



North Atlanta Sinus and Sleep Center

Breathe easy, live well

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Comprehensive Elimination diet

The Comprehensive Elimination Diet is a dietary program designed to clear the body of foods and chemicals to which you may be allergic or sensitive. The main rationale behind the diet is that these modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. The dietary changes help the body eliminate or "clear" various toxins that may have accumulated due to environmental exposure, foods, beverages, drugs, alcohol or cigarette smoking. It also helps reduce inflammation throughout your body.

This called an "Elimination Diet" because you remove certain foods and food categories from your diet. During a period of two to three weeks, you eliminate the foods from your diet that are the most likely culprits of sensitivity symptoms. If your symptoms improve during the three-week period, you'll carefully add foods back into your diet one at a time to see which foods may be triggering symptoms. Make sure to read all labels carefully to find hidden allergens. Eat a wide variety of foods and do not try to restrict your calorie intake. If you find no improvement within three weeks either you do not have any food allergies, or you may have food allergies but there is yet another factor complicating the picture. There are no magical answers here; this is a journey of self-exploration and discovery.

In my experience, I have found this process to be generally well tolerated and extremely beneficial. In fact, it's the best clinical tool I know. There is really no "typical" or "normal" response. A person's initial response to any new diet is highly variable, and this diet is no exception. This can be attributed to physiological, mental and biochemical differences among individuals; the degree of exposure to, and type of "toxin"; and other lifestyle factors. Most often, individuals on the elimination diet report increased energy, mental alertness, decrease in muscle or joint pain and a general sense of improved well-being. However, some people report some initial reactions to the diet, especially in the first week, as their bodies adjust to a different dietary program. Symptoms you may experience in the first week or so can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness and changes in gastrointestinal function. Such symptoms rarely last for more than a few days.

I realize that changing food habits can be a complex, difficult and sometimes confusing process. It doesn't have to be, and I think that I have simplified the process with diet menus, recipes, snack suggestions and other information to make it a "do-able" process. Read this information carefully.

Eat only the foods listed under "Foods to Include," and avoid those foods shown under "Foods to Exclude" in the "Comprehensive Elimination Diet Guidelines." These Guidelines are intended as a quick overview of the dietary plan. If you have a question about a particular food, check to see if it is on the food list. You should, of course, avoid any listed foods to which you know you are intolerant or allergic. We also may change some of these guidelines based upon your personal health condition and history.

Tips

- The first 2 to 3 days are the hardest. It's important to go shopping to get all of the foods you are allowed to have.
- Plan your meals and have a pot of rice available.
- Eat simply. Cook simply. Make a pot of chicken-vegetable-rice soup. Make a large salad. Cook extra chicken. Have prepared food on hand so you can grab something quickly.
- Eat regular meals.
- You may also want to snack to keep your blood sugar levels normal. It is important to keep blood sugar stable. Carry food with you when you leave the house. That way you will have what you are allowed and not be tempted to stray off the plan.
- It may be helpful to cook extra chicken, sweet potatoes, rice, beans, etc. that can be reheated for snacking or another meal.
- Avoid any foods that you know or believe you may be sensitive to, even if they are on the "allowed" list.
- Try to eat *at least* three servings of fresh vegetables each day. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, winter squash) and one raw vegetable each day. Vary your selections.
- This is NOT a weight loss program. If you need to lose or gain weight, work with your practitioner on a program.
- Buy organic produce when possible. Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to eliminate pesticide and chemical residue consumption. Wash fruits and vegetables thoroughly.

