

# 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 appétit!**

## Introduction to the Menu Plan for the Comprehensive Elimination Diet

On page 4, you will find the “Comprehensive Elimination Diet Guidelines.” Eat only the foods listed under “Foods to Include,” and avoid those foods shown under “Foods to Exclude.” 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” starting on page 8, 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 that they are on the accepted list.

*A few suggestions which may be of help:*

- ♣ You may use leftovers for the next day’s 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 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 amount (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 are 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 Guidelines

FOODS to INCLUDE	FOODS to EXCLUDE
Whole fruits and diluted juices; fruit juice concentrates for baking	Citrus: oranges, grapefruit, lime, lemon; grapes
Dairy substitutes: rice and nut milks such as almond milk, coconut milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, ice cream, frozen yogurt, non-dairy creamers
Non-gluten grains: brown rice, millet, quinoa, amaranth, teff, buckwheat	Grains: wheat, corn, oats, barley, spelt, kamut, rye, triticale
Fresh ocean fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Dried beans, split peas and legumes	Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soymilk, soy yogurt, textured vegetable protein)
Nuts and seeds: walnuts, pumpkin, sesame and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini	Peanuts and peanut butter, pistachio nuts
All raw, steamed, sautéed, juiced or baked vegetables, except as specifically excluded in the box to the right.	Mushrooms, corn, all nightshades including: tomatoes, any variety of potatoes (sweet potatoes and yams are allowed), eggplant, peppers (green, red, yellow), ground cayenne and paprika
Cold pressed olive and flax seed oils, expeller pressed safflower, sesame, sunflower, walnut, canola, pumpkin, and almond oils	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
Drink at least 6-8 cups of filtered water per day. Herbal teas acceptable.	Alcohol, coffee and other caffeinated beverages, soda pop
Brown rice syrup, fruit sweeteners (see page 8), molasses, stevia	Refined sugar, white/brown sugars, sucraat, honey, maple syrup, corn syrup, high fructose corn syrup, evaporated cane juice

### Things to watch for:

- ♣ Corn starch in baking powder and any processed foods
- ♣ Corn syrup in beverages and processed foods
- ♣ Vinegar in ketchup, mayonnaise & mustard is usually from wheat or corn
- ♣ Breads advertised as gluten-free which contain oats, spelt, kamut, 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
- ✓ Apricots (fresh)
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cantaloupe
- ✓ Cherries
- ✓ Coconut
- ✓ Figs (fresh)
- ✓ Huckleberries
- ✓ Kiwi
- ✓ Kumquat
- ✓ Loganberries
- ✓ Mangos
- ✓ Melons
- ✓ Mulberries
- ✓ Nectarines
- ✓ Papayas
- ✓ Peaches
- ✓ Pears
- ✓ Prunes
- ✓ Raspberries
- ✓ Strawberries

\* 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

### Beans

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

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

- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Chives
- ✓ Cucumber
- ✓ Dandelion greens
- ✓ Endive
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce – red or greenleaf & Chinese
- ✓ Okra
- ✓ Onions
- ✓ Pak-choi
- ✓ Parsley
- ✓ Red leaf chicory
- ✓ Sea Vegetables – seaweed, kelp
- ✓ Snow peas
- ✓ Spinach
- ✓ Squash
- ✓ Sweet potato & yams
- ✓ Swiss chard
- ✓ Watercress
- ✓ Zucchini

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

### Non-Gluten Grains

- ✓ Amaranth
- ✓ Millet
- ✓ Quinoa
- ✓ Rice -brown, white, wild
- ✓ Teff
- ✓ Buckwheat

### Vinegars

- ✓ Apple Cider
- ✓ Balsamic
- ✓ Red Wine
- ✓ Rice
- ✓ Tarragon
- ✓ Ume Plum

### Cereals & Pasta

- ✓ Cream of rice
- ✓ Puffed rice
- ✓ Puffed millet
- ✓ Rice pasta
- ✓ 100% buckwheat noodles
- ✓ Rice crackers

