

# WORKBOOK

# FOOD Allergies &

# FOOD Sensitivities

by Angela Poch, N.C.

**A Workbook, Journal, and Cookbook all rolled into one!**

Wheat Free, Gluten Free, Sugar Free, Egg Free, Dairy Free,  
Yeast Free, Soy Free, and almost Oil Free!

**Discover why your body rejects certain foods!**

# Food Allergies & Food Sensitivities Workbook

Wheat Free, Gluten Free, Sugar Free, Egg Free, Dairy Free,  
Yeast Free, Soy Free, and almost Oil Free!

by Angela Poch, N.C.

*3rd Edition  
Revised March 28, 2016*

*ISBN 978-1-926784-02-1*

*Printed in Canada (unless you purchased this as an e-book)*

*Copyright © 2010, 2012 Higher Path Print & Production*

**For MORE cookbooks [www.HigherPathStore.com](http://www.HigherPathStore.com)**

*You may reprint for your own personal use and your immediate families use.*

*Information in this book is for reference only. Always consult your doctor (one who will work with healthy alternatives) before making abrupt/major changes in your diet or exercise program.*

# *Preface*

Food allergies, irritable bowel, celiac, crohns, and more. What do all these have in common? They are often affected for the worse by what you eat. And while there are plenty of diets and advice on how to eat out there, none of them consider each individual's own issues.

In this is plan you will learn what foods really affect you so you can develop your own diet plan that works for you.

# Contents

<i>Preface</i>	4
<i>Introduction</i>	7
<i>Food Allergies vs Sensitivities</i>	8
<i>How It Works</i>	9
<i>Symptoms &amp; Foods</i>	10
<i>Day 1</i>	16
<i>Day 2</i>	18
<i>Day 3</i>	20
<i>Day 4</i>	22
<i>Day 5</i>	24
<i>Day 6</i>	26
<i>Day 7</i>	28
<i>Day 8</i>	30
<i>Day 9</i>	32
<i>Day 10</i>	34
<i>Day 11</i>	36
<i>Day 12</i>	38
<i>Day 13</i>	40
<i>Day 14</i>	42
<i>The Challenge</i>	44
<i>Day 1</i>	46
<i>Day 2</i>	48
<i>Day 3</i>	50
<i>Day 4</i>	52
<i>Day 5</i>	54
<i>Day 6</i>	56
<i>Day 7</i>	58
<i>Day 8</i>	60

*Note: For easy of use as an e-book, page numbers include covers.*

<i>Day 9</i>	62
<i>Day 10</i>	64
<i>Day 11</i>	66
<i>Day 12</i>	68
<i>Day 13</i>	70
<i>Day 14</i>	72
<i>Now What?</i>	74
<i>Appendix</i>	76
<i>Recipe Alternatives</i>	77
<i>Challenge Recipes</i>	80
<i>Starting Food Diary Sheet</i>	83

*God's plan is for you to  
live and eat well.*

# *Introduction*

Above all that is said in this book, please follow your doctor or dietician's directions!!! This diet should not be done long term or without your doctor's supervision! The medicines you take could affect the outcome, but you need professional help to limit or remove them, so consult your doctor. While I have done my best to ensure there is adequate nutrition, your particular needs may eliminate certain nutrients you need. Please consult your local dietician with this book before proceeding! They can help you make any changes needed for your lifestyle or health needs. Not everyone is the same and one diet does NOT fit all. This diet is not recommended during pregnancy or for small children without supplementation and doctor supervision.

This book was designed for those who suspect they have food sensitivities or food allergies. Most of the recipes feed a family of four so you don't have to cook separate meals for everyone. But your family is not limited to the foods listed here, so they may supplement.

The elimination diet is one of the best ways to figure out what foods you are sensitive to. There are different methods, so I've tried to combine the most common methods for you in this book. This process will take about 3 to 6 weeks depending on how many foods you react to.

While all the recipes are vegan in this book, you can adapt it for any diet. In addition there are some cautions for those on severely restricted diets in regard to being vegan, thus honey, chicken, and fish may be listed as an alternative with an explanation of when and why.

May God give you wisdom and strength to follow through to a victory over the foods that beset you.

Angela Poch, N.C.

PS: If you purchased this book as an e-book, you can print it on 8 1/2 x 11 paper, two sided. I left in the white pages for the front and back cover so you can put those into a clear binder cover sleeve if desired. There is plenty of room for hole punching as well. Enjoy.

# *Food Allergies vs Sensitivities*

Food allergies are different from food sensitivities in which body system is reacting to them. Food sensitivities are vague, usually affecting the digestive tract (irritable bowel symptoms) or neurologic systems (headaches, etc.) Food allergies, on the other hand, specifically affect the immune system. While the systems vary, so do the symptoms. You usually cannot tell by symptom whether it is a food allergy or sensitivity.

With food allergies, once the immune system decides that a particular food is harmful, it creates specific antibodies to it. The next time the individual eats that food, the immune system releases massive amounts of chemicals, including histamine, to protect the body. These chemicals trigger a cascade of allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, and/or cardiovascular system. Scientists estimate that more than 12 million Americans have food allergies. That's one in 25, or 4 percent of the population. Allergy testing is available for true food allergies that affect your immune system, be sure to research the latest tests. You'll want to make sure they are testing for both IgE and IgG immune system responses.

But with food sensitivities, or intolerance, you do not have an immune response. There are particular diseases and intolerance such as lactose intolerant or Celiac disease. There are no real statistics on how many people are affected by this problem of food intolerance. There are all kinds of numbers thrown around out there, but no real research has been done on the subject. There is NO blood tests for food sensitivities only food allergies. Because food sensitivities are so vague and can affect so many different system, they can be really difficult to discover.

So, if you can't get a blood test what do you do? The elimination diet is one of the best ways to figure out what foods you are sensitive to. There are different methods, I've tried to combine the most common methods in this book for you. This process will take about 3 to 6 weeks depending on how many foods you react to.

# *How It Works*

Basically the elimination diet relies on trial and error to identify specific food allergies and intolerances. Most elimination diets typically involve entirely removing a suspected food from the diet for a period of time from 2-4 weeks, and seeing whether the bothersome symptoms diminishing or quit. This book will use the two week avoidance then challenge method. If your symptoms are not improved at the end of the two weeks you will need to try a fast or eliminate one or more of the foods you suspect within the diet in this book. The ingredients used are less common to affect people, but you still could have a reaction to one of these foods.

While on the elimination diet, you must keep records. It is vital for all items placed in the mouth - food, gum, vitamins, and medications to be written down. Plus keeping track of any symptoms. Withdrawal symptoms from caffeine, toxins, or food addictions can occur in the first weeks on the elimination diet, and symptoms can even flare or worsen initially before settling. You should be feeling pretty good by the end of the second week. If not, consult your doctor immediately. Further symptom improvement usually occurs over a 2 to 4 week period, if there is no change after a strict adherence to the elimination diet (or after the water fast), then food intolerance is unlikely to be the cause. A normal diet can then be resumed by gradually introducing suspected and eliminated foods one at a time. If the symptoms did go away, you're ready for the challenge.

## *How to use this plan:*

So, how does this work practically? Each day there is a diary page along side each menu. You will need to record your symptoms, reactions, and emotions each day. Mark down if you change any of the ingredients or omit them. After day 14, you will see a Challenge page. Follow the instructions on that page and continue on your quest for fickle food freedom.

If the General information and food tips get confusing, don't panic. Getting started gives you the specific steps you need to take on this program.

And above all please pray for God to direct you with wisdom and strength in this discovery process. "Cheating" can remove weeks of work or confuse and frustrate you. I know, I DID the first time! It is vitally important you read ALL the notes and tips!!!!

Angela Poch, N.C.



# Symptoms & Foods

## General Symptoms to Watch For

You need to list the symptoms you are having. Why are you on this plan? What are the strongest or most common symptoms you are having?

Remember food sensitivities are only one issue that could cause any of these symptoms. Please be sure to see your doctor for proper diagnosis. Circle any that apply and watch for them to subside on this diet. If they persist beyond two weeks, it is possible one of the foods in the diet may be the culprit. If you find you are eliminating food after food, see your health professional about trying a fast to eliminate food as a cause of the problem at all. Perhaps you have an illness that need attention that is only aggravated by food, but not sensitive to a particular food item.

Circle any of those that apply on the list below.

- Abdominal cramping
- Acid reflux (burping up stomach acids)
- Anaphylactic shock (usually a TRUE allergy)
- Arthritic type symptoms
- Bloating (common)
- Bowel Discomfort (common)
- Burping/Belching (common)
- Canker sores
- Constipation
- Depression
- Difficulty concentrating
- Difficulty sleeping
- Emotional upset
- Eczema
- Fatigue
- Hives (usually a TRUE allergy)
- Heartburn
- Indigestion
- Irritability
- Itching (usually a TRUE allergy)
- Headaches (common)
- Muscle Craps (unusual)
- Nausea
- Nocturnal enuresis (bed wetting)
- Red rash (usually a TRUE allergy)

- Rhinitis (usually a TRUE allergy)
- Stiffness
- Stomach ache
- Swelling of the joints
- OTHER: \_\_\_\_\_

*List your symptoms/complains here:*

---

---

---

---

---

---

---

---

*List any known allergies or diagnosed illnesses you have here:*

---

---

*(Check for overlapping symptoms.)*

*Symptoms associated with certain foods*

(Remember these are just suggestions.)

- Bowel Discomfort: wheat
- Headaches: wheat, chocolate
- Migraine Headaches: Alcohol, cheese, chocolate, nuts, wheat, citrus fruits, tomatoes,

MSG, nitrates, eggs, milk.

Hay Fever: Milk, wheat, nuts, chocolate, colas, sulfates

Hives: Strawberries, tomatoes, chocolate, eggs, shellfish, mangos, pork, nuts.

Childhood Allergies: Milk, wheat, eggs, artificial colors/flavors, peanuts, fish.

Eczema: Eggs, citrus fruits, tomatoes.

Asthma: Wheat, eggs.

Canker sores: Citrus related

Cerebral Symptoms: (affecting energy, emotions and psyche): Milk, soy, corn, wheat.

on the food, not in them!

### *Foods sometimes associated with reactions*

(listed in general order of likeliness to be problematic - some of these are in the recipes)

Strawberries (could be due to pesticides)

Tomato and other nightshades like white potatoes or bell peppers

Almonds, Walnuts

Oranges & other citrus fruits

Cashew nuts

Lentils & Peas

Oats & Corn (corn flour only used 4 X)

Garlic & Onions

Sunflower seeds

Coconut

Sesame seeds

Spinach

Cabbage (and other cruciferous veggies)

### *Identifying foods that affect you.*

Eight foods account for 90 percent of all food-allergic reactions. They are milk, egg, peanut, tree nuts, fish, shellfish, soy, and wheat. Some of these allergens may be outgrown, but others, such as peanut and shellfish, will remain lifelong allergies. (Remember food allergies can be tested for with blood tests.)

The most common causes of food sensitivities (Remember food sensitivities can not be tested with a blood test) are the following 10 foods (similar to food allergies list but a there is a couple added to the list), which are avoided in this diet:

Dairy products

Wheat/gluten

Yeast

Eggs

Soybeans & soy products

Corn

Many nuts (some used see next list)

Spices: chilli peppers, mustard, cinnamon

Peanuts

Fish & shellfish

Food preservatives and dyes are also a common cause of health issues so they are omitted as well.

Sugar can not only cause an intolerance but also aggravate a different food sensitivity so it is also eliminated from the menu.

If at all possible use organic foods and wash thoroughly. You could be reacting to the chemicals

For these items, I've tried to ensure most of them are only eaten once every four days so you can determine if they affect you. If they seem to bother you, keep track and leave them out.

VERY IMPORTANT: List any foods you suspect from your experience and/or these lists. You can add to this list as you discover foods that affect you. You will use this list for the challenge week(s).

### *List your suspect foods*

---



---



---



---



---



---



---



---



---



---

While I am a vegan and promote a vegan diet, if you find you need to eliminate most legumes, seeds and nuts, please replace them with organic, free range eggs &/or chicken (less allergenic than fish - other than salmon which is usually ok).

### *Trouble identifying foods or to speed up the process - the fast!*

If you are having real trouble identifying if food is your problem at all you may need to try a fast. While keeping a symptom diary, go three days drinking only LOTS of water. Add juice and broth (see back for broth recipe) for the next two days.

