

**Overview**

Your healthcare practitioner has determined that some of your health challenges may be related to chronic inflammation and recommended this therapeutic lifestyle program.

This program may be helpful for a wide variety of conditions and symptoms, including:

- Joint pain, stiffness, swelling, and loss of function in rheumatoid arthritis
- Abdominal pain and cramping, fever, joint pain, and/or frequent and urgent bowel movements in Crohn’s disease or ulcerative colitis
- Chronic and frequent diarrhea or constipation, abdominal pain or tenderness, gas, bloating, abdominal distention, nausea and vomiting, emotional distress, and depression associated with irritable bowel syndrome
- Redness or flare-ups in hives, psoriasis, or eczema (dermatitis)
- Toxicity-related symptoms such as headaches, muscular aches and pains, and fatigue
- Flu-like symptoms associated with inflammation—chills, fever, fatigue/loss of energy, headaches, loss of appetite, or muscle stiffness

Those with health issues that involve chronic inflammation may find that certain foods—such as lactose (dairy), wheat protein, gluten, yeast, soy, corn protein, egg, and artificial sweeteners, flavors, or colors—can make their symptoms worse. Food sensitivities and intolerances may trigger a process involving inflammation that leads to signs and symptoms like those listed above.<sup>1-28</sup>

The *FirstLine Therapy* Anti-Inflammatory Dietary Plan is a modified elimination diet. Research suggests that many common inflammatory and gastrointestinal conditions are triggered by sensitivities or reactions to certain foods, and that removing these offending foods may provide relief.<sup>3,4,6-9,11,13,14,17-20,23-26</sup>

This dietary plan is designed to *include* foods that may decrease or modulate some inflammatory reactions and to *eliminate* foods that have significant potential to trigger sensitivity reactions.

	Recommended Foods	Foods to Avoid
Fruits	Fresh; unsweetened; dried; frozen; canned, water-packed fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; any creamed vegetables <i>Optional: Nightshade vegetables—potatoes, tomatoes, eggplant, peppers*</i>
Starch	Rice, oats**, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oats**, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa <i>Food sensitivity alert: Amaranth and millet flake cereals may also contain oats or corn. Many buckwheat products also contain wheat.</i>	Products made from wheat, spelt, kamut, rye, or barley <i>Optional: Potato flour</i>
Legumes (vegetable protein)	All legumes including peas and lentils (except soybeans)	Tofu, tempeh, soybeans, soy milk; other soy products
Nuts and Seeds	Almonds, cashews, pecans, walnuts, sesame (tahini), sunflower, pumpkin; nut butters (except peanut)	Peanuts, peanut butter
Meat and Fish (animal protein)	All fresh or frozen fish, chicken, turkey, wild game, lamb; canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water-packed fish), shellfish, eggs
Dairy Products & Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks; egg replacer	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk
Fats	Oils: cold-pressed olive, flaxseed, organic canola, safflower, sunflower, sesame, walnut, pumpkin, almond, grapeseed	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads, palm oil, poultry skin, deep fried foods (chips, donuts)
Beverages	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Sodas, diet sodas, sports beverages, and other soft drinks and mixes; alcoholic beverages; coffee, tea, other caffeinated beverages
Spices & Condiments	Vinegar (except malt); all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, dry mustard, rosemary, tarragon, thyme, or turmeric	Chocolate, ketchup, chutney, soy sauce, BBQ sauce, bottled mustard, other condiments <i>Food sensitivity alert: Ketchup and other condiments may contain corn syrups.</i>
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, agave nectar	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, or evaporated cane juice
Other		Processed foods and baking soda containing corn starch Processed foods containing any of the ingredients or sweeteners to avoid

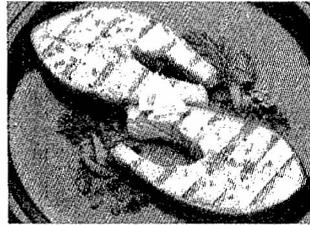
\*Depending on your individual health concerns, your healthcare practitioner may advise you to eliminate the nightshade vegetables from your diet. These include tomatoes, white potatoes, eggplant, and peppers. Foods that are not in the nightshade family include black pepper, sweet potatoes, boniato (white sweet potatoes), or members of the cabbage family, onion family, bean family, squash family, and many other vegetables.  
\*\*Current literature remains controversial on whether oats may be tolerated by celiacs. Until research is conclusive, individuals with celiac disease should follow their healthcare provider’s advice about eating oats.

## Following the Food Recommendations

For best results, you must carefully adhere to the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines (a comprehensive list of recommended foods is on pages 9.18-9.24 of this section). Avoiding foods to which you may be sensitive—and that may impair your body’s ability to heal—is a key component of this program.

Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to decrease your intake of pesticide and herbicide residues. Washing conventionally grown produce in a *diluted* solution of dish soap and rinsing thoroughly works well for some fruits and vegetables. There are also residue-cleaning solutions that can be found in many health food and grocery stores. The “cleaner” you eat, the better the program will work.

