

How to Do an
**ELIMINATION
DIET**

MEAL PLAN AND RECIPES INCLUDED!

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What's an Elimination Diet?

Food Allergies and Sensitivities - What's The Difference?

When you are working on healing the body, gut health is important. In naturopathic medicine finding and removing a food sensitivity is "removing an obstacle to cure." You can take all the supplements and vitamins on the market, but if there's a food that your body doesn't tolerate, it will cause inflammation and make you feel unwell. Removing it from the diet is the best way to go and an elimination diet can help you find out which foods are contributing to your symptoms.

What's An Elimination Diet?

The purpose of an elimination diet is to see if certain foods are having a negative impact on your health. Certain foods are completely avoided for at least 4 weeks, and then you evaluate how you feel. By eliminating a food for a month, you're resetting the digestive system so that when you eat the food again or "rechallenge" it you're more likely to know if it makes you feel bad.

I've recommended an elimination diet for a lot of patients because so many diseases are connected to gut health and it can be useful when we're trying to figure out if certain foods are contributing to their symptoms. I highly recommend doing a food sensitivity panel to help narrow down which foods may be a problem for you although, because a food panel can be expensive, some opt to not get it and just avoid all common food sensitivities. Either way, an elimination diet can be a very useful tool.

Signs You May Have A Food Sensitivity

Gut health affects how the whole body feels so symptoms can be varied if you have a food sensitivity.

- fatigue
- headaches, migraines
- frequent infections, ear infections, sinus congestion
- rash, eczema, psoriasis, canker sores
- gas and bloating
- reflux, indigestion
- constipation, diarrhea, intestinal cramping
- joint or muscle pain or swelling
- depression, anxiety
- food cravings
- brain fog, difficulty concentrating

The purpose of this type of diet is to identify food sensitivities that could be contributing to some or all of your current symptoms. During the elimination period, all common allergens are completely eliminated from the diet for 4+ weeks.

Strictly eliminate the following foods (or foods your healthcare provider has deemed important):

- Wheat, spelt, and rye
- Corn
- Cow's milk, goat's milk, and anything made from them
- Eggs
- Peanuts
- Soy products
- Citrus fruits: oranges, grapefruits, lemons, limes, tangerines
- Refined sugars
- Nightshades (potatoes, peppers, cayenne, eggplant, paprika, tomatoes)

You must read labels of prepared foods. Make sure your vitamins are free of wheat, corn, sugar, citrus, and artificial colorings.

- **Wheat:** in most bread, noodles, crackers, and cereals. "Flour" on a label means this product contains wheat. Both white and whole wheat flour must be eliminated. Almost all baked goods contain wheat, as do many sauces and gravies, including most soy sauce. Bulgar, farina, and semolina are also forms of wheat.
- **Corn:** Be aware of corn starch which is used as a thickener or filler in many foods. Dextrose is also made from corn.
- **Dairy products:** Milk, cheese, yogurt, butter, sour cream, buttermilk, any foods containing whey, powdered milk, lactalbumin, and casein must all be eliminated from your diet.
- **Eggs:** present in mayonnaise and some sauces (like hollandaise). Egg protein is often in protein powders. Lecithin can be made from egg yolk.
- **Soy:** include tofu, miso, tempeh, and TVP (textured vegetable protein).
- **Sugar:** table sugar, sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose. Those restricted from all sugars should not eat dried fruit.

You Can Eat

When you go into an elimination diet it can feel like you can't eat anything. I encourage you to change your outlook on it and *see all that you can eat*. Remember that you're doing this diet short-term and it won't last forever. You're also taking a huge step in the right direction and taking care of your body and long-term health!

- **Vegetables:** All except corn and nightshades.
- **Beans:** all except soy. Dried beans should be soaked overnight. Pour off the water and rinse before cooking. Canned beans may contain added sugar, check label before consuming. May also use bean dips without sugar, lemon, or additives. Canned soups include split pea and lentil soup (without additives).
- **Fruits:** all except citrus.
- **Grains:** oats, rice, millet, quinoa, amaranth, buckwheat and noodles and crackers made from these grains.
- **Meat:** chicken, turkey, fish, wild game, lamb
- **Nuts and seeds:** raw or roasted without salt or sugar, nut butters.
- **Oils and Fats:** sunflower, safflower, olive, sesame, flaxseed, and canola oil are allowed. Use cold-pressed or expeller-pressed oils as they are safer for the heart and blood vessels. "Vegetable oil" from an unspecified source is usually corn oil.
- **Beverages:** Herb teas (no citrus fruits), spring/filtered water in glass or sturdy plastic bottles, pure fruit juices without sugar or additives, non-dairy milks.

