



The Whole Life Elimination Diet



An exciting step by step guide for discovering the foods
that contribute to your health and those that do not

Over 80 delicious whole foods recipes

by ALISSA SEGERSTEN and TOM MALTERRE, MS, CN

The Whole Life Elimination Diet



Low FODMAP Recipes

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Welcome!

Welcome to the **Whole Life Nutrition Elimination Diet** online program! Congratulations on taking the first step to reclaiming your health! Changing your diet can literally change your entire life. We are so excited to share this program with you. The recipes are delicious and easy to prepare. Participants and clients have told us that our recipes have become weekly staples even after completing the diet!

Please make sure to read through all of the following information before jumping into the recipes. Also be sure to download the Elimination Diet Journal, print it off, and put it into a 3-ring binder. This journal will be your most important tool to finding the patterns that are causing your dis-ease. We also recommend printing off this program and putting it into a separate 3-ring binder. This way you can print off elimination diet-compliant recipes from our blog or copy recipes from cookbooks and place them into the recipe section of this program.



Get Rid of the Irritants, Get Rid of the Symptoms

As you may know by now, chronic inflammation is behind all diseases. You know that feeling when you start to get sick—the lethargy, the dull ache in your body, pain in your joints, or that dragging feeling of not being fully awake? That’s inflammation. It happens when you get sick, and it also happens when you consume foods that your body is sensitive to. When you eat foods everyday that irritate your system, you cause chronic inflammation. When chronic inflammation is present, you create an environment for nearly every single disease to manifest. You can add in anti-inflammatory foods like ginger, turmeric, raw vegetable juices, and blueberries to calm the inflammation, but unless you get rid of what’s causing the inflammation to begin with—the foods you consume every day—you will never get better.

That’s why the elimination diet can be your most powerful healing tool! You will discover, through a process of elimination and reintroduction, what foods are irritating your body and triggering your symptoms. It’s really a very simple process. You remove all of the most common allergenic foods for a few weeks and then slowly add them back over a period of about two months. This diet not only eliminates all of the most common food suspects, it actually goes beyond that and includes a diet rich in foods that help detoxify your body so it can function better, while providing foods rich in nutrients like zinc and amino acids that help the digestive and immune systems work properly. Our diet also includes foods rich in beneficial bacteria like lacto-fermented vegetables to help balance your gut microflora. You can get better faster by adding in our elimination diet supplement protocol which will reduce the harmful bacteria in the digestive tract, help detoxify the body, and help nourish all of your cells so they can function optimally.



The Program

An elimination diet is a simple experiment that helps you to discover which foods may be causing problems and which foods are not. Our program is designed to calm inflammation and balance the body. Once the body is calm, and the disease symptoms diminish, it becomes noticeable to a person when a “trouble” food is eaten and the symptoms come back.

Our elimination diet program starts with a detoxification phase (Phase 1) followed by a phase of balancing neutral foods (Phase 2), and then slowly adds back potentially reactive foods in the reintroduction phase (Phase 3). We suggest scheduling the diet to avoid the holiday season; all of the holiday food can just be too tempting to successfully stay on the diet! Additionally, higher stress levels during the holiday season can make it difficult to maintain a strict diet.

All of the foods allowed in Phase 1 and 2 of our Elimination Diet are neutral for most people. If at any point you don't feel well after eating one of the recipes, record your symptoms and foods consumed in your Elimination Diet Journal and remove the offending foods from your diet. We have outlined some ways you can modify our diet based on additional food reactions, such as FODMAP sensitivities and starch maldigestion. See page 11 for more information on customizing the elimination diet.



① Phase 1: Detox

Days 1 to 2, or longer if needed

The Detoxification Phase will begin to calm the immune system and clear the gut.

This phase consists only of fresh vegetable juices, green smoothies, and pureed cooked vegetables in homemade stock. For example, you would start the day with a green smoothie, then have an early lunch consisting of a quart of pureed vegetable soup, then 2 to 4 cups of fresh vegetable juice for an afternoon snack, then a bowl of pureed vegetable soup for dinner.

Herbal teas, purified water, and fresh coconut water are recommended throughout the day. If you have a number of health issues then this phase can be made longer for maximum benefit.



② Phase 2: Elimination

Days 2 to 14, or longer if needed



The **Elimination Phase** is a baseline diet, consisting of anti-inflammatory foods that normally don't cause an immune response in most people. When you eat foods that your body does not tolerate you will have a high amount of chemicals circulating in your blood that regulate inflammation. Inflammation is a sign that your immune system is battling something. Anytime you have a battle, you have collateral damage. So along with the foreign cells that are attacked by the immune system, good cells are damaged or destroyed as well. So what happens when you eat Phase 2 foods? Balance. If you have been causing damage 3 to 5 times a day then you not only stop the damage, but also increase the beneficial chemicals coming into your body from your food. You start the healing process.

Eat a diet free of the following foods:

- ✘ **Gluten, dairy, eggs, soy, corn, yeast, sugar, nightshades, citrus, peanuts, tree nuts, chocolate**
- ✘ **Beef and Pork**
- ✘ **All grains except brown rice, wild rice, and quinoa (preferably organic and sprouted).**
- ✘ **All oils, except extra-virgin cold pressed organic olive and coconut oils.**
- ✘ **All Sweeteners, except coconut sugar and coconut nectar, maple syrup, raw honey, stevia, dates (must be whole dates and NOT date pieces).**
- ✘ **Eat only individual herbs and spices either fresh or dried. Make sure there are no additives, preservatives, or caking agents.**
- ✘ **All vinegars except for raw apple cider vinegar and raw coconut vinegar**
- ✘ **All beverages (no coffee, black tea, or alcohol), except purified water, green and herbal teas (with no additives or flavorings), and fresh vegetable juices.**
- ✘ **All processed foods**

Quick Phase 2 Meal Ideas:

- ✘ Lamb burgers wrapped in butter lettuce leaves
- ✘ Ground turkey sautéed with a variety of Phase 2 vegetables (diced zucchini, sweet potatoes, green onions, fennel, and fresh herbs), served over cooked quinoa
- ✘ Baked sweet potatoes topped with black beans, mashed avocado, and sauerkraut or another lacto-fermented vegetable
- ✘ Cooked brown rice topped with leftover baked chicken, grated carrots, sprouts, and your favorite elimination diet salad dressing
- ✘ Cooked mung beans and mashed yams in romaine lettuce leaves, with a drizzle of our Green Goddess Dressing
- ✘ Baked Winter Squash (page 73) topped with leftover cooked salmon, broccoli sprouts, and a fermented vegetable or raw sauerkraut
- ✘ Cooked quinoa topped with cooked black beans, along with fresh baby arugula, chopped chives or green onions, drizzled with our Green Goddess Dressing (page 100)



③ Phase 3: Reintroduction

Days 15 to 75, or longer

This is where foods are added back in, one by one, to see if you are having a reaction. To challenge a food, eat the food 2 to 3 times a day for 3 days in a row. If any time during the 3-day period you notice a change in the way you feel, then remove the food from your diet and wait until your symptoms completely disappear before challenging the next food (this could take a few days or a week or more).

Keep all foods that caused a reaction out of your diet for at least three months before challenging them again.

Keep track of everything in your **Elimination Diet Journal**.

List of common reactions:

- ✘ Fatigue/Lethargy/"Walking through molasses"
- ✘ Foggy Thinking/Memory Issues/"Not as sharp as usual"/Lack of Focus
- ✘ Moodiness/Anxiety/Depression/Aggression/ Hyperactivity/Racing Thoughts
- ✘ Bowel Changes/Gas/Diarrhea/Constipation/Bloating/Reflux (GERD)/Cramping
- ✘ Muscle Pain/Joint Pain/Back & Neck Pain
- ✘ Headaches/Migraines
- ✘ Runny Nose/Sinus Congestion/Coughing/Asthma
- ✘ Rashes/Eczema/Psoriasis/Flushing/Hives
- ✘ Heart Palpitations/Rapid Pulse/Rapid Breathing
- ✘ Nausea/Vomiting
- ✘ Numbness/Tingling



How to Reintroduce Foods

This list may vary depending on your food choices or known allergens. We recommend that you wait as long as possible to reintroduce dairy, gluten, soy, and corn as many people react to these foods and it may take a while (possibly weeks) for symptoms to subside before you can continue adding other foods back in.

Make sure to track all of your symptoms in your Elimination Diet Journal.

*Please note that the days listed below may change if you react to a particular food or foods and need to wait until reintroducing the next food. This is meant to be a guideline only.