At certain times in this program you may select animal sources of protein. If possible, it’s best to choose chicken, turkey, or lamb products that have been raised by free-range feeding, organically, or without antibiotics or hormones (not mandatory, but preferred if available to you locally). Trim visible fat and prepare by broiling, baking, stewing, grilling, poaching, or stir-frying. Cold-water fish (e.g., salmon or mackerel) are an excellent source of protein and omega-3 essential fatty acids, which are important nutrients in this diet. Avoid shellfish, as they may cause a sensitivity reaction.



## How Will You Feel on This Program?

While most people have no problem maintaining enough energy on this program (in fact, many people feel more energized), it is best to initially curtail more strenuous physical activity. Strenuous or prolonged exercise should be reduced during the program to allow your body to cleanse and rejuvenate more effectively. Heavy exercise won’t help, and may make your condition worse. An important thing to remember—*your body is rebuilding and repairing itself*. Help it along by getting adequate rest.

Because stress may cause inflammation to flare-up or make your condition worse, reducing stress (or at least managing the stress in your life) is also



important for the success of your program. Practice the stress management techniques outlined in Section Six.

## A Program for Your Needs

Your health care practitioner has chosen among the various options presented here to select the plan she/he feels is most appropriate for your needs. These options allow your practitioner to focus on the allergic potential of foods (by choosing the 14-Day Modified Elimination Diet Plan and the 25-Day Plan) or to also address detoxification issues (by choosing the 14-Day Step Plan). The 14-day plans provide more convenience while the 25-day plan allows for more time to sort out more complicated allergy issues. The plans with a gradual introduction of the medical foods (14-Day Step Plan-option 2 and the 25-Day Plan) are designed for more sensitive individuals. Many practitioners use a gradual introduction for the majority of their patients. Please feel free to discuss your individual needs with your health care practitioner.

*14-day plans.* To customize the program to your specific needs, your healthcare provider may recommend one of two options for a 14-day express program: the “**14-Day Modified Elimination Diet Plan**” or the “**14-Day Step Plan.**”

*25-day plan.* The 25-day program may be recommended for individuals who are more sensitive to dietary changes or have more bothersome symptoms or chronic inflammation.

These programs are intended to be used with the nutritional support of an anti-inflammatory, detoxifying, or GI-restorative medical food providing low-allergy-potential protein, fats, and carbohydrates, as well as nutrients to promote a healthy intestinal tract, liver, and other specialized support. The medical food recommended to you may also contain other natural components that help calm inflammation. Proper use of the medical food is vital to the success of this program.



*Option 1*

**14-Day Modified Elimination Diet Plan**

The 14-Day Modified Elimination Diet Plan is an easy-to-follow program that uses the same diet and supplement recommendations for each day of the 14 day program.

*Days 1-14:*

- Follow the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines on page 9.3 and the complete list of allowed foods on pages 9.18-9.24.
- Your healthcare provider may also recommend eliminating nightshade vegetables from the allowed list during this program.
- Consume 2 scoops of the prescribed medical food 2 times daily for 14 days.
- Pursue moderate exercise such as walking and stretching.

Table 1. 14-Day Modified Elimination Plan

	Medical Food Dosage	Foods to Avoid (see list)	Allowed Foods						
			Meat & Fish	Nuts & Seeds	Legumes	Starch, Bread & Cereal	Fats	Fruits	Vegetables
Days 1-14	2 scoops 2x daily	Eliminate	✓	✓	✓	✓	✓	✓	✓



*Option 2*

**14-Day Step Plan**

The 14-Day Step Plan is a simple system of gradually eliminating different foods from your diet as you gradually increase the dosage of specific medical foods.

*Day 1:*

- Start this program by following the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines on page 9.3 and the complete list of allowed foods on pages 9.18-9.24.
- Take 1/2 scoop of the prescribed medical food **twice** daily.

*Days 2-3:*

- Continue to follow the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.
- Take **1 scoop** of the prescribed medical food **twice** each day.

*Day 4:*

- Take **2 scoops** of the prescribed medical food **twice** today.
- Today, **eliminate from your diet** all foods from *Meat & Fish* category in the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.

*Days 5-6:*

- Take **2 scoops** of the prescribed medical food **2 times** daily.
- **Further eliminate from your diet** all foods from the *Nuts & Seeds* category in the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.

*Days 7-10:*

- Take **2 scoops** of the prescribed medical food **3 times** today.
- **Further eliminate from your diet** all foods from the *Starch/Bread/Cereal* and *Legumes* categories in the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.
- You should now eat **only** whole fruits and vegetables (raw or steamed), topped with flaxseed or olive oil as desired.

Day 11:

- Add back the allowed foods from the *Starch/Bread/Cereal* categories. See *Section Eight* for a complete list of allowed starch, bread, and cereals.
- Decrease to **2 scoops** of the prescribed medical food **2 times** today.