### Breads & Baking

- ✓ Arrowroot
- ✓ Baking soda
- ✓ Rice bran
- ✓ Gluten free breads
- ✓ Quinoa flakes
- ✓ Flours: rice, teff, quinoa, millet, tapioca, amaranth, garbanzo bean
- ✓ Rice flour pancake mix

### Flesh Foods

- ✓ Free-range chicken, turkey, duck
- ✓ Fresh ocean fish - Pacific salmon, ocean char, 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

### Beverages

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

**Nuts & Seeds**

- ✓ Almonds
- ✓ Cashews
- ✓ Flax seeds
- ✓ Hazelnuts (Filberts)
- ✓ Pecans
- ✓ Poppy seeds
- ✓ Pumpkin seeds
- ✓ Sesame seeds
- ✓ Sunflower seeds
- ✓ Walnuts

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

**Oils**

- ✓ Almond
- ✓ Flax Seed
- ✓ Canola
- ✓ Olive
- ✓ Pumpkin
- ✓ Safflower
- ✓ Sesame
- ✓ Sunflower
- ✓ Walnut

**Herbs, Spices & Extracts**

- ✓ Anise
- ✓ Basil
- ✓ Bay leaf
- ✓ Caraway seeds
- ✓ Cardamom
- ✓ Celery seed
- ✓ Cinnamon
- ✓ Coriander
- ✓ Cumin
- ✓ Dandelion
- ✓ Dill
- ✓ Dry mustard
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Marjoram
- ✓ Mint
- ✓ Nutmeg
- ✓ Oregano
- ✓ Parsley
- ✓ Rosemary
- ✓ Saffron
- ✓ Sage
- ✓ Salt-free herbal blends
- ✓ Savory
- ✓ Sea salt
- ✓ Tarragon
- ✓ Thyme
- ✓ Turmeric
- ✓ Vanilla extract (pure)

**Sweeteners**

- ✓ Fruit sweetener
- ✓ Molasses
- ✓ Rice syrup
- ✓ Stevia

**Condiments**

- ✓ Mustard (made with apple cider vinegar)
- ✓ Nutritional yeast

## 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.
- ✓ Vitamin C crystals (ascorbic acid) are used in some recipes as substitution for lemon juice to provide tartness and to prevent some foods from browning when exposed to the air.
- ✓ Fruit sweeteners include: whole fruit, unsweetened apple butter, fruit juice concentrates (e.g., Mixed Fruit Concentrate produced by Mystic Lake Dairy, Redmond, WA can be found in the refrigerator section at most health food stores).

**DAY 1****Breakfast**

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

- ✓ served with rice 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

Carrot and celery sticks

Fresh figs, plums, or cherries

**Dinner**

Broiled salmon

Cooked millet or baked sweet potato or Quinoa Salad\*

Oven Roasted Veggies\*

Mixed greens salad with Vinaigrette Dressing\*

Crispy Rice Squares\* or fresh apple

**DAY 2** (recipes on pages 15-18)**Breakfast**

Fruit Smoothie:

- ✓ blend rice or almond milk with  $\frac{1}{2}$  banana and/or pineapple slice and one or two ice cubes
- ✓ add flax powder or other fiber if desired

Fresh Blueberry Muffin\* or Banana Bread\* with all-fruit spread

**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 and drain 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 Fresh Blueberry Muffin or Banana Bread (*recipes on pages 15 & 16*)

**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, and strawberries

✓ topped with shredded unsweetened coconut and chopped walnuts or pecans

**Dinner**

Broiled halibut

Baked butternut or acorn squash, sprinkled with cinnamon

Zucchini, garlic and onion sautéed in olive oil, topped with basil

Mixed green salad with Vinaigrette Dressing (*recipe on page 14*)

✓ 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 with fresh fruit

**DAY 4****Breakfast**

Sweet Potato Delight\* and/or leftover Nutri-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 (*recipe on page 14*)

Fresh banana or leftover Crispy Rice Squares\* (*recipe on page 15*)

**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\*

**DAY 5****Breakfast**

Mochi Rice Waffles\*, topped with Sautéed Apples\*

Fruit Smoothie:

An error on the original downloaded file erased Day 5 but the recipes are still available below.