You should be symptom free at this point. If you still have symptoms, food is NOT likely the problem. ALWAYS check with your doctor before doing a fast, especially if you are on medication. Do NOT go off your medication without doctor's supervision. For more on fasting:

[www.vegannutritionalcounselling.com](http://www.vegannutritionalcounselling.com)

If you did the fast you can jump ahead on the 14 day diet plan. Start at Day 1, but at Day 3 you can start to add your challenge foods into your diet. Be SURE to read about the Challenge on page 44. DON'T add challenge foods on Day 1! Your body needs time to recover from the fast and assimilate food again.

### *The food on this plan!*

The recipes and foods are all lined out for you for each meal each day. You should follow along as close as you can, but you may need to change a few ingredients as you go. Be sure to write down any changes.

As you continue on this plan, watch your symptoms and remove any foods you think are causing a problem. Be sure to replace them with something nutritionally compatible.

Ok, so now you've got an idea what foods you are going to avoid from page 11. Here is a list of the least likely offenders. Use this list when the menu

## *The Optional Fast*

I fasted for: \_\_\_\_\_ days

Symptoms that are gone:

---

---

---

Symptoms I still have:

---

---

Comments on the fast:

---

---

---

says choose your fruit or vegetable or to replace an item you cannot have.

### *Least offenders*

Apples  
Apricots  
Asparagus  
Avocados  
Barley  
Beets  
Broccoli  
Carrots  
Cauliflower  
Cranberries  
Dates  
Grapes

Honey  
 Lettuce  
 Mangoes  
 Papayas  
 Peaches  
 Pears  
 Quinoa (some protein - good choice)  
 Raisins  
 Rice & Rye  
 Salmon (use if you remove all nuts & beans)  
 Squash  
 Sweet potatoes  
 Tapioca

REMEMBER: Do not use soy, peanut, or corn oil. Use only olive or canola oil while on this diet! Read all labels if you eat any packaged food, like rice cakes, etc. Also, watch baking powder as it can have corn or gluten masked in the ingredients. You can take a multivitamin but if you have no change in symptoms then you may suspect your supplement too.

A word on oats. Often oats are contaminated with wheat, so be sure you get oat processed in a wheat free facility - it should say on the bag. Sometimes people react to oats just because they are processed in a wheat facility. Anyway, I've organized the recipes with oats. For oat intolerance you can omit Day 4, 8, etc. and just rotate the other days - Day 1, 2, 3 (omit 4), 5, 6, 7, etc. You will use the challenge week for these suspected foods.

When buying the following foods, watch for preservatives. Use organic if at all possible. I know it's expensive, but you need to determine if it is the food, not what's on the food. Also, check the label be sure the food has no sugar, no preservatives or other additives.

### *Foods you will need for these recipes*

(I've tried to include them all, but you know how it goes):

Apples  
 Apple juice  
 Bananas  
 Barley, pearl  
 Beans - various canned beans your choice (I

stick to lentils myself.)  
 Blueberries - fresh or frozen  
 Buckwheat  
 Canola oil (important for omega 3)  
 Carob powder  
 Carrots  
 Celery  
 Chickpeas (canned)  
 Dates - pitted best  
 Fresh fruit (see next list)  
 Fresh veggies (see next list)  
 Herbs: basil & parsley (NOT spice mixes)  
 Lentils (raw and canned for quicker meals)  
 Lettuce and other greens for salad  
 Maple syrup or agave nectar  
 Millet  
 Nuts: Almonds, Cashews, Walnuts, Pecans Oats - quick (check bag - see above note)  
 Onions  
 Peaches  
 Potatoes  
 Raisins  
 Rice  
 Rice cakes (yes, those dry things)  
 Sea salt  
 Spinach  
 Strawberries  
 Sunflower seeds  
 Tapioca starch  
 Tomato juice  
 Tomatoes - canned

### *Alternative foods & Extras:*

Apples  
 Apricots  
 Asparagus  
 Avocados  
 Beets  
 Broccoli  
 Cabbage (and cruciferous veggies), optional  
 Cauliflower  
 Coconut  
 Cranberries  
 Dates  
 Grapes  
 Honey  
 Mangoes  
 Oranges

Papayas  
Pears  
Quinoa (some protein - good choice)  
Raspberries  
Rice Crispies (you can get brown)  
Rye  
Salmon (use if you remove all nuts & beans)  
Sesame seeds  
Squash  
Sweet potatoes  
Tapioca

Always wash all fruits and vegetables well. Even a good idea to do it when you get home from shopping. Then all the food in the fridge is clean and ready to go. I use an organic food safe soap for apples, etc, if eating the peeling.

Until your symptoms disappear you should avoid adding too many different foods to your diet. If there are options, choose the ones you don't NORMALLY eat. Once your symptoms disappear, and BEFORE the challenge on Day 15 - see page 44, you can add a little more variety to your meals.

Also, watch for food combinations as related to your symptoms. Maybe you can't have potatoes with cashews, or beans with potatoes. Maybe it's not the potatoes themselves.

There are alternative recipes in the appendix if you can't have the ingredients listed in the recipe for the meal you are at. There are plenty of spreads for using on gluten free crackers which can help fill in the gaps, if the meals aren't hearty enough.

Salad dressings are also in the appendix so if the salad dressing of the day doesn't suit you, they are conveniently listed for you.

Please read the recipes for each day the DAY BEFORE so you can prepare anything that may need to be done ahead.

## *Getting Started Step by Step Overview*

Here are the basic step to get started on this journey of discovery.

Step 1: Keep a food diary (see page 79) for 7 to 10 days, eating what you normally eat.

Step 2: Write out symptoms and foods you suspect from the food diary and previous lists.

Step 3: Start the 14 day restricted diet - page 16.

Step 4: Keep track of all your symptoms

Step 5: At the end of the 14 days.

Step 6: The Challenge -- Adding foods you suspect back into your diet.

Step 7: Follow up and follow through.

### *Step 1: Keep a food diary*

In this step you will keep a food diary, such as the one on page 79, for at least a week to help you determine what foods you should consider. This will also give you an awareness of your bodies symptoms and functions, a base to start from. Also, you will now develop the habit of writing down everything related to food and your symptoms.

### *Step 2: Write out your symptoms and the foods you suspect.*

Ok, now you should have a more tangible list of symptoms. Write out the most obvious symptoms on the symptom list page 10. From the food diary you kept, you can get an idea of the foods you need to watch for. If you've never eaten buckwheat, it's not the food causing your problems. What are the most common foods you ate? Compare those foods with the most common food sensitivity list on page 11. Did you notice your symptoms change with certain foods? Write those down too.

### *Step 3: Start the 14 day restricted diet*

Now you get into the thick of this book. Start the 14

day restricted diet on page 16. Keep track of all foods you eat. Keep track of medications, vitamins, and other supplements. ANYTHING that goes into your mouth gets written down.

### *Step 4: Keep track of symptoms & other issues*

Keep track of all your symptoms. There are the most common ones listed for you. Write in how strong they are and how they affected you. Strong, moderate, or mild.

If you had symptoms in the morning from the night before, be sure to write down if you suspect any of the foods you ate for supper. As the diet progresses, you can mark down or eliminate foods that seem related to the symptoms. For example: I ate strawberries for supper and was nauseous in the morning. This happened several times. I realized it was the supper causing the problem from the night before. It turned out to be the pesticides on strawberries, as I had no reaction to home grown strawberries. See how important to keep a detailed record. You'll be able to go back over it all and rule out any foods you thought were a problem but are not.

Also, write down any other issues; a stressful day, visited friends, seems achy from the rain, etc. The more detailed the better. I found I was affected by a certain brand of soap at my piano teachers house.

### *Step 5: At the end of the 14 days*

When you have completed the 14 days you should be symptom free. But what if you are not? You have a few options. You could do a fast, see page 12, or you can eliminate more foods from the 14 plan -- start with the next most common foods or foods you suspect while on the 14 day plan (you should have a better idea by now).

### *Step 6: The Challenge - Adding food back into your diet*

Now you start the challenge on page 44. You will add foods back into your diet one at a time and watch for symptoms to return. This process may take some time if you are sensitive to many foods.

### *Step 7: The Follow Up & Follow Through*

Learning how to live with your food sensitivities and where to go for recipes and more information. Ok, so now you've discovered you can't eat wheat or potatoes (my two biggest culprits) so what do you eat? How can you adapt and will you get enough nutrition?

Well chances are if only a couple foods affected you this won't be too much of a challenge, except in getting used to it. There are several grains to replace wheat, lots of protein in other foods than just almonds, etc. But if you have several foods on your no-no list, you may need a little help.

### *Other tips*

I found it was easy to keep track of what I ate once I started this plan. If you eat something not on the list just write it in. There were several days I ate out or had leftovers. Just mark a line through the recipe and write a note about what you did eat.

Remember this is a workbook. Write, highlight, do whatever you need to help you keep on track!

*Ok, lets get started with the 14 Day  
Restricted Diet Plan!*

# Day 1

## Breakfast - Day 1:

### **Buckwheat Grouts**

- 4 cups water
- 1 1/2 cups buckwheat grouts
- 3/4 cup raisins
- 1/2 tsp sea salt, optional

Bring water and buckwheat to a boil. Reduce heat and simmer for 15 minutes. Remove from heat and let stand 5 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 1:

### **Simple Vegetable Soup**

- 6 cups water
- 1 cup barley (omit if coming off fast)
- 2-3 med carrots, diced
- 2 stalks celery, chopped
- 1 cup lentils
- 1 large onion, chopped
- 1 to 2 tsp sea salt, to taste
- 1/2 to 1 tsp basil

Bring all ingredients to a boil; reduce heat and simmer until veggies are cooked and barley is tender - about 90 minutes. If you sauté the onions until brown in water first, it really improves the flavor of this soup.

Serve with Rye Crackers

This is a very plain, plain recipe designed for those coming off the fast. If you can find an acceptable bouillon (without sugar, soy, yeast, msg, etc.) you are welcome to use it. Please keep in mind these foods are NOT designed for the taste but for your health and to eliminate the most common foods people react to.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

*The recipes will get tastier as you  
can eat more variety!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 1:**

Ok, since some of you are coming off a fast today has been a very simple day.

That means supper needs to be light and simple as well. So its just....

### **Fresh Fruit & Rice Cakes**

Sorry, you'll have to purchase these, I don't have a recipe for rice cakes. If you do, please share it with me.

Fruit you ate: \_\_\_\_\_  
(You can use an all fruit spread.)

### *Add any comments for today:*

---

---

---

---

---

---

---

---

---

---



# Day 2

## Breakfast - Day 2:

### Millet

- 1 cup millet
- 4 cups hot water (or fruit juice)
- 3 to 4 cups fresh or thawed

blueberries, blackberries\*, or strawberries

- 1 to 2 Tbsp agave nectar (or honey)

Bring millet and water to a boil, cover and reduce heat. Let simmer on very low for 30 minutes, until millet “bursts.” \*Can use 1 or 2 cups of grape juice in place of water for a little extra flavor and sweetening. Stir in berries. Serve with:

Fortified rice milk (unsweetened)

2 T ground flax seed for omega 3

Berries used: \_\_\_\_\_

1/4 cup nuts/seeds: \_\_\_\_\_

## Lunch - Day 2:

### Savory Veggie Sauce

- 1 lrg onion, diced
- 1/2 med red bell pepper, diced
- 1 med carrot, sliced
- 1 Tbsp canola oil
- 1 1/2 cup almonds\*
- 5 cups water
- 1 to 2 tsp sea salt to taste
- 3 Tbsp tapioca starch (or arrowroot)

Sauté onion & peppers in oil until brown, even a bit dark on the edges. Add the almonds and carrots and continue to “brown.” Add remaining ingredients and cook till thick and carrots are soft. \*Use canned chickpeas or lentils if you suspect nuts.

Serve over Brown Rice (see next page)

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*A Merry Heart Doeth Good  
Like a Medicine!*

---

*After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

*After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now suspect of:**

**Brown Rice**

2 1/2 cups brown rice  
4 cups water

Rinse rice very well, drain, and add water. Place on medium high heat until comes to a boil. Turn to low, cover, and let cook 45 minutes. Turn off heat and let stand 15 minutes. Serve

**Supper - Day 2:**

**Blueberry Smoothie**

1 cup blueberries  
1 frozen or fresh banana  
1 cup fortified rice milk

Whiz all on high in blender until smooth. If you don't have a frozen banana you can add 1 cup of ice. Serves one. You can use other fruit if you are sure you don't react. But don't get carried away.