Day 12:

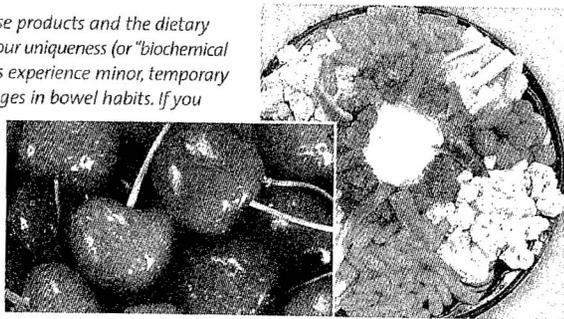
- Add back the allowed foods from the *Legumes* categories from *FirstLine Therapy Anti-Inflammatory Dietary Guidelines*.
- Decrease to **2 scoops** of the prescribed medical food **once** today.

Day 13:

- Add back the allowed foods from the *Nuts & Seeds* categories.
- Continue with **2 scoops** of the prescribed medical food taken **once** today.

Day 14:

- Add back the allowed foods from the *Meat & Fish* category.
- Continue with **2 scoops** of the prescribed medical food taken **once** today.
- Discuss follow-up to the program and food reintroduction with your healthcare provider.



**Note:** How you respond to these products and the dietary program will be determined by your uniqueness (or "biochemical individuality"). Some individuals experience minor, temporary reactions such as gas and changes in bowel habits. If you experience any unusual symptoms or unpleasant effects, contact your practitioner to find out if your dietary program needs further individualized adjustment.

Table 2. The 14-Day Step Program

	Medical Food* Dosage	Foods to Avoid (see list)	Allowed Foods						
			Meat & Fish	Nuts & Seeds	Legumes	Starch, Bread & Cereal	Fats	Fruits	Vegetables
Day 1	1/2 scoop 2x daily	Eliminate	✓	✓	✓	✓	✓	✓	✓
Days 2-3	1 scoop 2x daily	X	✓	✓	✓	✓	✓	✓	✓
Day 4	2 scoops 2x daily	X	Eliminate	✓	✓	✓	✓	✓	✓
Day 5-6	2 scoops 2x daily	X	X	Eliminate	✓	✓	✓	✓	✓
Day 7-10	2 scoops 3x daily	X	X	X	Eliminate	Eliminate	Flaxseed or Olive Oil ONLY	Raw or Steamed ONLY	Raw or Steamed ONLY
Day 11	2 scoops 2x daily	X	X	X	X	Add	Flaxseed or Olive Oil ONLY	Raw or Steamed ONLY	Raw or Steamed ONLY
Day 12	2 scoops 1x daily	X	X	X	Add	✓	Add	Add	Add
Day 13	2 scoops 1x daily	X	X	Add	✓	✓	✓	✓	✓
Day 14	2 scoops 1x daily	X	Add	✓	✓	✓	✓	✓	✓

\* Mixed with water or diluted apple juice or pear juice. No milk substitutes or added fruit.

### The 25-Day Program

This program is the most comprehensive *FirstLineTherapy* plan. This plan may be the best way for many individuals with frequently recurring or chronic inflammatory disorders to achieve resolution of their health problems. It allows for a gradual introduction to the dietary changes and the prescribed medical food, which many patients find easier to implement.

The 25-day program is the best for individuals who are more sensitive to dietary changes. Eliminating caffeine all at once, for example, may cause withdrawal symptoms such as headaches. Gradually eliminating foods from the “Foods to Avoid” list is therefore recommended.

#### Phase 1 (Days 1-7):

During this phase, you will gradually eliminate potentially allergenic foods while you gradually increase the dosage of the prescribed medical food.

##### Days 1-2:

- Begin to follow the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines as outlined on page 9.3 and in the complete list of allowed foods on pages 9.18-9.24, gradually eliminating foods from the “Foods to Avoid” list.
- Take only **½ scoop** of the prescribed medical food (mixed as suggested) **twice** daily for these first 2 days.

##### Days 3-7:

- Continue following the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.
- Increase to **1 scoop** of the prescribed medical food **2 times** daily.

#### Phase 2 (Days 8-25):

During this phase, you will follow the recommended dietary program along with increasing to the full 2 servings daily of the prescribed medical food.

##### Days 8-25:

- Continue following the *FirstLine Therapy* Anti-Inflammatory Dietary Guidelines.
- Take **2 scoops** of the prescribed medical food **2 times** daily.

#### Phase 3 (Day 26 and beyond):

At this time, your healthcare provider will determine whether or not you would benefit from additional time on this plan. In some cases, a continuation of the elimination diet alone can be helpful. A longer-term strategy may include the introduction or continuation of nutritional supplements.

