

Sample 1 Meal & Snack Pattern - 6 Food Elimination Diet

This shows one way a **1600 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 ½ cup Fruit ½ cup Milk Alternative	<p>Sample 1: ½ cup oatmeal with 1 teaspoon brown sugar, ½ cup blueberries, ½ cup Calcium enriched beverage</p> <p>Sample 2: 1 small buckwheat pancake with 1 Tablespoon syrup, ½ medium banana ½ cup Calcium enriched beverage</p> <p>Sample 3: Fruit Smoothie (¼ sliced banana, 4 sliced strawberries, ½ cup Calcium enriched beverage) Small wheat-free muffin</p>
MORNING SNACK	MORNING SNACK IDEAS
1 ounce Grains ½ cup Fruit 1 ounce Meat & Beans	<p>Sample 1: 8 rice crackers, 1 Tablespoon seed butter & ½ apple, sliced</p> <p>Sample 2: Snack Mix: 1 cup cereal, ¼ cup dried fruit & 2 Tablespoons sunflower seeds</p> <p>Sample 3: 1 slice wheat-free toast, ½ mashed banana, 1 Tablespoon seed butter</p>
LUNCH	LUNCH IDEAS
1 ounce Grains 2 ounce Meat & Beans ½ cup Vegetables 1 cup Milk Alternative	<p>Sample 1: ½ Sandwich: (1 slice rice bread, 2 Tablespoons sunflower seed butter), ½ cup sliced bell peppers, 1 cup Calcium enriched beverage</p> <p>Sample 2: Chili & Biscuits: (1 cup vegetarian chili, 1 wheat-free biscuit), 1 cup Calcium enriched beverage</p> <p>Sample 3: Turkey roll-up: (1 corn tortilla, 2 ounce sliced Turkey, ¼ cup sprouts, 2 cucumber slices, ¼ avocado, sliced), 1 cup Calcium enriched beverage</p>
AFTERNOON SNACK	AFTERNOON SNACK IDEAS
½ cup Fruit ½ cup Vegetables ½ cup Milk Alternative	<p>Sample 1: ½ cup sliced strawberries, ½ cup sugar snap peas & ½ cup rice-milk yogurt</p> <p>Sample 2: ¼ cup dried apricots, 5 cherry tomatoes & ½ cup Calcium enriched beverage</p> <p>Sample 3: ½ cup sliced peaches, ½ cup broccoli florets & ½ cup coconut-milk ice cream</p>
DINNER	DINNER IDEAS
2 ounce Grains 2 ounce Meat & Beans 1 cup Vegetables 1 cup Milk Alternative	<p>Sample 1: 1 cup rice, ½ cup red lentil curry, 1 cup sautéed green peas & cauliflower, 1 cup Calcium enriched beverage</p> <p>Sample 2: Chicken & Potatoes: (2 ounces chicken breast, ½ cup mashed potatoes), 2 small wheat-free rolls with 1 teaspoon dairy-free margarine, ½ cup green beans, 1 cup Calcium enriched beverage</p> <p>Sample 3: Spaghetti & meat sauce: (1 cup quinoa & corn pasta, ¼ cup marinara sauce with 2 ounces ground turkey), ½ cup corn, 1 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 **1600 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
2 ounce Grains ½ cup Fruit ½ cup Milk Alternative	<p>Sample 1: 1 cup cream of buckwheat with 1 teaspoon brown sugar, ½ medium banana, ½ cup Calcium enriched beverage</p> <p>Sample 2: 1 cup wheat-free cereal, 1 slice wheat-free toast with 1 teaspoon jam, ½ cup sliced strawberries, ½ cup Calcium enriched beverage</p> <p>Sample 3: Crepes: (2 small amaranth crepes & ½ 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 ounce Grains 1 ounce Meat & Beans ½ cup Vegetables 1 cup Milk Alternative	<p>Sample 1: Veggie Sandwich: (2 slices rice bread, 2 Tablespoons Hummus, ¼ cup sliced cucumber & ¼ cup sprouts), 1 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), 1 cup Calcium enriched beverage</p> <p>Sample 3: Quinoa salad: (1 cup cooked quinoa, ¼ cup black bean, ½ cup chopped bell peppers & corn), 1 cup Calcium enriched beverage</p>
AFTERNOON SNACK	AFTERNOON SNACK IDEAS
½ cup Fruit ½ cup Vegetables 1 ounce Meat & Beans	<p>Sample 1: Carrot Raisin Salad: (2 Tablespoons raisins, ¼ cup pineapple, ½ cup shredded carrots, 1 Tablespoon coconut-milk yogurt), 2 Tablespoons sunflower seeds</p> <p>Sample 2: ½ cup sliced grapes, ½ cup zucchini strips, 2 Tablespoons hummus</p> <p>Sample 3: Ants on a Log: ¼ cup raisins, ½ cup celery strips spread with 1 Tablespoon seed butter</p>
DINNER	DINNER IDEAS
1 ounce Grains 3 ounce Meat & Beans 1 cup Vegetables 1 cup Milk Alternative	<p>Sample 1: Stuffed Bell Peppers: (½ cup brown rice, 3 ounces ground Turkey, 1 large bell pepper), 1 cup Calcium enriched beverage</p> <p>Sample 2: Pork Chop & Yams: (3 ounces pork, ½ cup roasted yam slices), 1 small wheat-free dinner roll, with 1 teaspoon dairy-free margarine, ½ cup sautéed asparagus, 1 cup Calcium enriched beverage</p> <p>Sample 3: Chicken Stir Fry: (½ cup rice, 3 ounces chicken, 1 cup mixed veggies), 1 cup Calcium enriched beverage</p>

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