(Freeze some bananas for tomorrow and the next day.)

*Add any comments for today:*

---

---

---

---

---

---

---

---

# Day 3

## Breakfast - Day 3:

### Mixed Grain Porridge

- 1/2 cup millet
- 1/2 cup buckwheat (goes very soft)
- 1/2 cup brown rice (or rye berries)
- 1/2 cup shredded coconut
- 4 cups water
- 1 cup dates, chopped
- 1/2 tsp sea salt

Thoroughly wash all the grains and drain. Add all ingredients into a pot and stir to mix. Bring to a boil, reduce heat, and cook on low, about 45 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 3:

### Baked Potatoes

6 med to large potatoes, bakers or any. Scrub potatoes well. Bake in oven at 375°F for 45 to 60 minutes. Check with fork for softness. Continue baking until soft inside.

### Simple Gravy

- 1 cup roasted cashews\*
- 3 to 4 cups water
- 2 to 3 Tbsp tapioca starch
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt to taste

Normally this would have 1 or 2 cubes of bouillon (no salt), and if you can find one that is simple without ingredients on the no-no list, go ahead and use it. \*There is a No Nut Gravy in the appendix on 79.

### Large green salad and dressing of choice.

Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 3:**

### **Rich Nutty Crumble**

If nuts affect you, use a no nut granola.

1 cup pecans  
1/2 cup almonds, ground  
1/2 cup dates  
1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Place on cookie sheet and lightly bake at 350°F for 10 to 15 minutes. Use on top of fresh or canned chopped fruit.

Fruit used: \_\_\_\_\_

Optional topping below.

### **Frozen Fruit Cream**

2 to 3 medium bananas, peeled and frozen

1 cup peaches, frozen  
1 tsp vanilla extract  
1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy.

### *Add any comments for today:*

---

---

---

---

# Day 4

## Breakfast - Day 4:

### Oatmeal

- 3 cups water
- 2 cups quick cooking oats
- 1 cup raisins
- 1/2 tsp sea salt

Bring water to a boil and stir in oatmeal. Reduce heat, add raisins, and simmer for 5 minutes. Remove from heat and let stand 5 to 10 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3
- 4 T chopped nuts: \_\_\_\_\_

## Lunch - Day 4:

### Minestrone

- 3 cups water
- 2 cups tomato juice (or V8)
- 1 can diced tomatoes (796ml/28oz)
- 1 can beans: \_\_\_\_\_
- 2 med carrots, diced
- 1 med red bell pepper, diced
- 1 lrg onions, sautéed if desired
- 1 tsp parsley
- 1 tsp basil
- 2 med bay leaves
- 2-4 tsp sea salt to taste

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water and salt as needed.

NOTE: About the soup for lunch. This soup is high in nightshades, if you notice a reaction, discontinue nightshades one at a time in the following order: tomatoes, red peppers, potatoes if reactions persist.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*If you did the fast you can start the challenge on page 44.*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 4:**

### **Apple Crisp**

2 cups quick oats  
1/4 cup canola oil (adds omega 3)  
2 to 3 Tbsp apple juice  
6 to 7 medium apples, sliced  
Frozen Fruit Cream

Place sliced apples in a 9 x 13 pan. Stir oil and apple juice into oats, add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of apples and bake at 350°F for 30 to 40 minutes or until topping is golden brown. Top with Frozen Fruit Cream.

### **Frozen Fruit Cream**

2 to 3 medium bananas, frozen\*  
1 cup peaches, frozen  
1 tsp vanilla extract  
1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. \*Bananas make it sweet and creamy. It is easier to peel the bananas before you freeze them, but not impossible after.

*Add any comments for today:*

---

---

---

---

---

---

---

# Day 5

## Breakfast - Day 5:

### **Peach Barley Casserole**

- 2 cups rolled barley
- 1/4 cup chopped nuts: \_\_\_\_\_
- 3 cups peaches (save juice if canned)
- 4 cups water & peach juice combined

Combine all in a 2 quart casserole dish and bake at 350°F for one hour.

Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 5:

### **Split Pea or Lentil Soup**

- 1 lb green split peas or lentils
- 1 large onion, chopped, optional
- 10 cups water
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped, optional
- 1 to 2 tsp sea salt to taste

Combine peas, water, Chicken Flavour (or salt to taste), celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, *thin it with water*. Season with sea salt to taste. Serve with gluten free crackers, such as the Hiking Crackers on pg. 27

Or other: \_\_\_\_\_

Spinach as a salad with dressing of choice - see Appendix.

Salad Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

*Many symptoms like headaches can be from not enough water so drink up!*

*After Lunch / Before Supper*

**Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

- Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

*After Supper*

**Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

- Soft    Normal    Firm    Diarrhea    None

**Foods you are now suspect of:**

**Supper - Day 5:**

**Blueberry Pie**

- 4 cups blueberries, fresh or frozen
- 1/3 cup grape juice concentrate
- 4 to 6 Tbsp tapioca starch or arrowroot

powder

Crust see appendix

Stir all together (except crust of course).

Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream.

*Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Day 6

## Breakfast - Day 6:

### **Carob Pudding - Millet**

Takes a good blender to get this smooth, but it is yummy!

- 1/2 cup millet
- 2 cups water
- 3/4 cup water
- 1 cup dates
- 1 tsp vanilla extract
- 1/4 cup carob powder
- 3 Tbsp maple syrup (or agave nectar)
- 1/4 tsp sea salt

In medium saucepan, bring millet and 2 cups of water to a boil; simmer 30 minutes and remove from heat. Cook the dates in the 3/4 cup water until soft (5 to 10 min) over medium heat. Combine all into a blender and blend until smooth. This takes plenty of stopping the blender, and poking, stirring, etc. Try blending on high while scraping the sides (CAREFULLY!). When smooth, let cool or serve warm. Serve with:

Fresh fruit: \_\_\_\_\_

## Lunch - Day 6:

### **Rice 'n' Almond Dish**

- 1 1/2 cups brown rice
- 1/2 cup boiling water
- 1 tsp salt to taste
- 1 1/2 cups water
- 1 cup rice or almond milk
- 1 tsp parsley or basil
- 3/4 cup almonds, sliced or chopped

Place ingredients in a 3 quart casserole dish and stir once. Cover and bake at 350°F for 90 minutes. Remove from heat and let stand 15 minutes before serving.

Serve with Salad and Dressing of

choice: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

*Remember to write any newly suspected foods on your list, page 11!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 6:**

### **Apple Pie**

VERY appetizing and full of flavor.

5 to 7 lrg apples, peeled and sliced

1/2 can frozen apple juice concentrate

1/2 tsp cardamom (or cinnamon)

1/8 tsp sea salt

Crust Recipe (see appendix)

Simmer all until thick (except crust of course).

Pour into crust and top with 'crisp' or granola.

Bake at 375°F for 30 to 40 minutes.

Can serve with Frozen Fruit Cream pg. 17.

NOTE: You need to prepare part of tomorrow's breakfast tonight - Strawberry Topping or pick an alternative from the appendix, look under spreads.

### *Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

# Day 7

## Breakfast - Day 7:

### Simple Rice Waffles

2 3/4 to 3 cups brown rice, cooked  
 2 cups water  
 1/2 cup brown rice flour  
 dash of salt, optional  
 1 Tbsp maple syrup

Blend all ingredients until very smooth. Let stand 5 minutes. Bake in non-stick and sprayed hot waffle irons, approx 15 minutes. If they are sticking, leave to cook a bit longer. If still sticking, add more rice flour. These are light and crispy.

### Easy Berry Topping or Jam

3 to 5 cups thawed berries (Rasp, Black, or Strawberries)  
 4 to 8 dried pineapple rings

(The more pineapple the sweeter and thicker it gets.) In a bowl break up pineapple into small pieces and mix with berries. Be sure to cover the pineapple with the juice of the berries. Let soak 6 to 8 hours and blend with a hand blender or food processor.

## Lunch - Day 7:

### Cream of Potato & Barley Soup

5 to 6 cups water  
 1 cup cashews  
 3/4 cup pot barley  
 1 cup diced carrots, optional  
 4 medium potatoes, diced  
 2 to 4 tsp sea salt to taste

Blend cashews with enough water to make smooth. Combine with all remaining ingredients, except potatoes, in a pot and bring to a boil over medium high heat. Turn heat down and cook for 1 hour. Add potatoes and cook for another 20 minutes. (Note: again you could use bouillon in place of sea salt if you can find an appropriate bouillon.)

Serve with a salad, dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*Are you symptom free yet? Don't give up, see below for more info.*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 7:**

### **Lemon Rice Muffins**

1 cup brown rice flour  
1/2 cup tapioca starch  
1/2 cup buckwheat or oat flour (can be made in the blender with either of these grains)  
1 Tbsp baking powder  
1/2 cup agave nectar (or maple syrup)  
1 cup rice milk  
1/4 cup lemon juice (fresh!)  
1/4 cup canola oil  
1 tsp vanilla extract, optional

Preheat oven to 400°F. Combine dry ingredients in large bowl. Combine wet and stir into dry. Fill 12 muffin tins and bake at 350 for 20 to 25 minutes. Should be a bit golden brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

*If you are completely symptom free you can go on to "The Challenge" on page 44.*

*Add any comments for today:*

---

---

---

---

# Day 8

## Breakfast - Day 8:

### Granola

- 16 cups rolled oats (not quick)
- 1 cup sunflower seeds
- 1 cup walnuts, chopped (or other)
- 1/4 cup sesame seeds
- 1 cup dates, chopped
- 1 tsp sea salt
- 3 cups applesauce (or pear puree)
- 1 1/2 cups raisins

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four portions. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard. Serve with:

Fortified rice milk (unsweetened)

Fresh fruit: \_\_\_\_\_

## Lunch - Day 8:

### Savory Quinoa

- 1 cup lentils
- 2 cups quinoa, well rinsed
- 1 large onion, diced
- 5 cups vegetable broth (see appendix)
- 1 tsp basil & parsley
- 1/2 to 1 tsp sea salt

Combine all in casserole dish and bake at 350°F for 45 to 60 minutes.

OR make plain quinoa (2 cups quinoa and 4 cups water, bring to a boil, reduce heat and cook 30 minutes) Serve with Savory Veggie Sauce/Stir-fry from pg. 14, that's what I like. Serve with Salad and

Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*Less than a week left to go to  
"The Challenge"*

*After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

*After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now suspect of:**

**Supper - Day 8:**

**Hiking Crackers**

1 1/2 cups oat flour (grind oats in blender)  
1/4 cup ground almonds (or other nut)  
1 cup buckwheat (grind in blender)  
1 tsp sea salt  
1/2 to 1 cup water, as needed  
1/4 cup almond butter (or non-hydrogenated margarine)  
Combine water and almond butter well. Mix all ingredients thoroughly. Roll out until very thin (1/16") on a cookie sheet. Cut into squares and bake at 375°F for 8 to 12 min or until golden brown.

**For the topping:**

Choose a no-sugar jam or one of the spreads in the Appendix.

*Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

# Day 9

## Breakfast - Day 9:

### **Buckwheat Pancakes**

1 cup buckwheat flour (blend in blender works just fine)

1 tsp baking powder

2 Tbsp sugar

1/2 tsp salt

2 Tbsp potato starch

1 cup + a little more rice milk

2 Tbsp canola oil

Heat the skillet to medium heat while you are prepare the batter. (Not too hot; because the batter is thick, they take longer to cook than regular pancakes, so too hot will burn the edges and leave a raw middle.) Combine the dry ingredients. Combine wet ingredients and mix together. Spoon batter into the pan. Because this batter is thick, you may have to even out the cake with the back of your spoon. When bubbles start forming around the edges, cover the cakes with a lid for thirty seconds to a minute). When the pancake has bubbles throughout, flip it. Cover again to ensure thorough cooking.