- If you are a vegetarian, eliminate the meat and fish and consume more beans and rice, quinoa, amaranth, teff, millet and buckwheat.
- If you are consuming coffee or other caffeine-containing beverages on a regular basis, it is always wise to slowly reduce your caffeine intake rather than abruptly stop it; this will prevent caffeine-withdrawal headaches. For instance, try drinking half decaf/half regular coffee for a few days, then slowly reduce the total amount of coffee.
- Read oil labels; use only those that are obtained by a “cold pressed” method.
- If you select animal sources of protein, look for free-range or organically raised chicken, turkey or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling or stir-frying. Cold-water fish (e.g., salmon, mackerel, and halibut) is another excellent source of protein and the omega-3 essential fatty acids, which are important nutrients in this diet. Fish is used extensively.
- Remember to drink the recommended amount (at least two quarts) of plain, filtered water each day.
- Strenuous or prolonged exercise may be reduced during some or the entire program to allow the body to heal more effectively without the additional burden imposed by exercise. Adequate rest and stress reduction are also important to the success of this program.
- You may use leftovers for the next days’ meals or part of a meal, e.g. leftover broiled salmon and broccoli from dinner as part of a large salad for lunch the next day.

POSSIBLE PROBLEMS: Most people feel better and better each day during the allergy elimination diet. However, if you are used to using caffeine, you may get withdrawal symptoms the first few days which may include: headaches, fatigue irritability, malaise, or increased hunger. If you find your energy lagging, you may need to eat frequently to keep your blood sugar levels (thinking, energy) level. Be sure to drink plenty of water.

TESTING INDIVIDUAL FOODS: Once you have completed three weeks you can begin to add foods back into your diet. **KEEP A JOURNAL OF ALL FOODS EATEN AND ALL SYMPTOMS.** Be sure to add foods one at a time, one every two days. Eat the test food at least twice a day and in a fairly large amount. Often an offending food will provoke symptoms quickly—within in 10 minutes to 12 hours. Signs to look for include: headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepy 30 minutes after a meal, flushing, rapid heartbeat. If you are unsure, take the food back out of your diet for at least one week and try it again. Be sure to test foods

in a pure form: for example test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat!

THE RESULTS: Avoiding symptom-provoking foods and taking support-ive supplements to restore gut integrity can help most food allergies/sensitivities resolve within 4 to 6 months. This means that in most cases you will be able to again eat foods that formerly bothered you. In some cases, you will find that the allergy doesn't go away. In this case you must either wait longer or it may be a "fixed" allergy that will be lifelong.

AFTER THE TESTING: It would be advisable to return to your health practitioner for a follow-up visit to determine your next steps. If you find allergies to many foods, you may want to explore a 4-day food rotation diet.

Finally, anytime you change your diet significantly, you may experience such symptoms as fatigue, headache or muscle aches for a few days. Your body needs time as it is "withdrawing" from the foods you eat on a daily basis. Your body may crave some foods it is used to consuming. **Be patient!** Those symptoms generally don't last long, and most people feel much better over the next couple of weeks.

Enjoy!

COMPREHENSIVE ELIMINATION DIET GUIDELINES

<i>Foods to include</i>	<i>Foods to exclude</i>
Fruits: whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices	Oranges and orange juice
Dairy substitutes: rice milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Non-gluten grains and starch: rice (all types), millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour	Grains: wheat, corn, barley, spelt, kamut, rye, triticale, oat
Animal protein: fresh or water-packed canned fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
IF YOU ARE A VEGETARIAN: split peas, lentils and legumes If you are not a vegetarian, do not include these foods.	Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

<i>Foods to include</i>	<i>Foods to exclude</i>
Nuts and seeds: Coconut, pine nuts, flax seeds	Peanuts and peanut butter, walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini
Vegetables: all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables. If you have arthritis, avoid nightshades: tomatoes, potatoes, eggplants, peppers, paprika, salsa, chili peppers, cayenne, chili powder
Oils: cold-pressed olive, ghee	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin
Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
Sweeteners: <u>Use Sparingly:</u> brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice
Condiments: vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

THINGS TO WATCH FOR

- Corn starch in baking powder and any processed foods
- Corn syrup in beverages and processed foods
- Vinegar in ketchup, mayonnaise and mustard is usually from wheat or corn
- Breads advertised as gluten-free which contain oats, spelt, kamut, rye
- Many amaranth and millet flake cereals have oats or corn
- Many canned tunas contain textured vegetable protein which is from soy;
- look for low-salt versions which tend to be pure tuna, with no fillers