Table 3. 25-Day Plan

	Medical Food Dosage	Foods to Avoid (see list)	Allowed Foods						
			Meat & Fish	Nuts & Seeds	Legumes	Starch, Bread & Cereal	Fats	Fruits	Vegetables
Phase 1									
Days 1-2	1/2 scoop 2x daily	Eliminate Gradually	✓	✓	✓	✓	✓	✓	✓
Days 3-7	1 scoop 2x daily	Eliminate Gradually	✓	✓	✓	✓	✓	✓	✓
Phase 2									
Days 8-25	2 scoops 2x daily	Eliminate Totally	✓	✓	✓	✓	✓	✓	✓



## Recommended Foods and Recipes

At the end of this section is a comprehensive list of recommended foods (pages 9.18-9.24), sample menu plans (pages 9.25-9.28), and recipes (pages 9.29-9.41) to help you combine these foods into healthy and delicious meals.

Also included on page 9.29 are mixing variations for the medical food beverage your healthcare provider recommends.

## Reintroducing Foods

At the completion of your 14- or 25-day program, your healthcare provider may recommend that you reintroduce certain foods. If you decide to reintroduce foods not on the recommended list of foods, careful attention should be paid to how you feel as you begin to eat these foods again. Any symptoms you experience or reactions you may have could be signs that these foods are trigger foods for you and that you should avoid them.

See Table 4 for simple instructions on how to reintroduce foods. A sample *Food Reintroduction Response Chart* for recording any symptoms or reactions to food reintroductions is included for you at the end of this section (page 9.42).

You do not have to reintroduce all foods. Because of the wide variety of foods in this modified elimination plan, many people find it a comfortable diet for them to stick with for life. Or, if you know you have serious sensitivities to some foods, you may decide to eliminate those permanently from your diet. It's your health—you take charge!

*Table 4. Procedure for Reintroducing Foods*

- Introduce only one new food at a time.
- Eat the food you are reintroducing 2 to 3 times in the same day. Continue to eat the other foods on your diet.
- Do not introduce any other new foods over the next 2 days and monitor any reactions you experience over that time period.
- If you have had a reaction to a food, please avoid this food until you have discussed your reaction with your health care provider.
- Some practitioners may prefer to test, but then avoid even non-reactive foods until all testing is complete.
- Record your responses as outlined in the chart at the end of this section in your guidebook. (You can personalize the list of signs and symptoms to those you experience.)
- If you are unsure if you had a reaction, retest the same food in the same manner.
- Discuss your responses with your healthcare provider, who may suggest rotation or elimination of that food based upon your reactions and history.

flaxseed meal and 1/2 cup water to equal 1 egg.

## Menu Options and Recipes

Following are menu ideas on the dietary plan. The easiest route may be simply choosing from these meal suggestions. If you wish to be creative and develop your own menus, just keep the recommended foods from Table 6 (pages 9.18-9.24) in mind.

There are no caloric restrictions, unless your healthcare practitioner recommends so. Otherwise, you may eat as much of anything on the allowed list as you would like.

### *Symbols*

\* = Recipes are included for those menu items with an asterisk (\*).

(V) = Recipe or suggestion as a vegetarian option.

(N) = Recipes and menu options that contain nightshade vegetables (tomatoes, potatoes, peppers, and eggplant) are indicated with an (N). If your healthcare practitioner advises you to eliminate nightshade vegetables, you may be able to substitute another allowable food item. However, in some cases you may need to avoid a recipe altogether (such as *Ratatouille*, which contains mostly nightshade vegetables).

## Breakfast Ideas

2 scoops of the recommended medical food, mixed as directed with your choice of liquid and fresh or frozen fruit. In addition to your shake, as needed, please add any of the following options:

- Dinner leftovers
- Herbal tea

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- Whole grain oatmeal or quinoa flakes with almond, rice, or oat milk, cooked with diced apples, or sweetened with applesauce, and sprinkled with cinnamon and ground flaxseeds (V)
- Herbal tea

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- Rice cakes with hummus, sliced cucumber, and avocado (V)
- Herbal tea

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- *Oat Bran Muffin\** (V)

- Herbal tea
- 
- Rice cakes topped with either smoked salmon or almond butter
  - Herbal tea
- 
- *Peach Melba Smoothie\** (V)

### Lunch Ideas

- *Quick & Easy Rice 'n Beans with Chicken\**  
(V) exclude chicken
  - 1 cup steamed broccoli or kale topped with flaxseed or olive oil
  - Fresh peach or plums
- 
- *Tuna/Garbanzo Bean Salad\**
  - *Vegetable Dal Curry\** (V)
- 
- *Stir-Fry Vegetables and Chicken\**  
(V) exclude chicken
  - and/or *Split Pea Soup\** (V)
  - *Beans & Greens Soup\** (V)
  - *Kasha\** (V)
- 
- *Simple Rice Burger\** (V)
  - *Spring Salad\** (V)
- 
- *Beans & Greens Soup\** (V)
  - Sliced tomato (N) and roasted red pepper (N) with watercress, basil leaves, and slivers of fresh garlic, drizzled with a combination of olive and flaxseed oils (V)
- 
- *Split Pea Soup\** (V)
  - *Cauliflower Salad\** (V) (N)
- 
- Quinoa Vegetable Soup\* (V) (N)

