diet.** Use the suggested snacks as needed for hunger or cravings; leftovers are also handy to eat as snacks.
- If you are a vegetarian, eliminate the meats and fish and consume more beans and rice, quinoa, amaranth, teff, millet, and buckwheat.
- Breakfasts that need cooking are easier to incorporate on your days off. Muffins can all be made ahead of time, frozen, and used as needed.
- If you are consuming coffee or other caffeine containing beverages on a regular basis, it is always wise to slowly reduce your caffeine intake rather than abruptly stop it; this will prevent caffeine-withdrawal headaches. For instance, try drinking half decaf/half regular coffee for a few days, then slowly reduce the total amount of coffee.
- Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to eliminate pesticides and chemical residue consumption. Wash fruits and vegetables thoroughly.
- Read oil labels; use only those that are obtained by a “cold pressed” method.
- If you select animal sources of protein, look for free-range or organically raised chicken, turkey, or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling, or stir-frying. Cold water fish (e.g. salmon, mackerel, and halibut) is another excellent source of protein and the omega-3 essential fatty acids, which are important nutrients in this diet. Fish is used extensively. If you do not tolerate fish, consult with us. We may suggest supplemental fish oils. Avoid shellfish, as it may cause allergic reaction.
- Remember to drink the recommended amounts (at least two quarts) of plain, filtered water each day.
- Strenuous or prolonged exercise may be reduced during some or the entire program to allow the body to heal more effectively without the additional burden imposed by exercise. Adequate rest and stress reduction is also important to the success of this program.

Finally, anytime you change your diet significantly, you may experience such symptoms as fatigue, headache, or muscle aches for a few days. Your body needs time as it is “withdrawing” from the foods you eat on a daily basis. Your body may crave some foods it is used to consuming. **Persevere.** Those symptoms generally don’t last long, and most people feel much better over the next couple of weeks.

Good luck!

Comprehensive Elimination Diet

The Comprehensive Elimination Diet is a dietary program designed to clear the body of foods and chemicals you may be allergic or sensitive to, and, at the same time, improve your body's ability to handle and dispose of these substances.

We have called this an "Elimination Diet" because we will be asking you to remove certain foods, and food categories, from your diet. The main rationale behind the diet is that these modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. The dietary changes help the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol, or cigarette smoking.

In our experience, we have found this process to be generally well tolerated and extremely beneficial. We obviously hope that you will find it useful too. There is really no "typical" or "normal" response. A person's initial response to any new diet is highly variable, and this diet is no exception. This can be attributed to physiological, mental, and biochemical differences among individuals; the degree of exposure to, and type of "toxin;" and other lifestyle factors. Most often, individuals on the elimination diet report increased energy, mental alertness, decrease in muscle or joint pain, and a general sense of improved well-being. However, some people report some initial reactions to the diet, especially in the first week, as their bodies adjust to a different dietary program. Symptoms you may experience in the first week or so can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness and changes in gastrointestinal function. Such symptoms rarely last for more than a few days.

We realize that changing food habits can be a complex, difficult and sometimes confusing process. It doesn't have to be, and we think that we have simplified the process with diet menus, recipes, snack suggestions and other information to make it a "do-able" process. Peruse this information carefully. If you have any questions about the diet, or any problems, please give us a call. We would be happy to help, and often we can resolve the issue quickly.

Bon Apétit!

Comprehensive Elimination Diet Guidelines

FOODS to INCLUDE	FOODS to EXCLUDE
Fruits: whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices	Oranges and orange juice
Dairy substitutes: rice, oat, and nut milks such as almond milk and coconut milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurts, non-dairy creamers
Non-gluten grains and starch: Brown rice, oats, millet, quinoa, amaranth, teff, tapioca buckwheat, potato flour	Grains: wheat, corn, barley, spelt, kamut, rye, triticale
Animal protein: fresh or water-packed fish, wild game, lamb, duck, organic, chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Vegetable protein: split peas, lentils, legumes	Soybean products: soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein
Nuts and seeds: walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tarini	Peanuts and peanut butter
Vegetables: all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables
Oil: cold pressed olive, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
Sweeteners: brown rice syrup, agate nectar, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrups, evaporated can juice
Condiments: vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki and other condiments

Things to watch for:

- Corn starch in baking powder and any processed foods
- Corn syrup in beverages and process foods
- Vinegar in ketchup, mayonnaise and mustard is usually from wheat or corn
- Breads advertised as gluten-free which contain oats, spelt, kamut, and rye
- Many amaranth and millet flake cereals have oats or corn
- Many canned tunas contain textured vegetable protein which is from soy; look for low-salt versions which tend to be pure tuna, with no fillers.
- Multi-grain rice cakes are not just rice. Purchase plain rice cakes.