READ ALL INGREDIENT LABELS CAREFULLY

ELIMINATION DIET SHOPPING LIST

<p>Fruits</p> <ul style="list-style-type: none"> ✓ Apples, applesauce ✓ Apricots (fresh) ✓ Bananas ✓ Blackberries ✓ Blueberries ✓ Cantaloupe ✓ Cherries ✓ Coconut ✓ Figs (fresh) ✓ Grapefruit ✓ Huckleberries ✓ Kiwi ✓ Kumquat ✓ Lemons and limes ✓ Loganberries ✓ Mangos ✓ Melons ✓ Mulberries ✓ Nectarines ✓ Papayas ✓ Peaches ✓ Pears ✓ Prunes ✓ Raspberries ✓ Strawberries * <i>All the above fruits can be consumed raw or juiced</i> <p>Vegetables</p> <ul style="list-style-type: none"> ✓ Artichoke ✓ Asparagus ✓ Avocado ✓ Bamboo shoots ✓ Beets and beet tops ✓ Bok choy ✓ Broccoli 	<p>Vegetables cont.</p> <ul style="list-style-type: none"> ✓ Broccoli ✓ Brussels sprouts ✓ Cabbage ✓ <i>Bell peppers</i> ✓ Carrots ✓ Cauliflower ✓ Celery ✓ Chives ✓ Cucumber ✓ Dandelion greens ✓ <i>Eggplant</i> ✓ Endive ✓ Kale ✓ Kohlrabi ✓ Leeks ✓ Lettuce – red or green leaf and Chinese ✓ Mushroom ✓ Okra ✓ Onions ✓ Pak-Choi ✓ Parsley ✓ <i>Potato</i> ✓ Red leaf chicory ✓ Sea vegetables – seaweed, kelp ✓ Snow peas ✓ Spinach ✓ Squash ✓ Sweet potatoes and yams ✓ Swiss chard ✓ <i>Tomatoes</i> 	<p>Vegetables cont.</p> <ul style="list-style-type: none"> ✓ Watercress ✓ Zucchini * <i>All the above vegetables can be consumed raw, juiced steamed, sautéed or baked. If you have arthritis, avoid nightshades (in italics).</i> <p>Animal Protein</p> <ul style="list-style-type: none"> ✓ Free-range chicken, turkey, duck ✓ Fresh ocean fish, e.g. Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi ✓ Lamb ✓ Water-packed canned tuna (watch for added protein from soy) ✓ Wild game <p>Oils</p> <ul style="list-style-type: none"> ✓ Ghee ✓ Flax ✓ Olive ✓ Coconut
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<p>Herbs, Spices & Extracts</p> <ul style="list-style-type: none"> ✓ Basil ✓ Black pepper ✓ Cinnamon ✓ Cumin ✓ Dandelion ✓ Dill ✓ Dry mustard ✓ Garlic ✓ Ginger ✓ Nutmeg ✓ Oregano ✓ Parsley ✓ Rosemary ✓ Salt-free herbal blends ✓ Sea salt ✓ Tarragon ✓ Thyme ✓ Turmeric ✓ Pure vanilla extract <p>Breads & Baking</p> <ul style="list-style-type: none"> ✓ Arrowroot ✓ Baking soda ✓ Gluten-free breads ✓ Flours: rice, teff, quinoa, millet, tapioca, amaranth, potato ✓ Mochi ✓ Rice bran ✓ Rice flour pancake mix Rice tortillas <p>Non-Gluten Grains</p> <ul style="list-style-type: none"> ✓ Amaranth ✓ Millet ✓ Quinoa ✓ Rice – brown, white, wild ✓ Teff ✓ Buckwheat ✓ Rice crackers 	<p>Cereals & Pasta</p> <ul style="list-style-type: none"> ✓ Cream of rice ✓ Puffed rice ✓ Puffed millet ✓ Quinoa flakes ✓ Rice pasta ✓ 100% buckwheat noodles ✓ Rice crackers/rice cakes <p>Dairy Substitutes</p> <ul style="list-style-type: none"> ✓ Almond milk ✓ Rice milk ✓ Coconut milk ✓ Oat milk <p>Beans: If you are vegetarian, include these foods. If you are eating animal foods, eliminate these foods.</p> <ul style="list-style-type: none"> ✓ All beans except soy ✓ Lentils - brown, green, red ✓ Split peas <p><i>* All the above beans can be dried or canned</i></p> <p>Nuts</p> <ul style="list-style-type: none"> ✓ Coconut <p>Vinegars</p> <ul style="list-style-type: none"> ✓ Apple cider ✓ Balsamic ✓ Red wine ✓ Rice ✓ Tarragon ✓ Ume Plum 	<p>Sweeteners</p> <ul style="list-style-type: none"> ✓ Fruit sweetener (100% juice concentrate) ✓ Agave nectar ✓ Molasses ✓ Rice syrup ✓ Stevia <p>Condiments</p> <ul style="list-style-type: none"> ✓ Mustard (made with apple cider vinegar) <p>Beverages</p> <ul style="list-style-type: none"> ✓ Herbal tea (non-caffeinated) ✓ Mineral water ✓ Pure unsweetened fruit or vegetable juices Spring water
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Menu Ideas