Re-Challenging Foods

If you do feel better on the elimination diet you need to determine which food or foods you are reacting to by re-challenging each eliminated food one at a time.

- **Test one new food every 3 days and eat it in a pure form.** Allergic reactions to foods usually occur within 10 minutes to 12 hours after ingestion. You must test only one food at a time and you must eat it in a pure form, not mixed with other eliminated foods. For example, to challenge wheat you cannot use bread since bread also contains yeast, and sugar.
- **Eat a relatively large amount of each test food.** For instance, on the day to test milk, drink a large glass with your breakfast of "permitted" foods. If after one serving your original symptoms come back, or if you develop a headache, bloating, nausea, dizziness, or fatigue, do not eat the food any more and place it on your "allergic" list. If no symptoms occur, eat the food again with lunch and with dinner. If you wake up the next morning with head or joint pain, nausea, or any other symptom, you may be experiencing a delayed reaction to the food you tested the day before.

- **If at any point you get a reaction, stop eating the food being challenged.** Go back to the elimination diet until the symptoms clear, and then try the food again. If you react a second time, you know the food being challenged is one you are sensitive to and you should stop eating it if you want to feel your best.
- **If you do not react, continue to eat the food three times a day for three days.** Some people require many exposures to a food for it to cause a reaction. If after three days you have no reaction you can assume the food is ok, and you can reincorporate it into your diet.

Guidelines for Specific Food Challenges

- **Wheat:** test using plain noodles (not egg noodles), flour tortillas, cream of wheat, shredded wheat, or other pure wheat cereals. If you do not react to wheat, spelt and rye are probably ok but you can test them separately if you wish.
- **Corn:** test using corn tortillas, 100% corn noodles, corn on the cob, or corn meal mush. Cornbread and corn flakes are not appropriate as they usually also contain wheat.
- **Dairy:** There are many forms of dairy to challenge including cow's milk, yogurt, butter, soft cheese, cream, and hard cheese and goat's milk. Test each type of dairy individually. Milk and cream are the most likely foods to not be tolerated while some people can tolerate hard cheese and butter.
- **Citrus fruits:** Oranges, grapefruits, lemons, and limes should be tested individually on four separate days. Eat the whole fruit to test oranges and grapefruits. Lemons and limes may be squeezed into seltzer.
- **Eggs:** Test the whites and yolks on separate days, using hard-boiled eggs.
- **Sugar:** Put 4 teaspoons of sugar in a drink or on cereal.
- **Coffee:** Do not add milk, non-dairy creamer, or sugar.
- **Chocolate:** Use 1-2 tablespoons of pure baker's chocolate or Hershey's cocoa powder.
- **Soy:** Pure forms of soy are soy nuts and tofu.
- **Nightshades:** Test each one separately and make sure more common ones like tomatoes or potatoes aren't combined with other tested foods. This test includes tomatoes, peppers, eggplant, cayenne, paprika and potatoes.
- **Alcohol:** Beer, wine, and hard liquor may require testing on different days, as the reactions to each may be different. Have 2 drinks per test day, but only if you can afford not to feel well that day and possibly the next.

General Suggestions for Success

Do not restrict your calories! Start with a good breakfast, eat frequently throughout the day, and consume at least 4 glasses of water per day. If you do not eat enough, you may experience symptoms of low blood sugar, such as fatigue, irritability, and a headache. To ensure adequate fiber eat beans, permitted whole grains, whole fruits, and vegetables.

Plan your meals for the week, and take a list of needed ingredients to the health food store. Some people find it helpful to prepare food over the weekend for the coming week.

Dining out can be challenging, so make sure to ask questions about the ingredients of different foods on the menu. You can then make requests in order to work with your elimination diet. For instance, you could ask for fish topped with slivered almonds, or steak with fresh vegetables. Acceptable seasonings are garlic and fresh herbs.

It is also a great idea to get into the habit of carrying pure water, snacks, and seasonings with you wherever you go. This way you'll have something on hand if you start to get hungry.

The elimination diet is typically much healthier than what most people are used to eating. Approximately 25% of people starting the elimination diet will therefore experience "withdrawal" symptoms such as fatigue, irritability, headaches, or increased hunger. Free of the typical dietary insults to their system, the bodies of these patients have started to clean house and get rid of built up waste products. The key in this situation is to drink plenty of water, at least 8 glasses a day. These "withdrawal" symptoms generally disappear within 2-5 days and are usually followed by an improvement in your original symptoms. If these initial symptoms are too uncomfortable, take 1,000mg of buffered vitamin C up to four times a day. In most cases however, "withdrawal" symptoms are not severe and do not require treatment.