- Hummus with raw carrots and celery (*optional: Basic Salad & Veggie Dressing\**) (V)
- 
- *Sassy Beans\** (V) (N)
  - 1 cup stir-fried asparagus, baby bok choy, or sliced peppers (N) and onions (V)

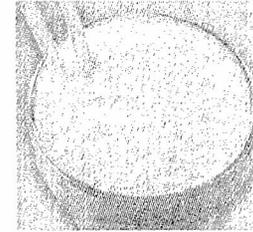
### Dinner Ideas

- Broiled or poached salmon or cod OR *Vegetable Dal Curry\** (V)
  - Steamed or oven roasted asparagus, green beans, or Brussels sprouts (V)
  - Baked sweet potato (V)
  - Fresh spinach salad with *Basic Salad & Veggie Dressing\** (V)
  - *Baked Apple\** (V)
- 
- Roasted organic chicken breast or broiled rainbow trout (omit for vegetarians)
  - *Spaghetti squash\**(V), topped with *Ratatouille\** (V)(N)
  - Mixed greens, topped with white cannellini beans and tossed with *Basic Salad & Veggie Dressing\** (V)
- 
- Roast leg of lamb with *Mint Sauce\** over quinoa, cooked according to package OR quinoa topped with *Ratatouille\** (V)(N)
  - Steamed broccoli with herbs and flaxseed oil (V)
  - *Baked Apple\** (V)
- 
- Grilled or broiled tuna, sea bass, flounder, sole, or cod OR *Lentil Salad\** (V)
  - Brown rice tossed with 1 tsp. flaxseed oil (V)
  - Steamed and diced beets or steamed green beans, topped with flaxseed oil and slivered almonds (V)
  - Mixed green salad with cherry tomatoes (N), sliced cucumber, and cauliflower florets tossed with *Basic Salad & Veggie Dressing\** (V)

- Baked or broiled halibut, or filet of sole, red snapper, or cod  
OR *Semi-Greek Salad\** (V)
- Baked sweet potato (V)
- Steamed collards, spinach, bok choy, or kale, topped with olive oil and garlic (V)
- *Poached Peaches\** (V)

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- 3 oz. oven roasted turkey breast  
OR *Lentil Salad\** (V)
  - *Mock Mashed Potatoes\** (V)
  - Baked acorn squash, topped with 1 tsp. brown rice syrup or agave nectar and a dash of cinnamon (V)
  - *Baked Apple\** (V)

- 
- *Stir-Fry Vegetables & Chicken\**  
OR *Sassy Beans\** (V)
  - *Pecan Rice\** (V)
  - Spinach salad with walnuts and fresh strawberries, topped with ground flaxseed meal and tossed with *Basic Salad & Veggie Dressing\** OR *Tabini Dressing\** (V)



## Recipes

### *Medical Food Shakes*

#### Basic Recipe

- 2 scoops medical food powder
- 1 cup (8 ounces) chilled liquid
  - use 1/2 water and 1/2 rice or almond milk
  - use all water or your choice of rice or almond milk

Mix 1 serving of powder with your choice of suggested liquid. Briskly stir, shake or blend until well mixed. Drink slowly but consume within 15-20 minutes; it may thicken with time. You may use it as part of a meal, as a meal replacement, or a between meal snack.

*(Be sure to buy alternative milk products that have no added sugar. You may add any of the acceptable sweeteners from the shopping list.)*

#### Recipe Options:

Using ice and a blender will make a cold “smoothie.” Most fruit flavors work well. Blend 2 scoops of powder and 2 ice cubes (if desired) with any of the following:

- 1 cup rice or almond milk, with 1/2 cup frozen berries or other acceptable fruit such as mango or peaches

*(Adding more or less liquid will proportionally thin or thicken the smoothie. Frozen fruit, such as berries, peaches, or melon, may be used in place of ice cubes; adjust liquid accordingly.)*

#### Hints:

If you travel or take your product to work, you can purchase a small portable battery-operated mixer (found in many travel or kitchen appliance stores) to use when a blender isn’t available.

**IMPORTANT:** Do not pre-mix and save.



**Breakfast**

**Oat Bran Muffins** (yield 8 muffins)

- 3/4 cup almond milk
- 1 Tbsp. lemon juice
- 1/2 cup oat bran
- 1 3/4 cups whole oats
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/4 cup chopped walnuts or almonds
- 3/4 cup unsweetened applesauce
- 1/2 cup dates or dried apples

Preheat oven to 400°. Spray muffin cups with oil and set aside. Combine almond milk and lemon juice in a cup and allow to sit about 10 minutes or until curdles form. Combine dry ingredients in a large bowl. Add almond milk/lemon juice combination and applesauce, mixing gently with a spoon until completely moistened. Stir in dried fruit but do not over-mix. Spoon into prepared muffin tin, filling about 3/4 full. Bake 20-25 minutes until lightly browned. Allow to cool for 10 minutes before removing from pan.