Here are some ideas to stimulate your own creativity. Feel free to create your own recipes and menus. *Indicates that recipe follows.

Breakfast: Feel free to add protein powder drinks, leftover chicken, fish, etc., to your breakfast menu.

- Cooked whole grain (oatmeal, cream of brown rice, buckwheat, teff, millet or quinoa) served with fresh or frozen fruit. Can add a bit of coconut, ghee, sweetener and/or cinnamon. To boost protein, have rice protein powder drink
- Home-fried potatoes: Cut onions, peppers, broccoli, mushrooms and other vegetables of your choice into small pieces and sauté in olive oil or ghee. Cut pre-baked potatoes into cubes and add to vegetables. Add salt/pepper/herbs/spices
- “Fried” rice: Use recipe above. Add rice instead of potatoes
- Toasted rice or lentil flax bread with coconut oil or ghee, 100% fruit jam or apple or pear butter, fresh fruit, and herbal tea
- Fruit smoothie: Blend rice milk with fruit. Possible choices: berries, bananas, pears, pineapple, mango, papaya, etc. Add flax seeds or psyllium seeds as desired. Add fish oil as desired. Drink on its own or as part of a breakfast
- Rice pancakes* topped with apple butter or apple sauce or sautéed apples
- Cold rice or amaranth or other gluten-free cereal (read label carefully) with fresh fruit (bananas, berries, pears, apples, etc) and rice milk
- Sweet potato delight*, half a cantaloupe filled with blueberries or half a papaya with lime juice
- Mochi rice waffles*, topped with sautéed apples* and fruit smoothie with rice protein powder
- Breakfast rice pudding*, rice milk, berries

Lunch or Dinner:

- Large salad with grilled chicken or fish. Serve with non-gluten-containing bread or baked potato or winter squash or boiled new potatoes
- Broiled salmon plus steamed or oven-roasted vegetables with cooked millet or baked potato or sweet potato or quinoa salad. Can also add a salad with vinaigrette dressing

