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 favourite foods, provided that 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 easiest 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 pesticide 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.
- Remember to drink the recommended amount (at least two quarts) water each day.

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 Guidelines

<table>
<thead>
<tr>
<th>Foods to Include</th>
<th>Foods To exclude</th>
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<tbody>
<tr>
<td><strong>Fruits</strong>: whole fruits, unsweetened, frozen or</td>
<td>Orange, Orange Juice, strawberries, banana</td>
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<td>waterpacked, canned fruits and diluted juices</td>
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<tr>
<td><strong>Dairy substitutes</strong>: rice, oat, and nut milks such</td>
<td>Dairy and eggs: milk, cheese, eggs, cottage cheese,</td>
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<tr>
<td>as almond milk and coconut milk</td>
<td>cream, yogurt, butter, ice cream, frozen yogurt,</td>
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<td></td>
<td>non-dairy, creamers</td>
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<tr>
<td><strong>Non-gluten grains and starch</strong>: brown rice, oats,</td>
<td>Grains: wheat, corn, barley, spelt, kamut, rye,</td>
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<tr>
<td>millet, quinoa, amaranth, tapioca buckwheat, potato</td>
<td></td>
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<tr>
<td>flour</td>
<td></td>
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<tr>
<td><strong>Animal protein</strong>: fish, wild game, lamb, duck,</td>
<td>Pork, beef/veal, sausage, cold cuts, canned meats,</td>
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<tr>
<td>chicken and turkey</td>
<td>frankfurters, shellfish</td>
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<tr>
<td><strong>Vegetable protein</strong>: split peas, lentils, and</td>
<td>Soybean products (soy sauce, soybean oil in</td>
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<tr>
<td>legumes</td>
<td>processed foods; tempeh, tofu, soy milk, soy</td>
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<td></td>
<td>yogurt, textured vegetable protein)</td>
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<tr>
<td><strong>Nuts and seeds</strong>: walnuts, sesame, pumpkin, and</td>
<td>Peanuts and peanut butter</td>
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<td>sunflower seeds, hazelnuts, pecans, almonds, cashews,</td>
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<tr>
<td>nut butters such as almond</td>
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<tr>
<td><strong>Vegetables</strong>: all raw, steamed, sautéed, juiced or</td>
<td>Corn, creamed vegetables</td>
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<tr>
<td>roasted vegetables</td>
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<tr>
<td><strong>Oils</strong>: cold pressed olive, flax, safflower,</td>
<td>Butter, margarine, shortening, processed oils,</td>
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<tr>
<td>sesame, almond, sunflower, walnut, canola, pumpkin</td>
<td>salad dressings, mayonnaise, and spreads</td>
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<tr>
<td><strong>Drinks</strong>: water, decaffeinated herbal teas, seltzer</td>
<td>Alcohol, coffee and other caffeinated beverages,</td>
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<tr>
<td>or mineral water</td>
<td>soda pop or soft drinks</td>
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<tr>
<td><strong>Sweeteners</strong>: brown rice syrup, agave nectar,</td>
<td>Refined sugar, white/brown sugars, honey, maple</td>
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<tr>
<td>stevia, fruit sweetener, blackstrap molasses</td>
<td>syrup, high fructose corn syrup, evaporated cane</td>
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<tr>
<td></td>
<td>juice</td>
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<tr>
<td><strong>Condiments</strong>: vinegar, all spices, including salt,</td>
<td>Chocolate, ketchup, relish, chutney, soy sauce,</td>
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<tr>
<td>pepper, basil, carob, cinnamon, cumin, dill, garlic,</td>
<td>barbecue sauce, teriyaki, and other condiments</td>
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<tr>
<td>ginger, mustard, oregano, parsley, rosemary, tarragon,</td>
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<tr>
<td>thyme, turmeric</td>
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</tbody>
</table>
READ ALL INGREDIENT LABELS CAREFULLY
Elimination Diet Shopping List

### Fruits
- Apples, applesauce
- Apricots (fresh)
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Figs (fresh)
- Grapefruit
- Huckleberries
- Kiwi
- Kumquat
- Lemon, lime
- Loganberries
- Mangos
- Melons
- Mulberries
- Nectarines
- Papayas
- Peaches
- Pears
- Prunes
- Raspberries
*All the above fruit can be consumed raw or juiced*