## DAY 6

### **Breakfast**

Meal in a Muffin\*, or Breakfast Rice Pudding\*  
Rice milk or almond milk, berries, sweetener and pecans

### **Lunch**

Tuna salad:  
✓ leftover tuna mashed  
✓ hummus (from health food store)  
Leftover Beans and Greens soup  
Baking Powder Biscuits (*recipe on page 19*)  
Fresh pear or nectarine

### **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\*

**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

Rice crackers

Banana

**Dinner**

Rice Pasta Primavera\* or Black Beans and Yellow Rice\*

Pickled Beets\*

Mixed greens salad with Vinaigrette Dressing (*recipe on page 14*)

Leftover Breakfast Rice Pudding topped with raisins

## 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 grapes, orange and grapefruit)
- ♣ Fresh raw veggie wedges
- ♣ Nuts and seeds (except peanuts and pistachios)
- ♣ Crispy Rice Squares (recipe on page 15), Gingerbread, (recipe on page 20)
- ♣ Mochi rice squares, plain, with unsweetened jams or nut butters
- ♣ Sparkling mineral water or seltzer with unsweetened fruit juice

### 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 herbs of your choice  
 Salt to taste

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

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 (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  
 ½ cup chopped black olives (optional)  
 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. dried dill)  
 2 Tbsp. chopped fresh parsley  
 salt and pepper to taste

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 45 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. Salt and pepper to taste. Serve while warm.

**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  
 3 Tbsp. Balsamic vinegar (preferred because it has the richest flavor)  
 2-3 Tbsp. water  
 1 tsp. dry mustard  
 1-3 cloves fresh garlic (whole pieces for flavor or crushed for stronger taste)  
 Salt and pepper to taste  
 Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried

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

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****Fresh Blueberry Muffins** – *Makes one dozen*

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

1¾ cups sifted amaranth flour  
 ¼ cup sifted arrowroot  
 2 tsp. baking soda  
 ½ tsp. vitamin C crystals  
 ½ cup chopped nuts  
 ¼ cup ground nuts (*refer to Baking Tips, page 27*)  
 ¾ cup water  
 ¼ cup oil  
 ¼ cup fruit juice concentrate

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Egg Replacer to equal 1 egg (*refer to recipe on page 27*)

1 tsp. pure vanilla extract

1 cup fresh blueberries

Sift the dry ingredients into a large bowl. Add the chopped and ground nuts. Whisk together the water, oil, sweetener, egg replacer, and vanilla. Pour into the flour bowl. Mix with a few swift strokes. Fold in the blueberries.

Divide the batter into 12 muffin cups. Bake at 375 degrees for 18 to 20 minutes, or until center of muffin feels firm.

### **Banana Bread** - *Yields 14 slices.*

¼ cup walnuts, ground finely in blender

1¾ cups brown rice flour

½ cup arrowroot

2 tsp. baking soda

¼ tsp. salt

½ cup chopped walnuts

1½ cups ripe mashed banana

¼ cup safflower or canola oil

6 Tbsp. apple juice concentrate

Egg Replacer to equal 2 eggs (*refer to recipe on page 27*)

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 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.

### **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

2 cups water or chicken stock

1 tsp. dried dill weed

pinch nutmeg

Slice off the tips of the asparagus and reserve them. Cut the remaining stalks into 1" pieces. Slice the leeks in half lengthwise 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.

### **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

½ cup chopped walnuts or pecans

dash garlic powder

2 Tbsp. olive oil

2 tsp. vinegar

1 tsp. vitamin C crystals

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  
 2 cups water  
 ¼ to ½ tsp salt  
 ½ cup almonds  
 1 bunch parsley  
 1 clove garlic  
 1½ Tbsp. lemon juice  
 1½ Tbsp. olive oil  
 ½ cucumber, diced  
 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  
 1 pint fresh organic strawberries or raspberries, washed  
 ½ cup chopped walnuts or sliced almonds

#### *Dressing:*

2 Tbsp. sesame seeds  
 1 Tbsp. poppy seeds  
 2 scallions, chopped  
 ¼ cup flax seed oil  
 ¼ cup safflower oil  
 ¼ 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, Washington*

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, 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 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 to Nutri-Ola - Basic Recipe (above):

✓ Egg Replacer\* to equal 2 eggs (*refer to recipe on page 27*)

Slowly add additional water to make a stiff batter. Follow above directions, but bake at 350 degrees about 30 minutes. Cut into squares when done.

