

Sample 1 Meal & Snack Pattern - 6 Food Elimination Diet

This shows one way a **1200 calorie Meal Plan** can be divided into meals and snacks following the 6 Food Elimination Diet. Sample food choices are shown for each meal or snack.

BREAKFAST	BREAKFAST IDEAS
1 ounce Grains ¼ cup Fruit ½ cup Milk Alternative	<p>Sample 1: ½ cup oatmeal, with 1 teaspoon brown sugar, ¼ cup blueberries, ½ cup Calcium enriched beverage</p> <p>Sample 2: 1 small buckwheat pancake with 1 Tablespoon syrup, ¼ medium banana, ½ cup Calcium enriched beverage</p> <p>Sample 3: Fruit Smoothie (¼ sliced banana, 2 sliced strawberries, ½ cup Calcium enriched beverage) Small wheat-free muffin</p>
MORNING SNACK	MORNING SNACK IDEAS
1 ounce Grains ½ cup Fruit	<p>Sample 1: 8 rice crackers & ½ apple, sliced</p> <p>Sample 2: 1 cup cereal & ½ cup applesauce</p> <p>Sample 3: 1 nut-free granola bar & ½ Orange</p>
LUNCH	LUNCH IDEAS
1 ounce Grains 1 ounce Meat & Beans ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: ½ Sandwich: (1 slice rice bread, 1 Tablespoon sunflower seed butter), ½ cup sliced bell peppers, ½ cup Calcium enriched beverage</p> <p>Sample 2: Chili & Biscuits : (¾ cup vegetarian chili, 1 wheat-free biscuit), ½ cup Calcium enriched beverage</p> <p>Sample 3: Turkey roll-up: (1 corn tortilla, 1 ounce sliced Turkey, ¼ cup sprouts, 2 cucumber slices, ¼ avocado, sliced), ½ cup Calcium enriched beverage</p>
AFTERNOON SNACK	AFTERNOON SNACK IDEAS
¼ cup Fruit ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: ¼ cup sliced strawberries, ½ cup sugar snap peas & ½ cup rice-milk yogurt</p> <p>Sample 2: 4 dried apricot halves, 5 cherry tomatoes & ½ cup Calcium enriched beverage</p> <p>Sample 3: ¼ cup sliced peaches, ½ cup broccoli florets & ½ cup coconut-milk ice cream</p>
DINNER	DINNER IDEAS
1 ounce Grains 2 ounces Meat & Beans ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: ½ cup rice, ½ cup red lentil curry, ½ cup sautéed green peas & cauliflower, ½ cup Calcium enriched beverage</p> <p>Sample 2: Chicken & Potatoes: (2 ounces chicken breast, ¼ cup mashed potatoes), 1 small wheat-free roll with 1 teaspoon dairy-free margarine, ¼ cup green beans , ½ cup Calcium enriched beverage</p> <p>Sample 3: Spaghetti & meat sauce: (½ cup quinoa & corn pasta, ¼ cup marinara sauce with 2 ounces ground turkey), ½ cup Calcium enriched beverage</p>

* *Cooking oils and condiments with allowed ingredients may be added as needed when preparing meals and snacks.*

Sample 2 Meal & Snack Pattern - 6 Food Elimination Diet

This shows one way a **1200 calorie Meal Plan** can be divided into meals and snacks following the 6 Food Elimination Diet. Sample food choices are shown for each meal or snack.

BREAKFAST	BREAKFAST IDEAS
1 ounce Grains ¼ cup Fruit ½ cup Milk Alternative	<p>Sample 1: ½ cup cream of buckwheat with 1 teaspoon brown sugar, ¼ medium banana, ½ cup Calcium enriched beverage</p> <p>Sample 2: 1 cup wheat-free cereal, ¼ cup sliced strawberries, ½ cup Calcium enriched beverage</p> <p>Sample 3: Crepes: (1 small amaranth crepe & ¼ cup fruit compote), ½ cup Calcium enriched beverage</p>
MORNING SNACK	MORNING SNACK IDEAS
½ cup Fruit ½ cup Milk Alternative	<p>Sample 1: ½ cup sliced pear, ½ cup coconut-milk yogurt</p> <p>Sample 2: Smoothie: (¼ medium banana, ¼ cup blueberries & ½ cup Calcium enriched beverage)</p> <p>Sample 3: ½ cup fruit salad & ½ cup Calcium enriched beverage</p>
LUNCH	LUNCH IDEAS
2 ounces Grains 1 ounce Meat & Beans ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: Veggie Sandwich: (2 slices rice bread, 2 Tablespoons Hummus, ¼ cup sliced cucumber & ¼ cup sprouts), ½ cup Calcium enriched beverage</p> <p>Sample 2: Tacos: (2 corn tortillas, 1 ounce ground beef or ¼ cup refried beans), 1 cup tossed salad with 1 Tablespoon dressing containing allowed ingredients, ½ cup Calcium enriched beverage</p> <p>Sample 3: Quinoa salad: (1 cup cooked quinoa, ¼ cup black beans, ½ cup chopped bell peppers & corn), ½ cup Calcium enriched beverage</p>
AFTERNOON SNACK	AFTERNOON SNACK IDEAS
¼ cup Fruit ½ cup Vegetables	<p>Sample 1: Raisin Salad: (2 Tablespoons raisins, ½ cup shredded carrots, 1 Tablespoon coconut-milk yogurt)</p> <p>Sample 2: ¼ cup sliced grapes & ½ cup zucchini strips</p> <p>Sample 3: 2 Tablespoons raisins & ½ cup celery strips</p>
DINNER	DINNER IDEAS
1 ounce Grains 2 ounces Meat & Beans ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: Stuffed Bell Peppers: (½ cup brown rice, 2 ounces ground Turkey, ½ bell pepper), ½ cup Calcium enriched beverage</p> <p>Sample 2: Pork Chop & Yams: (2 ounces pork, ½ cup roasted yam slices), 1 small wheat-free dinner roll, with 1 teaspoon dairy-free margarine, ½ cup Calcium enriched beverage</p> <p>Sample 3: Chicken Stir Fry: (½ cup rice, 2 ounces chicken, ½ cup mixed veggies), ½ cup Calcium enriched beverage</p>

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