## Lunch - Day 9:

### **Potato Stew**

6 cups water

2 cups tomato juice

1/2 cup lentils, optional

4 medium potatoes, diced

1 cup diced carrots

2 lrg onions, optional

1 Tbsp lemon juice

2 med bay leaves

1 tsp sea salt, to taste

1 cube Beef Flavour (or salt to taste)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft

Normal

Firm

Diarrhea

None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft

Normal

Firm

Diarrhea

None

### **Other reactions or comments:**

*Keep going, you can do it!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 9:**

### **Raspberry Millet Delight**

1/2 cup millet  
2 cups hot water  
1/2 cup raw cashews  
1/4 to 1/3 cup honey  
1/4 cup lemon juice, fresh best  
1 tsp vanilla extract, optional

Bring millet and water to a boil. Reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. (Except crust and raspberry topping.) Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9" crust, let cool 15 minutes, and top with raspberry topping. Chill until set.

### **Raspberry Topping**

1 cup apple juice  
1 to 2 cups raspberries, thawed with their juice  
2 to 4 Tbsp tapioca starch  
1/4 cup agave nectar (or stevia to taste)  
Drain juice off berries and combine with apple juice. Whisk in tapioca starch and sweetener. Cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. (Adjust tapioca starch as desired, for a very firm topping use 4 Tbsp, etc.)

### *Add any comments for today:*

---

---

---

---

---



# Day 10

## Breakfast - Day 10:

### Maple Millet Delight

An easy breakfast to prepare.

- 2 cups millet (or buckwheat)
- 7 cups hot water
- 1/3 cup pure maple syrup
- 1/2 cup chopped pecans (or walnuts)
- 1/2 tsp sea salt, optional

Combine all into crock-pot and cook overnight. Settings depend on your crock-pot. We use low for 8 hours. Serve with vanilla soy milk or yogurt, and fresh fruit.

2 Tbsp ground flax seed

Fortified rice milk (unsweetened)

Fresh fruit: \_\_\_\_\_

## Lunch - Day 10:

### Marinara Sauce

A super savory sauce full of veggies. Pictured on cover.

- 1 lrg onion, diced
- 1 stalk celery, diced or sliced
- 1 med red pepper, chopped
- 2 med carrots, diced or sliced
- 1 quart crushed tomatoes
- 1 can tomato paste (6 oz)
- 1 Tbsp Italian Herbs

Sauté onions until golden and add remaining ingredients. Cook 15 to 20 min or until carrots are soft. Serve with Rice Pasta or Rice.

Salad and Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*The recipes will get tastier as you  
can eat more variety!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 10:**

### **Blueberry Muffins**

1 cup brown rice flour  
1/3 cup tapioca starch  
1/2 cup corn flour (watch for a reaction)  
1 cup blueberries  
1 Tbsp baking powder  
1/3 cup agave nectar  
1 cup rice milk  
1/4 cup canola oi)  
1 tsp vanilla extract

Preheat oven to 400°F. Combine dry ingredients in large bowl, stir in blueberries. Combine wet and stir into dry. Fill 12 muffin tins and bake at 350 for 20 to 25 minutes. Should be a bit golden brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

### *Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

# Day 11

## Breakfast - Day 11:

### Rice Pudding

- 1 1/2 cups cooked brown rice (pg. 14)
- 1 1/4 cups rice milk (or cashew - yummy - see appendix)
- 2 tsp vanilla extract
- 1/3 cup raisins

Combine all and cook all in a medium saucepan over medium low heat, stirring frequently, until warm and creamy.

Serve with 2 Tbsp flax seed and fresh fruit:

---

## Lunch - Day 11:

### Lovely Lentil Burger

Lentils give this a nice flavor.

- 1 cup brown lentils
- 2 cups tomato juice (or veggie broth)
- 1 tsp salt to taste
- 1 small onion, chopped
- 1/2 cup organic corn flour (or other gluten free flour)
- 1 clove garlic
- 1/2 cup ground walnuts (or pecans)

Bring tomato juice to a boil and add lentils and bouillon. Bring back to a boil and reduce heat. Simmer 45 minutes. Mash well and add remaining ingredients. Shape into 8 burgers and fry in a non-stick skillet (use some oil if needed to brown evenly).

### Roasted Potatoes

- 4 med potatoes
- 2 med carrots
- 1 lrg onion
- 2 Tbsp canola oil
- 1 tsp sea salt to taste

Chop veggies and mix all ingredients to coat with oil. Place into a non-stick or prepared

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*The recipes will get tastier as you  
can eat more variety!*

pan and bake at 450 F for 15 minutes. Turn  
and bake 10 more minutes or golden brown.

Serve with salad and dressing.

\_\_\_\_\_

## **Supper - Day 11:**

### **Lemon Millet Squares**

From Donna's kitchen. A sweet delight.

1 cup millet

4 cups pineapple juice

1 cup water

1 can pineapple, tidbits or chunks

1/3 cup lemon juice, fresh best

1/2 tsp salt

1/3 cup dates (or raw sugar)

2 Crust recipes in a 9 x 13 pan

Cook millet in pineapple juice and water until  
done - about 40 minutes on medium-low heat.

Combine remaining ingredients in blender  
then add millet mixture. Blend all together  
well and pour onto crust. Refrigerate to set.

Top with fruit topping of your choice or serve

with fresh fruit: \_\_\_\_\_

*Add any comments for today:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

# Day 12

## Breakfast - Day 12:

### Easy Waffles

- 3 cups oats, quick
- 3 1/2 cups very HOT water
- 1 Tbsp honey (or maple syrup)

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. (On my waffle irons this takes twice as long as regular waffles. Mine are not done until the done light comes on the second time.) We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.) If too dark and/or comes apart, reduce the water. If too heavy, add more water. NOTE: 3 range fed organic eggs or Egg Replacer makes these extra light. Add 1 tsp of Ener-G Egg Replacer.

### Blueberry Topping - Deluxe

1/3 cup grape juice concentrate,  
undiluted

- 1/2 cup water
- 3 to 4 Tbsp tapioca starch
- 4 cups fresh or thawed blueberries

In saucepan mix juice, tapioca starch, and water. Cook over medium heat until thick. Stir in blueberries. (If using fresh berries, use 3 Tbsp of tapioca starch. If using thawed or frozen berries, use 4 Tbsp of tapioca starch.) Add 1 Tbsp more tapioca starch if you would like a firmer topping. Use 1 Tbsp less for pancakes and waffles.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

*The recipes will get tastier as you  
can eat more variety!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Lunch - Day 12:**

### **Lentil & Chickpea Soup**

2 quarts water  
1 can chickpeas, drained (540ml/19oz)  
3/4 cup lentils, rinsed  
1 stalk chopped celery, optional  
1 large onion, diced, optional  
1/2 cup chopped fresh parsley  
2 to 3 tsp salt to taste

Combine all ingredients and bring to a boil.  
Simmer, partially covered, for about 45 to 60  
minutes (or until the lentils are cooked).

Serve with crackers and salad.

Dressing: \_\_\_\_\_

## **Supper - Day 12:**

### **Cherry Almond Muffins**

Quick gluten free alternative.

1 cup brown rice flour  
1/3 cup tapioca starch  
1/2 cup corn flour (or buckwheat)  
1 1/2 Tbsp Ener-G Baking Powder  
3/4 cup chopped cherries  
3/4 cup sliced almonds  
1/3 cup agave nectar (or stevia to taste)  
1 cup rice milk  
1/4 cup canola oil  
1 tsp vanilla extract  
1/2 tsp almond extract

Preheat oven to 400°F. Combine dry  
ingredients in large bowl. Combine wet and  
stir into dry. Fill 12 muffin tins, bake at 350 F  
for 20 to 25 minutes. Should be a bit golden  
brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

# Day 13

## Breakfast - Day 13:

### Sweet Barley Cereal

3/4 cup pearl barley

3 cups water

1 tsp sea salt

1/4 cup maple syrup

1/4 cup raisins

1 cup walnuts or almonds, chopped

Bring water to boil in a medium saucepan.

Add salt and barley, turn heat to low, cover, and cook 45 minutes. When barley is cooked, stir in maple syrup and raisins. Divide among four serving bowls and top each with 1/4 cup of walnuts & 2 Tbsp of ground flax seed. Serve with rice milk (you are still using fortified rice milk, right? Be sure you are getting enough calcium, if not sure, supplement.)

Fresh Fruit: \_\_\_\_\_

## Lunch - Day 13:

### Vegetable Lentil Soup

5 cups tomato juice (one large can)

4 cups water

1 cup lentils, washed

1 cup diced carrots

1 cup chopped celery (or spinach)

1/2 cup chopped onion

1 to 3 tsp sea salt to taste

1/2 med red bell pepper - optional

2 med bay leaves

Bring tomato juice and water to a boil. Add the rest of the ingredients. Bring back to a boil; reduce heat and simmer 1 1/2 hours. Freezes well.

Serve with crackers.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft

Normal

Firm

Diarrhea

None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft

Normal

Firm

Diarrhea

None

### Other reactions or comments:

*The recipes will get tastier as you  
can eat more variety!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

## **Supper - Day 13:**

### **Carob Pie**

1 cup dates, pitted and chopped  
3/4 cup water  
1/3 cup tapioca starch  
1/4 cup carob powder  
2 cups rice/almond milk, vanilla best!  
1 to 3 Tbsp raw sugar (or honey or  
stevia to taste to taste)  
1/2 tsp vanilla extract  
Crust

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

Serve with fresh fruit: \_\_\_\_\_

### *Add any comments for today:*

---

---

---

---

---

---

---

---

---

---



# Day 14

## Breakfast - Day 14:

### **Pina Colada Granola**

12 cups rolled oats (not quick)  
2 cups coconut  
1 1/2 cups almonds, chopped  
1 cup dates, chopped  
1 tsp sea salt  
1/4 cup vegetable oil  
1 cup crushed pineapple  
1 cup pineapple juice concentrate  
1/4 cup honey (or stevia to taste or

omit)

1 1/2 cups raisins

Mix oil, pineapples, pineapple juice, and honey, heat if necessary to mix well.

Combine all dry ingredients in a large bowl. Add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Fortified rice milk (unsweetened)

Fresh fruit: \_\_\_\_\_

## Lunch - Day 14:

### **Savory Veggie Sauce**

1 lrg onion, diced  
1/2 med red bell pepper, diced  
1 med carrot, sliced  
1 Tbsp canola oil  
1 cup almonds  
2 cups water  
1 tsp sea salt  
3 Tbsp tapioca starch (or arrowroot)

Sauté onion in oil until brown, even a bit dark on the edges. Add the peppers and carrot and continue to “brown.” Add remaining ingredients and cook till thick and carrots are soft.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

*The recipes will get tastier as you  
can eat more variety!*

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now suspect of:**

### **Brown Rice**

2 1/2 cups brown rice

4 cups water

Rinse rice very well, drain, and add water. Place on medium high heat until comes to a boil. Turn to low, cover, and let cook 45 minutes. Turn off heat and let stand 15 minutes. Serve.

## **Supper - Day 14:**

### **Blueberry Pie**

4 cups blueberries, fresh or frozen

1/3 cup grape juice concentrate

4 to 6 Tbsp tapioca starch or arrowroot powder

Crust see appendix

Stir all together (except crust of course). Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream pg. 17.

OR other dessert from the days gone by. Write here if you use one of them.

*Add any comments for today:*

---

---

---

---

---

---

---

# The Challenge

Ok, here comes the part where you figure out what foods are really the trouble. You should be symptom free at this point. If you have reduced some symptoms and eliminated others, that is fine, but keep track. You may find you have more than one battle to fight. For example: You may find you have food sensitivities, arthritis, and a bowel disorder.

If you are still having exactly the same symptoms, or only a slight decrease in them, you need to eliminate other foods you have been eating, like potatoes, etc.. You may need to see a nutritional specialist if you are limited more and more foods. You can't remain on a limited diet with out being sure you are meeting your nutritional needs. I can't do that all in a book, so you'll need custom help.

For the rest of you. Go back over each day and combine all the suspected foods off the list, as well as your beginning list from page 11. (If you don't have a list use the "most commonly suspected list" wheat, soy, corn, etc. on page 11)

## List all your suspect foods

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Number these foods in order of severity or likeliness

to affect you. Starting with the most likely to the least likely. Then start your challenge start with the first one on the list.

On Day 15, you will start over with the same menu and recipes. Ie: Day 15 = Day 1, Day 16 = Day 2, etc. But you will add the challenge food. You can substitute a recipe with the challenge food as the main ingredient, but be sure you are only adding one food.

## Step One - Challenging the first food

NOW you are going to add the first problem food to Day 15. Eat that food and plenty of it. If it is a fruit add it to the breakfast and supper meal. For example, if the fruit is strawberries, then eat 2 cups of strawberries at breakfast and again at supper.

