



Elimination Diet Menu Plan

	Protein (1x/meal) 3 oz serving	Fruit (2-3x/day) 1 medium fruit	Vegetable (no limit)	Healthy fat (1-2x/meal) 1-2 tsp	Fiber - whole grains & legumes (1/meal) ½ to ¾ cup
Brkfst	Protein Shake Roast Turkey	Fruit in shake	Carrots	Almond milk (shake)	Ground Flax seed
Lunch	Salmon	Banana	Salad	Avocado	Taro chips
Dinner	Lamb chop	Berries	Stir fry Broccoli & carrots	Ghee	Brown rice
Brkfst	Protein Shake Hummus	Fruit in shake	Celery	Rice milk	Ground chia seeds
Lunch	Roast chicken	Apple	Salad	Olive oil & lemon dressing	Rice crackers
Dinner	Grilled Halibut	Dried fruit (unsulphured)	Asparagus	Flax oil drizzled on asparagus	Quinoa
Brkfst	Protein Shake Almond butter (in shake)	Fruit in shake	Vegetable soup	Almond milk	Rice crackers
Lunch	Tuna salad (no mayo – use olive oil and/or balsamic vinegar)	Pear	Salad	Macadamia nuts	Three bean salad
Dinner	Grilled chicken breast	Grapes	Artichoke	Ghee	Brown rice noodles
Brkfst	Protein Shake (Refried beans)	Fruit in shake	Avocado (In shake?)	Coconut milk	Refried beans
Lunch	Lentil soup	Kiwifruit	Salad	Flax oil and vinegar dressing	Ground Flax seeds
Dinner	Turkey burger	Melon	Green beans	ghee	Sweet potato
Brkfst	Protein Shake	Fruit in shake	Jicama	Hemp milk	quinoa
Lunch	Lamb patty	Raisins	Steamed veggies	ghee	Brown rice with pine nuts
Dinner	Black Bean w/ chicken soup	Cherries	Zucchini	Coconut oil	(Beans in soup)
Snack 1 or two items	Hummus Deli turkey and chicken Nuts Nut butter Left over meats Refried beans	Any fruit	Veggie sticks	Nuts and nut butters Avocado	Rice crackers Taro chips Brown rice cakes “Mary’s Gone Crackers” brand

Protein sources during the week with no meat:
 Brown rice, Quinoa, Beans, Nuts, Seeds, Protein shake

Ideas for meals:
 Mix rice, refried beans, and nuts to make “burgers”
 Soups with lots of vegetable and more than one type of bean
 Salads with nuts and seeds, beans, and avocado
 Roasted veggies with sweet potatoes
 Fried rice with lots of veggies
 Pasta primavera (brown rice pasta and stir fried veggies)