1. Citrus

(add lemon and lime juice to smoothies and fresh juices; eat fresh oranges, grapefruit, tangerines, and mandarins) (Days 15-17)

**NOTE-Start by adding in just lemons and limes the first day. Some people do not have a reaction to these while they may react to oranges. If you have no reactions on the first day, add in mandarins, tangerines, and oranges on the second and third day.*

2. Nightshade Vegetables

(make mashed potatoes, add diced potatoes to chicken soup; add bell peppers to stir-fries and soups; make a tomato-based marinara sauce and serve over rice noodles or spaghetti squash; add eggplant to stews; snack on goji berries, use curry powder, chili powder, chipotle chili powder, and paprika now in your cooking) (Days 18-20)

**Some people can react to one variety of nightshade vegetable and not another. If you feel like you may have a sensitivity to one and not another then it would be best to challenge each separately for 3 days.*

3. Cashews

(use raw cashew butter and raw cashews in smoothies and desserts) (Days 21-23)

4. Almonds

(eat organic almond butter with apple slices; soak raw almonds overnight to make Raw Almond Milk (page 118) or to add to smoothies) (24-26)

5. Walnuts and Pecans

(toast raw walnuts and pecans in the oven for 15 minutes at 375 degrees and add them to fresh salads) (Days 27-29)

6. Beef

(prepare organic grass-fed steak, add ground beef to sauces or make burgers, make beef bone broths) (Days 30-32)

7. Eggs

(pastured and organic is ideal—make scrambled, hardboiled eggs or baked into muffins—try the Sweet Potato Spice Muffins (page 60)) (Days 33-35)

8. Pork

(no bacon, sausages, or ham; make slow cooked pulled pork or pork chops) (Days 36-38)

9. Chocolate

(use raw cacao powder or cacao nibs and add to smoothies or make the Raw Chocolates (page 115)) (Days 39-41)

10. Peanuts

(use organic dry roasted peanuts or fresh shelled peanuts and eat plain as a snack, or eat apple slices dipped in organic roasted peanut butter) (Days 42-44)

11. Sesame

(use organic tahini in salad dressings; or add sesame seeds to salads or stir-fries) (Days 45-47)

12. Sugar

(use organic cane sugar in baking in place of coconut sugar, or added to herbal tea) (Days 48-50)

13. Yeast

(use baker's yeast and make gluten-free rice bread; and use other organic vinegars such as balsamic and red wine vinegar) (Days 51-52)



How to Reintroduce Foods

When you are ready to test the following foods that are more likely to cause a reaction, wait until at least day 50 and follow these guidelines:

- ① **Corn** (use fresh organic corn on the cob, organic frozen corn kernels, organic sprouted corn tortillas)
- ② **Soy** (use organic wheat-free tamari, tofu, and tempeh)
- ③ **Dairy** (use plain organic yogurt, organic whole milk, organic cream, and organic sour cream)
- ④ **Gluten & Wheat** (first use organic sourdough rye bread to test for gluten for 3 days, remove all gluten from diet and wait 3 days, then use organic sprouted wheat flour to test for wheat. Use the flour to bake muffins, pancakes, or quick breads with. Add in other gluten-free grains and lentils once you have challenged gluten)

*Wait to challenge alcohol, coffee, and black tea until all of the previous foods have been reintroduced

**Add in other nuts, such as pistachios, brazil nuts, macadamia nuts, and hazelnuts one at a time after you have challenged walnuts and pecans or at any other time in the diet.



Creating a Customized Elimination Diet

Each of us comes to the table with a unique set of needs, different life phases, nutrient-deficiencies, and disease-states. Some of you may be pregnant or lactating, some children may not need as strict of an elimination diet as an adult, while others need to further limit foods because of severe health conditions. The program outlined in this book takes a moderate approach. You can ease up a bit

and include more foods (such as nightshades, nuts, lemons, limes, beef, pork, and sesame) for an easy approach, or limit even more foods for the strict approach (excluding all grains, legumes, sweet potatoes, arrowroot, coconut sugar, and maple syrup). With whatever variation you choose, you will likely see noticeable improvements in health almost immediately.

Modifying the Elimination Diet for Children, Pregnancy, and Lactation

With a few modifications you can make this diet work for your child, as well as during pregnancy or lactation.

Modifications for Children

The key to making this diet work for children is to make sure they are eating enough. This means that you will need to have your child skip the 2-day detox (Phase 1) and move right into Phase 2. We still recommend all foods in Phase 1 but consumed in balance with other foods. For children with less severe issues it is possible to modify the diet further to make it simpler and easier to follow. This means that nightshade vegetables, nuts, and some citrus (only lemons and limes), as well as sesame, beef and pork (make sure it is pastured/organic) can be kept in the diet.

The important thing is to get all processed foods out of the diet as well as all sources of gluten, dairy, eggs, corn, soy, and yeast. If your child does not respond to this and is still having gut-related issues then remove all grains, legumes, and starchy vegetables from the diet (potatoes, sweet potatoes, yams).

Consider supplementing with with digestive enzymes and a high-quality probiotic.



Creating a Customized Elimination Diet

Modifications for Pregnancy and Lactation

While many women are eager to find out which foods work best for them with an elimination diet, doing so while pregnant or lactating provides some additional challenges. It is important to get enough of both the calories and the nutrients that you need to carry out these incredibly important tasks. For this reason, you may want to do a variation of the elimination diet that is less restrictive and just removes the top ten reactive foods. That way you would have access to all nuts, seeds, pork, beef, nightshade vegetables, and citrus.

Eliminate only these foods from your diet:

Gluten	Dairy	Corn	Dairy	Eggs
Chocolate	Yeast	Coffee	Alcohol	Soy

There will be times in both pregnancy and lactation that you may come across some strong cravings for calorically dense foods such as steak, pork chops, or a spoonful of almond butter. It is important that you have those options available during those times.

We also recommend that pregnant and lactating women skip Phase 1 (the 2-day detox) and jump right into Phase 2.

Recommended Supplements

When removing dairy, many doctors will recommend supplementing with calcium and vitamin D3. Be sure to add in some vitamin K2 along with your vitamin D as well. An additional prenatal vitamin along with some purified cod liver or fish oil can help you maintain an optimal nutrient status.

Please note that it can be extremely difficult to follow the elimination diet during pregnancy if you are vegan or vegetarian. This can limit dietary choices too much and may put your baby at risk for not getting adequate nutrients.

Additional Considerations for Lactation

Many lactating mothers choose to follow an elimination diet if their breastfed baby is experiencing chronic colic, reflux, skin irritations like eczema, as well as ear infections.

You may need to modify the diet even further and avoid things like raw garlic in salad dressings and raw kale and other cruciferous vegetables if your baby is very gassy. All babies are different—some thrive off of breast milk from moms who consume raw garlic, broccoli, and citrus while other babies can get very irritated. An elimination diet is your best tool to figure out what is working and what is not.



Foods that can irritate a newborn baby and cause colic:

- ❖ Dairy (especially if it is pasteurized)
- ❖ Raw garlic and onions
- ❖ Raw cruciferous vegetables (broccoli, cauliflower, brussels sprouts, kale, collards)
- ❖ Citrus, especially oranges and grapefruit
- ❖ Peanuts
- ❖ Chocolate
- ❖ Caffeine
- ❖ Spicy peppers



Creating a Customized Elimination Diet

Modifying the Elimination Diet for Severe Gut Disorders

Those with complicated, chronic, and severe health conditions will benefit from restricting even more foods from the diet. Adhering to this strict approach 100% is absolutely essential for healing. If you are looking for complete healing, then cheating is NOT an option.

Starch Digestion Issues

When the upper intestinal tract is wounded and there is an imbalance in the beneficial bacteria, then certain starches may not be properly digested. This can lead to gas, nausea, bloating, diarrhea or constipation, causing further imbalances in the intestines. If you find your symptoms do not subside after the first 12 days of the diet then remove all complex starches to allow the intestines to heal and rebalance. Eliminate all grains, legumes, arrowroot powder and tapioca flour, coconut sugar and nectar, maple syrup, as well as yams and sweet potatoes for a minimum of 30 days.

SIBO (Small Intestinal Bacterial Overgrowth)

Approximately 60% of people with irritable bowel symptoms are diagnosed with an overgrowth of bacteria in the upper intestines. The name for this is Small Intestinal Bacterial Overgrowth or SIBO. This can be caused by antibiotics, poor digestion, the use of acid-blocking medications, and the consumption of a diet that is rich in carbohydrates that feed the organisms. (see FODMAPs below) When you have billions of organisms inhabiting an area where they are not supposed to, you can have irritation, gas, bloating, and pain.

Doctors can diagnose this problem by performing a breath test that identifies the type and amount of gas produced by bacteria in your intestines. The current preferred treatment for SIBO is antibiotics. This can be incredibly effective in the short-term. However, many people will have a relapse of symptoms within

6 months of the treatment. This appears to be caused by the lack of certain protective organisms that would normally be living in your upper intestinal tract. Unfortunately, scientists are still trying to figure out which ones. While the optimal probiotic supplements to re-establish this balance in your upper intestines have not yet been invented, the consumption of fermented foods and a wide variety of probiotics may help. The prudent use of microbial balancing herbs like berberine, oregano, garlic, and neem can have a positive effect as well. So does consuming a diet that limits the feeding of the SIBO organisms. Following a low FODMAP, grain-free, legume-free diet for 30 days can completely change your symptoms and suffering. (See FODMAPs section on the following page)

Tip: for SIBO

Eat every 4 hours—this helps to stimulate the flushing of your upper intestines

Eat until you are only 80% full—too many foods at once allow leftovers for bacteria

Chew your food thoroughly—if you don't digest your food, the bacteria will

Take a digestive enzyme—if your enzymes are not working, your bacteria are

Eat raw bitter greens—these stimulate movement in your intestines



Creating a Customized Elimination Diet

Fructose Malabsorption

If you have irritable bowel, gooey poops, loose bowels, cramping, diarrhea, and excessive gas, you may want to lower your intake of fructose while on the diet. Certain fruits are relatively high in fructose. Foods to limit include apples, pears, watermelon, mangos, and honey. Approximately 30% of all people diagnosed with IBS have been shown to have a fructose malabsorption. While many practitioners are focusing on this alone, there are usually other carbohydrates to look for when you have stomach and intestinal issues. See FODMAPs below.