If it is a vegetable eat at least 2 to 3 servings of it at the lunch meal. You can replace something else. For example, if you suspect corn, then in place of the salad (or in addition to) eat 1 cup of corn (2 servings).

If you suspect a grain, replace the breakfast grain with that one. For example if you suspect wheat then eat a bowl of Cracked Wheat cereal. Don't have toast, because now you've added both wheat and yeast. If you react you will not know if it was the wheat or yeast or both! This is very important.

Ok, so why repeat the menu if you are changing the ingredients? Because you only change ONE ingredient at a time. In the Appendix under the section "Challenge Recipes" I've provided some sample recipes that use only the ingredients used in the plan, plus the ONE challenge ingredient. This is especially helpful for the grains you are testing.

The KEY is to eat a MUCH larger portion of it than normal. If you do not react, you are VERY unlikely sensitive to this food.

## *Step Two - Checking your symptoms*

Ok, so if you DID react to the food you write it down. You will test it again, but a little later on. Now, go back to the diet until you are symptom free again. This is very important!!! Symptoms can take up to 3 days to subside so if you eat something new you may suspect that new food, when in fact your symptoms are from the previous day. After you are symptom free go on to step two.

If you did NOT react to the challenge food wait two more days eating what is on the menu without the challenge food. If you are still symptom free, add that food to your diet again in a large portion for two days in a row. If still symptom free that food is OK, you are not sensitive to it.

Remember to stay with the diet plan. It can be very tempting at this point to start eating variety. Two weeks isn't very long, but as you need to keep going you may weary in this plan. STICK with it or you'll have to start all over again. It will get really confusing if you start eating new recipes and foods. You'll start wondering, was it really the wheat? Maybe it is the yeast? What about the.....? and so on.

## *Step Three - Changing the next one*

For the next food, just repeat steps one and two. At this point you can add the foods you have challenged to your diet or leave them out to be sure they are not reacting with each other.

Now if you are running out of day's for the number of foods on your list, just repeat from day 1 again. You may wish to print/copy pages 46 to 73 if you have more than 4 or 5 foods on your suspect list. You can download more "diary" pages from our website as well. [www.vegannutritionalcounselling.com](http://www.vegannutritionalcounselling.com)

## *Now What?*

Ok, so after you've completed the challenge and you have your list of foods you need to eliminate from your diet you need to adapt your lifestyle around those foods. Most food allergies and sensitivities are long term, life time problems. However, sometimes a detox and cleanse can help you eliminate some food sensitivities. Try "The Ultimate Lemon Cleanse" book by Darlene Blaney, available at our website.

There are free recipes at:  
[www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)

Enjoy living without all those nasty symptoms and if you have to digress (for a piece of birthday cake) then be sure to get back on your diet and don't give up.

Blessings to you and your health,

Angela Poch, N.C.

# Day 1

## Breakfast - Day 1:

### **Buckwheat Grouts**

- 4 cups water
- 1 1/2 cups buckwheat grouts
- 3/4 cup raisins
- 1/2 tsp sea salt, optional

Bring water and buckwheat to a boil. Reduce heat and simmer for 15 minutes. Remove from heat and let stand 5 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 1:

### **Simple Vegetable Soup**

- 6 cups water
- 1 cup barley (omit if coming off fast)
- 2-3 med carrots, diced
- 2 stalks celery, chopped
- 1 cup lentils
- 1 large onion, chopped
- 1 to 2 tsp sea salt, to taste
- 1/2 to 1 tsp basil

Bring all ingredients to a boil; reduce heat and simmer until veggies are cooked and barley is tender - about 90 minutes. If you sauté the onions until brown in water first, it really improves the flavor of this soup.

Serve with Rye Crackers

This is a very plain, plain recipe designed for those coming off the fast. If you can find an acceptable bouillon (without sugar, soy, yeast, msg, etc.) you are welcome to use it. Please keep in mind these foods are NOT designed for the taste but for your health and to eliminate the most common foods people react to.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

CHALLENGE FOOD: \_\_\_\_\_

## *After Lunch / Before Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Emotions/Stressors today:**

## *After Supper*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Foods you are now SURE of:**

(write whether it's ok or not ok)

*Ok, did you get a reaction today?*

## Supper - Day 1:

Ok, since some of you are coming off a fast today has been a very simple day.

That means supper needs to be light and simple as well. So its just....

### **Fresh Fruit & Rice Cakes**

Sorry, you'll have to purchase these, I don't have a recipe for rice cakes. If you do, please share it with me.

Fruit you ate: \_\_\_\_\_  
(You can use an all fruit spread.)

### *Add any comments for today:*

---



---



---



---



---



---



---



---



---



---

# Day 2

## Breakfast - Day 2:

### Millet

- 1 cup millet
- 4 cups hot water (or fruit juice)
- 3 to 4 cups fresh or thawed

blueberries, blackberries\*, or strawberries

- 1 to 2 Tbsp agave nectar (or honey)

Bring millet and water to a boil, cover and reduce heat. Let simmer on very low for 30 minutes, until millet “bursts.” \*Can use 1 or 2 cups of grape juice in place of water for a little extra flavor and sweetening. Stir in berries. Serve with:

Fortified rice milk (unsweetened)

2 T ground flax seed for omega 3

Berries used: \_\_\_\_\_

1/4 cup nuts/seeds: \_\_\_\_\_

## Lunch - Day 2:

### Savory Veggie Sauce

- 1 lrg onion, diced
- 1/2 med red bell pepper, diced
- 1 med carrot, sliced
- 1 Tbsp canola oil
- 1 1/2 cup almonds\*
- 5 cups water
- 1 to 2 tsp sea salt to taste
- 3 Tbsp tapioca starch (or arrowroot)

Sauté onion & peppers in oil until brown, even a bit dark on the edges. Add the almonds and carrots and continue to “brown.” Add remaining ingredients and cook till thick and carrots are soft. \*Use canned chickpeas or lentils if you suspect nuts.

Serve over Brown Rice (see next page)

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*Get some sunshine, It's vital you are getting Vitamin D.*

### Brown Rice

2 1/2 cups brown rice  
4 cups water

Rinse rice very well, drain, and add water. Place on medium high heat until comes to a boil. Turn to low, cover, and let cook 45 minutes. Turn off heat and let stand 15 minutes. Serve

## Supper - Day 2:

### Blueberry Smoothie

1 cup blueberries  
1 frozen or fresh banana  
1 cup fortified rice milk

Whiz all on high in blender until smooth. If you don't have a frozen banana you can add 1 cup of ice. Serves one. You can use other fruit if you are sure you don't react. But don't get carried away.

(Freeze some bananas for tomorrow and the next day.)

### *Add any comments for today:*

---



---



---



---



---



---



---



# Day 3

## Breakfast - Day 3:

### Mixed Grain Porridge

- 1/2 cup millet
- 1/2 cup buckwheat (goes very soft)
- 1/2 cup brown rice (or rye berries)
- 1/2 cup shredded coconut
- 4 cups water
- 1 cup dates, chopped
- 1/2 tsp sea salt

Thoroughly wash all the grains and drain. Add all ingredients into a pot and stir to mix. Bring to a boil, reduce heat, and cook on low, about 45 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 3:

### Baked Potatoes

6 med to large potatoes, bakers or any. Scrub potatoes well. Bake in oven at 375°F for 45 to 60 minutes. Check with fork for softness. Continue baking until soft inside.

### Simple Gravy

- 1 cup roasted cashews\*
- 3 to 4 cups water
- 2 to 3 Tbsp tapioca starch
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt to taste

Normally this would have 1 or 2 cubes of bouillon (no salt), and if you can find one that is simple without ingredients on the no-no list, go ahead and use it. \*There is a No Nut Gravy in the appendix on page 77.

### Large green salad and dressing of choice.

Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

*Make sure you get enough exercise.  
Exercise improves digestion.*

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

### Supper - Day 3:

**Rich Nutty Crumble**

If nuts affect you, use a no nut granola.

- 1 cup pecans
- 1/2 cup almonds, ground
- 1/2 cup dates
- 1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Place on cookie sheet and lightly bake at 350°F for 10 to 15 minutes. Use on top of fresh or canned chopped fruit.

Fruit used: \_\_\_\_\_

Optional topping below.

**Frozen Fruit Cream**

2 to 3 medium bananas, peeled and frozen

- 1 cup peaches, frozen
- 1 tsp vanilla extract
- 1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy.

*Add any comments for today:*

---



---



---



---

# Day 4

## Breakfast - Day 4:

### Oatmeal

- 3 cups water
- 2 cups quick cooking oats
- 1 cup raisins
- 1/2 tsp sea salt

Bring water to a boil and stir in oatmeal. Reduce heat, add raisins, and simmer for 5 minutes. Remove from heat and let stand 5 to 10 minutes. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3
- 4 T chopped nuts: \_\_\_\_\_

## Lunch - Day 4:

### Minestrone

- 3 cups water
- 2 cups tomato juice (or V8)
- 1 can diced tomatoes (796ml/28oz)
- 1 can beans: \_\_\_\_\_
- 2 med carrots, diced
- 1 med red bell pepper, diced
- 1 lrg onions, sautéed if desired
- 1 tsp parsley
- 1 tsp basil
- 2 med bay leaves
- 2-4 tsp sea salt to taste

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water and salt as needed.

NOTE: About the soup for lunch. This soup is high in nightshades, if you notice a reaction, discontinue nightshades one at a time in the following order: tomatoes, red peppers, potatoes if reactions persist.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*Are you getting enough sleep?  
Rest helps the immune system.*

## Supper - Day 4:

### Apple Crisp

2 cups quick oats  
 1/4 cup canola oil (adds omega 3)  
 2 to 3 Tbsp apple juice  
 6 to 7 medium apples, sliced  
 Frozen Fruit Cream

Place sliced apples in a 9 x 13 pan. Stir oil and apple juice into oats, add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of apples and bake at 350°F for 30 to 40 minutes or until topping is golden brown. Top with Frozen Fruit Cream.

### Frozen Fruit Cream

2 to 3 medium bananas, frozen\*  
 1 cup peaches, frozen  
 1 tsp vanilla extract  
 1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. \*Bananas make it sweet and creamy. It is easier to peel the bananas before you freeze them, but not impossible after.

*Add any comments for today:*

---



---



---



---



---



---

# Day 5

## Breakfast - Day 5:

### **Peach Barley Casserole**

- 2 cups rolled barley
- 1/4 cup chopped nuts: \_\_\_\_\_
- 3 cups peaches (save juice if canned)
- 4 cups water & peach juice combined

Combine all in a 2 qrt casserole dish and bake at 350°F for one hour.

Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_
- 2 T ground flax seed for omega 3

## Lunch - Day 5:

### **Split Pea or Lentil Soup**

- 1 lb green split peas or lentils
- 1 large onion, chopped, optional
- 10 cups water
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped, optional
- 1 to 2 tsp sea salt to taste

Combine peas, water, Chicken Flavour (or salt to taste), celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, *thin it with water.* Season with sea salt to taste. Serve with gluten free crackers, such as the Hiking Crackers on pg. 27

Or other: \_\_\_\_\_

Spinach as a salad with dressing of choice - see Appendix.

Salad Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

CHALLENGE FOOD: \_\_\_\_\_

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

*Trust in God helps to alleviate the symptoms of stress.*

### Supper - Day 5:

**Blueberry Pie**

4 cups blueberries, fresh or frozen  
1/3 cup grape juice concentrate  
4 to 6 Tbsp tapioca starch or arrowroot powder

Crust see appendix

Stir all together (except crust of course).  
Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream.

*Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Day 6

## Breakfast - Day 6:

### **Carob Pudding - Millet**

Takes a good blender to get this smooth, but it is yummy!