READ ALL INGREDIENT LABELS CAREFULLY

Elimination Diet Shopping List

Fruits*

- Apples, applesauce
- Apricots (fresh)
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Figs (fresh)
- Grapefruit
- Huckleberry
- Kiwi
- Kumquat
- Lemon, lime
- Loganberries
- Mangos
- Melons
- Mulberries
- Nectarines
- Papayas
- Peaches
- Pears
- Prunes
- Raspberries
- Strawberries

**All of the above fruit can be consumed raw or juiced*

Vegetables*

- Artichoke
- Asparagus
- Avocado
- Bamboo shoots
- Beets and beet tops
- Bok choy
- Broccoli
- Broccoli sprouts
- Cabbage
- Bell peppers
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumber

- Dandelion greens
- Eggplant
- Endive
- Kale
- Kohlrabi
- Leeks
- Lettuce- red or green leaf and Chinese
- Mushrooms
- Okra
- Onions
- Pak-choi
- Parsley
- Potato
- Red leaf chicory
- Sea vegetables- seaweed, kelp
- Snow peas
- Spinach
- Squash
- Sweet potato and yams
- Swiss chard
- Tomato
- Watercress
- Zucchini

**All of the above vegetables can be consumed raw, juiced, steamed, sautéed, or baked*

Non-Gluten

Grains

- Amaranth
- Millet
- Oat
- Quinoa
- Rice- brown, white, wild
- Teff
- buckwheat

Vinegars

- Apple cider
- Balsamic
- Red wine
- Rice
- Tarragon
- Ume plum

Herbs, Spices and Extracts

- Basil
- Black pepper
- Cinnamon
- Cumin
- Dandelion
- Dill
- Dry mustard
- Garlic
- Ginger
- Nutmeg
- Oregano
- Parsley
- Rosemary
- Salt-free herbal blends
- Sea salt
- Tarragon
- Thyme
- Turmeric
- Pure vanilla extract

Cereals and Pasta

- Cream of rice
- Oats
- Puffed rice
- Puffed millet
- Quinoa flakes
- Rice pasta
- 100% buckwheat noodles
- Rice crackers

Breads and Baking

- Arrowroot
- Baking soda
- Rice bran

- Gluten free breads
- Flours- rice, teff, quinoa, millet, tapioca, amaranth, garbanzo bean, potato, tapioca
- Rice flour pancake mix
- Mochi

Flesh Foods

- Free-range chicken, turkey, duck
- Fresh ocean fish e.g. pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi
- Lamb
- Water-packed canned tuna (watch for added protein from soy)
- Wild game

Dairy Substitutes

- Almond milk
- Rice milk
- Coconut milk
- Oat milk

Beverages

- Herbal tea (non-caffeinated)
- Mineral water
- Pure unsweetened fruit or vegetables juices
- Spring water

Oils

- Almond
- Flax seed
- Canola
- Olive
- Pumpkin
- Safflower
- Sesame

- Sunflower

- Walnut

Sweeteners

- Fruit sweetener (Mystic lake Dairy, or Wax Orchards, or apple juice concentrate)

- Agave nectar
- Molasses
- Rice syrup
- Stevia

Condiments

- Mustard- made with apple cider vinegar
- Nutritional yeast

Beans

- All beans except soy
- Lentils- brown, green, red
- Split peas

**All the above beans can be dried or canned*

Nuts and Seeds*

- Almonds
- Cashews
- Flax seeds
- Hazelnuts (filberts)
- Pecans
- Pistachios
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Walnuts

**All the above seeds can be consumed as butters and spreads*

Comprehensive Elimination Diet 7-Day Menu Plan

- This is a suggested day-by-day menu for one week while on the Comprehensive Elimination Diet
- Use this menu to stimulate your own ideas and modify it according to your own taste
- Serving sizes in each recipe are approximate; adapt them to your own appetite
- You may mix and match foods from different days according to your own preferences
- Substitutions with store bought items are allowed as long as you avoid restricted foods. For example, many instant soups or canned soups from the health food store are ok – read labels
- Recipes for the menu items marked with an asterisk (*) are included at the end of this handout

Day 1

Breakfast

Cooked whole grain cereal (oatmeal, cream of brown rice, buckwheat, teff, or quinoa flakes)

- Served with rice, oat, or almond milk, cinnamon, and allowable sweetener of your choice
- Garnished with chopped walnuts, almonds, hazelnuts, or toasted pumpkin seeds
- Topped with fresh or frozen unsweetened fruit

Lunch

Lentil soup* or split pea soup* or black bean soup

Sesame rice crackers or rice cakes

Carrots and celery sticks

Fresh figs, plums, or cherries

Dinner

Broiled salmon

Cooked millet or baked white or sweet potato or quinoa salad*

Oven roasted veggies*

Mixed greens salad with vinaigrette dressing*

Crispy rice squares* or fresh apple

Day 2

Breakfast

Fruit smoothie:

- Blend rice or almond milk with ½ banana and/or pineapple slice and one or two ice cubes
- Add flax powder or other fiber if desired

Applesauce bread* or banana bread*

Lunch

Asparagus soup* (or yesterday's leftover soup)

Cabbage salad*

Rice cakes with walnut butter

Fresh peach or pear

Dinner

Broiled lamb chop

Nutty green rice* or mock mac 'n cheese*

Cooked veggie mix:

- Steam broccoli, cauliflower, and carrots
- Toss with olive oil and herbs (oregano, thyme, basil, tarragon, etc.)

