

Allergy Elimination Diet

Sample Menu

Monday

b- g.f. oats and chia porridge with fresh fruit and maple syrup

s-

l- green salad with white beans, chopped vegetables, boiled egg, champagne vinaigrette, water flavored with lemon and basil leaves

s- melon cubes with a squeeze of lime, or chopped mint

d- broiled salmon with spicy greens and black rice

Tuesday

b-

s- white bean hummus and vegetables

l- brown rice sushi (no soy sauce) or green lentil soup with coconut milk and warm spices

s- raw chocolate "milkshake"

d- grilled garlic balsamic portabello caps with guacamole on salad, baked sweet potato fries

Wednesday

b- bircher muesli and fresh fruit, green tea

s-

l- roasted tomato soup (no butter or cream)

s- 1/2 avocado sprinkled with salt, pepper, and lemon juice

d- grilled or broiled bratwurst and sauteed vegetables

or

jamacian jerk pork and black bean, mango salsa, brown or black rice

Thursday

b- baked apple stuffed with g.f. oats, chia, flax, olive oil (or coconut oil) and maple

s- roasted chickpeas with cumin

l- leftovers

s-

d- green beans and potatoes in vinaigrette with egg

Friday

b- homemade granola with fresh fruit, and coconut, rice or hemp milk

s-

l- black bean mango salad on quinoa

s- honey cinnamon sauteed apples

d- cumin crusted steak (olive oil, not butter), spicy sweet potato (no feta)

Saturday

b- omelet, fresh fruit salad

s- kale chips

l- butternut squash soup, winter greens salad with grapefruit

s- raw chocolate "milkshake"

d- roasted or grilled chicken and vegetables

Sunday

b-

s- vanilla poached pears

l- nicoise salad

s- roasted chickpeas with cumin

d-

Dessert Ideas

coco coconut balls

fresh fruit salad

fruit dipped in very dark chocolate (80% or darker to keep sugar down; chocolate should have very few ingredients, none of which should be chemical or unprouncable)

honey or maple roasted fruits

b= breakfast, s= snack, l= lunch, d= dinner