- 1/2 cup millet
- 2 cups water
- 3/4 cup water
- 1 cup dates
- 1 tsp vanilla extract
- 1/4 cup carob powder
- 3 Tbsp maple syrup (or agave nectar)
- 1/4 tsp sea salt

In medium saucepan, bring millet and 2 cups of water to a boil; simmer 30 minutes and remove from heat. Cook the dates in the 3/4 cup water until soft (5 to 10 min) over medium heat. Combine all into a blender and blend until smooth. This takes plenty of stopping the blender, and poking, stirring, etc. Try blending on high while scraping the sides (CAREFULLY!). When smooth, let cool or serve warm. Serve with:

Fresh fruit: \_\_\_\_\_

## Lunch - Day 6:

### **Rice 'n' Almond Dish**

- 1 1/2 cups brown rice
- 1/2 cup boiling water
- 1 tsp salt to taste
- 1 1/2 cups water
- 1 cup rice or almond milk
- 1 tsp parsley or basil
- 3/4 cup almonds, sliced or chopped

Place ingredients in a 3 quart casserole dish and stir once. Cover and bake at 350°F for 90 minutes. Remove from heat and let stand 15 minutes before serving.

Serve with Salad and Dressing of

choice: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

CHALLENGE FOOD: \_\_\_\_\_

*Remember to write any newly suspected foods on your list, page 73!*

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

### Supper - Day 6:

**Apple Pie**

VERY appetizing and full of flavor.  
 5 to 7 lrg apples, peeled and sliced  
 1/2 can frozen apple juice concentrate  
 1/2 tsp cardamom (or cinnamon)  
 1/8 tsp sea salt  
 Crust Recipe (see appendix)  
 Simmer all until thick (except crust of course).  
 Pour into crust and top with 'crisp' or granola.  
 Bake at 375°F for 30 to 40 minutes.

Can serve with Frozen Fruit Cream pg. 17.

NOTE: You need to prepare part of tomorrow's breakfast tonight - Strawberry Topping or pick an alternative from the appendix, look under spreads.

*Add any comments for today:*

---

---

---

---

---

---

---

---

---

---



# Day 7

## Breakfast - Day 7:

### Simple Rice Waffles

- 2 3/4 to 3 cups brown rice, cooked
- 2 cups water
- 1/2 cup brown rice flour
- dash of salt, optional
- 1 Tbsp maple syrup

Blend all ingredients until very smooth. Let stand 5 minutes. Bake in non-stick and sprayed hot waffle irons, approx 15 minutes. If they are sticking, leave to cook a bit longer. If still sticking, add more rice flour. These are light and crispy.

### Easy Berry Topping or Jam

- 3 to 5 cups thawed berries (Rasp, Black, or Strawberries)
  - 4 to 8 dried pineapple rings
- (The more pineapple the sweeter and thicker it gets.) In a bowl break up pineapple into small pieces and mix with berries. Be sure to cover the pineapple with the juice of the berries. Let soak 6 to 8 hours and blend with a hand blender or food processor.

## Lunch - Day 7:

### Cream of Potato & Barley Soup

- 5 to 6 cups water
- 1 cup cashews
- 3/4 cup pot barley
- 1 cup diced carrots, optional
- 4 medium potatoes, diced
- 2 to 4 tsp sea salt to taste

Blend cashews with enough water to make smooth. Combine with all remaining ingredients, except potatoes, in a pot and bring to a boil over medium high heat. Turn heat down and cook for 1 hour. Add potatoes and cook for another 20 minutes. (Note: again you could use bouillon in place of sea salt if you can find an appropriate bouillon.)

Serve with a salad, dressing:\_\_\_\_\_

DATE:\_\_\_\_\_

## *Before Breakfast*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings:_____        | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other:\_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings:_____        | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other:\_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

*How is it going? Are you surprised by the foods you can or can't have?*

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

### Supper - Day 7:

**Lemon Rice Muffins**

- 1 cup brown rice flour
- 1/2 cup tapioca starch
- 1/2 cup buckwheat or oat flour (can be made in the blender with either of these grains)
- 1 Tbsp baking powder
- 1/2 cup agave nectar (or maple syrup)
- 1 cup rice milk
- 1/4 cup lemon juice (fresh!)
- 1/4 cup canola oil
- 1 tsp vanilla extract, optional

Preheat oven to 400°F. Combine dry ingredients in large bowl. Combine wet and stir into dry. Fill 12 muffin tins and bake at 350 for 20 to 25 minutes. Should be a bit golden brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

*Add any comments for today:*

---



---



---



---

# Day 8

## Breakfast - Day 8:

### Granola

- 16 cups rolled oats (not quick)
- 1 cup sunflower seeds
- 1 cup walnuts, chopped (or other)
- 1/4 cup sesame seeds
- 1 cup dates, chopped
- 1 tsp sea salt
- 3 cups applesauce (or pear puree)
- 1 1/2 cups raisins

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four portions. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard. Serve with:

- Fortified rice milk (unsweetened)
- Fresh fruit: \_\_\_\_\_

## Lunch - Day 8:

### Savory Quinoa

- 1 cup lentils
- 2 cups quinoa, well rinsed
- 1 large onion, diced
- 5 cups vegetable broth (see appendix)
- 1 tsp basil & parsley
- 1/2 to 1 tsp sea salt

Combine all in casserole dish and bake at 350°F for 45 to 60 minutes.

OR make plain quinoa (2 cups quinoa and 4 cups water, bring to a boil, reduce heat and cook 30 minutes) Serve with Savory Veggie Sauce/Stir-fry from pg. 14, that's what I like. Serve with Salad and

Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

- |                  |                       |             |
|------------------|-----------------------|-------------|
| Headache         | Cravings: _____       | Hives/rash  |
| Bloating         | Indigestion/Heartburn | Nausea      |
| Flatulence (gas) | Abdominal Pain        | Belching    |
| Hay fever like   | Bowel Pain            | Sore throat |

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

- Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*Simplify your life. It's time to  
reduce your stress!*

## Supper - Day 8:

### Hiking Crackers

1 1/2 cups oat flour (grind oats in  
blender)  
1/4 cup ground almonds (or other nut)  
1 cup buckwheat (grind in blender)  
1 tsp sea salt  
1/2 to 1 cup water, as needed  
1/4 cup almond butter (or non-  
hydrogenated margarine)

Combine water and almond butter well. Mix all ingredients thoroughly. Roll out until very thin (1/16") on a cookie sheet. Cut into squares and bake at 375°F for 8 to 12 min or until golden brown.

### For the topping:

Choose a no-sugar jam or one of the spreads in the Appendix.

### Add any comments for today:

---



---



---



---



---



---



---



---



---



---

# Day 9

## Breakfast - Day 9:

### **Buckwheat Pancakes**

1 cup buckwheat flour (blend in blender works just fine)

1 tsp baking powder

2 Tbsp sugar

1/2 tsp salt

2 Tbsp potato starch

1 cup + a little more rice milk

2 Tbsp canola oil

Heat the skillet to medium heat while you are prepare the batter. (Not too hot; because the batter is thick, they take longer to cook than regular pancakes, so too hot will burn the edges and leave a raw middle.) Combine the dry ingredients. Combine wet ingredients and mix together. Spoon batter into the pan. Because this batter is thick, you may have to even out the cake with the back of your spoon. When bubbles start forming around the edges, cover the cakes with a lid for thirty seconds to a minute). When the pancake has bubbles throughout, flip it. Cover again to ensure thorough cooking.

## Lunch - Day 9:

### **Potato Stew**

6 cups water

2 cups tomato juice

1/2 cup lentils, optional

4 medium potatoes, diced

1 cup diced carrots

2 lrg onions, optional

1 Tbsp lemon juice

2 med bay leaves

1 tsp sea salt, to taste

1 cube Beef Flavour (or salt to taste)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft

Normal

Firm

Diarrhea

None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache

Bloating

Flatulence (gas)

Hay fever like

Cravings: \_\_\_\_\_

Indigestion/Heartburn

Abdominal Pain

Bowel Pain

Hives/rash

Nausea

Belching

Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft

Normal

Firm

Diarrhea

None

### **Other reactions or comments:**

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*Keep going, you can do it!*

## Supper - Day 9:

### Raspberry Millet Delight

1/2 cup millet  
 2 cups hot water  
 1/2 cup raw cashews  
 1/4 to 1/3 cup honey  
 1/4 cup lemon juice, fresh best  
 1 tsp vanilla extract, optional

Bring millet and water to a boil. Reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. (Except crust and raspberry topping.) Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9" crust, let cool 15 minutes, and top with raspberry topping. Chill until set.

### Raspberry Topping

1 cup apple juice  
 1 to 2 cups raspberries, thawed with their juice  
 2 to 4 Tbsp tapioca starch  
 1/4 cup agave nectar (or stevia to taste)

Drain juice off berries and combine with apple juice. Whisk in tapioca starch and sweetener. Cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. (Adjust tapioca starch as desired, for a very firm topping use 4 Tbsp, etc.)

*Add any comments for today:*

---



---



---



---



---

# Day 10

## Breakfast - Day 10:

### Maple Millet Delight

An easy breakfast to prepare.

- 2 cups millet (or buckwheat)
- 7 cups hot water
- 1/3 cup pure maple syrup
- 1/2 cup chopped pecans (or walnuts)
- 1/2 tsp sea salt, optional

Combine all into crock-pot and cook overnight. Settings depend on your crock-pot. We use low for 8 hours. Serve with vanilla soy milk or yogurt, and fresh fruit.

2 Tbsp ground flax seed

Fortified rice milk (unsweetened)

Fresh fruit: \_\_\_\_\_

## Lunch - Day 10:

### Marinara Sauce

A super savory sauce full of veggies. Pictured on cover.

- 1 lrg onion, diced
- 1 stalk celery, diced or sliced
- 1 med red pepper, chopped
- 2 med carrots, diced or sliced
- 1 quart crushed tomatoes
- 1 can tomato paste (6 oz)
- 1 Tbsp Italian Herbs

Sauté onions until golden and add remaining ingredients. Cook 15 to 20 min or until carrots are soft. Serve with Rice Pasta or Rice.

Salad and Dressing: \_\_\_\_\_

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

*How many more foods do you have left on your suspect list? \_\_\_\_\_*

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

### Supper - Day 10:

**Blueberry Muffins**

- 1 cup brown rice flour
- 1/3 cup tapioca starch
- 1/2 cup corn flour (watch for a reaction)
- 1 cup blueberries
- 1 Tbsp baking powder
- 1/3 cup agave nectar
- 1 cup rice milk
- 1/4 cup canola oi)
- 1 tsp vanilla extract

Preheat oven to 400°F. Combine dry ingredients in large bowl, stir in blueberries. Combine wet and stir into dry. Fill 12 muffin tins and bake at 350 for 20 to 25 minutes. Should be a bit golden brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

*Add any comments for today:*

---

---

---

---

---

---

---

---

---

---

---

---



# Day 11

## Breakfast - Day 11:

### Rice Pudding

- 1 1/2 cups cooked brown rice (pg. 14)
- 1 1/4 cups rice milk (or cashew - yummy - see appendix)
- 2 tsp vanilla extract
- 1/3 cup raisins

Combine all and cook all in a medium saucepan over medium low heat, stirring frequently, until warm and creamy.

Serve with 2 Tbsp flax seed and fresh fruit:

## Lunch - Day 11:

### Lovely Lentil Burger

Lentils give this a nice flavor.

- 1 cup brown lentils
- 2 cups tomato juice (or veggie broth)
- 1 tsp salt to taste
- 1 small onion, chopped
- 1/2 cup organic corn flour (or other gluten free flour)
- 1 clove garlic
- 1/2 cup ground walnuts (or pecans)

Bring tomato juice to a boil and add lentils and bouillon. Bring back to a boil and reduce heat. Simmer 45 minutes. Mash well and add remaining ingredients. Shape into 8 burgers and fry in a non-stick skillet (use some oil if needed to brown evenly).

### Roasted Potatoes

- 4 med potatoes
- 2 med carrots
- 1 lrg onion
- 2 Tbsp canola oil
- 1 tsp sea salt to taste

Chop veggies and mix all ingredients to coat with oil. Place into a non-stick or prepared

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*Are you likely any of these simple foods yet? Simple is healthy!*

pan and bake at 450 F for 15 minutes. Turn and bake 10 more minutes or golden brown.

Serve with salad and dressing.

## Supper - Day 11:

### Lemon Millet Squares

From Donna's kitchen. A sweet delight.

- 1 cup millet
- 4 cups pineapple juice
- 1 cup water
- 1 can pineapple, tidbits or chunks
- 1/3 cup lemon juice, fresh best
- 1/2 tsp salt
- 1/3 cup dates (or raw sugar)
- 2 Crust recipes in a 9 x 13 pan

Cook millet in pineapple juice and water until done - about 40 minutes on medium-low heat.