Elimination Diet Meal Plan

I've included a weekly meal plan to give you some inspiration and get started. See the Elimination Diet Recipes for many of the recipes in the meal plan!

A GENERAL ELIMINATION DIET

Shopping List

Fruits

- Apples, applesauce
- Apricots (fresh)
- Bananas
- Berries – all varieties
- Cherries
- Coconut
- Figs (fresh)
- Grapefruit
- Kiwi
- Lemon, Lime
- Mangos
- Melons
- Nectarines
- Papayas
- Peaches
- Pears
- Prunes
- *All fruit can be eaten except oranges and can be consumed raw, cooked or juiced*

Vegetables

- Artichoke
- Asparagus
- Beets & beet tops
- Bok choy (Pak-Choi)
- Broccoli
- Brussels sprouts
- Cabbage
- Bell peppers
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Kale
- Leeks
- Lettuce, spinach and greens
- Mushroom
- Onions
- Potato
- Seaweed, kelp
- Snow peas
- Squash
- Sweet potato & yams
- Tomato
- Zucchini
- *All vegetables are allowed and can be consumed raw, juiced steamed, sautéed, or baked*

A GENERAL ELIMINATION DIET

Shopping List

Non-gluten grains

- Amaranth
- Arrowroot
- Garbanzo bean flour
- Millet
- Potato starch and flour
- Quinoa
- Rice -brown, white, wild, rice bran
- Sorghum
- Tapioca
- Teff
- Buckwheat

Cereal/Pasta

- Cream of rice or buckwheat
- Puffed rice
- Puffed millet
- Quinoa flakes
- Rice pasta
- 100% buckwheat soba noodles
- Rice crackers and rice cakes

Breads and Baking

- Baking soda (corn free)
- Gluten free breads
- Rice flour and gluten-free baking mixes and pancake mixes (soy and corn free)

Beans

- All beans except soy
- Lentils - brown, green, red
- Split peas
- *All the above beans can be dried or canned*

Animal Foods

- Free-range, grass fed chicken, turkey, duck, and beef
- Fresh ocean fish, e.g. - Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi
- Free range lamb
- Water-packed canned tuna (watch for added protein from soy)
- Wild game

A GENERAL ELIMINATION DIET

Shopping List

Dairy Substitutes

- Almond Milk
- Rice Milk
- Coconut Milk
- Hazelnut Milk
- Hemp Milk

Beverages

- Herbal tea (non-caffeinated)
- Mineral water
- Pure unsweetened fruit or vegetable juices
- Spring water

Vinegars

- Apple Cider
- Balsamic
- Red Wine
- Rice
- Tarragon
- Ume Plum

Sweeteners

- Fruit sweetener
- Maple syrup
- Agave nectar
- Molasses
- Rice syrup
- Stevia

Condiments

- Mustard- (made with apple cider vinegar)
- Fruit sweetened ketchup
- Fresh or dried herbs and spices
- Nutritional yeast

A GENERAL ELIMINATION DIET

Shopping List

Herbs and Spices

- Basil
- Black pepper
- Chives
- Cinnamon
- Cumin
- Dandelion
- Dill
- Dry mustard
- Garlic
- Ginger
- Nutmeg
- Oregano
- Parsley
- Rosemary
- Salt-free herbal blends
- Sea salt
- Tarragon
- Thyme
- Turmeric
- Pure vanilla extract

Oils, fats, nuts & seeds

- Almonds and almond oil
- Avocado and avocado oil
- Flax seed and flax oil
- Canola oil
- Cashews
- Coconut and coconut oil
- Grapeseed oil
- Hazelnuts (Filberts)
- Olives and olive oil
- Pecans
- Pistachios
- Pumpkin seeds and oil
- Safflower
- Sesame seeds, oil, and tahini
- Sunflower seeds and oil