**Peach Melba Smoothie** (1 serving)

- 6-8 oz. rice, oat, or almond milk
- 1 peach
- 1/2 cup raspberries
- 1-2 ice cubes

Mix in blender. Use a variety of fruit for different flavors.



**Soups & Salads**

**Quinoa Vegetable Soup** (serves 4-6)

- 4 cups water
- 1/4 cup quinoa (well rinsed)
- 1/2 cup carrots, diced
- 1/4 cup celery, diced
- 2 Tbsp. onion, chopped
- 1/4 cup green pepper, diced (N)
- 2 cloves garlic, chopped
- 1 tsp. olive oil
- 1/2 cup tomatoes, chopped (N)
- 1/2 cup cabbage, chopped
- 1 tsp. salt
- Parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley.

For variations, try adding some of your other favorite vegetables, chopped and sautéed.

**Split Pea Soup** (serves 6)

- 3 cups dry split peas
- 2 quarts water
- 1 bay leaf
- 2 onions, chopped fine
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 2 medium carrots, sliced
- Salt and black pepper to taste
- 3 Tbsp. apple cider or rice vinegar

Place ingredients in Dutch oven. Bring to boil and lower heat to simmer partially covered for about 60 minutes, stirring occasionally. Add more water as needed. Add pepper, salt, and vinegar to taste.

### **Beans & Greens Soup** (*serves 4-5*)

2 Tbsp. olive oil  
 1 large onion, chopped  
 2 medium cloves garlic, crushed  
 1 bay leaf  
 1-2 stalks celery, diced  
 1-2 medium carrots, diced  
 1 tsp. salt  
 Black pepper to taste  
 5 cups water or vegetable broth  
 2 cups cooked white beans  
 1/2 lb. fresh chopped mixed greens: kale, collards, spinach, and escarole  
 Freshly grated nutmeg

In a saucepan, add oil and sauté the onions and garlic over low heat. When onions are soft, add celery, carrot, salt, and pepper. Stir and sauté another 5 minutes. Add broth or water and bay leaf. Cover and simmer about 20 minutes. Add cooked beans and greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Garnish as desired with grated nutmeg.

### **Cauliflower Salad** (*serves 10-12*)

1 small head of cauliflower  
 3-4 cloves garlic, minced  
 1/2 cup chopped pecans  
 1 Tbsp. olive oil (for sautéing)  
 2 Tbsp. olive oil (for dressing)  
 2 Tbsp. flaxseed oil  
 2 Tbsp. vinegar  
 2 Tbsp. each freshly snipped parsley and chives  
 1 pint cherry tomatoes (**N**), optional; substitute with 3/4 cup frozen and defrosted baby green peas

Salt and pepper to taste

Lightly steam cauliflower florets. Meanwhile, sauté garlic and pecans in olive oil over very low heat until slightly brown. Mix with remaining oils, vinegar, and seasonings. In a large bowl, mix vegetables together and toss with garlic-pecan mixture. Add salt and pepper to taste. Flavor is enhanced the longer this salad sits.

### **Lentil Salad** (*serves 4*)

2/3 cup uncooked lentils, well rinsed  
 2 cups water  
 1 bay leaf  
 1 Tbsp. chopped fresh basil or 1 tsp. dried basil  
 1/4 cup finely diced red or green onions  
 1 whole carrot, grated  
 1/4 cup finely chopped black olives  
 1/4 cup raisins or currants

Simmer lentils and bay leaf in water for about 25 minutes or until tender. Drain and discard bay leaf. In a large bowl, gently toss lentils with basil, onions, grated carrot, chopped olives, and raisins or currants. Mix in *Basic Salad & Veggie Dressing\** to taste. Gently toss and serve slightly chilled or at room temperature.

### **Semi-Greek Salad** (*serves 1*)

3 cups mixed greens  
 1/2 cup each shredded carrot, cabbage, and green onion  
 Black olives  
 Red onion ringlets  
 1 cup cooked garbanzo beans

Combine greens, carrots, cabbage, and green onion. Toss in a few sliced black olives and a few red onion ringlets. Add garbanzo beans. Mix *Basic Salad & Veggie Dressing\**, making sure to add dry mustard, and toss with greens and veggies.