Fruity Spinach Salad*

Day 3

Breakfast

Nutri-Ola* or crispy brown rice or puffed rice or puffed millet cereal

- Served with rice or almond milk, topped with sliced berries

Leftover applesauce or banana bread

Lunch

Brown rice and black beans mix

- Topped with flax oil
- Garnished with chopped scallions and sliced avocado or guacamole*

Baking powder biscuits*

Tropical fruit salad

- Sliced mango, kiwi, strawberries
- Topped with shredded unsweetened coconut and chopped walnuts or pecans

Dinner

Broiled or poached halibut

Baked butternut or acorn squash, sprinkled with cinnamon

Chopped zucchini, red peppers, garlic and onion sautéed in olive oil, topped with basil

Mixed green salad with vinaigrette dressing

- Choose greens from arugula, endive, radicchio, red leaf, romaine, butter head, Boston, cabbage, dandelion, escarole: add red cabbage, garbanzo beans, red onion, olives, carrots

Mochi rice squares and fresh fruit

Day 4

Breakfast

Sweet potato delight* and/or leftover nutria-ola* square

Cantaloupe half, filled with blueberries and sprinkled with cinnamon

Lunch

Leftover brown rice and black beans mix or halibut salad

- Mixed greens of your choice
- Chopped vegetables with garbanzo or kidney beans
- Leftover halibut cut into chunks
- Vinaigrette dressing

Fresh banana or leftover crispy rice squares*

Dinner

Skinless chicken, oven baked or broiled, sprinkled with garlic powder or tarragon

Brown rice or wild rice or basic kasha*, dressed with flax or sesame oil

Asparagus, cut into 1-inch pieces and stir fried in olive oil and garlic

Gingerbread*

Day 5

Breakfast

Mochi rice waffles*, topped with sautéed apples*

Fruit smoothie:

- Blend rice or almond milk with a peach and/or raspberries and one or two ice cubes
- Add flax powder or other fiber if desired

Lunch

Quinoa salad or chicken salad:

- Mixed greens
- Leftover chicken, cut into pieces
- Your choice of guacamole or nutty mayo

Beans and green soup*

Rice cakes or rice bread with pear honey* or unsweetened apple butter

Dinner

Fresh tuna, topped with herbs (tarragon, dill, parsley), and broiled

Rice pasta with olive oil and mock pesto* or baked sweet potato topped with flax oil

Steamed vegetables: kale or collard greens tossed with olive oil and garlic

Mixed green salad with kidney beans and vinaigrette dressing

Fresh fruit salad: mango and pineapple chunks, sliced kiwi

Day 6

Breakfast

Meal in a muffin* or breakfast rice pudding*

Rice milk, oat milk, or almond milk, berries, sweetener and pecans

Lunch

Tuna salad:

- Leftover tuna mashed, and mixed with:
- hummus

Leftover beans and greens soup

Baking powder biscuits

Fresh pear or nectarine

Dinner

Roast turkey breast or broiled turkey burger or spiced lentil casserole*

Brown rice and peas*

Steamed broccoli, carrots and/or green beans topped with flax oil and herbs of choice

Baked apple*

Day 7

Breakfast

Toasted rice bread topped with pear butter or
Rice pancakes* topped with pear butter or sautéed apples
Cantaloupe chunks

Lunch

Turkey salad:

- Mixed greens or mix of cannellini beans, celery, scallions and apple chunks
- Nutty mayo* or hummus

Cucumber slices marinated in a rice vinegar and dill

Rice crackers

Banana

Dinner

Rice pasta primavera* or black beans and yellow rice*

Pickled beets*

Mixed greens salad with cherry tomatoes and vinaigrette dressing

Leftover breakfast rice pudding topped with dried apples

Snack Suggestions

- Rice cakes or rice crackers spread with:
 - Almond or cashew nut butter or
 - Apple butter or
 - Pear honey*
- Sesame rice crackers and hummus
- Fresh fruits (except oranges)
- Fresh raw veggies wedges
- Nuts and seeds (except peanuts)
- Crispy rice squares, gingerbread
- Mochi rice squares, plain, with smashed berries or nut butters

Comprehensive Elimination Diet Recipes for 7 Day Menu

Day 1 Recipes

Lentil Soup- *serves 4*

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or chopped
2 stalks celery, chopped

1 ½ cups red and/or green lentils, well rinsed
2 quarts water or broth
Pinch thyme or any herb of choice
Salt to taste

Combine vegetables, lentils and water and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20 to 30 minutes. Puree half of the soup in the blender in you prefer a creamy soup.