Combine remaining ingredients in blender then add millet mixture. Blend all together well and pour onto crust. Refrigerate to set.

Top with fruit topping of your choice or serve

with fresh fruit: \_\_\_\_\_

*Add any comments for today:*

---



---



---



---



---



---

# Day 12

## Breakfast - Day 12:

### Easy Waffles

- 3 cups oats, quick
- 3 1/2 cups very HOT water
- 1 Tbsp honey (or maple syrup)

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. (On my waffle irons this takes twice as long as regular waffles. Mine are not done until the done light comes on the second time.) We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.) If too dark and/or comes apart, reduce the water. If too heavy, add more water. NOTE: 3 range fed organic eggs or Egg Replacer makes these extra light. Add 1 tsp of Ener-G Egg Replacer.

### Blueberry Topping - Deluxe

- 1/3 cup grape juice concentrate, undiluted
- 1/2 cup water
- 3 to 4 Tbsp tapioca starch
- 4 cups fresh or thawed blueberries

In saucepan mix juice, tapioca starch, and water. Cook over medium heat until thick. Stir in blueberries. (If using fresh berries, use 3 Tbsp of tapioca starch. If using thawed or frozen berries, use 4 Tbsp of tapioca starch.) Add 1 Tbsp more tapioca starch if you would like a firmer topping. Use 1 Tbsp less for pancakes and waffles.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

## Almost There!!!

### Lunch - Day 12:

#### Lentil & Chickpea Soup

2 quarts water  
 1 can chickpeas, drained (540ml/19oz)  
 3/4 cup lentils, rinsed  
 1 stalk chopped celery, optional  
 1 large onion, diced, optional  
 1/2 cup chopped fresh parsley  
 2 to 3 tsp salt to taste

Combine all ingredients and bring to a boil. Simmer, partially covered, for about 45 to 60 minutes (or until the lentils are cooked).

Serve with crackers and salad.

Dressing: \_\_\_\_\_

### Supper - Day 12:

#### Cherry Almond Muffins

Quick gluten free alternative.

1 cup brown rice flour  
 1/3 cup tapioca starch  
 1/2 cup corn flour (or buckwheat)  
 1 1/2 Tbsp Ener-G Baking Powder  
 3/4 cup chopped cherries  
 3/4 cup sliced almonds  
 1/3 cup agave nectar (or stevia to taste)  
 1 cup rice milk  
 1/4 cup canola oil  
 1 tsp vanilla extract  
 1/2 tsp almond extract

Preheat oven to 400°F. Combine dry ingredients in large bowl. Combine wet and stir into dry. Fill 12 muffin tins, bake at 350 F for 20 to 25 minutes. Should be a bit golden brown on the tops. May sink a little.

Serve with fresh fruit: \_\_\_\_\_

# Day 13

## Breakfast - Day 13:

### Sweet Barley Cereal

- 3/4 cup pearl barley
- 3 cups water
- 1 tsp sea salt
- 1/4 cup maple syrup
- 1/4 cup raisins
- 1 cup walnuts or almonds, chopped

Bring water to boil in a medium saucepan. Add salt and barley, turn heat to low, cover, and cook 45 minutes. When barley is cooked, stir in maple syrup and raisins. Divide among four serving bowls and top each with 1/4 cup of walnuts & 2 Tbsp of ground flax seed. Serve with rice milk (you are still using fortified rice milk, right? Be sure you are getting enough calcium, if not sure, supplement.)

Fresh Fruit: \_\_\_\_\_

## Lunch - Day 13:

### Vegetable Lentil Soup

- 5 cups tomato juice (one large can)
- 4 cups water
- 1 cup lentils, washed
- 1 cup diced carrots
- 1 cup chopped celery (or spinach)
- 1/2 cup chopped onion
- 1 to 3 tsp sea salt to taste
- 1/2 med red bell pepper - optional
- 2 med bay leaves

Bring tomato juice and water to a boil. Add the rest of the ingredients. Bring back to a boil; reduce heat and simmer 1 1/2 hours. Freezes well.

Serve with crackers.

DATE: \_\_\_\_\_

## *Before Breakfast*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

## *After Breakfast / Before Lunch*

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Other reactions or comments:

CHALLENGE FOOD: \_\_\_\_\_

## After Lunch / Before Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Emotions/Stressors today:

## After Supper

### Symptoms:

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### Bowel Movement:

Soft    Normal    Firm    Diarrhea    None

### Foods you are now SURE of:

(write whether it's ok or not ok)

*If you need more time for more foods, print more pages.*

## Supper - Day 13:

### Carob Pie

1 cup dates, pitted and chopped  
 3/4 cup water  
 1/3 cup tapioca starch  
 1/4 cup carob powder  
 2 cups rice/almond milk, vanilla best!  
 1 to 3 Tbsp raw sugar (or honey or stevia to taste to taste)  
 1/2 tsp vanilla extract  
 Crust

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

Serve with fresh fruit: \_\_\_\_\_

### Add any comments for today:

---

---

---

---

---

---

---

---

---

---

# Day 14

## Breakfast - Day 14:

### **Pina Colada Granola**

12 cups rolled oats (not quick)  
2 cups coconut  
1 1/2 cups almonds, chopped  
1 cup dates, chopped  
1 tsp sea salt  
1/4 cup vegetable oil  
1 cup crushed pineapple  
1 cup pineapple juice concentrate  
1/4 cup honey (or stevia to taste or

omit)

1 1/2 cups raisins

Mix oil, pineapples, pineapple juice, and honey, heat if necessary to mix well. Combine all dry ingredients in a large bowl. Add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

Fortified rice milk (unsweetened)

Fresh fruit: \_\_\_\_\_

## Lunch - Day 14:

### **Savory Veggie Sauce**

1 lrg onion, diced  
1/2 med red bell pepper, diced  
1 med carrot, sliced  
1 Tbsp canola oil  
1 cup almonds  
2 cups water  
1 tsp sea salt  
3 Tbsp tapioca starch (or arrowroot)

Sauté onion in oil until brown, even a bit dark on the edges. Add the peppers and carrot and continue to “brown.” Add remaining ingredients and cook till thick and carrots are soft.

DATE: \_\_\_\_\_

## *Before Breakfast*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

## *After Breakfast / Before Lunch*

### **Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

### **Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

### **Other reactions or comments:**

CHALLENGE FOOD: \_\_\_\_\_

*So, now what? Go back to the tips on page 45 for what to do from here.*

### *After Lunch / Before Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Emotions/Stressors today:**

### *After Supper*

**Symptoms:**

Headache	Cravings: _____	Hives/rash
Bloating	Indigestion/Heartburn	Nausea
Flatulence (gas)	Abdominal Pain	Belching
Hay fever like	Bowel Pain	Sore throat

Other: \_\_\_\_\_

(Don't forget to write in severity of symptoms)

**Bowel Movement:**

Soft    Normal    Firm    Diarrhea    None

**Foods you are now SURE of:**

(write whether it's ok or not ok)

**Brown Rice**

2 1/2 cups brown rice

4 cups water

Rinse rice very well, drain, and add water. Place on medium high heat until comes to a boil. Turn to low, cover, and let cook 45 minutes. Turn off heat and let stand 15 minutes. Serve.

### Supper - Day 14:

**Blueberry Pie**

4 cups blueberries, fresh or frozen

1/3 cup grape juice concentrate

4 to 6 Tbsp tapioca starch or arrowroot powder

Crust see appendix

Stir all together (except crust of course). Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream pg. 17.

OR other dessert from the days gone by. Write here if you use one of them.

*List the foods you are now sure you are sensitive to:*

---



---



---



---



---



---



# *Appendix*

# Recipe Alternatives

## Soups

### **Veggie Broth (for Fast)**

- 3 med carrots, diced
- 2 stalks celery, chopped
- 1 lrg onion, chopped
- 4 to 6 cups water
- 1 to 2 tsp salt to taste

Bring water to a boil. Meanwhile sauté onion in water until golden brown. Combine all and bring to a boil.

Be sure to put water in the frying pan and get all of the good stuff out with the onions. Reduce heat and let simmer for at least 1 hour or longer. Strain off broth.

### **Lentil & Tomato Soup**

Thick and rich, full of nutrients.

- 1 large sautéed onion, optional
- 1 cup red lentils
- 1/2 cup brown lentils or more red lentils
- 4 to 5 large chopped tomatoes (or 1 can)
- 4 cups water
- 1 tsp each basil and parsley
- 1 tsp sea salt

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils are tender. Adjust water and salt to taste. Puree half in a food processor until smooth. Puree remaining half until small in texture. Serve warm.

## Salad Dressings

### **Sunflower Ranch Dressing**

- 1/4 cup sunflower seeds
- 1/4 cup raw cashews
- 1/2 cup water
- 3 Tbsp lemon juice, fresh best
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp parsley & basil

Combine all in blender and blend until smooth and creamy. Store in fridge up to 5 days.

### **Raspberry Vinaigrette**

- 1/4 cup lemon juice, fresh best
- 1/2 cup pureed raspberries
- 1/2 cup canola oil
- 1/2 tsp sea salt
- 1/2 tsp onion powder

Combine all ingredients in blender and blend until smooth. Shake well before using. Lasts 7 to 10 days in fridge. (Usually this calls for herbs too. You can add basil and parsley, but avoid prepackaged mixes.)

### **Creamy Cucumber Dressing**

- 3/4 cup raw cashews
- 1/2 to 1 cup water, as needed
- 1/2 med cucumber, **with peel** (any kind)
- 1 to 3 tsp lemon juice, to taste
- 1/2 tsp sea salt
- 1/2 tsp onion powder
- 1 tsp dill seed or weed
- 1 tsp parsley

Combine all in blender and blend until smooth. Store in fridge 3 to 5 days.

### **Italian Dressing**

- 1/3 cup lemon juice, fresh best
- 1/4 cup water
- 2 Tbsp grape juice concentrate (or water)
- 1/2 cup canola oil
- 1/2 tsp each oregano, basil & parsley
- 1/2 tsp sea salt
- 1 tsp onion powder
- 1 clove garlic (or 1/2 tsp garlic powder)

Combine all ingredients and shake well before using.

## Spreads

### **Garbanzo Cheeze**

- 1 cup water
- 1/4 cup sunflower seeds
- 1 cup cooked & rinsed garbanzos or one half of a 19 oz can
- 1 tsp salt to taste
- 3 Tbsp lemon juice, fresh best

- 1/2 tsp dill weed or more to taste
- 1/2 tsp celery seed
- 1/4 tsp paprika, optional

Blend all ingredients together until very smooth. Pour into dish and chill until firm. Use as a spread. (Normally I add 3 to 4 Tbsp of nutritional yeast flakes to this recipe, but you need to leave yeast out for now.)

### **Mariner Spread**

- 2 cups garbanzos or chickpeas (19 oz can)
- 1/2 cup Sunflower Ranch Dressing
- 1/4 cup green onions, chopped (or chives)
- 1/2 tsp dulse (or kelp)
- 1 tsp kelp, to taste (or dash of salt)
- 1/2 to 1 tsp lemon thyme, optional
- 1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add 1/2 cup chopped celery, 1/4 cup chopped red or sweet white onion, and/or 1 Tbsp fresh parsley

### **Hummus**

- 2 cups garbanzos or chickpeas (19oz can)
- 1/2 cup Mayo or 109 (more or less to taste)
- 1/4 cup green onions, chopped (or chives)
- 2 to 4 cloves roasted or raw garlic
- 1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add 1/2 cup roasted red bell peppers.

### **Stafford Nut Meat**

Thank you, Mrs. Ruth Stafford!

- 1 cup tomatoes, canned or fresh
- 3/4 cup water
- 1/2 cup lightly roasted cashews or almonds
- 1/2 cup walnuts
- 1/3 cup garbanzo flour
- 3 Tbsp nutritional yeast flakes
- 2 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 tsp sea salt
- 1/2 cup finely chopped peanuts

Place all ingredients, except peanuts, into a blender and whiz until smooth. Stir in peanuts and place in tin cans 3/4 full (14oz or so). Cover with foil and steam in water 2 to 3 hours until firm. Let cool and remove from tins. Slice and serve in sandwiches.

### **Date Walnut Spread**

- 1 cup almond milk (or other or water)
- 1 cup dates, chopped or whole pitted
- 1 cup walnuts

Soften dates in rice/almond milk over medium low heat. Remove from heat and place in food processor. Add walnuts and process on high until smooth. Variation: Use 1/2 almonds and 1/2 walnuts.