FODMAPs (Fermentable, Oligosaccharides, Disaccharides, Monosaccharides, and, Polyols)



Carbohydrates are a preferred source of food for bacteria. Certain forms of carbohydrates are more readily fermented by bacteria than others. Easily fermented carbohydrates have been shown to contribute to small intestinal bacterial overgrowth (SIBO). Researchers have made a specific diet to address these issues. The name for it is the FODMAP diet. ---

This acronym stands for fermentable-, oligo-, di-, mono-saccharides, and polyols. Whoa! Slow down. What does this mean to you? If you have gas, bloating, diarrhea, or constipation after you eat pears or drink apple juice, or consume vegetables like asparagus, cauliflower, or onions then you may want to remove these foods for 30 days to see how you feel. There are quite a few foods that contain FODMAPs and it can be tough to keep referring to a chart. For this reason, I highly recommend that you download the FODMAP app from Monash University in Australia where the research on this diet originated. You can find that application here:

<http://www.med.monash.edu/cecs/gastro/fodmap/>

FODMAP reactions are most often temporary and will go away once your intestinal flora have been balanced out. Reactions usually occur when you eat too many foods rich in fermentable carbohydrates at one sitting. For example, you might tolerate ¼ of an apple, but ½ of an apple might cause gas and bloating. The column on the right shows a list of common foods on our program that contain FODMAPs.

Common foods that contain FODMAPs

✘ Vegetables

onions, cauliflower, beets (root), asparagus, garlic, sweet potatoes, mushrooms, celery

✘ Fruits

apples, avocados, mangos, pears, watermelon, nectarines, apricots, blackberries, cherries

✘ Grains

None of the grains used in this Elimination Diet program contain FODMAPs, so they are okay to eat if you suspect a FODMAP sensitivity. Quinoa, brown rice and rice flour, white jasmine rice, rice noodles, and quinoa pasta (corn-free) are okay to eat. The highest FODMAP grain is wheat. Other grains that include high levels of FODMAPs are rye, barley, and spelt.

✘ Legumes

garbanzo beans, black beans, adzuki beans, over ½ cup lima beans.

✘ Nuts

are removed during the first two phases of this diet. Almonds, cashews, and pistachios are on the FODMAP list.

✘ Dairy

Lactose from dairy products is a high FODMAP food. Our elimination diet removes all dairy products. When you challenge high-lactose dairy products, such as milk and cream, take note of your reactions.

Some people can tolerate low-lactose dairy products such as homemade yogurt and hard cheeses, but not high-lactose dairy products.



Creating a Customized Elimination Diet

Modifying the Elimination Diet for Severe Gut Disorders (contd.)

Autoimmune

Autoimmune diseases occur in an environment that is ripe for them. Dr. Alessio Fasano, world-renown expert on celiac disease, has noted that there are three factors that are common in all autoimmune disease. **1. A leaky gut (Intestinal Permeability) 2. Exposure to antigens 3. Genetic predisposition**

If you have a leaky gut, you allow proteins (from food and bacteria) to sneak through the wall of cells in your intestines. On the other side of that wall are hundreds of immune cells waiting to engulf these invaders. After these proteins are consumed, for those with a genetic predisposition, your particular immune cells will mistake that protein for one that is found somewhere else in the body. For example: You ingest wheat. The gliadin portion of gluten in wheat causes a leaky gut in everyone. When the gut walls are permeable, they allow the gliadin to sneak in to your immune cells. Your immune cells literally eat the gliadin and send a message to other immune cells.

If you have the genes for celiac disease, that message tells other immune cells to start attacking proteins in your intestinal wall.

Since you can't change your genetics, the key to reversing autoimmune disease will be healing your leaky gut, and decreasing the exposure to food and bacterial proteins.

By eliminating the most reactive foods in this elimination diet, you will be doing both.

By removing the most reactive foods while on this elimination diet, you will be doing both.

By also addressing SIBO and other microbial imbalances, improving digestion, and supplementing with immune modulating nutrients like vitamin A, D, K2, zinc, and essential fatty acids, many people can drastically reduce their symptoms whether they are suffering from lupus, MS, rheumatoid arthritis, or Hashimoto's thyroiditis.



YES and NO Foods List

1 Phase 1: Detox

Below are the foods to avoid and include during Phase 1. We suggest printing out this list and posting it to your refrigerator.

NO

Grains:

All

Legumes:

All

Dairy:

Milk
Cream
Yogurt
Cheese
Butter and Ghee
Whey
Ice Cream
Sour Cream
Cream Cheese
Cottage Cheese
Evaporated Milk
Whipped Cream
Sweetened
Condensed Milk

Eggs:

Chicken Eggs
Duck Eggs
Liquid Eggs
Meringue

Meat and Fish:

All
(except Homemade
Chicken Stock)

Soy:

Soy Milk
Soy Oil
Soy Protein Isolate
Soy Protein Powder
Textured Vegetable
Protein
Tofu
Tempeh
Tamari and Soy
Sauce
Soy Lecithin
Vitamin E

Corn:

Corn on the Cob
Frozen Corn
Corn Tortillas
Hominy
Grits
Masa
Polenta
Cornmeal
Corn Flour
Cornstarch
Baking Powder
Dextrose
Sorbitol
Maltodextrin
Food Starch
Vegetable Starch
Vegetable Gum
Vegetable Protein
High Fructose Corn
Syrup
Xanthan Gum

Yeast:

Baker's Yeast
Nutritional Yeast
Brewer's Yeast
Autolyzed Yeast
Extract
Vinegars
(all except for raw apple
cider and coconut vinegars)

Nuts & Seeds:

All

Citrus:

Oranges
Lemons
Limes
Grapefruit
Tangerines
Satsumas
Orange Juice
Lemonade

Nightshade Vegetables:

Tomatoes
Tomatillos
Peppers
(sweet and hot)
Eggplant
Potatoes
Goji Berries
Hot Sauce
Cayenne Pepper
Curry Powder
Mexican Seasoning
Taco Seasoning
Chili Powder
Chipotle Chili
Powder

Sugar:

Cane Sugar
Sucanat
Agave Nectar
Coconut Sugar
Coconut Nectar
Pure Maple Syrup
Raw Honey

Other Foods:

Alcohol
Caffeine
Chocolate
Refined Vegetable
Oils

YES

Meats:

Homemade Chicken Stock

Vegetables

(juiced, or pureed in
smoothies or soups):

Avocados
Beets
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Cilantro (Coriander)
Collard Greens
Cucumber
Fennel
Garlic
Ginger root
Jerusalem Artichoke
(sunchoke)
Kale
Lettuce
(all varieties except iceberg)
Mizuna
Mushrooms
Mustard Greens
Onions
Parsley
Parsnip
Pumpkin
Rutabaga
Spinach
Sweet Potatoes
String Beans
Turnips
Winter Squash
(all varieties)
Watercress
Yams
Zucchini

Fruits

(pureed in smoothies or juiced):

Apricots (fresh only)
Bananas
Berries
(blueberries, blackberries, raspberries)
Cherries
Figs (fresh only)
Grapes
Melons
Nectarines and Peaches
Pineapple
Papayas
Plums
Pomegranates
Strawberries

Sea Vegetables:

Nori
Kombu
Hijiki
Arame
Dulse

Oils:

Extra Virgin Olive Oil
Virgin Coconut Oil

Herbal Teas:

Chamomile
Nettle
Mint
Rose
Tulsi (holy basil)
Rooibos
Dandelion Root
Slippery Elm
Licorice
Atragalus
Burdock

Herbs and Spices:

Allspice
Anise
Bay leaves
Black pepper
(only freshly ground)
Cumin
Coriander
Cinnamon
Turmeric
Ginger Powder
Nutmeg
Cloves
Oregano
Thyme
Basil
Dill

Other Ingredients:

Raw Organic Apple Cider Vinegar
Raw Organic Coconut Vinegar
Fresh Coconut Water
Fresh Coconut Meat

YES and NO Foods List

② Phase 2: Elimination

Below are the foods to avoid and include during Phase 2. We suggest printing out this list and posting it to your refrigerator.