Split Pea Soup- *serves 6*

3 cups dry split peas, well rinsed
2 quarts water
1 tsp. salt
1 bay leaf
½ - 1 tsp. dry mustard
2 onions, chopped fine

4 cloves garlic, minced
3 stalks celery, chopped
2 medium carrots, sliced
Salt and pepper to taste
3 Tbsp. apple-cider vinegar or rice vinegar

Combine peas, water, salt, bay leaf and mustard in 6-quart pot. Bring to boil, reduce heat and simmer, partially covered for about 20 minutes. Add vegetables and simmer for another 40 minutes stirring occasionally. Add more water as needed. Add salt, pepper and vinegar to taste.

Quinoa Salad- *serves 8-10*

1 ½ cups quinoa, rinsed several times
3 cups water, or chicken broth or vegetable broth
1 cup fresh or frozen peas
(frozen baby peas should be defrosted)
Chopped veggies, raw or lightly steamed
(broccoli, asparagus, green beans, etc.)
½ cup red onion, chopped

1/3 cup olive oil
2 Tbsp. balsamic vinegar or lemon juice
1 or 2 crushed garlic cloves
2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dry dill)
2 Tbsp. chopped fresh parsley
1 pint cherry tomatoes (optional)
salt and pepper to taste

Rinse quinoa well (it will taste bitter if not well rinsed). Bring 3 cups water or broth to boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to a large bowl with a small amount of olive oil to prevent sticking, and allow to cool. In the meantime, mix together remaining olive oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.

Oven Roasted Veggies- *number of servings depends on amount of veggies used*

Use any combination of the following vegetables, unpeeled, washed, and cut into bite-sized pieces: eggplant, small red potatoes, red onion, yellow or green summer squash, mushrooms, asparagus. Toss with crushed garlic cloves, olive oil, and sprinkle with rosemary, oregano, tarragon and basil to taste. Spread in a roasting pan in single layers and roast approximately 20-25 minutes at 400 degrees, until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggies. Salt and pepper to taste. Serve while warm, or use cold leftovers in a salad.

Vinaigrette Dressing- *6 servings, approximately*

Note: ingredient amounts in this recipe are approximate- use more of less of certain ingredients to adapt recipe to your personal taste.

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| ¼ cup each flax oil and extra-virgin olive oil | 1-3 cloves fresh garlic |
| 3 Tbsp. Balsamic vinegar | (whole pieces for flavor, crushed for stronger taste) |
| 2-3 Tbsp. water | Salt and pepper to taste |
| 1 tsp. dry mustard | Oregano, basil, parsley, tarragon, or herb of choice |

Place vinegar, water, and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard. Add oil and remaining ingredients and shake well again. Store refrigerated and shake well before using. Dressing will harden when cold, allow 5-10 minutes to re-liquify.

Crispy Rice Squares- *2 dozen*

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| 1 tsp. cold pressed canola oil | 2 cups puffed rice |
| ½ cup brown rice syrup | 2 cups puffed millet or Perky's Nutty Rice |
| 2 Tbsp. sesame tahini, or almond butter | ½ cup pumpkin or sunflower seeds |
| 3 tsp. vanilla extract | ½ cup currants, chopped dried apples or dates |
| 2 cups crispy brown rice cereal | |

Heat oil in large pot; add rice syrup and tahini or almond butter. Stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients and mix well with a wooden spoon. Press into an un-greased 13x9" pan and press mixture flat. Let mixture set at room temperature or refrigerate. Cut into squares, store in an airtight container.

Day 2 Recipes

Applesauce Bread- *Yields 14 slices*

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| 1 cup teff flour | 1 cup unsweetened applesauce |
| 1 cup oat or rice flour | 1 Tbsp. safflower or sesame oil |
| 1 tsp. baking soda | ½ cup brown rice syrup or fruit juice concentrate |
| ½ tsp. cinnamon | Egg replacer equal to 1 egg (recipe on pg 18) |
| ¼ tsp. nutmeg | 3-4 Tbsp. Apple Butter |
| ¼ tsp. salt | 1 tsp. pure vanilla extract |

Preheat oven to 350 degrees. Combine dry ingredients in a large bowl. Combine wet ingredients in a small bowl and mix into the dry ingredients. Pour into oiled 9 inch square pan. Bake for 30 minutes.

Banana Bread- *Yields 14 slices*

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| ¼ cup walnuts, ground finely in a blender | ½ cup chopped walnuts |
| 1 ¾ cups brown rice flour | 1 ½ cups ripe mashed banana |
| ½ cup arrowroot | ¼ cup safflower or sesame oil |
| 2 tsp. baking soda | 6 Tbsp. apple juice concentrate |
| ¼ tsp. salt | Egg replacer equal to 2 eggs |
| 1 tsp vanilla extract | |

Preheat oven to 350 degrees. Mix finely ground walnuts with flour arrowroot, baking soda and salt in a large bowl. Stir in the chopped walnuts. In a separate bowl, mix together the banana, oil, apple juice, egg replacer, lemon and vanilla. Add to the flour mixture and stir until just moistened. Do not over mix. Pour into a greased 9x5" loaf pan and bake for 55-60 minutes or until cake tester inserted in the middle comes out clean. Cool in pan for 10 minutes, then remove from pan and cool on wire rack.