Weekly Elimination Diet Meal Plan Ideas

**recipes included*

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	*Amaranth cereal with pecans/almonds, mixed berries and maple syrup	Spinach salad w/ garbanzo beans, beets, artichoke hearts and brown rice	Pear or apple + cashews Carrot sticks + bean dip	*Quinoa and rice stuffed squash w/ sautéed collard greens
TUESDAY	*Nutty millet cereal w/ apple and rice or almond milk	*Quinoa tabouli w/ bean salad, celery, carrots, & cucumber	Rice cakes w/ cashew butter Celery w/ cashew butter and raisins	*Split pea soup w/ brown rice and mixed green salad
WEDNESDAY	*Gluten free pancakes w/ blueberries and turkey bacon	Beet salad w/ greens, pumpkin seeds, onions and quinoa	GF Toast + almond butter Smoothie w/ DF milk, protein powder, banana, berries	Lamb w/ brown rice, sweet potato and snow peas
THURSDAY	*Millet and quinoa cereal w/ rice milk and berries	Taco salad w/ beans, rice, avocado, lettuce, cilantro	Apple w/ nuts Pear w/ cashews	Millet, lentils and roasted broccoli/cauliflower
FRIDAY	*Amaranth cereal w/ banana	*Red Lentil patties w/ cashew gravy and broccoli	Celery w/ cashew butter *Rice pudding w/almonds	Lentil salad w/ chickpeas & steamed vegetables
SATURDAY	*Gluten free pancakes w/ strawberries and turkey bacon	*Quinoa tabouli and hummus w/sweet potato	Carrot sticks w/hummus Pear crisp	*Bean soup, roasted vegetables and kale
SUNDAY	*Nutty millet cereal w/raisins	*Figs and beans, brown rice and mixed salad	Seasonal fruit *Smoothie w/ protein powder and berries	Grilled portobello, quinoa and Swiss chard



Contents

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Millet, Rice, and Quinoa Cereal

Amaranth Breakfast Cereal

Gluten Free Pancakes

Baked Apples

Almond-Berry Smoothie

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Cashew Gravy

Soup

Tuscan Bean Soup

Split Pea Soup



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Dinners

Quinoa and Rice Stuffed Squash

Oven Roasted Vegetables

Figs and Beans

Red Lentil Patties

Dessert

Sweet Pan Fried Apples

Puffed Rice Cereal Treats

Pear Crisp

Rice Pudding

MEAL PLAN RECIPES

Shopping List

Grains

- Rice - 3 c.
- Millet - 1 c.
- Quinoa - 2 c.
- Amaranth - 2 c.
- Flour of choice (amaranth, quinoa or rice) - 2 ½ c.
- Kasha - 1 c.
- Puffed millet
- Puffed rice

Fruit

- Pears - 7
- Apples - 8
- Blueberries, frozen or fresh - 1 c.
- Banana - 1
- Dried apricots - ⅓ c.
- Dried cranberries - ¼ c.
- Dried figs - 1 c.

Baking

- Ginger, ground
- Brown rice syrup - 1 cup
- Maple syrup
- Spices - cumin, chili powder, salt, pepper, bay leaf, cinnamon
- Gluten free bread crumbs
- Carob powder - ¼ c.
- Baking powder

Vegetables

- Onion x12
- Garlic x3
- Parsley x2 bunches
- Mushrooms x½ lb
- Carrots x15
- Celery x1-2 bunches
- Chard x1 bunch
- Cucumber -x1
- Green onions x2 bunches
- Squash of choice x 6
- Green cabbage x ½ head
- Herbs (can also get dried) - basil, thyme, rosemary, sage, tarragon

Nuts

- Walnuts - ½ c.
- Cashews - 1 c.
- Pecans - ¾ c

Oils/Fats

- Oil of choice (olive, avocado, coconut)
- Nut butter of choice (almond, cashew, sunflower)
- Cashew butter - ¾ c.

MEAL PLAN RECIPES

Shopping List

Beans

- Beans (garbanzo, black, kidney or white) - 1 (16 oz) can
- Beans (lentils, black, kidney, or garbanzo) - 2 c.
- Cannellini beans - 1 cup dried/3 cups canned
- Split peas - 3 c.
- Green lentils - ½ c.
- Garbanzo beans - ¾ c.
- Kidney beans - 3 c.
- Red lentils - 2 c.

Liquids/Non-dairy Milk

- Almond milk - ½ c.
- Rice milk - 1 c.
- Apple juice - 2 c.
- Vinegar of choice
- Red wine vinegar
- Lemon juice - ¼ c.
- Vegetable broth - 10 c.

Millet Rice and Quinoa Cereal

ingredients

1 cup rice 1 cup millet 1 cup quinoa

directions

Rinse and drain all grains and nuts/seeds in a fine strainer. Toast grains (millet, rice, quinoa) in one of two ways:

Oven toasting: Preheat oven to 350 F. Spread grains on a cookie sheet and toast in oven until they give off a nutty aroma (12-15 minutes).