NO

Gluten:

Wheat
Rye
Spelt
Kamut
Triticale
Oats
(cross-contaminated with gluten)
Buckwheat
(cross-contaminated with gluten)
Millet
(cross-contaminated with gluten)
Sorghum
(cross-contaminated with gluten)
Lentils
(cross-contaminated with gluten)

Dairy:

Milk
Cream
Yogurt
Cheese
Butter and Ghee
Whey
Ice Cream
Sour Cream
Cream Cheese
Cottage Cheese
Evaporated Milk
Whipped Cream
Sweetened
Condensed Milk

Eggs:

Chicken Eggs
Duck Eggs
Liquid Eggs
Meringue

Meat:

Beef
Pork
Lard
Tallow

Shellfish:

Shrimp
Lobster
Crab

Soy:

Soy Milk
Soy Oil
Soy Protein Isolate
Soy Protein Powder
Textured Vegetable

Protein

Tofu
Tempeh
Tamari and Soy
Sauce
Soy Lecithin
Vitamin E

Corn:

Corn on the Cob
Frozen Corn
Corn Tortillas
Hominy
Grits
Masa
Polenta
Cornmeal
Corn Flour
Cornstarch
Baking Powder
Dextrose
Sorbitol
Maltodextrin
Food Starch
Vegetable Starch
Vegetable Gum
Vegetable Protein
High Fructose Corn
Syrup
Xanthan Gum

Yeast:

Baker's Yeast
Nutritional Yeast
Brewer's Yeast
Autolyzed Yeast
Extract
Vinegars (all except for raw apple cider and coconut vinegars)

Nuts:

Peanuts
Peanut Butter
Almonds
Almond Butter
Cashews
Cashew Butter
Brazil Nuts
Hazelnuts
Macadamia Nuts
Pecans
Pistachios
Walnuts

Citrus:

Oranges
Lemons
Limes
Grapefruit
Tangerines
Satsumas
Orange Juice
Lemonade

Nightshade Vegetables:

Tomatoes
Tomatillos
Peppers (sweet and hot)
Eggplant
Potatoes
Goji Berries
Hot Sauce
Cayenne Pepper
Curry Powder
Mexican Seasoning
Taco Seasoning
Chili Powder
Chipotle Chili Powder

Sugar:

Cane Sugar
Sucanat
Agave Nectar

Other Foods:

Sesame
Alcohol
Caffeine
Chocolate
Refined Vegetable Oils

YES

Whole Grains:

Brown Rice
White Jasmine Rice
Wild Rice
Quinoa
Brown Rice Flour
Quinoa Flour
Amaranth Flour

Legumes:

Black Beans
Garbanzo Beans
Adzuki Beans
Mung Beans
White Beans
Lima Beans
Pinto and Pink Beans
Garbanzo Bean Flour
(preferably organic and sprouted)

Meats & Fish:

Organic Chicken
Organic Turkey
Organic Lamb
Venison
Duck
Goose
Pheasant
Anchovies
Herring
Wild Salmon
Black Cod
Scallops

Mollusks:

Clams
Pollock
Oysters

Fruits:

Apricots (fresh or dried with no added preservatives)
Bananas

Berries (blueberries, blackberries, raspberries)
Cherries
Dates (dried or fresh with no preservatives or additives)
Figs (fresh and dried)
Grapes
Melons
Nectarines and Peaches
Pineapple
Papayas
Plums
Pomegranates
Strawberries

Sea Vegetables:

Nori
Kombu
Hijiki
Arame
Dulse

Vegetables:

Artichoke
Asparagus
Avocados
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Cilantro (Coriander)
Collard Greens
Cucumber
Fennel
Garlic
Ginger root
Jerusalem Artichoke (sunchoke)
Kale
Lettuce
(all varieties except iceberg)
Mizuna
Mushrooms
Mustard Greens
Onions
Parsley
Parsnip
Peas (sugar snap, snow, frozen, and dried split)
Pickles
(homemade without chilies)
Pumpkin
Rutabaga
Spinach
Sweet Potatoes
String Beans
Turnips
Winter Squash
(all varieties)
Watercress
Yams
Zucchini

Seeds & Butters:

Raw Pine Nuts
Raw Hemp Seeds
Raw Chia
Raw Flax Seeds
Raw Pumpkin Seeds
Raw Sunflower Seeds
Raw Pumpkin Seed Butter

Oils:

Extra Virgin Olive Oil
Virgin Coconut Oil

Sweeteners:

Coconut Sugar
Coconut Nectar
Pure Maple Syrup
Raw Honey

Herbal Teas:

Chamomile
Nettle
Mint
Rose
Tulsi (holy basil)
Rooibos
Dandelion Root
Slippery Elm
Licorice
Atragalus
Burdock

Herbs & Spices:

Allspice
Anise
Bay leaves
Black pepper
(only freshly ground)
Cumin
Coriander
Cinnamon
Turmeric
Ginger Powder
Nutmeg
Cloves
Oregano
Thyme
Basil
Dill

Other Ingredients:

Arrowroot Powder
(make sure it comes from a gluten-free facility)
Kudzu
Agar Flakes and Powder
Raw Organic Vanilla Powder
Raw Organic Apple Cider Vinegar
Raw Organic Coconut Vinegar
Coconut Aminos
Fresh Coconut Water
Coconut Milk
(canned, organic)
Fresh Coconut Meat

Getting Started

Preparing for The Elimination Diet

Prior to starting the elimination diet you will need to make sure you have the proper equipment and food stocked in your kitchen. You will be more successful on your elimination diet by taking the time to prepare instead of jumping right in. Remember, 100% effort equals 100% results! We totally want you to succeed.

You can do this! Ready. Get Set. Go!

30 Days Before You Begin the Diet

Create a Support Network

Following a strict diet can be challenging; by enlisting the support of friends and family, you will have the emotional and physical support you need during the next few months. Talk to your spouse about doing the diet with you. He or she may find an increase in energy and an elimination of mild symptoms that went unnoticed before the diet. Or gather together a group of friends to follow the elimination diet together. Pick a start date where you will all begin at once. Have cooking parties once a week to cook meals for the week. You can all share so everyone is stocked up for the week!

Start Journaling

Begin journaling your daily food intake for breakfast, lunch, dinner, and snacks, as well as your symptoms. Finding a pattern between the food you eat and your symptoms is key to healing. We've found that journaling can be THE number one key to succeeding on your elimination diet. We know, it doesn't sound fun, right? Actually, journaling can provide you with exactly what you need to discover your hidden food sensitivities! You're going to discover all sorts of things about yourself. It will be so much fun to go back through the pages of your journal at day 30 and then at day 60. Remember, this program is all about learning more about you!

Do a Kitchen Cleanse

Begin by going through your pantry, kitchen cabinets, freezer, and refrigerator and remove all gluten, and processed, packaged foods. First off, gluten cross contamination from bread crumbs in your toaster, cracker pieces on your counter, and gluten in your wooden cutting boards and utensils can cause an incomplete elimination of gluten during the elimination diet. You might never feel totally well if you have an unrecognized sensitivity to gluten and still consume small particles through kitchen cross-contamination. Getting out all of the processed junk foods from your house will assist you in resisting the temptation to cheat while on the diet. Remember, this diet is a powerful tool for you to learn more about yourself. Set up an environment for success in your very own kitchen prior to beginning the diet.



30 Days Before You Begin the Diet (contd.)

Start Drinking Purified Water

City tap water is full of chlorine, which is good for keeping bacterial counts down but not good for our guts. Chlorine and chloramines in city water kill off the beneficial bacteria in our guts. Tap water usually also contains a variety of pharmaceuticals like anti-depressants and anti-biotics as well so it is of utmost importance to use purified water for all of your cooking, soaking (grains, beans, nuts, and seeds), and drinking needs. You can buy big 5-gallon jugs of reverse osmosis water from your local health food store and continually refill them, or install an under-the-sink filter for your kitchen. We use a reverse osmosis filtration system from www.ThePerfectWater.com. Another option is to install a complete home filtration system.

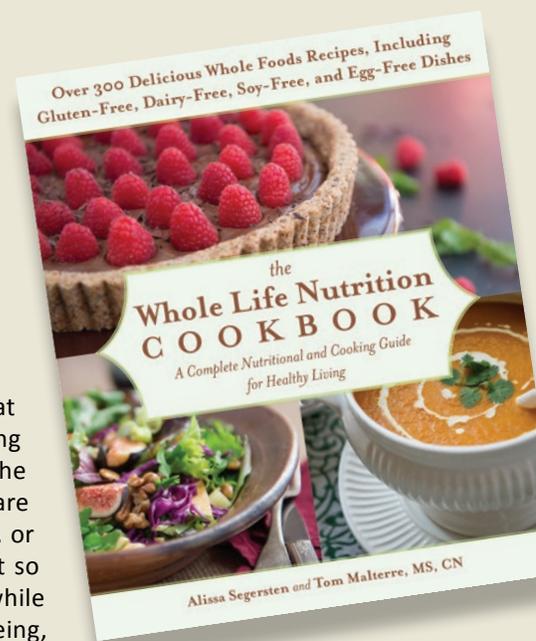
Drinking plenty of water daily does amazing things for our bodies—it helps keep our digestive systems healthy, helps to flush out toxins from our bodies, it can help us to lose unwanted pounds, and it helps us poop! We suggest setting a quart jar of purified water next to your bedside at night and then first thing in the morning, even before you get out of bed, drink the whole quart! You will probably notice an increase in energy throughout the day, clearer skin, less moodiness, as well as better digestion and elimination.

Transition to a Gluten-Free Whole Foods Diet

All of the recipes on the elimination diet have been created from simple, organic whole food ingredients. If you are new to eating this way then it will be very important to start cooking whole foods before you begin the elimination diet. Use our other book, [*The Whole Life Nutrition Cookbook*](#), to guide you through the process of switching to an organic, gluten-free, whole foods diet. There are over 300 delicious recipes, plus a wealth of information, in that book to get you started. Some key recipes to get familiar with are the stock recipes, chicken soups, green smoothies, and basic whole grain and bean recipes.

Create New Habits

The Elimination Diet is not a fad diet—it's a tool for discovering the foods that contribute to your health and those that do not. In the process you will be letting go of processed foods and eating a 100% whole foods diet. Before you start the Elimination Diet it is important to begin to make healthier food choices. Say you are in the mood for a snack and you are accustomed to reaching for chips, crackers, or candies. You know that in two weeks you will be beginning the elimination diet so you say to yourself "well who cares, I'm not on the diet yet, so I better eat these while I can!" This mindset won't be very productive to your life-long health and well being, but what will be is to form new habits. How about you start by changing your snack foods? We don't have what most people consider snack foods in our house. If our children are hungry for a snack they can pull out frozen fruit from the freezer and combine them with raw nuts or seeds, and water in a blender for a nutritious smoothie. Sometimes they will also cut up red potatoes and green beans, steam them, and then serve them sprinkled with sea salt and pastured organic butter—not your typical kid-friendly snack we know, but totally delicious and nourishing. We also like to keep wild salmon jerky, raw sprouted nuts and seeds, and fresh fruit on hand for snacks. It's important to use this time before your elimination diet start date as an opportunity to begin forming new habits. This will help tremendously with the overall success of your elimination diet.