### Vegetables
- Artichoke
- Asparagus
- Avocado
- Bamboo shoots
- Beets & beet tops
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Bell peppers
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Kale
- Kohlrabi
- Leeks
- Lettuce -- red or green leaf & Chinese
- Mushroom
- Okra
- Onions
- Pak-Choi
- Parsley
- Potato
- Red Leaf Chicory
- Sea Vegetables – seaweed, kelp

### Beans
- Vegetable cont.
- Snow peas
- Spinach
- Squash
- Sweet potato & yams
- Swiss chard
- Tomato
- Watercress
- Zucchini
*All 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 & 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 & Pasta**
- Cream of rice
- Oats
- Puffed rice
- Puffed millet
- Quinoa flakes
- Rice pasta
- 100% buckwheat noodles
- Rice crackers

**Breads & 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

**Dairy Substitutes**
- Almond Milk
- Rice Milk
- Coconut Milk
- Oat milk

**Beverages**
- Herbal tea (non-caffeinated)
- Mineral water
- Pure unsweetened fruit or vegetable 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

Revised Fall 2004

*All the above beans can be dried or canned*
Nuts & Seeds
   Almonds
   Cashews
   Flax seeds
   Hazelnuts (Filberts)
   Pecans
   Pistachios

   Poppy seeds
   Pumpkin seeds
   Sesame seeds
   Sunflower seeds
   Walnuts

   *All the above seeds can be consumed as butters and spreads (e.g., tahini)

COMPREHENSIVE ELIMINATION DIET

7-Day Menu Plan

DAY 1
Breakfast
Cooked whole grain cereal (oatmeal, cream of brown rice, buckwheat, quinoa) 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

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

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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*

Dinner
Broiled lamb chop Brown Rice Cooked veggie mix: steam broccoli, cauliflower, and carrots toss with olive oil and herbs (oregano, thyme, basil, tarragon, etc.) Spinach Salad

Rice cakes with walnut butter Fresh peach or pear
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*
Tropical fruit salad
sliced mango, kiwi, and 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
fresh fruit

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DAY 4
**Breakfast**
Sweet Potato Delight
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 and 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*

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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 Greens Soup*
Rice cakes or rice bread with Pear Honey* or unsweetened apple butter

**Dinner**
Fresh tuna, topped with herbs (tarragon, dill, or 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 (from health food store)
Leftover Beans and Greens soup

Dinner
Roast turkey breast or broiled turkey burger or Spiced Lentil Casserole* and/or Brown Rice and Peas*
Steamed broccoli, carrots and/or green beans topped with flax oil and herbs of choice
Baked Apple*

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 orange)
♦ Fresh raw veggie wedges
♦ Nuts and seeds (except peanuts)
♦ Crispy Rice Squares, Gingerbread
♦ Mochi rice squares, plain, with smashed berries or nut butters

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 rice vinegar and dill
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
Comprehensive Elimination Diet Recipes for 7 Day Menu

**DAY 1 RECIPES**

**Lentil Soup - Serves 4**
1 ½ cups red and/or green lentils, well rinsed
2 quarts water or broth
Pinch thyme or any herbs of your choice
Salt to taste

2 cloves garlic, minced
1 medium onion, chopped
2 large carrots, sliced or chopped
2 stalks celery, chopped
Combine first 6 ingredients 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 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.

**Split Pea Soup - Serves 6**
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

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
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**
½ cup chopped black olives (optional)

1/3 cup olive oil
2 Tbsp. balsamic vinegar or lemon juice
dried dill)

1 or 2 crushed garlic cloves
2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dill)

2 Tbsp. chopped fresh parsley
salt and pepper to taste

1 ½ cups quinoa, rinsed several times
3 cups water, or chicken broth or vegetable broth (or a combination)
1 cup fresh or frozen peas (frozen baby peas should be just defrosted)
Chopped veggies, raw or lightly steamed (broccoli, asparagus, green beans, etc)
½ cup chopped red onion
1 pint cherry tomatoes (optional)
Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. Meantime, mix together remaining 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 depend 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 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 veggie. Salt and pepper to taste. Serve while warm, or use cold leftovers in salad.