Skillet toasting: Place washed grains in a large skillet on burner and toast on medium heat, stirring constantly, until grains give off a nutty aroma (5 - 8 minutes).

Let toasted grains cool and store in sealed container. You can toast a big batch of several different grains at one time and store them in separate jars.

Cooking Directions

1. For the best nutrition, grind grains just prior to using in a small electric grinder or food processor. Once a grain is ground it begins to lose nutritional value within 24 to 48 hours.
2. Store the whole toasted grains in labeled, sealed containers and grind the amount you need before cooking.
3. To cook ground grains into cereal use 1/3 cup ground cereal and 1 cup water per person. Combine cereal and water in a pot; bring to a boil. Reduce heat to low and simmer, covered, for 10-12 minutes.
4. Top plain cooked cereal with a little maple syrup, nut or rice milk and fruit.

Amaranth Breakfast Cereal

ingredients

2 cup amaranth
4 cup water
2 pears, peeled and chopped
¼ cup chopped walnuts

directions

Serves 2-4

- In a medium saucepan, bring the amaranth, water and pear to a boil.
- Lower heat to simmer, and cook for 20-30 minutes, or until all water has absorbed.
- Add walnuts and garnish cereal with rice syrup, honey, and/or rice milk.
- Refrigerate or freeze leftover cereal for another day.

Gluten Free Pancakes

ingredients

1/2 cup ground cashews
1 Tbs. rice syrup
1 1/2 cups amaranth, quinoa or rice flour
1 1/4 cup water
1 tsp. baking powder
2 Tbs. oil
1/4 tsp. salt

directions

Serves 2-3

- Combine dry ingredients in medium bowl.
- Combine liquid ingredients in small bowl, mix well and lightly stir into dry ingredients.
- Cook pancakes on preheated, ungreased, non-stick griddle or frying pan.
- When bubbly and brown, turn.
- As batter thickens, add water, a tablespoon at a time to keep cakes thin.

Baked Apple



ingredients

4 apples, cored
½ cup pecans or other nuts, chopped
¼ teaspoon ground ginger
2 cups apple juice

directions

Serves 4

- Preheat oven to 350.
- In small bowl, mix together pecans, lemon zest and ginger. Place 2 tablespoons of mixture into each apple.
- Place apples in 9x9" baking pan.
- Pour apple juice around apples.
- Bake for about 45 minutes until apples are cooked thoroughly.

SMOOTHIE

ALMOND-BERRY SMOOTHIE

INGREDIENTS

1 cup blueberries
(frozen or fresh)

1 tablespoon almond
butter

1 banana

water, as needed

1/2 cup
almond milk

DIRECTIONS

Combine blueberries, banana, almond milk, and almond butter in a blender; blend until smooth, adding water for a thinner smoothie.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.



Bean Dip

ingredients

- 1 can (16 oz.) cooked beans, garbanzo, black, kidney, or white
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 Tbs. nut butter
- 3 Tbs. chopped fresh parsley
- 1 Tbs. oil
- Spices (e.g., salt, pepper, cumin, chili powder)

directions

- In small skillet, heat oil on medium heat.
- Add onions and garlic. Sauté for 5-10 minutes or until onions are soft.
- Add remaining ingredients to food processor or blender. When onions and garlic are cooked, add to bean mixture.
- Blend all ingredients until well mixed and texture is creamy.
- Add spices to taste.

Cashew Gravy

ingredients

- 2 large onions
- 3 garlic cloves, minced
- 3 Tbs. olive oil
- 3/4 cup cashew butter
- 2 1/2 cup hot water
- 1/2 pound mushrooms, sliced and sautéed in 1 Tbs. olive oil

directions

- Sauté onion in oil until light caramel color, add garlic, cook for 3 minutes more.
- Add all ingredients except mushrooms in blender, blend until smooth.
- Add blended mixture to mushrooms, cook until heated.
- Serve over red lentil patties.



Tuscan Bean Soup



ingredients

- 1 cup dried cannellini beans cooked the night before (or 3 cups canned cannellini, not rinsed)
- 1 Tbs. extra virgin olive oil
- 2 carrots, coarsely chopped
- 1 medium yellow onion, chopped
- 1 large stalk celery, chopped
- 3 garlic cloves, minced
- 2 sprigs rosemary
- 1-cup chard leaves, ribs cut out, sliced
- 8 cups vegetable broth; salt and pepper to taste

instructions

Serves 6 - 10

In a large pan, sauté onions, celery, carrots and rosemary in the olive oil. Sauté until the onions are translucent and not brown. Mix in the garlic, and chard. Add the cannellini and broth. Heat to boiling. Reduce and simmer for 45 minutes. Salt and pepper to taste. Remove rosemary before serving.