30 days Before You Begin the Diet (contd.)

Take Epsom Salt Baths

Buy a few containers of Epsom salts. Take a bath 3 times a week with 2 cups of Epsom salts added to the water. Soak for 20 to 25 minutes or longer. Epsom salts (magnesium sulfate) baths allow for the absorption of beneficial magnesium and sulfur through the skin. Epsom salt baths have done wonders for many of my clients who have issues with anxiety, muscle pains, irritable bowel, sleep problems, muscle cramping, mood problems, excessive toxic exposure, and much more. Your skin readily absorbs both the magnesium and sulfate found in Epsom salts when you are relaxing in the bath. Children with anxiety and autism seem to particularly benefit from Epsom salt baths, as they are often in need more of both the sulfate and the magnesium.

Add in Supportive Supplements

Adding in supplements prior to embarking on the elimination diet helps prepare your body for detoxification, proper digestive function, regulation of mood and sleep, and calming the immune system. See the Resources section in the back of this book for brand name recommendations. You can also visit our website to purchase Elimination Diet Supplement packages: www.WholeLifeNutrition.net.

Activated Charcoal

Activated charcoal binds to toxins in the intestinal tract and helps excrete them from the body. Take it 3 times a day with food (follow recommendations on bottle).

Magnesium Citrate

Magnesium is the most important mineral in the human body as it is a co-factor for over 300 enzymes. It has the honored task of carrying something called ATP around. This is your cellular currency. Digestion and detoxification are two very energy-dependent pathways that benefit from having adequate magnesium around. Magnesium citrate also helps to regulate bowel movements. When you are constipated you will reabsorb toxins into your body via the walls of your lower intestines. This is one of the reasons you feel so lousy after you have been constipated for a few days. One of the safest ways of encouraging the bowels to move again is the supplementation of magnesium citrate. Most people find that they will have a bowel movement within 6 hours after supplementing with 400 to 600mg of magnesium citrate. Many functional medicine practitioners will recommend daily supplementation of around 200 to 400mg to assure adequate magnesium status.

Symptoms of a magnesium deficiency:

- Never really feel awake, always tired.
- Loud noises startle you.
- Are anxious often and can't seem to calm down.
- Have racing thoughts; get one thought stuck in your mind and can't let it go.
- Muscle Cramping (neck, back, and jaw pain are common).
- Trouble falling asleep and staying asleep.
- Notice twitching in the legs or feet.
- Numbness and tingling in legs, feet, and toes.
- Loss of appetite.
- Racing or abnormal heartbeat.
- Carb cravings and blood sugar regulation issues (insulin resistance).

Digestive Enzymes

Buy a high quality digestive enzyme supplement. We recommend one specifically designed for fat digestion as well as a general supplement with added HCL or ox bile. Take as directed on bottle with each meal prior to beginning the elimination diet as well as throughout the entire diet. See the Resource guide in the back of this book for recommended brand names.

Probiotics

Begin taking a high-quality probiotic supplement between meals, such as [soil-based microorganisms](#). There are so many ways in which our current lifestyle destroys beneficial bacteria in the gut. Beneficial bacteria regulate immune system and digestive function. You will be less likely to react to foods when you have a thriving population of beneficial bacteria in the gut.



30 Days Before You Begin the Diet (contd.)

Invest in Kitchen Equipment

Consider investing in some of the following pieces of kitchen equipment. These items will make food prep go smoothly and help you have success on the diet.

- [Food Processor](#)
- [High-Powered Blender and/or Juicer](#)
- [Stainless Steel Immersion Blender](#)
- [Small wooden citrus juicer](#)
- [Garlic press](#)
- [Stainless steel grater](#)
- [New Wooden Cutting Boards](#) that have not been contaminated with gluten
- [High quality sharp knives](#)
- [Measuring cups and spoons](#)
- [Large bamboo or wooden spoons](#) not contaminated with gluten
- [Stainless steel spatulas](#)
- [Large stainless steel colander](#)
- [Fine mesh strainers](#)
- [8-quart stainless steel pot with lid](#)
- [2-quart heavy bottomed stainless steel saucepan with lid](#)
- [11- or 12-inch deep stainless steel skillet](#)
- [10-inch cast iron skillet](#)
- [Widemouthed quart jars](#)
- [Glass food storage containers](#) in different sizes



Sample Menu Plan

Use these menu plans as guidelines to create your own plan. You will be more successful on the elimination diet if you utilize leftovers.

The following sample days give you an idea of how to balance different foods. We always recommend that you follow your gut instincts and consume the elimination diet-friendly foods that you are most attracted to eating in the moment. For example, our menu plan for the detox phase might say 1 quart of pureed vegetable soup, but you keep dreaming of a tall glass of green juice. Go for the green juice! Always listen to your body—it knows what it needs! This will get easier and easier as you begin to clear away the processed foods—the gut and brain clutter—and eat whole foods.

Be sure to visit our recipe blog, www.NourishingMeals.com, for many more free elimination diet recipes that you can use to create your meal plans. Our other two books, *The Whole Life Nutrition Cookbook* and *Nourishing Meals*, are both fabulous resources for hundreds more elimination diet-compliant recipes.

Below you will find a sample menu plan for the 2-day detox (Phase 1), 7 days of sample menus for the Elimination Phase (Phase 2), as well as a 1-day sample menu plan for each of the challenge foods in the Reintroduction Phase (Phase 3). Remember that you will be challenging these foods over a 3-day period so get creative with your menu plans! Also, be sure to drink 64 to 100 ounces of filtered water every day!



① Phase 1: Detox

Day 1

Breakfast: 2 cups Pineapple Green Smoothie (page 35)

Lunch: 2 cups Creamy Green Detox Soup (page 47)

Snack: 2 cups Cucumber-Kale Cleanser (page 30)

Dinner: 2 cups Creamy Green Detox Soup (page 47)

Day 2

Breakfast: 2 cups Orange Super Detox Juice (page 28)

Lunch: 2 cups Creamy Broccoli-Mushroom Soup (page 49)

Snack: 2 cups Purple Cabbage and Berry Smoothie (page 36)

Dinner: 2 cups Creamy Broccoli-Mushroom Soup (page 49)



② Phase 2: Elimination

Day 1

- Breakfast:** 2 cups Healing Bone Broth Soup (page 52)
Lunch: Romaine lettuce salad with chopped cucumbers, ½ cup cooked chicken or wild salmon, and the Green Goddess Dressing (page 100)
Snack: 1 to 2 cups Purple Cabbage and Berry Smoothie (page 36)
Dinner: Black Bean, Yam, and Avocado Tacos (page 84)

Day 2

- Breakfast:** Chicken-Apple Breakfast Sausage (page 44) over lettuce leaves, topped with Broccoli Sprouts (page 127)
Lunch: 2 cups Creamy Green Detox Soup (page 47)
Snack: 1 to 2 cups Beet Fennel Juice (page 31)
Dinner: Herb Roasted Wild Salmon (page 87), Coconut-Cinnamon Sweet Potatoes (page 87), baby arugula salad with Green Goddess Dressing (page 100)

Day 3

- Breakfast:** Spiced Seed Granola with fresh berries (page 45)
Lunch: 2 cups Healing Bone Broth Soup (page 52)
Snack: Cucumber-Kale Cleanser (page 30)
Dinner: Whole Roasted Chicken with Root Vegetables (page 71), baby arugula salad with Green Goddess Dressing (page 100)

Day 4

- Breakfast:** 2 to 4 cups Strawberry-Kale-Mint Smoothie (page 34)
Lunch: Turkey-Quinoa Meatballs (page 97) with a green salad
Snack: 2 Cinnamon Sunflower Truffles (page 112)
Dinner: Adzuki Bean and Rice Salad (page 77) served over lettuce leaves, Baked Winter Squash (page 73)

Day 5

- Breakfast:** Turkey, Kale and Carrot Hash (page 41)
Lunch: Healing Cabbage and Chicken Soup (page 53)
Snack: Apple slices dipped in pumpkin seed butter
Dinner: Spring Salad with Snap Peas, Salmon, and Radishes (page 64), cooked quinoa

Day 6

- Breakfast:** Sweet Potato-Kale Hash (page 42)
Lunch: Creamy Green Detox Soup (page 47) topped with cooked salmon and Broccoli Sprouts (page 127)
Snack: Vanilla Coconut Snowballs (page 111) and a handful of fresh or frozen blueberries
Dinner: Chicken and Vegetable Stir-Fry (page 92)

Day 7

- Breakfast:** Spiced Seed Granola (page 45) with Vanilla Hemp Milk (page 119) and sliced bananas and fresh blueberries
Lunch: Turkey-Quinoa Meatballs (page 97) with a green salad
Snack: Cranberry-Kale Smoothie (page 32)
Dinner: Pomegranate Chicken Tacos (page 90)