Vinaigrette Dressing - 6 servings (approximately)
Note: ingredient amounts in this recipe are approximate - use more or less of certain ingredients to adapt recipe to your personal taste).
¼ cup each flax and extra-virgin olive oils 1-3 cloves fresh garlic (whole pieces for flavour or crushed for stronger taste)
3 Tbsp. Balsamic vinegar (preferred because it has the richest flavour) Salt and pepper to taste
2-3 Tbsp. water Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried
1 tsp. dry mustard 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
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 apple or dates
2 cups crispy brown rice cereal
Heat oil in a 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 ungreased 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
1 cup teff flour 1 Tbsp. safflower or sesame oil
1 cup oat or rice flour ½ cup brown rice syrup or fruit juice concentrate
1 tsp. baking soda Egg Replacer to equal 1 egg (refer to recipe on page 25)
½ tsp. cinnamon 3-4 Tbsp. Apple butter
¼ tsp. salt 1 tsp. pure vanilla extract
¼ tsp. nutmeg
1 cup unsweetened applesauce
Combine the dry ingredients in a large bowl. Combine the wet ingredients in a small bowl and mix into the dry ingredients. Pour into oiled 9 inch square pan. Bake at 350 degrees for 30 minutes.
**Banana Bread - Yields 14 slices.**

¼ cup walnuts, ground finely in blender  
1¼ cups brown rice flour  
½ cup arrowroot  
2 tsp. baking soda  
¼ tsp. salt  
½ cup chopped walnuts  
1½ cups ripe mashed banana  

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 9"X5" loaf pan and bake for 55-60 minutes or until cake tester inserted in middle comes out clean. Cool in pan for 10 minutes, then remove from pan and cool on wire rack.

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**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 medium leeks or 4 large shallots  
1 Tbsp. oil  
2-3 cloves garlic, minced  

Slice off the tips of the asparagus and reserve them. Cut the remaining stalks into 1” pieces. Slice the leeks in half length wise and wash under cold water to remove any sand. Slice into ¼” 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 10-12 minutes. Remove from heat, allow to cool 5-10 minutes. Puree half the volume at a time. Return to pan, add the reserved asparagus tips and simmer 3-5 minutes or until tips are just barely tender. Add nutmeg. If soup is too thick, thin with additional water or stock.

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**Cabbage Salad - Serves 4-6**

1 small to medium head red cabbage, thinly sliced (or use half red and half green cabbage)  
8 sliced radishes, or 1 grated carrot  
3 green apples, diced  
1 stalk celery, chopped  

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               1½ Tbsp. lemon juice
¼ to ½ tsp salt            1½ Tbsp. olive oil
½ cup almonds              ½ 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 depend 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   2 Tbsp. sesame seeds
1 pint fresh organic strawberries or raspberries, washed   1 Tbsp. poppy seeds
½ cup chopped walnuts or sliced almonds   2 scallions, chopped
Revised Fall 2004   ¼ cup flax seed oil

*Rearing:
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, Washington*
2 cups arrowroot or millet flour or finely ground filberts, pecans, almonds, walnuts or sesame seeds   1 cup (combined) finely chopped dried apples, papaya, apricots, currants
1 cup filberts or walnuts, coarsely ground   ½ cup fruit puree or frozen fruit concentrate
1 cup whole sesame seeds or sunflower seeds (or a combination)   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 with fruit and sweetener, oil and vanilla. Pour over the dry mixture and stir lightly. Spread mixture into a lightly oiled 15"x10"x1" 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 *(refer to recipe on page 25)* to Nutri-Ola - Basic Recipe (above):
Slowly add additional water to make a stiff batter. Follow above directions, but spread into an 8 or 9 inch square pan (ungreased) and bake at 350 degrees 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 onions
¼ tsp. vitamin C crystals
1 Tbsp. water
1/8 tsp. salt

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 a chunky version, mash the avocado with a fork and finely chop onions and garlic.

**Baking Powder Biscuits - Makes one dozen**
1½ 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 tablespoonsfuls onto ungreased cookie sheet. With spoon, lightly 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 RECIPES**

**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 minutes, 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 ripe banana
1 medium sweet potato, cooked
1 tsp. oil
1 Tbsp. fruit sweetener, molasses or brown rice syrup (optional)
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 ½” pieces. Add the oil to the pan. Push the nuts to the outer edges. Place the banana pieces, flat sides down, in the pan. Add the sweet potatoes. 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.*

| ½ cup pecans or walnuts, finely chopped | 1 tsp baking soda |
| ½ cup agave nectar or fruit sweetener | 2 tsp ginger |
| ¼ cup canola oil | 1½ tsp cinnamon |
| Egg Replacer to equal 2 eggs* | ¼ tsp nutmeg |
| 1 tsp vanilla | 1/8 tsp cloves |
| 1½ cups brown rice flour | ½ tsp orange rind |
| ½ tsp salt | 1 cup unsweetened applesauce |
| 1 tsp baking powder |

In a large mixing bowl, combine the agave nectar and oil. Beat on high speed until thoroughly blended. Agave nectar is preferred. Add in the eggs, one at a time. Be sure to beat well between eggs. Add in the orange rind and vanilla and continue to blend together. Set aside. Meanwhile, preheat the oven to 350 degrees and spray a 9x 9 inch 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 ¼ 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 the gingerbread is done. Check for doneness by inserting a toothpick, or touching lightly on the center. Freezes well.