### **Tuna/Garbanzo Bean Salad** (serves 2)

1/4 cup each of: green peas, shredded carrot, shredded cabbage, mung bean sprouts, and chopped parsley or basil

1/2 cup cooked garbanzo beans

1/2 cup water-packed tuna (or leftover cooked tuna)

Combine and toss with *Basic Salad & Veggie Dressing\**

### **Spring Salad** (serves 6)

2 1/2 tsp. fresh lemon juice

2 tsp. olive oil

1 clove of garlic, crushed

1 lb. of asparagus

1/2 English cucumber, cut into quarters and sliced (unpeeled)

1/2 tsp. kosher salt

1/2 tsp. pepper

3 scallions, sliced, white part only

1 cup fresh or frozen peas, thawed

1 ripe avocado, diced into 1-inch pieces

Combine lemon juice, oil, and garlic in a jar, shake vigorously, add salt and pepper then set aside. Snap ends off asparagus and slice 1" pieces diagonally. Blanch 3 minutes, remove with strainer and run under cold water. Set aside. Blanch peas. If using fresh peas for 30 seconds, rinse with cold water. If using frozen peas, just defrost. Combine veggies in a bowl. Shake dressing and toss into salad. Add avocado right before serving.



### *Entrees & Sides*

### **Roasted Veggies** (serves 6)

Prepare any of the following veggies:

Red, yellow, or green bell pepper (N), cut into large chunks; asparagus, ends broken off; red or yellow onions, peeled and cut into thick wedges; beets, peeled and cut into chunks; green beans (leave whole), sweet potato, peeled and cut into small chunks; zucchini or eggplant (N), cut into chunks; Brussels sprouts; cauliflower, broken into florets; fennel bulb, thickly sliced (gives a licorice flavor); large tomatoes (N), quartered or plum tomatoes (N), halved

Garlic cloves, peeled

2 tbsp. olive oil

Fresh rosemary sprigs

1/4 tsp. salt and pepper to taste

Preheat oven to 425 degrees. In a single layer, spread veggies (except tomato and garlic) in a lightly oiled shallow roasting pan (you may use any combination of vegetables you desire). Arrange tomato pieces and garlic cloves among the vegetables and brush all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes, turning vegetables after 15 minutes. Serve immediately or allow to cool and serve at room temperature. Leftovers will enhance a salad or side dish. The time may vary for each veggie so check periodically.

### **Simple Rice Burger** (serves 1)

1/4 cup cooked brown rice

2 tsp. tahini,

1/2 tsp. basil

1/2 tsp. vegetable broth powder  
 1-2 Tbsp. chopped parsley  
 Dash each of oregano, chopped onion, and garlic  
 Salt to taste

Mix ingredients together to form a patty and salt to taste. Lightly spray a skillet and brown the patty.

### **Vegetable Dal Curry** (*serves 2*)

1 tsp. olive oil  
 1/4 cup onion  
 1 tsp. turmeric powder  
 1/4 tsp. coriander powder  
 Dash of cumin  
 1 carrot, sliced  
 1 cup cauliflower pieces  
 1/3 cup red lentils  
 1 cup of water  
 Salt to taste

Heat olive oil and add onion, turmeric powder, coriander powder, and cumin. Sauté.

Add carrot and cauliflower pieces, stir to coat. Add red lentils and water. Bring to a boil, reduce heat, and simmer about 40 minutes.

### **Spaghetti Squash** (*serves 6*)

1 medium spaghetti squash

Using 1 medium spaghetti squash, cut in half lengthwise, with seeds removed, place cut side up in an ovenproof dish with 1/2 inch water and cover with foil. Bake at 375 degrees for about 40 minutes, or until easily pierced with fork. DO NOT OVERBAKE. When squash is cool enough to handle, scrape with a fork to release spaghetti-like strands. Top with *Ratatouille*\*.

### **Ratatouille** (*serves 6*) (N)

1/2 cup olive oil  
 2 large onions, sliced  
 3 garlic cloves, minced  
 1 medium eggplant (N), cut into 1" cubes  
 2 green peppers (N), chopped  
 3 zucchini, cut into 1/2" slices  
 1 28-oz. can tomatoes (N), drained  
 1 tsp. salt  
 1/4 tsp. pepper  
 1 tsp. oregano  
 1/2 tsp. thyme

In a 6-quart pot, sauté onion and garlic in oil for 3 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. After adding zucchini, cook for 5 more minutes. Add seasonings and tomatoes. Cover and simmer for 30 minutes.

### **Quick & Easy Rice 'n Beans with Chicken** (*serves 1*)

4 oz. (1/2 cup) kidney or black beans  
 1/2 cup cooked brown rice  
 3 oz. chicken breast (omit for vegetarians)

Mix rice and beans with chicken and top with *Basic Salad & Veggie Dressing*\*.

### **Kasha** (*serves 2*)

1 tsp. olive oil  
 1/4 cup chopped onion  
 1 celery stick, diced  
 1/2 cup uncooked kasha (buckwheat groats)  
 1 cup water  
 Salt and pepper to taste

Sauté onion and celery in oil. Add buckwheat and water and bring to a boil. Reduce heat and simmer 20 minutes. Season with salt and pepper as desired.