Refrigerate or freeze leftover soup for another day.

Split Pea Soup



ingredients

- 3 cups split peas, rinsed
- 10 cups water
- 3 T. vegetable oil
- 2 medium onion, chopped
- 2 cloves minced garlic
- 8 carrots, chopped
- 6 celery stalks, chopped
- 3 tsp. cumin

instructions

Serves 6

Place split peas in a heavy saucepan. Add water to cover. Let soak for 15 minutes. Drain peas. Return to same pan. Add 10 cups of water and bring to a boil. Reduce heat and simmer for 45 minutes.

Heat oil in heavy large skillet over medium heat. Add onion and saute until golden brown, about 10 minutes. Add garlic and saute for 3 minutes. Add onion mixture, carrots and celery to peas. Mix in cumin. Season with salt and pepper to taste. Simmer until peas and vegetables are tender, about 30 minutes.





Bean Salad

Ingredients

- 2 cups cooked beans (lentils, black, kidney, garbanzo beans)
- ½ cup celery, chopped
- ½ cup parsley, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1-2 Tbs. oil
- 1-2 Tbs. vinegar
- salt and pepper, to taste

Directions

Serves 4

Combine the beans and chopped vegetables in a large bowl. Toss until well mixed. Add oil, vinegar, salt and pepper. Mix until beans and vegetables are evenly coated.



Kasha and Lentil Salad with Chickpeas

Ingredients

- 1 cup cooked kasha
- 1/2 cup green lentils
- 1 bay leaf
- 1/2 tsp. Salt
- 3/4 cup cooked chickpeas (garbanzo beans)
- 1/2 cup chopped parsley
- 1 teaspoon dried tarragon
- Pepper
- 1/4 cup chopped walnuts

Dressing: 2 medium shallots, chopped, 1/3 cup olive oil, 1/8 cup red wine vinegar, 1 garlic clove, minced, 1/4 tsp. salt

Directions

Serves 4

To cook kasha: Bring 1 cup of water and pinch of salt to boil. Add 1/2 cup dry kasha. Cover pan, reduce heat and simmer for 15-20 minutes.

In a medium saucepan, cover lentils with water. Add bay leaf and 1/2 teaspoon salt, bring to boil. Reduce heat and simmer for about 20 minutes, until lentils are tender. Drain and place lentils in medium bowl.

Dressing: In a small bowl, combine shallots, oil, vinegar, garlic and salt. Add the kasha, chickpeas, parsley and tarragon to the lentils. Add the dressing to the lentil mixture. Season with pepper and garnish with the walnuts if desired.

Serve room temperature. Salad can be refrigerated for up to one day, bring to room temperature before serving.

Quinoa Tabouli



Ingredients

- 2 cups water
- 1 cup quinoa, rinsed well and drained
- pinch of salt
- 1/4 cup olive oil
- 1/2 tsp sea salt
- 1/4 cup lemon juice
- 1 cucumber, diced
- 2 bunches green onions
- 2 carrots, grated
- 1 cup chopped fresh parsley

Directions

Serves 4

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork.

Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.



QUINOA & RICE STUFFED SQUASH

INGREDIENTS

- 4 Squash of your choice
- 1 tsp. olive oil
- 1 medium onion, chopped
- 1/2 cup chopped celery
- 2 cups vegetable broth
- 3/4 cup rice, rinsed and drained
- 1 Tbs. fresh sage, chopped or 1 tsp. dried sage
- 3/4 cup quinoa, rinsed well and drained
- 1/3 cup dried apricots
- 1/4 cup dried cranberries
- 1/4 cup pecans, chopped
- Salt and pepper

DIRECTIONS

Serves: 4

Preheat oven to 375 degrees. Rinse squash, cut in half and scoop out seeds. Set squashes in baking pan. Add water to 1/2 inch and cover pan with foil. Bake for 35 minutes, until squash is tender.

Meanwhile, in large saucepan heat olive oil over moderate heat. Add onions and celery, cook until onions are translucent, about 6 minutes.

Add broth, wild rice and sage; bring to boil over high heat. Cover, reduce heat and simmer for 40 minutes.

Stir in quinoa, cover and simmer for 15-20 minutes more, until grains are tender.