## **Desserts: Crusts & Bars**

### **Low Fat Oat Crust**

- 1 1/2 cups quick oats
- 1/2 cup applesauce
- 1/4 tsp sea salt

Combine all gently. Press into prepared pan. Bake for 10 to 15 minutes at 350°F or according to recipe directions if using in another recipe.

### **Just Like Graham Crust**

Very simple! Very quick!

- 1 1/2 cups granola (no raisins is best)
- 2 to 4 Tbsp water

Process granola in food processor briefly to get a course meal texture. Mix in water and press firmly into a 9" pie pan. Ready – NO BAKE!

### **Rich Nutty Crust**

Can be used raw or cooked (but cooked is better on this diet plan).

- 1 cup pecans
- 1/2 cup almonds, ground
- 1/2 cup dates
- 1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Press firmly into a pan shell. If need pre-baked, lightly bake at 350°F for 10 to 15 minutes.

### **Carob Crispies**

- 1/4 cup carob powder
- 3/4 cup date butter  
(3/4 c dates softened in 1/2 c water)
- 3/4 cup almond nut butter
- 1/2 tsp sea salt (if nut butter is unsalted)
- 1/4 tsp almond extract
- 2 to 3 cups brown rice crispies

Prepare with non-stick spray a 9 x 13 pan. Combine carob powder, date butter, nut butter, and almond

extract. Stir in rice crispies and pat into pan, chill and cut. Crispies go soggy next day.

## **Omega Bars**

Full of omega 3's – 1.8grams per serving.

- 1/2 cup brown rice syrup
- 1/4 cup canola oil
- 1 cup almond butter (or chopped almonds)
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

Heat syrup and nut butters over medium heat until soft and smooth. Stir in nuts, seeds, rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill.

## **Entrées & Sauces**

### **Golden Garbanzo Burgers**

- 1 can garbanzos (or chickpeas)
- 1 to 2 cups water, as needed
- 1 med onion, diced, optional
- 2 cups quick oats
- 1/2 cup ground pecans or walnuts
- 1 tsp garlic powder
- 1 to 2 tsp sea salt to taste
- 2 tsp onion powder

Blend garbanzo beans and water in blender well, adding only enough water to blend. Pour into large bowl and add remaining ingredients, add water as need to form patties. Cook until golden brown in frying pan using oil.

### **Bean 'n' Rice Burger**

- 1 can Romano Beans, rinsed (or Pinto)
- 1/4 cup sesame seeds & 1/4 cup sunflower seeds
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tsp basil, 1 tsp sea salt & 1 tsp parsley
- 1 1/2 cups cooked rice

Mash Romano beans (I use a food processor) and stir in remaining ingredients. Form into patties and cook over medium heat on a non-stick skillet lightly sprayed with oil, until evenly browned. (To make into a casserole, double the rice and bake in a 9 x 13 pan at 350°F for 35 to 45 minutes or so.)

### **No-nut Gravy**

- 1/4 cup arrowroot
- 4 cups Veggie Broth
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 large onion sautee in 1 Tbsp oil
- 1 cup chick pea flour (grind in coffee grinder)

Toast chickpea flour in a dry frying pan. Add all in a med pot and cook until thick. Chick peas add the protein to this no-nut gravy.

## **Crackers/Bread**

### **Basic Biscuits**

A basic recipe, a bit cake-like.

- 1 cup brown rice flour
- 1/2 cup organic corn flour
- 3/4 cup tapioca starch
- 1/4 cup sweet rice flour
- 1/2 tsp sea salt
- 1 Tbsp baking powder
- 1/4 cup oil
- 1 cup rice milk
- 1/2 cup water

Combine dry ingredients. Mix wet ingredients and quickly stir into dry, just until mixed. Pour into 8 x 8 pan (9 x 13 pan for crackers) and bake at 350°F for 25 to 30 minutes.

## **Misc & Substitutes**

### **Cashew Cream**

Blend:

- 1/2 cup cashews
- 1/2 cup water

Till thick and creamy

Add: 1 cup water

Blend till smooth. Yields 2 cups. (Add more water to taste if needed.) Note: Can add vanilla and a touch of sweetener, about 2 to 4 Tbsp raw sugar, if it calls for vanilla soy milk or soy creamer.



# Starting Food Diary Sheet

NAME \_\_\_\_\_

DATE \_\_\_\_\_

DAY \_\_\_\_\_ of \_\_\_\_\_

Try to keep a record for 7 to 10 days.

FREE recipes: [www.healthyhomecookin.com](http://www.healthyhomecookin.com)

Cooking School: [www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)

TIME	DESCRIPTION OF FOOD, MEDICATION, OR DRINK	SYMPTOMS

**A few symptoms to watch for:**

- |                  |              |            |              |               |                |                 |
|------------------|--------------|------------|--------------|---------------|----------------|-----------------|
| Headaches        | Cravings     | Heartburn  | Sore throat  | Bad breath    | Abdominal Pain | Hay fever like  |
| Bloating         | Diarrhea     | Hives/rash | Wheezing     | Hyperactivity | Bowel Movement | Asthma like     |
| Flatulence (gas) | Constipation | Runny nose | Irritability | Indigestion   | Belching       | Appetite change |



# Index

<i>Apple Crisp</i>	23	<i>Cashew Cream</i>	79
<i>Apple Crisp</i>	53	<i>Cherry Almond Muffins</i>	39
<i>Apple Pie</i>	27	<i>Cherry Almond Muffins</i>	69
<i>Apple Pie</i>	57	<i>Cream of Potato &amp; Barley Soup</i>	28
<i>Baked Potatoes</i>	20	<i>Cream of Potato &amp; Barley Soup</i>	58
<i>Baked Potatoes</i>	50	<i>Creamy Cucumber Dressing</i>	77
<i>Basic Biscuits</i>	79	<i>Date Walnut Spread</i>	78
<i>Bean 'n' Rice Burger</i>	79	<i>Easy Berry Topping or Jam</i>	28
<i>Blueberry Muffins</i>	35	<i>Easy Berry Topping or Jam</i>	58
<i>Blueberry Muffins</i>	65	<i>Easy Waffles</i>	38
<i>Blueberry Pie</i>	25	<i>Easy Waffles</i>	68
<i>Blueberry Pie</i>	43	<i>Fresh Fruit &amp; Rice Cakes</i>	17
<i>Blueberry Pie</i>	55	<i>Fresh Fruit &amp; Rice Cakes</i>	47
<i>Blueberry Pie</i>	73	<i>Frozen Fruit Cream</i>	21
<i>Blueberry Smoothie</i>	19	<i>Frozen Fruit Cream</i>	23
<i>Blueberry Smoothie</i>	49	<i>Frozen Fruit Cream</i>	51
<i>Blueberry Topping - Deluxe</i>	38	<i>Frozen Fruit Cream</i>	53
<i>Blueberry Topping - Deluxe</i>	68	<i>Golden Garbanzo Burgers</i>	79
<i>Brown Rice</i>	19	<i>Granola</i>	30
<i>Brown Rice</i>	43	<i>Granola</i>	60
<i>Brown Rice</i>	49	<i>Hiking Crackers</i>	31
<i>Brown Rice</i>	73	<i>Hiking Crackers</i>	61
<i>Buckwheat Grouts</i>	16	<i>Hummus</i>	78
<i>Buckwheat Grouts</i>	46	<i>Italian Dressing</i>	77
<i>Buckwheat Pancakes</i>	32	<i>Just Like Graham Crust</i>	78
<i>Buckwheat Pancakes</i>	62	<i>Lemon Millet Squares</i>	37
<i>Carob Crispies</i>	78	<i>Lemon Millet Squares</i>	67
<i>Carob Pie</i>	41	<i>Lemon Rice Muffins</i>	29
<i>Carob Pie</i>	71	<i>Lemon Rice Muffins</i>	59
<i>Carob Pudding - Millet</i>	26		
<i>Carob Pudding - Millet</i>	56		



<i>Lentil &amp; Chickpea Soup</i>	39	<i>Rice Pudding</i>	36
<i>Lentil &amp; Chickpea Soup</i>	69	<i>Rice Pudding</i>	66
<i>Lentil &amp; Tomato Soup</i>	77	<i>Rich Nutty Crumble</i>	21
<i>Lovely Lentil Burger</i>	36	<i>Rich Nutty Crumble</i>	51
<i>Lovely Lentil Burger</i>	66	<i>Rich Nutty Crust</i>	78
<i>Low Fat Oat Crust</i>	78	<i>Roasted Potatoes</i>	36
<i>Maple Millet Delight</i>	34	<i>Roasted Potatoes</i>	66
<i>Maple Millet Delight</i>	64	<i>Savory Quinoa</i>	30
<i>Marinara Sauce</i>	34	<i>Savory Quinoa</i>	60
<i>Marinara Sauce</i>	64	<i>Savory Veggie Sauce</i>	18
<i>Mariner Spread</i>	78	<i>Savory Veggie Sauce</i>	42
<i>Millet</i>	18	<i>Savory Veggie Sauce</i>	48
<i>Millet</i>	48	<i>Savory Veggie Sauce</i>	72
<i>Minestrone</i>	22	<i>Simple Gravy</i>	20
<i>Minestrone</i>	52	<i>Simple Gravy</i>	50
<i>Mixed Grain Porridge</i>	20	<i>Simple Rice Waffles</i>	28
<i>Mixed Grain Porridge</i>	50	<i>Simple Rice Waffles</i>	58
<i>No-nut Gravy</i>	79	<i>Simple Vegetable Soup</i>	16
<i>Oatmeal</i>	22	<i>Simple Vegetable Soup</i>	46
<i>Oatmeal</i>	52	<i>Split Pea or Lentil Soup</i>	24
<i>Omega Bars</i>	79	<i>Split Pea or Lentil Soup</i>	54
<i>Peach Barley Casserole</i>	24	<i>Stafford Nut Meat</i>	78
<i>Peach Barley Casserole</i>	54	<i>Sunflower Ranch Dressing</i>	77
<i>Pina Colada Granola</i>	42	<i>Sweet Barley Cereal</i>	40
<i>Pina Colada Granola</i>	72	<i>Sweet Barley Cereal</i>	70
<i>Potato Stew</i>	32	<i>Vegetable Lentil Soup</i>	40
<i>Potato Stew</i>	62	<i>Vegetable Lentil Soup</i>	70
<i>Raspberry Millet Delight</i>	33	<i>Veggie Broth (for Fast)</i>	77
<i>Raspberry Millet Delight</i>	63		
<i>Raspberry Topping</i>	33		
<i>Raspberry Topping</i>	63		
<i>Raspberry Vinaigrette</i>	77		
<i>Rice 'n' Almond Dish</i>	26		
<i>Rice 'n' Almond Dish</i>	56		

# NOT SURE IF YOU HAVE A FOOD SENSITIVITY?

## TIRED OF FEELING MISERABLE?

Get help figuring out what foods affect you  
with this workbook & program.

This program was designed for those with food allergies and sensitivities to help them discover what foods are causing them problems. Problems like, fatigue, headaches, stomach issues, irritability, and more. Compliments the book "Food Allergies & Food Sensitivities", by Angela Poch, NC.

Allergy tests are expensive and not always accurate, PLUS they DON'T work for food sensitivities, only for allergies. And yes, there is a big difference. If you have an immediate response to the food you eat, it is likely an allergy. But if the reaction comes several hours or days later, then blood tests may not be effective in diagnosing what foods are ailing you.

Many of these recipes were adapted from the Healthy Home Cookin' Cookbook series for this special program. Please keep in mind, while I've tried to make the recipes tasty, I also had to work with limited ingredients so the program would work. You must eat very simply when trying to figure out health issues. Thus I would venture to say if you at least tolerated these recipes, you will LOVE the Health Home Cookin' series as they have much more flavor and variety.

**About the Author:** Having graduated from Total Health School of Nutrition in Calgary, Alberta, Canada, Angela Poch is well versed in common nutritional needs and myths. Both a housewife and cook, she has created and adapted recipes for healthy luncheons, cooking classes, and for picky eaters (such as herself.) She has published seven cookbooks, did cooking shows on 3ABN an international T. V. network, and is the director of The Vegan Vegetarian Cooking School.

[ ISBN 978-1-926784-02-1



9 781926 784021



Angela Poch, N.C.