Asparagus Soup- Serves 4

Used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

1 lb. asparagus, trimmed	2 cups water or chicken stock
2 medium leeks or 4 large shallots	1 tsp. dried dill weed
1 Tbsp. oil	Pinch nutmeg
2-3 cloves garlic, minced	

Slice off the tips of the asparagus and reserve them. Cut the remaining stalks in 1" pieces. Slice the leeks in half lengthwise and wash under cold water to remove any sand. Slice into 1/4" pieces. Sauté the leeks or shallots in the oil over medium heat until soft. Add the garlic and sliced asparagus stalks. Cook, stirring, another minute or two. Add the water or stock and dill. Simmer for 10-12 minutes. Remove from heat; allow to cool for 10-15 minutes. Puree half the volume at a time. Return to pan, add the reserved asparagus tips and simmer 3-5 minutes or until the tips are just barely tender. Add nutmeg. If soup is too thick, thin with additional water or stock.

Cabbage Salad- Serves 4-6

1 small to medium head red cabbage, thinly sliced	Dash of garlic powder
8 sliced radishes, or 1 grated carrot	2 Tbsp. olive oil
3 green apples, diced	2 tsp. vinegar
1 stalk celery, chopped	1 tsp. lemon juice
1/2 cup chopped walnut or pecans	

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice. Serve cold or at room temperature.

Nutty Green Rice- Serves 4

1 cup brown basmati rice	1 clove garlic
2 cups water	1 1/2 Tbsp. lemon juice
1/4 to 1/2 tsp. salt	1 1/2 Tbsp. olive oil
1/2 cup almonds	1/2 cucumber, diced
1 bunch parsley	Pepper to taste

Bring water to a boil, add rice and salt, stir and simmer, covered, for 45 minutes. Remove from heat and let sit for another 10 minutes, then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, and oil in a food processor. When rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired.

Mock Mac 'n Cheese- Servings depends on amounts of ingredients used

Cook desired amount of brown rice pasta according to package instructions. Toss cooked pasta with olive oil and sprinkle with several tablespoons of nutritional yeast. The yeast gives the pasta a cheese-like taste.

Fruity Spinach Salad- Serves 6-8

1 lb. fresh spinach, washed, dried, torn into pieces
 1 pint fresh organic strawberries or raspberries, washed
 1/2 cup chopped walnuts or sliced almonds

Dressing:

2 Tbsp. sesame seeds	1/4 cup flax seed oil
1 Tbsp. poppy seeds	1/4 cup safflower oil
2 scallions, chopped	1/4 cup balsamic vinegar

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.

Day 3 Recipes

Nutri-Ola (basic recipe)- Serves 10

Adapted with permission from Sally Rockwell's "Allergy Recipes" Nutrition Survival Press, Seattle, WA

2 cups arrowroot or millet flour or finely ground filberts, pecans, almonds, walnuts or sesame seeds
1 cup filberts or walnuts, coarsely ground
1 cup whole sesame seeds or sunflower seeds (or a combination)
1 cup (combined) finely chopped dried apples, papaya, apricots, and currants
½ cup fruit puree or frozen fruit concentrate
½ cup sesame or walnut or sunflower oil
2 tsp. pure vanilla or almond extract

Preheat oven to 275 degrees. Use a blender or food processor to grind nuts, grains or seeds to desired consistency. Mix the nuts, seeds and/or grains in a large bowl. Mix fruit, sweetener, oil and vanilla. Pour over the dry mixture and stir lightly. Spread mixture into a lightly oiled 15x10x1" baking pan. Bake for 1 hour, stirring every 15 minutes. Cool. Break into small pieces for cereal or large chunks for snacks.

Breakfast Bars

Add egg replacer to equal 2 eggs to nutria-ola. Slowly add additional water to make a stiff batter. Follow above directions but spread into an 8 or 9" square pan (un-greased) and bake at 350 degrees for about 30 minutes. Cut into squares when done.

Guacamole- Makes 1 ½- 2 cups

Used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

2-3 ripe avocados
¼ cup chopped onion
¼ tsp. vitamin C crystals
1 Tbsp. water
1 small clove garlic, chopped

Cut the avocados in half, remove the pits, then scoop the flesh into a blender or food processor. Add the onions, vitamin C crystals, water, and garlic. Process until smooth. Transfer to a small bowl. Cover and chill. Use within 2-3 days. To prevent darkening coat top with a thin layer of oil. For chunky version mash the avocado with a fork and finely chop onions and garlic.

Baking Powder Biscuits- Makes one dozen

1 ½ cups brown rice flour
½ cup tapioca flour
4 tsp. baking powder
1/8 tsp. salt
3 Tbsp. safflower or sesame oil
1 cup applesauce, unsweetened

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoons onto un-greased cookie sheet. With spoon, slightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

Day 4 Recipe

Basic Kasha- serves 4-5

1 cup buckwheat groats
2 cups water, chicken or vegetable broth

Roast the dry buckwheat groats over medium heat in a dry skillet, stirring until the grains begin to smell toasty, about 2 minutes. Add the water or broth, cover and simmer for 20-30, until kasha is tender but not mushy. Pour off any excess liquid. Optional: add onion, garlic and herbs to the dish.