Stir in apricots, cranberries and pecans. Add salt and pepper to taste.

When squash is cooked trim squash base so that they sit level. Mound grain stuffing into squash. Set lids on filling and serve. Serves 4.

Oven Roasted Vegetables

PREPARATION

Ingredients

2 large carrots

1 large onion

2 Sweet Dumpling, Carnival, Delicata
Squash or Acorn Squash

½ green cabbage, quartered

2 Tbs. olive oil

¼ tsp. sea salt

¼ tsp. black pepper

Procedure

Serves 4

Preheat oven to 400 degrees. Slice carrots, onions into 2 inch pieces. Cut unpeeled potatoes into 4-6 pieces each. In a large bowl, toss vegetables with oil and seasonings to coat.

Place in shallow baking pan. Bake 35-40 minutes- until potatoes are tender. Toss 2-3 times during baking to roast evenly.



Figs and Beans

PREPARATION

Ingredients

1 cup dried figs

1 T olive oil

1 onion, chopped

1 clove garlic, minced

3 cups cooked kidney beans, drained

¼ teaspoon each basil, thyme and rosemary

Pinch of dried sage

Salt and pepper to taste

2 T chopped parsley

Procedure

Serves 4

Soak figs in water overnight (12 hrs). Reserve soaking liquid. Remove stems, chop, set aside.

Saute onion and garlic in olive oil over medium heat for 5 minutes. Add beans, figs, ½ cup soaking liquid, herbs and cook on low heat for 10 minutes or until heated.

Season to taste and stir in parsley.





RED LENTIL PATTIES

INGREDIENTS

- 5 cups water
- 1 T salt
- 1 bay leaf
- 2 cup red lentils
- 2 stalks celery, thinly sliced
- 1 large carrot, thinly sliced
- 1 large onion, thinly sliced
- ¼ cup olive oil
- 1 cup bread crumbs from gluten free and yeast free bread

DIRECTIONS

Makes 12 cakes to serve 4-6

In a saucepan over high heat, bring the water, salt, and bay leaf to a boil. Stir in lentils, reduce heat to low and cook, stirring occasionally, for 30 minutes- until lentils are soft.

Sauté celery, carrot and onion in olive oil for 5-7 minutes until vegetables are brown and tender.

Remove bay leaf from lentils and food process lentils and vegetables to make a smooth paste. Stir in bread crumbs; spread mixture on a large platter to cool. Refrigerate for 30 minutes until completely cool.

Preheat oven to 375F. Coat baking sheet with olive oil. With lightly oiled hands, shape the paste into 12, 4-inch cakes, patting smooth. Brush the cakes with olive oil - place on the pan.

Bake for 10 minutes until lightly browned and heated through. Serve immediately. Serve with cashew gravy.

SWEET PAN FRIED APPLES

INGREDIENTS

1 TB oil

4 apples, peeled, cored, and sliced

1 tsp cinnamon

2 TB maple syrup

DIRECTIONS

Heat oil in skillet, add apples and cook until tender.

Season with cinnamon and syrup.

Serves 6

Puffed Rice Cereal Treats

ingredients

1 tsp. oil
1 cup brown rice syrup
2 Tbs. nut butter
4 cups dry puffed millet
4 cups dry puffed rice
Optional Additions: 1/2 cup nuts/seeds, 1/4 cup carob powder

directions

Put oil in a large pot and heat. Add rice syrup and nut butter. Stir until bubbles form. Turn off.

Add cereal, mix well with a spatula. Stir in optional ingredients.

Press into a 9-by-13-inch pan - with slightly wet hands, press mixture flat.

Let mixture set to room temperature.

Slice and serve.