③ Phase 3: Reintroduction

Citrus

- Breakfast:** Cucumber-Kale Cleanser (page 30)
Lunch: Raw Kale Salad with Lemon and Garlic (page 67) with sautéed organic chicken breast or cooked wild salmon
Snack: Vanilla Coconut Snowballs (page 111)
Dinner: Black Bean, Yam, and Avocado Tacos (page 84), served with lime wedges

Nightshade Vegetables

- Breakfast:** Sweet Potato-Kale Hash with variation (page 42)
Lunch: Creamy Green Detox Soup (page 47)
Snack: Carrots sticks, red bell pepper slices, sprouted pumpkin seeds
Dinner: Fresh Marinara Sauce (page 108) with sautéed ground turkey added to the sauce; served over baked spaghetti squash or quinoa noodles

Cashews

- Breakfast:** Creamy Rice Cereal (page 39) topped with fresh berries and Vanilla Cashew Milk (page 120)
Lunch: Quinoa-Cucumber Dill Salad (page 78)
Snack: Handful raw cashews, fresh organic raspberries
Dinner: Baked Salmon with Ginger-Cashew Sauce (page 88) served with baked sweet potatoes and sautéed kale

Almonds

- Breakfast:** Blueberry Almond Milkshake (page 37),
Lunch: Turkey-Quinoa Meatballs (page 97) with a green salad
Snack: Almond Butter Cookies (page 114) or apples dipped in roasted almond butter
Dinner: Roasted Carrot and Arugula Salad (page 65) topped with roasted almonds, baked chicken

Walnuts and Pecans

- Breakfast:** Cooked quinoa topped with chopped raw pecans and raspberries
Lunch: Chicken Vegetable Soup (page 54)
Snack: Handful raw walnuts and a few medjool dates
Dinner: Herb Roasted Wild Salmon (page 87), Roasted Carrot and Arugula Salad (page 65) topped with lightly roasted raw walnuts or pecans

Beef

- Breakfast:** Turkey, Kale and Carrot Hash (page 41) made with ground beef instead of turkey
Lunch: Roasted Carrot and Arugula Salad (page 65) topped with leftover cooked salmon
Snack: Cucumber-Kale Cleanser (page 30)
Dinner: Organic steaks, baked sweet potatoes, steamed broccoli

Eggs

- Breakfast:** Scrambled organic eggs with kale, few spoonfuls of lacto-fermented vegetable (page 125)
Lunch: 2 hardboiled eggs with a green salad and your favorite elimination diet salad dressing
Snack: 1 Sweet Potato Spice Muffin (page 60)
Dinner: Black Bean, Yam, and Avocado Tacos (page 84)

CONTINUED



③ Phase 3: Reintroduction

Pork

- Breakfast:** 2 organic pork breakfast sausages, 2 cups Strawberry-Kale-Mint Smoothie
Lunch: Raw Vegetable Bliss Salad (page 63) with 1 cup cooked quinoa
Snack: Apple slices and pumpkin seed butter (or almond butter if tolerated)
Dinner: Organic pork chops, whipped sweet potatoes, steamed green beans

Chocolate

- Breakfast:** Smoothie made from soaked raw almonds or raw cashews, water, frozen bananas, and raw cacao powder
Lunch: Turkey, Kale and Carrot Hash (page 41)
Snack: Three pieces of raw chocolate
Dinner: Chicken Vegetable Soup (page 54)

Peanuts

- Breakfast:** Banana Muffin (page 59) spread with 2 tablespoons organic peanut butter (only ingredients should be peanuts and sea salt), 2 cups Pineapple Green Smoothie (page 35)
Lunch: Turkey, Kale and Carrot Hash (page 41)
Snack: 2 handfuls of organic dry-roasted peanuts
Dinner: Sautéed organic chicken breasts (topped with a sauce made from peanut butter, garlic, ginger, water, and salt), baked sweet potatoes, Raw Vegetable Bliss Salad (page 63)

Sesame

- Breakfast:** 2 to 3 cups Very Berry Chia Smoothie (page 33)
Lunch: Adzuki Bean and Rice Salad (page 77) made with cold-pressed sesame oil and topped with toasted sesame seeds
Snack: Hummus (homemade only) made with tahini, carrot sticks
Dinner: Vegetable Chicken Bake (page 93), Raw Kale Salad with Lemon and Garlic (page 67) sprinkled with toasted sesame seeds, Roasted Root Vegetables (page 71)

Sugar

- Breakfast:** Creamy Rice Cereal (page 39) sprinkled with organic cane sugar
Lunch: Simple green salad with leftover roasted chicken or salmon and your favorite elimination diet salad dressing
Snack: Banana Muffin (page 60) made with organic cane sugar instead of coconut sugar
Dinner: 2 chopped chicken breasts marinated in a sauce made from a few tablespoons coconut aminos, juice of ½ a lime, 2 tablespoons organic cane sugar, fresh ginger and garlic; then sautéed in coconut oil. Serve with sautéed broccoli, green onions, and bok choy over a bed of white or brown rice

Yeast

- Breakfast:** Slice of Chia-Rice Bread (page 61) spread with pumpkin seed butter or almond butter, 1 small banana
Lunch: Sandwich made from 2 slices Chia-Rice Bread (page 61), organic turkey slices, mashed avocado, organic Dijon mustard, and lettuce leaves
Snack: 1 to 2 cups Orange Super Detox Juice (page 28)
Dinner: Herb Roasted Wild Salmon (page 87), baked sweet potatoes, large green salad served with a balsamic dressing (¼ cup extra-virgin olive oil, 3 tablespoons organic balsamic vinegar, 2 to 3 teaspoons pure maple syrup, 1 teaspoon organic Dijon mustard, ¼ teaspoon sea salt)



Fresh Smoothies & Juices



ORANGE SUPER DETOX JUICE

Use this recipe on the first 2 days of the smoothie and juice fast as well as throughout the diet. You will need to cut the vegetables into a size that will fit into the feed tube of your juicer.



① Phase 1: Detox

Ingredients:

- 1 large golden beet, cut into spears
- 3 large carrots
- ½ Granny Smith apple
- 1 (1-inch piece) fresh ginger
- 1 (1-inch piece) fresh turmeric root

Place all of the ingredients into the feed tube of your juicer. Pour the fresh juice into a glass and enjoy immediately.

Yield: about 1 ½ cups (1 serving)

Phase 3 Citrus Variation:

Add 1 peeled lemon once you have reintroduced citrus into your diet



GREEN CLEANSING JUICE

We make some variation of this juice a few times a week! Get creative and add whatever vegetables you want. If the flavor is too strong, just add one chopped granny smith apple to the mix and it will slightly sweeten the juice.



① Phase 1: Detox



Ingredients:

- 4 to 5 stalks celery
- 2 medium cucumbers
- 1 to 2 cups chopped green cabbage
- 2 pieces black kale
- 1 (1-inch piece) fresh ginger

Place all of the ingredients into the feed tube of your juicer. Pour the fresh juice into a glass and enjoy immediately.

Yield: about 2 cups

For a low FODMAP Variation:

replace the celery with ½ cup of flat leaf parsley



CUCUMBER-KALE CLEANSER

This is my favorite “green juice” recipe. Our children enjoy it too—especially if they get to use a fancy glass straw! I usually make a double batch of this recipe to serve our family. Use this recipe during Phase 1 by omitting the lemon.



① Phase 1: Detox (*without lemon*)

③ Phase 3: Reintroduction

Ingredients:

2 medium cucumbers

3 kale leaves

small handful fresh parsley

½ Granny Smith apple

1 small lemon, peeled (optional)

Place all ingredients into your juicer, stir, and drink immediately.

Yield: about 2 cups



BEET-FENNEL JUICE

This is one of my favorite juice recipes. I've been drinking it ever since I started going to juice bars and ordering custom-made juice blends. The fennel adds a nice sweet flavor—it feels like a treat to me! I use the whole fennel—the white bulb, green stalks, and feathery fronds.



① Phase 1: Detox

Ingredients:

1 whole fennel bulb, cut into pieces
1 small beet, quartered
1 ripe pear, quartered
handful fresh parsley

Place all ingredients into the feed tube of your juicer. Juice according to the manufacturer's directions. Stir and enjoy immediately.

Yield: about 2 cups



CRANBERRY-KALE SMOOTHIE

Cranberries provide a tart flavor that can replace lemon juice in green smoothie recipes. Use this recipe during Phase 1 of the diet.



① Phase 1: Detox

Ingredients:

- 1 ripe pear, cored
- 1 medium cucumber, chopped
- 1 cup fresh or frozen cranberries
- ½ bunch kale
- 1 (1-inch) fresh ginger
- 2 cups water

Place all of the ingredients into a high-powered blender and blend until smooth. Serve immediately.

Yield: about 5 cups

Phase 3 Citrus Variation:

Add in the juice of one whole lemon to this recipe.



VERY BERRY CHIA SMOOTHIE

Enjoy this smoothie during all phases of the elimination diet—it's rich in powerful antioxidant compounds called anthocyanins! When you are entering Phase 3 and challenging oranges and citrus, add one whole peeled orange to this smoothie.



① Phase 1: Detox



Ingredients:

- 1 cup frozen wild blueberries
- 1 cup frozen cranberries
- 1 cup frozen strawberries
- 2 to 3 cups water
- 2 tablespoons chia seeds
- 1 small bunch black kale

Place all ingredients into a high-powered blender and blend until smooth and creamy. Store leftovers in a glass jar in the refrigerator for up to 2 days.