Sweet Potato Delight- Serves 1-2

Adapted and used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

2-4 Tbsp. chopped nuts	1 tsp. oil
1 ripe banana	1 Tbsp. fruit sweetener, molasses or brown rice syrup
1 medium sweet potato, cooked	

In a large frying pan, dry-roast the nuts over medium heat for a few minutes. Shake the pan often. Cut the banana in half lengthwise. Cut the cooked sweet potato into 1/2" piece. Add the oil to the pan. Push the nuts to the outer edges. Place the banana pieces, flat side down, in the pan. Add the sweet potato. Cover and cook for 2 minutes. Uncover, and cook for 5 minutes, until everything is heated through and browned on one side. Add the sweetener before serving.

Gingerbread- 9 squares

Adapted with permission from "Gluten-Free, Sugar-Free Cooking" by Sue O'Brien, to be published in February 2005 by Thorson's London

1/2 cup pecans or walnuts, finely chopped	1 tsp baking powder
1/2 cup agave nectar or fruit sweetener	1 tsp baking soda
1/4 cup canola oil	2 tsp ginger
Egg Replacer equal to 2 eggs	1 1/2 tsp cinnamon
1 tsp vanilla	1/4 tsp nutmeg
1 1/2 cups brown rice flour	1/8 tsp cloves
1/2 tsp salt	1/2 tsp orange rind
1 cup unsweetened applesauce	

In a large mixing bowl, combine the agave nectar and oil. Beat on high speed until thoroughly blended. Add in the egg replacer, half at a time. Be sure to beat well between halves. Add in the orange rind and vanilla and continue to blend together. Set aside. Meanwhile, preheat the oven to 350 degrees and spray a 9x9" square pan with a non stick spray. Sift together the dry ingredients and add the nuts. Add some of the dry ingredients to the wet ingredients, a little at a time. Blending well. Add in 1/4 cup of the applesauce, blend, then add in more flour. Continue this process until you have added all of the ingredients. Pour the batter into the prepared pan and bake for 20-25 minutes, or until done. Check for doneness by inserting a toothpick, or touching lightly on the center. Freezes well.

Day 5 Recipe

Mochi Rice Waffles- Serves 4

Purchase 1 package of cinnamon-apple Mochi and defrost. Cut into quarters. Slice each quarter across to form 2 thinner squares. Place one square into preheated waffle iron and cook until done. Top with your choice of fruit or sautéed apples.

Sautéed Apples- Serves 4

2 apples, washed	2 tsp. cinnamon
½ Tbsp. safflower oil or canola oil	2-3 Tbsp. apple juice

Thinly slice apples and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.

Beans and Greens Soup- Serves 4-5

2 cups cooked white beans	2 medium carrots, diced
2 Tbsp. olive oil	1 tsp. salt
2 medium cloves garlic, crushed	Fresh black pepper
1 large onion, chopped	6 cups water, vegetable or chicken broth
1 bay leaf	½ lb fresh chopped escarole, spinach, chard or
1 stalk celery, diced	collards, or a combination

In a 4-6 quart soup pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add bay leaf, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

Pear Honey- Makes 3 pints

Used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

15 very ripe pears
 ½ cup water
 ½ cup brown rice syrup or fruit juice sweetener

Peel, quarter and core the 15 pears. Place 12 of the pears in a stainless steel or enamel Dutch oven or 3 quart saucepan. Coarsely chop the remaining 3 pears. Place them and the water in a blender. Process until pureed. Pour into the pan with the pear quarters. Bring to a boil, then reduce the heat to a simmer. Stir in the sweetener. Cook until pears are tender, about 30 minutes. Puree the cooked fruit in batches using a blender or food processor. The puree should be about the consistency of honey. If it is too thin, return it to the pan and boil it down a bit. If too thick, dilute with a little juice. Pour into jars, and store in the refrigerator for up to 1 month.

Mock Pesto- Makes 1 cup

Used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

1 large ripe avocado	1 garlic clove, minced, or 1/8 tsp. garlic powder
1 cup basil leaves	¼ cup pine nuts
¼ tsp. lemon juice	½ tsp. olive or flax oil

Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl for a food processor. Add the basil, vitamin C crystals, garlic and pine nuts. Process for about 2 minutes, scrape the bowl as necessary. Transfer it to a small bowl and coat the surface with oil to prevent browning. Chill.

Day 6 Recipes

Breakfast Rice Pudding- Serves 4

1 cup uncooked short grain brown rice	1 Tbsp. brown rice syrup
1 ¼ cups coconut milk	1 tsp. cinnamon
1 ¼ cups water	Chopped almond or sunflower seeds or other
½ tsp. salt	choice of nuts (optional)

Combine water and coconut milk in heavy pot, bring to boil, adding rice and salt. Simmer, covered (do not stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in brown rice syrup, cinnamon and top with nuts or seeds as desired.