**Mock Mashed Potatoes**

1 large head cauliflower  
 1 Tbsp. olive or flax oil  
 1/3 cup milk substitute (almond or rice milk)  
 Salt and pepper to taste  
 Optional spices: garlic powder OR curry powder and nutmeg

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes. Serve immediately and enjoy the unique flavor!

**Stir Fry Vegetables & Chicken** *(serves 2)*

1 tsp. sesame oil  
 2 tsp. grated fresh ginger  
 3 oz. boneless organic chicken, cut into strips or cubes  
 1 tsp. flaxseed oil  
 Optional: basil, chopped

Any combination of the following veggies:

2 carrots, diced  
 1 stalk celery, diced  
 1 cup bok choy, chopped  
 1/2 cup diced onion  
 1/2 cup chopped broccoli and/or cauliflower  
 1/2 cup snow peas  
 1/4 cup mung bean sprouts

Heat sesame oil and ginger in a wok and stir-fry your choice of vegetables for about 5 minutes. Add chicken pieces and continue to stir-fry until cooked through. Optional: Just before removing from heat, add freshly chopped basil. Add 1 tsp. flaxseed oil upon completion of cooking. Serve with *Pecan Rice\**.

**Pecan Rice** *(serves 4)*

1 cup wild and brown rice mix  
 2 1/2 cups water  
 2 Tbsp. chopped pecans  
 1 tsp. walnut or olive oil

Bring water to boil and add rice, stirring to mix well. Cover and simmer rice for about 45 minutes or until all liquid has been absorbed. Do not stir while cooking. While rice is cooking, sauté pecans in oil over low heat until lightly browned. Toss pecan mixture with cooked rice and serve immediately.

**Sassy Beans** *(serves 1)*

1 tsp. olive oil  
 1 Tbsp. chopped scallions  
 1 clove garlic, minced  
 1/2 cup chopped onion  
 1/2 cup of vegetarian refried beans  
 1/4 cup cilantro, chopped  
 Chopped black olives  
 1/4 of an avocado

Sauté scallions, garlic, and onion in olive oil. Add refried beans. Remove from heat and garnish with optional: cilantro, black olives, and avocado. Serve with *Pecan Rice\**.

## *Sauces & Dressings*

### **Mint Sauce** *(serves 4)*

3 Tbsp. mint leaves  
 1/3 cup plus 1 Tbsp. water  
 1 Tbsp. brown rice syrup  
 1 tsp. arrowroot  
 Vitamin C crystals (optional)

Combine mint leaves and water in small saucepan. Simmer for 10 minutes. Strain and return liquid to pan. Stir in brown rice syrup. Dissolve arrowroot in 1 Tbsp. water and stir into saucepan. Cook over medium heat until sauce thickens. For a tangy flavor, add a few vitamin C crystals. Serve warm over slices of lamb and quinoa.

### **Basic Salad & Veggie Dressing** *(serves 6)*

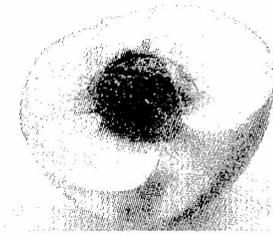
1/4 cup each flaxseed and olive oils  
 2-4 Tbsp. vinegar (apple cider, tarragon, rice, balsamic)  
 1 Tbsp. water  
 1 tsp. dry mustard (optional, but delicious), whisked in to liquid for easy mixing  
 Whole or minced garlic, oregano, basil, or other herbs of choice  
 Mix well in a shaker jar. Dressing will solidify in the refrigerator.

Store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

### **Tahini Dressing** *(serves 1)*

1 Tbsp. sesame tahini  
 Lemon juice to taste  
 Water

Mix sesame tahini with lemon juice to taste and add water to the desired consistency for salad dressing.



## *Desserts*

### **Baked Apple** *(serves 1)*

1 apple  
 2 Tbsp. water  
 1 tsp. brown rice syrup  
 Cinnamon

Core apple and peel top third only. Blend water with brown rice syrup and drizzle into center and over the apple. Sprinkle with cinnamon. Bake at 350° for approximately 20 minutes, or until tender.

### **Poached Peaches** *(serves 4)*

1 can (6 oz.) frozen unsweetened apple juice concentrate, thawed  
 1 cup water  
 1 Tbsp. finely grated lemon peel  
 1 tsp. vanilla extract  
 4 medium size ripe peaches or nectarines (pears will be a winter alternative)  
 4 sprigs fresh mint for garnish (optional)

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits. On each plate, arrange 2 peach halves in the center and garnish with mint.

### Food Reintroduction Response Chart

	Day:						
	Food:						
	Time:						
Symptoms							
Digestion/ Bowel Function							
Headache/ Joint & Muscle Ache							
Skin							
Nasal or Chest Congestion							
Energy Level							
	Day:						
	Food:						
	Time:						
Digestion/ Bowel Function							
Headache/ Joint & Muscle Ache							
Skin							
Nasal or Chest Congestion							
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