Yield: about 6 cups



STRAWBERRY-KALE-MINT SMOOTHIE

We love harvesting strawberries from local organic farms in the summertime and then freezing them to use throughout the year. Try this summertime smoothie using either fresh or frozen fruit. Sometimes I will add in half of an avocado or 2 tablespoons of chia seeds for extra healthy fats.



① Phase 1: Detox



Ingredients:

2 cups strawberries
2 cups chopped pineapple
2 cups water
½ to 1 bunch black kale
small handful fresh mint
1 to 2 tablespoons chia seeds

Place all ingredients into a high-powered blender and blend until smooth. Taste and add more kale if desired; blend again. Drink immediately.

Yield: about 6 cups

Phase 3 Citrus Challenge Variation:

Add the juice of 1 whole lime to this recipe.



PINEAPPLE GREEN SMOOTHIE

This is another fantastic smoothie to enjoy during all phases of the diet—it's one of our favorites!



① Phase 1: Detox

Ingredients:

½ fresh pineapple, peeled
1 small avocado, pitted and peeled
½ bunch kale
small handful fresh mint
large handful fresh cilantro (optional)
2 to 3 cups coconut water or water

Place all ingredients into a high-powered blender and blend until smooth. Taste and add more kale if desired; blend again. Drink immediately.

Yield: about 6 cups



PURPLE CABBAGE AND BERRY SMOOTHIE

I like adding chia seeds and avocado to smoothies to add more fat and calories, which helps to maintain satiety. This antioxidant-packed smoothie has a beautiful purplish-red color and is full of berry flavors. Be sure not to add any more than 3 cups of coarsely chopped cabbage otherwise the flavor gets too strong!



① Phase 1: Detox

Ingredients:

- ¼ head small red cabbage (about 3 cups chopped)
- 1 small avocado
- 2 cups fresh or frozen blueberries
- 2 cups fresh or frozen cherries, pitted
- 1 cup fresh or frozen raspberries
- ½ cup fresh or frozen cranberries
- 2 tablespoons whole chia seeds
- 3 cups water

Add all ingredients to a high-powered blender and blend until smooth and creamy. Add more water for a thinner smoothie. Serve immediately.

Yield: about four 2-cup servings



BLUEBERRY ALMOND MILKSHAKE

Use this tasty dairy-free milkshake recipe when challenging almonds in Phase 3. Soaking almonds overnight makes them far more digestible and unlocks many of their nutrients. This is what happens when you plant a seed in the earth and then water it—it wakes up and prepares to germinate, unlocking its nutrients for use in growing into a plant. Serve this smoothie as a snack or as a light breakfast.



③ Phase 3: Reintroduction

Ingredients:

- ½ cup almonds (soaked overnight)
- 2 cups water
- 1 small frozen banana
- 2 ½ cups fresh or frozen blueberries
- ¼ teaspoon raw vanilla powder (optional)

Place the almonds into a small bowl and cover them with filtered water. Let them soak on your counter overnight or for 8 to 10 hours. Then drain and rinse the almonds, place them into a high-powered blender along with the water. Blend on high until smooth and creamy. Then add the banana, blueberries, and vanilla; blend again until smooth. Serve immediately.

Yield: about 5 cups

Tip:

We buy glass and stainless steel smoothie straws and keep them handy for smoothies like this one—much better for the environment than plastic!



Breakfast



CREAMY RICE CEREAL

This is one of our children's most requested breakfasts. We use whole, organic sprouted brown rice and then grind it in the dry container of our Vitamix. You can also use a coffee grinder to grind the rice into a fine meal. Serve with a sprinkling of coconut sugar and frozen blueberries.



② Phase 2: Elimination



Ingredients:

1 cup uncooked brown rice
4 cups water
pinch sea salt

Grind the brown rice in a high-powered blender or coffee grinder to a fine meal. It should be a little coarser than rice flour.

Add it to a small pot along with the water and sea salt; whisk together well. Bring to a boil, whisking, then reduce heat to low, cover, and simmer for about 10 to 15 minutes. Serve.

Yield: 3 to 4 servings



TOASTED COCONUT FLAKE CEREAL

We usually like to serve this as a bedtime snack rather than for breakfast. It does however make a really light meal first thing in the morning especially if you are accustomed to eating cold cereal in the morning. We use the large unsweetened organic coconut flakes, not shredded coconut. Use hemp milk during Phase 2, and almond or cashew milk during Phase 3.*



② Phase 2: Elimination

Ingredients:

2 cups coconut flakes
8 to 10 drops vanilla crème stevia
1 cup fresh blueberries
1 to 2 bananas, sliced
dairy-free milk (hemp, raw almond, cashew)*

Preheat oven to 350 degrees F. Spread the coconut flakes into a single layer on a large cookie sheet. Bake for 4 to 6 minutes only. Then remove from oven and sprinkle the stevia drops over the hot coconut flakes while you move them around with a spatula. Let cool completely.

To serve, add desired amount of coconut flakes to a cereal bowl, top with berries and bananas, and add milk of choice.

Yield: about 4 servings



TURKEY, KALE, AND CARROT HASH

This breakfast will nourish and sustain you for hours! Make up a big batch on the weekend and then reheat small portions as needed in a small skillet with a few tablespoons of water. Serve over Baked Winter Squash (page 73) with a few spoonfuls of raw sauerkraut. I also like to add sliced avocados to my portion or drizzle the whole meal with the Green Goddess Dressing (page 100).



② Phase 2: Elimination



Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 pound organic ground turkey
- ½ to 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- 3 to 4 green onions, cut into thin rounds
- 2 to 3 large carrots, grated
- 3 cups thinly sliced kale

Heat oil in an 11- or 12-inch deep skillet over medium heat. Add the ground turkey, salt, cumin, and oregano; sauté for 3 to 5 minutes. Then add the green onions, grated carrots, and kale; continue to sauté until the vegetables are tender, about 5 to 7 minutes more.

Taste and adjust salt and seasoning if necessary.

Yield: 4 to 6 servings

Phase 3 Beef Variation:

Replace the ground turkey with an equal amount of organic grass-fed beef when challenging beef in Phase 3.

Tip:

This meal is especially beneficial for those experiencing starch maldigestion, FODMAP sensitivity, or SIBO.



SWEET POTATO-KALE HASH

Try making a large batch of this on the weekend and then reheat small portions for breakfast throughout the week. Add in leftover cooked salmon, chicken, turkey, or cooked beans for added protein.



② Phase 2: Elimination

Ingredients:

2 tablespoons coconut oil or extra-virgin olive oil
4 cups diced sweet potatoes (about 2 medium)
1 teaspoon crushed dried sage
¼ teaspoon ground cumin
¼ teaspoon sea salt or Herbamare
freshly ground black pepper
3 to 4 cups chopped kale
4 to 5 green onions, sliced into rounds

Heat a 12-inch skillet over medium heat. Add the olive oil and then add the sweet potatoes, sage, cumin, salt, and pepper; sauté for 7 to 10 minutes, lowering the heat if necessary to prevent burning. Then add the kale and green onions; sauté a few minutes more.

Test to see if the sweet potatoes are cooked through, if not, add a few tablespoons of water, put a lid on the pan, and continue to cook for a few more minutes until done.

Taste and adjust salt and seasonings if necessary.

Yield: 4 to 6 servings

Phase 3 Nightshade Variation:

Add in 1 medium diced red bell pepper to the hash when challenging nightshades in Phase 3.



LAMB-QUINOA BREAKFAST HASH

This meal gives you sustained energy to last all morning long. Substitute the lamb with ground turkey or cooked adzuki beans if desired. Serve with fresh organic salad greens or a fermented vegetable, such as the Pickled Cauliflower, Carrots, and Green Beans (page 125).



② Phase 2: Elimination

Ingredients:

- 1 to 2 tablespoons extra virgin olive oil
- 1 small onion, diced
- 2 medium zucchini, diced
- 2 teaspoons dried Italian herbs
- 1 teaspoon Herbamare
- ½ teaspoon freshly ground black pepper
- 1 pound ground lamb
- 2 cup cooked quinoa
- 1 cup chopped fresh parsley

Heat oil in a 12-inch cast iron skillet over medium heat-low. Add the onion and sauté for about 10 minutes, or until golden. Add zucchini and sauté about 5 minutes more. Then add the dried herbs, salt, pepper, and ground lamb. Cook for another 5 minutes or until the lamb is cooked. Then add the quinoa and stir together. Turn off heat and stir in the chopped parsley. Taste and adjust salt and seasonings if desired.

Yield: 6 servings

Phase 3 Nightshade Variation:

Add diced red bell peppers to this recipe when you are challenging nightshades.



CHICKEN-APPLE BREAKFAST SAUSAGES

You can make this recipe ahead of time, form them into patties and either freeze or refrigerate them before cooking. Then take one or two out at a time to cook as needed. Uncooked sausages will last up to 2 days in the refrigerator or 6 months in the freezer. Serve with a green salad and a cup of herbal tea for breakfast. You can also serve these for dinner in between two romaine lettuce leaves with your favorite fixings!



② Phase 2: Elimination

Ingredients:

1 medium tart apple, cored, peeled, and chopped
5 green onions, trimmed and cut into 1-inch pieces
3 tablespoons fresh sage leaves
1 teaspoon Herbamare or sea salt
½ teaspoon freshly ground black pepper
1 ½ pounds organic boneless, skinless chicken thighs
extra-virgin olive oil or coconut oil, for cooking

Place the apple, green onions, sage, salt, and pepper into a food processor fitted with the “s” blade; pulse a few times. Then add the chicken and process until the chicken is ground and the mixture starts to form a ball. It does not take long, only about 30 seconds.