**DAY 5 RECIPES**

**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 (below).

**Sautéed Apples - Serves 2**

2 apples, washed

½ Tbsp. safflower oil or canola oil

2 tsp. cinnamon

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

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.

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**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 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.

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**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 cup basil leaves
- ¼ tsp. lemon juice
- 1 garlic clove, minced or 1/8 tsp. garlic powder
- ¼ cup pine nuts
- 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 of 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 ½ tsp. salt
1¼ cups coconut milk 1 Tbsp. brown rice syrup
1¼ cups water 1 tsp. cinnamon
Chopped almonds or sunflower seeds or other nuts of choice (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 and cinnamon and top with nuts or seeds as desired.

Meal in a Muffin – Makes one dozen
Adapted with permission from “Wheat-free Sugar-Free Gourmet Cooking” by Sue O’Brien, Gig Harbor, WA, 2001 Revised Fall 2004
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 Replacement to equal 2 eggs (refer to recipe on page 25) ¼ tsp. ginger
1/3 cup Mystic Lake Dairy sweetener ¼ cup shredded unsweetened coconut
2 tsp. vanilla ½ cup dates
Preheat oven to 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 3/4 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 2½ 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 favourite herbs and flax oil to taste.
**Baked Apple - Serves 6**

1/3 cup golden raisins  
2 Tbsp. apple juice  
6 cooking apples, cored  
1½ cups water  

⅛ cup frozen unsweetened apple juice concentrate  
2 tsp. pure vanilla extract  
1 tsp. cinnamon  
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 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 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

**DAY 7 RECIPES**

**Rice Pancakes - Makes approximately 14 (4-inch) pancakes.**

1 1/3 cups rice flour  
½ cup oat or millet flour  
2 tsp. baking powder  
½ tsp. baking soda  
Revised Fall 2004  
⅛ tsp. salt  
1 Tbsp. apple butter  
1 Tbsp. Safflower or sesame oil  
Egg Replacer to equal 2 eggs (Refer to recipe on page 25)  
1½ cups almond, oat, or rice milk  
1½ Tbsp. white vinegar  

Mix the almond or rice milk with the vinegar and allow them to stand for 5 minutes until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk. Add dry mixture and stir gently. Be careful not to overmix. Serve with Sautéed Apples (refer to recipe on page 21).

**Nutty Mayo - Makes 1¼ cups. (Keeps well for 3 weeks)**

*Adapted and used with permission from “The Allergy Self Help Cookbook”, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

½ cup cashews or other nuts  
⅜ cup water  
3 Tbsp. vinegar  
2 Tbsp. oil  
1 Tbsp. arrowroot  
1 Tbsp. brown rice syrup  
1 Tbsp. minced parsley  
1 Tbsp. snipped chives  
1½ tsp. dry mustard

Grind the nuts to a fine powder in a 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**

2 cups uncooked rice pasta (noodles, spaghetti, elbows)  
1 large whole chicken breast, cut into thin strips (optional)  
Broccoli florets, chopped carrot, and/or other favourite veggie, lightly steamed  
3-4 scallions, chopped  
2 cloves garlic, minced  
1 Tbsp. olive oil (more if needed)  
½ cup fresh basil, finely chopped  
¼ - ½ cup coconut milk
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**
1 cup dry black beans, soaked overnight and drained
4 cups water
1 small onion, chopped

1 small carrot, chopped
2 cloves garlic, minced
1 bay leaf
1 tsp. cumin

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, about 2½ 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 chicken stock
1 small onion, finely chopped
2 tsp. olive oil
1 cup uncooked long-grain brown rice

Revised Fall 2004

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 water
1 Tbsp. brown rice syrup or fruit sweetener
½ cup rice vinegar
¼ tsp. ground cinnamon

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 one 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 souffles 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 walnuts, 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.