### **Guacamole - Makes 1½ - 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 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 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. canola 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 tablespoonfuls 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** - Serves 9

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

- ½ cup Mystic Lake Dairy fruit sweetener (concentrated peach, pineapple and pear juice)
- ½ cup canola oil
- Egg Replacer to equal 2 eggs\* (refer to recipe on page 27)
- 1 tsp. vanilla
- 1 cup unsweetened applesauce
- ½ cup pecans or walnuts
- 1½ cups brown rice flour
- ½ tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. ginger
- 1½ tsp. cinnamon
- ¼ tsp. nutmeg
- 1/8 tsp. cloves

Preheat oven to 350 degrees. Lightly spray a 9x9" square pan with olive oil. Chops nuts until finely ground. With an electric mixer, on medium speed, beat sweetener and oil together until thickened. Continue beating and add egg replacer, mixing well. Reduce speed to low and add vanilla. Stir together dry ingredients, then add nuts. With mixer on lowest speed, add dry ingredients in two parts, alternating with the applesauce, until mixture is just incorporated. Pour batter into prepared pan and bake for 20-25 min or until gingerbread springs back when touched lightly in the middle. Cool in pan on wire rack. Store well wrapped in plastic at room temperature. 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  
 fresh black pepper  
 6 cups water, vegetable, or chicken broth  
 ½ lb fresh chopped escarole, spinach, chard, or 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 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 cup basil leaves  
 ¼ tsp. vitamin C crystals  
 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  
 1¼ cups coconut milk  
 1¼ cups water

½ tsp. salt  
 1 Tbsp. brown rice syrup  
 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*

1 medium carrot, grated  
 1 large apple, grated  
 ¼ cup canola oil  
 ¼ cup unsweetened applesauce  
 Egg Replacement to equal 2 eggs (*refer to recipe on page 27*)  
 1/3 cup Mystic Lake Dairy sweetener  
 2 tsp. vanilla  
 ¼ cup garbanzo bean flour  
 ½ cup brown rice flour  
 ¼ tsp. cinnamon  
 ½ tsp. baking powder  
 ¼ tsp. ginger  
 1/8 tsp. nutmeg  
 ¼ cup shredded unsweetened coconut  
 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 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  
 2 Tbsp. sesame oil  
 3 cloves garlic, crushed  
 1 stalk celery, chopped  
 1 large onion, chopped  
 ½ tsp. salt  
 1 cup shredded, unsweetened coconut  
 ½ tsp. cinnamon  
 ½ tsp. powdered ginger  
 ½ tsp. turmeric  
 2 large green apples, washed and diced

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 favorite 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  
 ¼ 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 millet flour  
 2 tsp. baking powder  
 ½ tsp. baking soda  
 ¼ tsp. salt  
 1 Tbsp. apple butter  
 1 Tbsp. canola oil  
 Egg Replacer to equal 2 eggs (*Refer to recipe on page 27*)  
 1½ cups almond 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.*

*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  
 ¾ 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. Keeps well for 3 weeks.

**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 favorite veggie  
 3-4 scallions, chopped  
 2 cloves garlic, minced  
 1 Tbsp. olive oil (more if needed)

¼ cup fresh basil, finely chopped  
 ¼ - ½ cup coconut milk  
 ½ cup black olives, halved (optional)

Cook rice pasta according to package directions. While pasta is cooking, heat oil in wok or heavy frying pan, and stir fry chicken strips, 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 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 clove garlic, minced  
 ½ tsp. turmeric  
 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 water  
 1 Tbsp. brown rice syrup or fruit sweetener  
 ¼ 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. 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.

<h3><b>Baking Tips</b></h3>
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- 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.