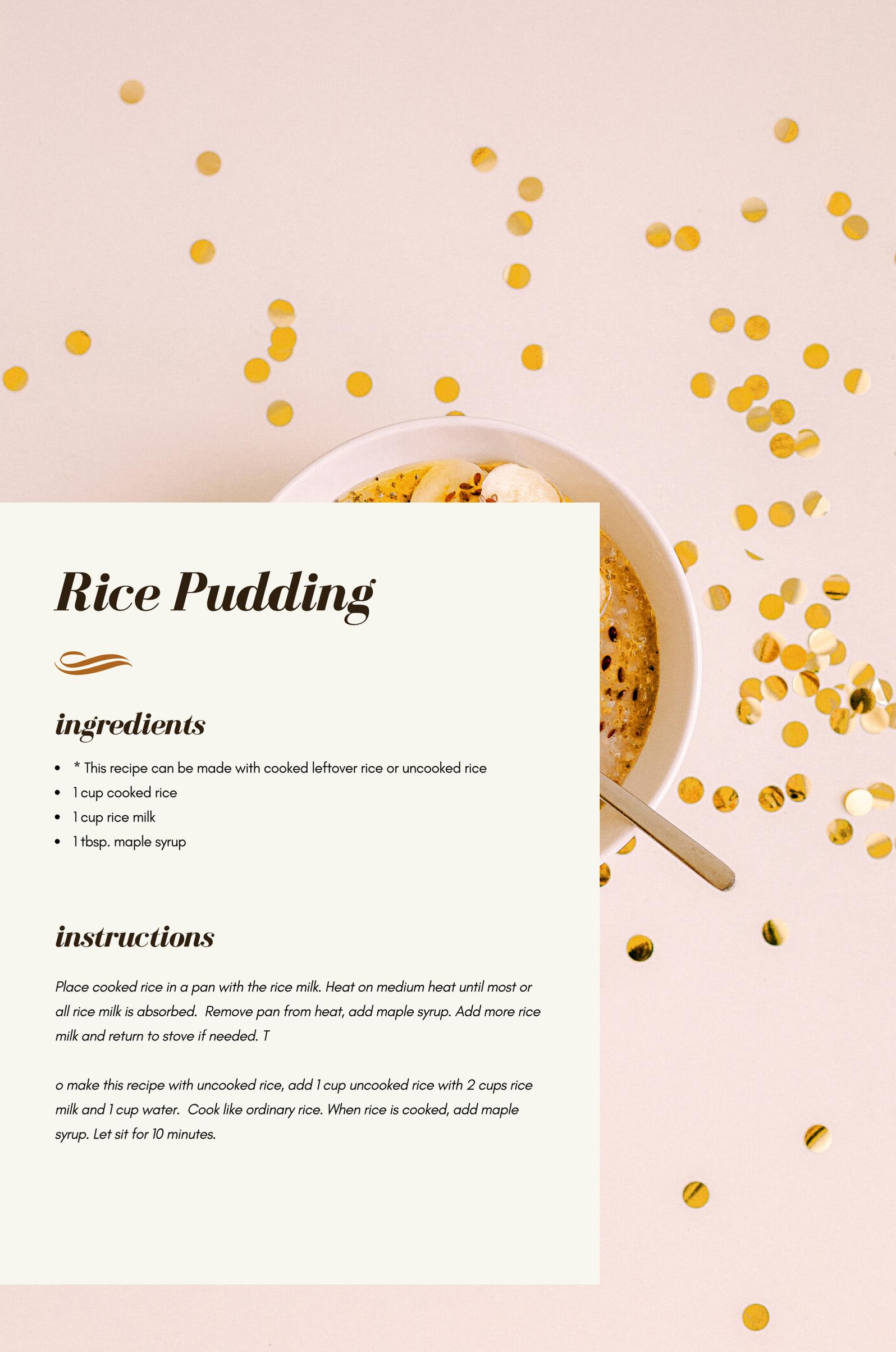
Pear Crisp

ingredients

- 1 cup rice flour
- 2 tbsp. water
- 1/2 tsp. sea salt
- 2 tbsp. maple syrup or brown rice syrup
- 1/4 cup oil
- 5 cups peeled and sliced pears
- 1/4 maple syrup
- 1/3 cup chopped cashews

directions

- Preheat oven to 350 degrees F. Mix flour and salt in bowl. Add oil and sweetener; mix well. Stir in nuts and set aside.
- In a small bowl, combine water and syrup, set aside.
- Slice fruit and place in a lightly oiled pie pan or an 8" X 8" baking dish. Pour liquid mixture over the fruit and toss gently. Spoon the flour-nut mixture evenly over the top of the fruit.
- Cover and bake 45 minutes.
- Uncover and bake 15 minutes more to brown the topping.



Rice Pudding



ingredients

- * This recipe can be made with cooked leftover rice or uncooked rice
- 1 cup cooked rice
- 1 cup rice milk
- 1 tbsp. maple syrup

instructions

Place cooked rice in a pan with the rice milk. Heat on medium heat until most or all rice milk is absorbed. Remove pan from heat, add maple syrup. Add more rice milk and return to stove if needed. T

o make this recipe with uncooked rice, add 1 cup uncooked rice with 2 cups rice milk and 1 cup water. Cook like ordinary rice. When rice is cooked, add maple syrup. Let sit for 10 minutes.



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