Meal in a Muffin- Makes 1 dozen

Adapted with permission from "Gluten-Free, Sugar-Free Gourmet Cooking" by Sue O'Brien, Gig Harbor, WA 2001

1 medium carrot, grated	¼ cup garbanzo bean flour
1 large apple, grated	½ cup brown rice flour
¼ cup canola oil	¼ tsp. cinnamon
¼ cup unsweetened applesauce	½ tsp. baking powder
Egg replacer equal to 2 eggs	¼ tsp. ginger
1/3 cup Mystic Lake Dairy Sweetener	1/8 tsp. nutmeg
2 tsp. vanilla	¼ cup shredded unsweetened coconut
½ cup dates	

Preheat oven 375 degrees. Mix together all wet ingredients and set aside. In a separate bowl, mix dry ingredients then mix both together. Lightly coat muffin tins with oil spray. Fill ¾ full and bake 15-20 minutes or until toothpick comes out clean. Allow to cool on a rack.

Spiced Lentil Casserole- Serves 4

1 ½ cups lentils, rinsed well	1 cup shredded, unsweetened coconut
2 Tbsp, sesame oil	½ tsp. cinnamon
3 cloves garlic, crushed	½ tsp. powdered ginger
1 stalk celery, chopped	½ tsp. turmeric
1 large onion, chopped	2 large green apples, washed and diced
½ tsp. salt	

Simmer lentils, covered, in 2 ½ cups water for 30-40 minutes, until tender. While they are cooking, in a wok or heavy skillet, sauté remaining ingredients, except apples, in oil until tender. Add water as necessary. Add apples and cook 10 more minutes covered. Combine with cooked lentils in a casserole dish.

Brown Rice and Peas- Serves 4

Add 1 cup of green peas (either fresh and lightly steamed or frozen and just defrosted baby peas) to 2 cups of cooked brown rice. Top with your favorite herbs and flax oil to taste.

Baked Apple- Serves 6

1/3 cup golden raisins	¼ cup frozen unsweetened apple juice concentrate
2 Tbsp. apple juice	1 tsp. pure vanilla extract
6 cooking apples, cored	1 tsp. cinnamon
1 ½ cups water	1 tsp. arrowroot

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer for 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350 degrees for 1- 1 ½ hours. Baste occasionally and remove from over when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

Day 7 Recipes

Rice Pancakes- *Makes approximately 14 (4") pancakes*

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|-----------------------------|-------------------------------------|
| 1 1/3 cups rice flour | 1 Tbsp. apple butter |
| 1/2 cup oat or millet flour | 1 Tbsp. Safflower or sesame oil |
| 2 tsp. baking powder | Egg replacer equal to 2 eggs |
| 1/2 tsp. baking soda | 1 1/2 cups almond, oat or rice milk |
| 1/4 tsp. salt | 1 1/2 Tbsp. white vinegar |

Mix the almond or rice milk with the vinegar and allow them to stand for 5 minute until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg replacer, and milk. Add dry mixture and stir gently. Be careful not to over mix. Serve with sautéed apples.

Nutty Mayo- *Makes 1 1/4 cups (keeps for up to 3 weeks)*

Used with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

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|-------------------------------|--------------------------|
| 1/2 cup cashews or other nuts | 1 Tbsp. brown rice syrup |
| 3/4 cup water | 1 Tbsp. minced parsley |
| 3 Tbsp. vinegar | 1 tbs. snipped chives |
| 2 Tbsp. oil | 1 1/2 tsp. dry mustard |
| 1 Tbsp. arrowroot | |

Grind the nuts to a fine powder in the blender. Add the water, blend 1 minute to make sure the nuts are fully ground. Add the vinegar, oil, arrowroot, sweetener and seasonings. Blend until very smooth. Pour into a saucepan and cook a few minutes, until thick. Allow to cool, transfer to a glass jar. Store in the refrigerator.

Rice Pasta Primavera- *Serves 4*

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|---|-------------------------------------|
| 2 cups uncooked rice pasta
(noodles, spaghetti, elbow macaroni) | 2 cloves garlic, minced |
| 1 large whole chicken breast, cut into thin strips | 1 Tbsp. olive oil (more if needed) |
| Broccoli florets, chopped carrot,
And other veggies of choice, steamed | 1/4 cup fresh basil, finely chopped |
| | 1/4- 1/2 cup coconut milk |
| | 3-4 scallions, chopped |

Cook rice pasta according to package directions. While pasta is cooking, heat oil in wok or heavy frying pan and stir fry chicken strips (or tofu chunks), garlic, scallions, and basil for about 5 minutes. Add remaining vegetables and coconut milk and continue to cook until veggies are soft and glisten. Add more coconut milk as needed. Remove from heat and spoon over drained rice pasta and garnish with black olives and extra olive oil if desired.