- Asparagus soup* (or other soup), cabbage salad*, rice cakes with ghee, fresh fruit
- Broiled lamb chop, green rice*, cooked vegetables, fruity spinach salad*
- Fruit salad with coconut/or pine nuts. Serve with protein and rice crackers
- Broiled or poached halibut, baked winter squash sprinkled with cinnamon and ghee, mixed green salad with vinaigrette dressing, mocha rice squares and fruit for dessert
- Brown rice and grilled chicken, steamed greens, baked potato or sweet potato
- Halibut salad: Mixed greens of your choice, leftover halibut cut into chunks, vinaigrette dressing. Serve with baked potato with ghee
- Chicken breast sprinkled with garlic powder and tarragon, steamed asparagus or broccoli, brown or wild rice or kasha, ghee or olive oil
- Quinoa with chicken-vegetable soup or vegetable soup
- Quinoa salad with leftover chicken or fish
- Chicken salad: leftover chicken, mixed greens, guacamole, millet with pine nuts
- Fresh tuna steak topped with herbs and broiled, rice pasta with olive oil and mock pesto*, steamed kale or collard greens tossed with olive oil and garlic and vinegar, mixed green salad with vinaigrette dressing. Fruit for dessert
- Tuna salad: Canned tuna mixed with vinaigrette or eggless mayonnaise, baking powder biscuits*, fresh fruit
- Roast turkey breast or broiled turkey burger, brown or wild rice, steamed vegetable, salad with vinaigrette. Baked apple or poached pear
- Turkey salad: leftover turkey breast, mixed greens, other fresh vegetables, lemon or oil and vinegar, rice crackers or baking soda biscuits*, fresh fruit or cup of soup
- Rice pasta primavera*, pickled beets*, mixed green salad with vinaigrette, leftover breakfast rice pudding topped with berries

Snacks:

- Rice cakes or crackers with ghee or unsweetened apple butter or coconut oil, raw carrot
- Guacamole* on rice cakes
- Vegetables dipped into guacamole
- Baked apple
- Poached pear*

- Bowl of soup and rice crackers
- Rice cakes or crackers spread with apple butter
- Fresh fruit
- Fresh vegetables: carrots, cucumbers, sweet peppers, etc.
- Mochi rice squares, plain or with apple butter or smashed berries
- Baked sweet potatoes

Recipes

Breakfast:

Breakfast Rice Pudding - Serves 4

- 1 cup uncooked short grain brown rice
- 1¼ cups coconut milk
- 1¼ cups water
- ½ tsp. salt
- 1 Tbsp. brown rice syrup
- 1 tsp. cinnamon

Combine water and coconut milk in heavy pot; bring to boil, adding rice and salt. Simmer, covered (do NOT stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in brown rice syrup and cinnamon.

Mochi Rice Waffles - Serves 4

Purchase 1 package of cinnamon-apple Mochi and defrost.
Cut into quarters. Slice each quarter across to form 2 thinner squares.
Place one square into preheated waffle iron and cook until done.
Top with your choice of fruit or Sautéed Apples (*below*).

Rice Pancakes - Makes approximately 14 (4-inch) pancakes.

- 1 1/3 cups rice flour
- ½ cup millet flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 Tbsp. apple butter
- 1 Tbsp. ghee
- Egg Replacer to equal 2 eggs (*Refer to recipe below.*)
- 1½ cups rice milk
- 1½ Tbsp. apple cider vinegar

Mix the almond or rice milk with the vinegar and allow them to stand for 5 minutes until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk. Add dry mixture and stir gently. Be careful not to over-mix. Serve with Sautéed Apples (*refer to recipe below*).

Sweet Potato Delight - Serves 1-2

Adapted and used with permission from The Allergy Self Help Cookbook, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

1 ripe banana

1 medium sweet potato, cooked

1 tsp. oil

1 Tbsp. fruit sweetener, molasses or brown rice syrup (optional)

Shake the pan often. Cut the banana in half lengthwise. Cut the cooked sweet potato into ½” pieces. Add the oil to the pan. Place the banana pieces, flat sides down, in the pan. Add the sweet potatoes. Cover and cook for 2 minutes. Uncover, and cook for 5 minutes, until everything is heated through and browned on one side. Add the sweetener before serving.

Lunch and Dinner:

Oven Roasted Veggies – *number of servings depend on amount of veggies used*

Use any combination of the following vegetables, unpeeled, washed, and cut into bite-sized pieces: eggplant, small red potatoes, red onion, yellow or green summer squash, mushrooms, asparagus. Toss with crushed garlic cloves, olive oil and sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in roasting pan in single layers and roast approximately 20-25 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggie. Salt and pepper to taste. Serve while warm, or use cold leftovers in salad.

