


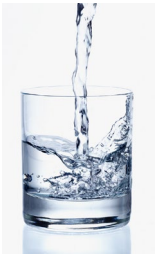


# Common Allergen Elimination Diet:

## Sample Meals for Stage 1 Elimination

Sample Meals		
Day 1	Day 2	Day 3
<b>Breakfast</b>		
Oatmeal (pure uncontaminated oats) topped with: <ul style="list-style-type: none"> <li>- cinnamon</li> <li>- berries</li> <li>- hemp hearts or pumpkin seeds</li> </ul>	Smoothie made with: <ul style="list-style-type: none"> <li>- banana</li> <li>- coconut or rice beverage</li> <li>- flax or chia seeds</li> <li>- frozen berries</li> </ul> 	Allergen-free bread with: <ul style="list-style-type: none"> <li>- honey</li> <li>- tahini spread</li> </ul> Banana
<b>Lunch</b>		
Allergen-free pasta (such as brown rice or corn pasta) with: <ul style="list-style-type: none"> <li>- meatballs</li> <li>- tomato sauce</li> </ul> Raw vegetables 	Sandwich made with: <ul style="list-style-type: none"> <li>- allergen-free bread, bun, or wrap</li> <li>- chicken, roast beef, or turkey</li> <li>- lettuce, sprouts, and tomato</li> </ul> Fresh fruit	Corn tortillas filled with: <ul style="list-style-type: none"> <li>- avocado</li> <li>- black beans</li> <li>- lettuce</li> <li>- salsa</li> <li>- tomatoes</li> <li>- grilled chicken, beef, or pork</li> </ul> 
<b>Supper</b>		
Roast beef or pork Potatoes or corn on the cob Roasted broccoli and cauliflower	Meat or vegetarian chili Potatoes or quinoa Sorbet (allergen-free)	Baked chicken Cooked rice Steamed carrots and green beans
<b>Snacks</b>	<b>Drinks</b>	<b>Fats/oils</b>
<ul style="list-style-type: none"> <li>• Fruit (fresh, frozen or canned)</li> <li>• Popcorn</li> <li>• Rice crackers and pea butter</li> <li>• Raw vegetables and hummus</li> <li>• Nacho chips and salsa</li> <li>• Trail mix made with: dried cranberries, pumpkin seeds, raisins, and sunflower seeds</li> <li>• Berries with yogurt made from coconut beverage</li> </ul>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Fortified beverage; coconut, flax, hemp, or rice</li> <li>• Fruit or vegetable juice</li> <li>• Coffee</li> <li>• Tea</li> </ul> 	<ul style="list-style-type: none"> <li>• Vegetable oils, margarine or butter made from:               <ul style="list-style-type: none"> <li>- canola, coconut, corn, olive, safflower, or sunflower oil</li> </ul> </li> </ul>

Read the labels on all products and make sure the recipes don't contain any allergens.

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## Sample Meals for Stage 1 Elimination

Sample Meals	
Sample Day	Sample Day
<b>Breakfast</b>	
<b>Lunch</b>	
<b>Supper</b>	
<b>Snacks</b>	<b>Drinks</b>