Black Beans and Yellow Rice- *Serves 4*

- Black beans:
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|--|----------------------------|
| 1 cup dry black beans, soaked overnight, drained | 2 cloves garlic, minced |
| 4 cups water | 1 bay leaf |
| 1 small onion, chopped | 1 tsp. cumin |
| 1 small carrot, chopped | 1 medium green bell pepper |
| 1 jalapeno pepper | Pepper flakes to taste |

In a 3 quart saucepan, combine beans, water, onion, carrot, green pepper, jalapeno pepper, garlic, bay leaf, cumin and pepper flakes. Bring to a boil over medium heat and simmer, uncovered, for about 2 1/2 hours, or until beans are tender and almost all liquid is absorbed. Discard bay leaf. May be made up to 2 days ahead, reheat before serving.

Yellow rice:

2 cups of chicken stock	1 clove garlic, minced
1 small onion, finely chopped	½ tsp. turmeric
2 tsp. olive oil	1 cup uncooked long-grain brown rice

In a 2 quart saucepan over low heat, sauté onions in oil until tender, about 5 minutes. Add the garlic and sauté 1 minute. Stir in turmeric, then rice. Add stock. Bring to a boil, cover and simmer 45 minutes over low heat, or until rice is tender and all liquid is absorbed. Do not stir. Spoon beans over rice.

Pickled Beets- Serves 4-6

Adapted with permission from "The Allergy Self Help Cookbook" by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA

4 beets, cooked and skinned	¼ cup rice vinegar
¼ cup water	¼ tsp. ground cinnamon
1 Tbsp. brown rice syrup or fruit sweetener	Pinch each of cloves and allspice

Combine the water, sweetener, vinegar, cinnamon, cloves and allspice in a medium saucepan. Simmer for 2 minutes. Stir in the beets, and heat through. Serve hot or warm.

Miscellaneous Recipes

Egg Replacer- Equals 1 egg

1/3 cup water
1 Tbsp. whole or ground flaxseed

Place the water and flaxseed together and allow to gel for about 5 minutes. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do, but it will not leaven like eggs for soufflés or sponge cakes. Increase amounts accordingly for additional egg replacement.

Corn free Baking Powder

2 tsp. cream of tartar
2 tsp. arrowroot
1 tsp. baking soda

Sift together to mix well. Store in an airtight container. Make small batches.

Baking Tips

- We include ground nuts, in addition to chopped nuts, in the muffin recipes, because the nuts help retain moisture and allow for a small amount of leavening.
- To grind soft nuts, such as walnut or pecans, use 1-2 Tbsp. of the starch called for in the recipe and add to the grinding mixture to prevent clumping.
- The grinding may be done with a nut chopper, a small (very clean) coffee grinder, or pulsing on a food processor. Particles should be fine enough to pass through a strainer. Grind only what you will need. If you are allergic to nuts, replace the amount of nut flour with an equal amount of another flour or starch called for in the recipe.

Food Introduction Delayed Response Chart

Name: _____

Day	Food TIME	FOOD	Digestion/ Bowel Function	Joint/muscle Aches	Headache/ Pressure	Nasal or Chest Congestion	Kidney-Bladder Skin Function	Energy Level

Note: Please reintroduce only one new food at a time. Ingest it twice in the same day and then wait two full days to see if you have a reaction. Assess your response over the next 48-72 hours. You may insert different headings on this chart to correspond with whatever signs or symptoms that you may display. Important indicators which must be charted include: digestion, bowel function, and energy level. If you require more space use the back of this sheet and clearly mark the day, the food and your symptoms. If you are unsure if you had a reaction, retest the same food in the same manner.

Substitutions and Alternative for Use in an Elimination Diet

To replace:

Milk

Cheese

Eggs

Peanut Butter

Breading

Ice Cream

Soda

Jams

Sugar

Pasta

Wheat Bread

Wheat Cereals

Wheat Flour

Use:

Rice, almond, coconut, or homemade nut milk (1/2 cup raw nuts or seeds with 1 cup water blended until smooth)

Rice and almond brands- read labels and watch for casein free brands

Energe egg replacer, or homemade egg replacer

Nut butters made from almonds, cashews, macadamia, walnut, pumpkin, hazelnut, sesame (tahini)

Grind any allowable rice crackers and use as breading

Rice Dream (vanilla), 100% frozen fruit juice bars (*Dole* and *Tazo* brands), *Cascadian Farms* berry sorbets

Knudsen, seltzer and juice, water and diluted juice

Cascadian Farms all-fruit jams, *Sorrel Ridge* or *Polaner* (read label carefully)

Fruit juice concentrate (*Mystic Lake Dairy* or *Wax Orchard*), Brown rice syrup, Stevia

Rice noodles (e.g. *Mrs. Leepers*, *Pasta Risio* and *Food for Life* brands), 100% buckwheat udon noodles, cellophane noodles made from bean threads

Rice cakes, rice crackers, rice almond and rice pecan breads, *Energe* brown rice or tapioca bread

Perky's Nutty Rice, *Crispy Brown Rice*, puffed rice, puffed millet, cream of rice

Rice, quinoa, amaranth, millet, teff, arrowroot, tapioca bean, nut and seed flours- use in combination with others to replace the full amount of wheat flour