

Hypoallergenic diet

Basic Meal Planning

It is vital to eat regularly especially when trying to heal. Each meal should include vegetable and protein (meat or non-meat) fruit makes a great snack as do vegetables with a dip like hummus. Grains should also be eaten through the day, but not in excess.

Some examples

Upon waking drink a glass of water. Then fill a water bottle and carry it around with you, drink it through the day. If you don't like the taste of plain water, you can add sliced cucumbers, herbs, ginger, a dash of salt, berries, or a splash of apple cider vinegar. Find additions that taste good to you.

Breakfast

- A smoothie made with berries, protein powder, and coconut or almond milk
- hot cereal with cinnamon, coconut flakes, and sunflower seeds
- Cold gluten-free cereal with coconut or rice milk
- Rice cakes or gluten free bread with fruit
- Fresh fruit
- Gluten free muffins (these can be made on the weekend and even frozen in batches)
- Buckwheat pancakes or gluten free waffles
- Vegetable soup
- Coconut yogurt

Snacks:

- Vegetables
- Fresh fruit
- Rice crackers
- Rice chips
- Kale chips
- Seaweed snacks
- Rice cakes
- Hummus
- Guacamole
- Bean dips

Lunch:

- Salad with a variety of vegetables and proteins such as beans, chicken or turkey
- Brown rice or lettuce wrap filled with black beans, avocado, cilantro, and your favorite vegetables
- Sandwich on gluten free bread
- Soup
- Chili
- Leftovers from dinner

Dinner:

Chicken curry with plenty of vegetables, substitute squash for the potato
Stir fry
Homemade gluten free pizza
Soup or chili
Roasted root vegetables
Vegan mac and “cheese”
Broiled chicken or turkey with rice and steamed vegetables
Gluten free pasta salad
Stuffed yams or squash

Dessert:

Fresh berries or a homemade berry sorbet
Baked apples
Coconut ice cream

Free recipes and more menu ideas can be found at these websites:

<http://www.whfoods.com/> - also has cooking tips and video demonstrations

<http://www.wholeliving.com/145336/recipes>

<http://www.epicurious.com/recipesmenus/healthy/recipes>

<http://www.elanaspantry.com/gluten-free-recipes/>