Mock Pesto - *Makes 1 cup*

Used with permission from The Allergy Self Help Cookbook, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

1 large ripe avocado

1 cup basil leaves

¼ tsp. lemon juice

1 garlic clove, minced or 1/8 tsp. garlic powder

¼ cup pine nuts

½ tsp. olive or flax oil

Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl of a food processor. Add the basil, vitamin C crystals, garlic and pine nuts. Process for about 2 minutes – scrape the bowl as necessary. Transfer it to a small bowl and coat the surface with oil to prevent browning. Chill.

Rice Pasta Primavera – Serves 4

2 cups uncooked rice pasta (noodles, spaghetti, elbows)
1 large whole chicken breast, cut into thin strips (optional)
Broccoli florets, chopped carrot, and/or other favorite veggie, lightly steamed
3-4 scallions, chopped
2 cloves garlic, minced
1 Tbsp. olive oil (more if needed)
¼ cup fresh basil, finely chopped
¼ - ½ cup coconut milk

Cook rice pasta according to package directions. While pasta is cooking, heat oil in wok or heavy frying pan, and stir fry chicken strips or tofu chunks, garlic, scallions, and basil for about 5 minutes; add remaining vegetables and coconut milk and continue to cook until veggies are soft and glisten. Add more coconut milk as needed. Remove from heat and spoon over drained rice pasta and garnish with black olives and extra olive oil, if desired.

Soups and Stocks:

Asparagus Soup - Serves 4

Used with permission from The Allergy Self Help Cookbook, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

1 lb. asparagus, trimmed
2 medium leeks or 4 large shallots
1 Tbsp. oil
2-3 cloves garlic, minced
2 cups water or chicken stock
1 tsp. dried dill weed
pinch nutmeg

Slice off the tips of the asparagus and reserve them. Cut the remaining stalks into 1” pieces. Slice the leeks in half lengthwise and wash under cold water to remove any sand. Slice into ¼” pieces. Sauté the leeks or shallots in the oil over medium heat until soft. Add the garlic and sliced asparagus stalks. Cook, stirring, another minute or two. Add the water or stock and dill. Simmer 10-12 minutes.

Remove from heat, allow to cool 5-10 minutes. Puree half the volume at a time. Return to pan, add the reserved asparagus tips and simmer 3-5 minutes or

until tips are just barely tender. Add nutmeg. If soup is too thick, thin with additional water or stock

Basic Stock Recipe

In a stock pot:

Put 2 pounds bones, skin, cartilage from poultry, fish, beef, lamb, shellfish.

(If you use a whole chicken, cook for about an hour, then take meat off the bones. Toss bones and connective tissue back into the pot. Leave the meat aside.)

Cover with water (2-3 quarts)

1-2 Tbsp. of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

Carrots, onions, celery

Parsley, sage, rosemary, thyme, bay

Cook several hours (4-24) or in crock pot on low temp.

Skim off scum/solids from top of soup after a couple of hours.

Remove bones. Skim off fat. (Sometimes it's easiest to refrigerate and then skim off fat.)

Either strain and use as broth, or begin adding vegetables, grains, etc., to make a soup. Can be used to cook grains or vegetables instead of water.

Beef Stock

Recipe courtesy of Sally Fallon, *Nourishing Traditions*

about 4 pounds beef marrow and knuckle bones

1 calf's foot, cut into pieces (optional)

3 pounds meaty rib or neck bones

4 or more quarts cold filtered water

1/2 cup vinegar

3 onions, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

several sprigs of fresh thyme, tied together

1 teaspoon dried green peppercorns, crushed

1 bunch parsley

Place the knuckle and marrow bones and optional calf's foot in a very large pot with vinegar and cover with water. Let stand for one hour. Meanwhile, place the meaty bones in a roasting pan and brown at 350 degrees in the oven. When well browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring

to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.

Simmer stock for at least 12 and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes. You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. But don't despair. After straining you will have a delicious and nourishing clear broth that forms the basis for many other recipes in this book.

Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

Salads and Vegetables:

Cabbage Salad - *Serves 4-6*

1 small to medium head red cabbage, thinly sliced (or use half red and half green cabbage)

8 sliced radishes, or 1 grated carrot

3 green apples, diced

1 stalk celery, chopped

dash garlic powder

2 Tbsp. olive oil

2 tsp. vinegar

1 tsp. lemon juice

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice.

Serve cold or at room temperature.

Fruity Spinach Salad - *Serves 6-8*

1 lb. fresh spinach, washed, dried, torn into pieces

1 pint fresh organic strawberries or raspberries, washed

Dressing:

3 Tbsp pine nuts

2 scallions, chopped

½ cup olive or flax oil

¼ cup balsamic vinegar

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.

Guacamole - *Makes 1 ½ - 2 cups*

Used with permission from The Allergy Self Help Cookbook, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

2-3 ripe avocados
¼ cup chopped onions
¼ tsp. vitamin C crystals
1 Tbsp. water
1 small clove garlic, chopped

Cut the avocados in half, remove the pits, then scoop the flesh into a blender or food processor. Add the onions, vitamin C crystals, water, and garlic. Process until smooth. Transfer to a small bowl. Cover and chill. Use within 2-3 days. To prevent darkening, coat top with a thin layer of oil. For a chunky version, mash the avocado with a fork and finely chop onions and garlic.

Pickled Beets - *Serves 4-6*

Adapted with permission from The Allergy Self Help Cookbook, by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.

4 beets, cooked and skinned
¼ cup water
1 Tbsp. brown rice syrup or fruit sweetener
¼ cup rice vinegar
¼ tsp. ground cinnamon
pinch each of cloves and allspice

Combine the water, sweetener, vinegar, cinnamon, cloves and allspice in a medium saucepan. Simmer for 2 minutes. Stir in the beets, and heat through. Serve hot or warm.

Quinoa Salad - *Serves 8-10*

1 ½ cups quinoa, rinsed several times
3 cups water, or chicken broth or vegetable broth (or a combination)
1 cup fresh or frozen peas (frozen baby peas should be just defrosted)
Chopped veggies, raw or lightly steamed (broccoli, asparagus, green beans, etc)
½ cup chopped red onion
1 pint cherry tomatoes (optional)
½ cup chopped black olives (optional)

1/3 cup olive oil
2 Tbsp. balsamic vinegar or lemon juice
1 or 2 crushed garlic cloves
2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dried dill)
2 Tbsp. chopped fresh parsley
salt and pepper to taste

Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. Meantime, mix together remaining oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.

Vinaigrette Dressing - 6 servings (approximately)

Note: ingredient amounts in this recipe are approximate; use more or less of certain ingredients to adapt recipe to your personal taste.

½ cup extra-virgin olive oil
3 Tbsp. balsamic vinegar (preferred because it has the richest flavor)
2-3 Tbsp. water
1 tsp. dry mustard
1-3 cloves fresh garlic (whole pieces for flavor or crushed for stronger taste)
Salt and pepper to taste

Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried
Place vinegar, water and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard. Add oil and remaining ingredients and shake well again. Store refrigerated and shake well before using. Dressing will harden when cold; allow 5-10 minutes to re-liquify.

Grains/Breads

Basic Kasha - Serves 4-5

1 cup buckwheat groats
2 cups water, chicken or vegetable broth

Roast the dry buckwheat groats over medium heat in a dry skillet, stirring until the grains begin to smell toasty, about 2 minutes. Add the water or broth, cover and simmer for 20-30 minutes, until kasha is tender but not mushy. Pour off any excess liquid.

Optional: add onion, garlic and herbs to the dish.

Baking Powder Biscuits - *Makes one dozen*

1½ cups brown rice flour
½ cup tapioca flour
4 tsp. baking powder
1/8 tsp. salt
3 Tbsp. ghee
1 cup applesauce, unsweetened

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoonfuls onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

Green Rice - *Serves 4*

1 cup brown basmati rice
2 cups water
¼ to ½ tsp salt
1 bunch parsley
1 clove garlic
1½ Tbsp. lemon juice
1½ Tbsp. olive oil
½ cucumber, diced
pepper to taste

Bring water to a boil, add rice and salt, stir and simmer, covered, for 45 minutes. Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, and oil in a food processor. When rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired.

Meal in a Muffin - *Makes one dozen*

Adapted with permission from Wheat-free Sugar-Free Gourmet Cooking, by Sue O'Brien, Gig Harbor, WA, 2001

1 medium carrot, grated
1 large apple, grated
¼ cup ghee
¼ cup unsweetened applesauce
Egg Replacement to equal 2 eggs (*refer to recipe on page 25*)
1/3 cup rice syrup, molasses, or agave (or mixture of those sweeteners)
2 tsp. vanilla

¼ cup millet flour
½ cup brown rice flour
¼ tsp. cinnamon
½ tsp. baking powder
¼ tsp. ginger
1/8 tsp. nutmeg
¼ cup shredded unsweetened coconut
½ cup dates

Preheat oven to 375 degrees. Mix together all wet ingredients and set aside. In a separate bowl, mix dry ingredients then mix both together. Lightly coat muffin tins with oil spray. Fill ¾ full and bake 15-20 minutes or until toothpick comes out clean. Allow to cool on a rack.

Yellow Rice

2 cups chicken stock
1 small onion, finely chopped
2 tsp. olive oil
1 clove garlic, minced
½ tsp. turmeric
1 cup uncooked long-grain brown rice

In a 2-quart saucepan over low heat, sauté onions in oil until tender, about 5 minutes. Add the garlic and sauté 1 minute. Stir in turmeric, then rice. Add stock. Bring to a boil, cover and simmer 45 minutes over low heat, or until rice is tender and all liquid is absorbed. Do not stir. Spoon beans over rice.

Fruit:

Baked Apple - Serves 6

1/3 cup golden raisins
2 Tbsp. apple juice
6 cooking apples, cored
1½ cups water
¼ cup frozen unsweetened apple juice concentrate
2 tsp. pure vanilla extract
1 tsp. cinnamon
1 tsp. arrowroot

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring

frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350 degrees for 1 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

Poached Pears – *Serves 6*

6 pears
2-inch stick cinnamon or 1 tsp. cinnamon
1 t. cardamom
2 c. apple juice or apple cranberry juice

Peel pears or leave whole. Place in covered casserole in oven or soup pot on stove. Cook until soft—30-60 minutes depending on the ripeness of the pears

Sautéed Apples - *Serves 2*

2 apples, washed
½ Tbsp. olive oil or ghee
2 tsp. cinnamon
2-3 Tbsp. apple juice

Thinly slice apples and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.

Miscellaneous:

Corn-Free Baking Powder

2 tsp. cream of tartar
2 tsp. arrowroot
1 tsp. baking soda
Sift together to mix well. Store in an airtight container. Make small batches.

Egg Replacer - equals one egg

1/3 cup water
1 Tbsp. whole or ground flaxseed

Place the water and flaxseed together and allow to gel for about 5 minutes. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do, but it will not leaven like eggs for souffles or sponge cakes. Increase amounts accordingly for additional egg replacement.

Nutty Mayo - Makes 1¼ cups. (Keeps well for 3 weeks)

½ cup pine nuts *Adapted and used with permission from* The Allergy Self Help Cookbook, *by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, PA.*

¾ cup water

3 Tbsp. vinegar

2 Tbsp. oil

1 Tbsp. arrowroot

1 Tbsp. brown rice syrup

1 Tbsp. minced parsley

1 Tbsp. snipped chives

1½ tsp. dry mustard

Grind the pine nuts to a fine powder in a blender. Add the water, blend 1 minute to make sure the pine nuts are fully ground. Add the vinegar, oil, arrowroot, sweetener, and seasonings. Blend until very smooth. Pour into a saucepan and cook a few minutes, until thick. Allow to cool, transfer to a glass jar. Store in the refrigerator.



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