With oiled hands, form mixture into about 8 patties and set onto a plate or cookie sheet. Heat a large cast iron skillet over medium-low heat, then add about one tablespoon of oil. Add four of the patties to the pan, cook for 4 to 5 minutes on each side. Repeat with remaining patties. Serve.

Yield: 8 sausage patties



SPICED SEED GRANOLA

Carry a small container of this grain-free seed-based granola with you for a snack or serve it for breakfast with Vanilla Hemp Milk (page 119) topped with fresh berries. When shopping for seeds, look for shelled green pumpkin seeds, often called pepitas.



② Phase 2: Elimination

Ingredients:

2 cups raw pumpkin seeds
 2 cups raw sunflower seeds
 3 tablespoons chia seeds
 2 teaspoons cinnamon
 ½ to 1 teaspoon ground ginger
 ¼ teaspoon sea salt
 ¼ cup pure maple syrup
 ¼ cup melted coconut oil
 ½ to 1 cup dried currants (optional)

Preheat oven to 300 degrees F. Line a large, rimmed baking sheet with parchment paper.

Place the pumpkin and sunflower seeds into a food processor fitted with the “s” blade. Process until you have a chunky, coarse meal. Pour into a medium-sized mixing bowl and add the chia seeds, spices, and salt; stir together. Then add the maple syrup and coconut oil; stir together well.

Spread mixture out onto the cookie sheet and bake for about 35 minutes, turning granola over about halfway through baking. Remove from oven and stir in the optional currants. Let cool completely to crisp up. Then transfer to a glass jar and store on your counter for up to 10 days.

Yield: about 4 cups

FODMAP Variation:

Use ½ cup currants for lower FODMAP



Soups & Stews

RECIPES

3



CREAMY GREEN DETOX SOUP

Use this soup during the first two days of detoxing and throughout the entire diet—it's easy to digest, light, and nourishing. Add in additional fresh herbs if desired—try dill, tarragon, or oregano. Freeze cooled soup in wide-mouthed pint or quart jars for later use. Replace the leek with a bunch of green onions if you are following the low FODMAP variation of the Elimination Diet.



① Phase 1: Detox



Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 large leek, chopped
- 2 pounds zucchini, chopped
- 1 pound green beans, ends trimmed
- 6 to 8 cups water, Chicken Stock (page 123), or Vegetable-Seaweed Stock (page 124)
- 2 to 3 teaspoons Herbamare or sea salt
- 2 teaspoons dried thyme
- 1 bunch fresh spinach (about 4 cups packed), rinsed
- large handful fresh parsley
- large handful fresh basil

Heat oil in a 6- or 8-quart pot over medium heat. Add the leeks and sauté about 5 minutes. Then add the zucchini, green beans, water or stock, Herbamare or salt, and dried thyme. Cover and simmer for about 15 minutes or until vegetables are tender. Add spinach, parsley, and basil; cover and simmer 2 minutes more. Then remove pot from heat and use an immersion blender to puree the soup right in the pot or transfer to a blender and puree in batches.

Yield: about 8 servings

Tip:

To chop a leek, first trim off the rooty part at the bottom, and then trim off the upper 1 to 2 inches. Slice the leek down the center, lengthwise. Then run it under cold water to remove the dirt. Then chop.



CARROT-GINGER-SHIITAKE SOUP

We prefer to use quite a bit more ginger in this soup than what I call for. If you love the flavor and spice that ginger provides, then add up to twice as much as what is called for below. If your ginger is quite fresh there is no need to peel it, on the other hand, if it is older with a thick skin, then peel it. Use this soup during all phases of the elimination diet.



① Phase 1: Detox

Ingredients:

1 to 2 tablespoons extra-virgin olive oil
1 small onion, diced
1 (2-inch) piece fresh ginger, chopped
8 to 10 shiitake mushrooms, chopped
2 pounds carrots, peeled and chopped
6 cups Chicken Stock (page 123) or Vegetable-Seaweed Stock (page 124)
2 teaspoons Herbamare or sea salt

Garnish:

sautéed shiitake mushroom slices
chopped fresh cilantro

Heat oil in a 6-quart pot over medium heat. Add the onions and sauté until soft, about 7 minutes. Then add the remaining ingredients, cover, and simmer for about 30 minutes.

Use an immersion blender to puree the soup in the pot or transfer to a blender and puree in batches. Top each bowl of soup with sautéed shiitake mushrooms and chopped cilantro.

Yield: about 6 servings

Variation:

Replace the spring onions with 2 bunches of green onions, or 1 large leek, chopped.



CREAMY BROCCOLI-MUSHROOM SOUP

Use this soup during all phases of the diet, it is simple to make and easy to digest. Try adding other vegetables, such as zucchini, garlic, parsnips, kale, or spinach. Add extra stock if you add extra vegetables.



① Phase 1: Detox

Ingredients:

1 to 2 tablespoons extra-virgin olive oil
1 large leek, chopped
1 ½ pounds broccoli, chopped
8 ounces cremini mushrooms, chopped
6 cups Chicken Stock (page 123) or Vegetable-Seaweed Stock (page 124)
2 teaspoons dried thyme
1 tablespoon fresh oregano leaves
handful fresh parsley
handful fresh basil
sea salt and freshly ground black pepper

Heat olive oil in a 6-quart pot over medium heat. Add leek and sauté for about 5 minutes, or until softened. Then add the broccoli, mushrooms, stock, and dried thyme. Cover and simmer for about 20 minutes, or until vegetables are tender.

Turn off heat and add the fresh herbs. Puree in the pot using an immersion blender or transfer soup to a blender and puree in batches. Season with salt and pepper to taste. Serve immediately or freeze in wide-mouthed quart or pint jars.

Yield: about 6 servings



CREAMY CAULIFLOWER ASPARAGUS SOUP

Enjoy this recipe during all phases of our elimination diet, though if your gut is severely out of balance, we recommend avoiding asparagus and cauliflower because they are high in FODMAPS. See FODMAP Variation below to prepare the soup with low FODMAP ingredients.



① Phase 1: Detox

Ingredients:

2 tablespoons extra virgin olive oil
2 small leeks, chopped
1 medium head cauliflower, chopped
1 to 1 ½ pounds asparagus, chopped
6 cups chicken stock or water
1 to 2 teaspoons sea salt or Herbamare
¼ teaspoon ground white pepper
handful fresh dill
handful fresh parsley

Heat oil in a 6- or 8-quart pot. Add the leeks and sauté until softened, about 5 minutes. Then add the cauliflower, stock, thyme, Herbamare, and pepper. Cover pot, bring to a boil, then reduce heat to low and simmer for about 20 minutes.

Remove pot from heat. Use an immersion blender to puree the soup, or pour it into a blender and puree in batches until all of the soup is pureed. Stir in chopped parsley. Serve.

Yield: about 6 to 8 servings

Low FODMAP Variation:

Make a Broccoli-Turnip Soup by replacing the cauliflower with broccoli, and the asparagus with an equal amount of peeled, chopped turnips. Replace the leeks with 2 bunches of chopped green onions.



ADZUKI BEAN AND SEA VEGETABLE SOUP

Serve this nourishing soup for breakfast, lunch, or dinner. You can make this on the stovetop or in your slow cooker. Although adzuki beans don't need to be soaked before cooking, I have found that when using the slow cooker you need to soak them in order for them to cook properly. Before you go to work or school in the morning, place your beans in a bowl and cover with filtered water. Then before you go to bed that night, drain the beans and place them into your slow cooker with the rest of the ingredients. You will wake up to a pot full of warm soup to serve for breakfast or pack for lunch! Serve this soup with a dollop of sticky brown rice if desired.

Ingredients:

- 1 ½ cups adzuki beans, soaked for 8 to 12 hours
- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 3 to 4 cloves garlic, crushed
- 1 (1-inch) piece fresh ginger, grated
- 3 carrots, diced
- 2 stalks celery, diced
- 8 to 10 shiitake mushrooms, sliced
- 1 to 2 strips wakame seaweed, broken into small pieces
- 8 cups Chicken Stock (page 123) or Vegetable-Seaweed Stock (page 124)
- 2 teaspoons sea salt

Tip:

Did you know that sea vegetables offer a concentrated source of trace minerals, particularly iodine? Iodine is needed to make thyroid hormone. Thyroid hormone is incredibly important for normal function of the human body. So important that every single cell has a receptor for this amazing "master switch" of metabolism. Want to have perfectly regulated body weight and body temperature? Then shoot for optimal thyroid hormone function. How do you do that? Eat a gluten-free diet that keeps your autoimmune thyroid antibodies down, and add in some seaweed on a regular basis.

② Phase 2: Elimination

Optional Garnishes:

- chopped cilantro
- dash of raw coconut vinegar
- dash of coconut aminos
- spoonful of soy-free, gluten-free miso

Sauté the diced onion in the oil for about 5 minutes, or until softened. If you are making this recipe on the stovetop, then add the remaining ingredients to a 6-quart pot, cover and simmer for about 45 minutes.

If you are using a crockpot, then add the sautéed onions to the crockpot and then add the remaining ingredients, cover, and cook on low for 8 hours or high for 4 to 5 hours.

To test and see if the beans are cooked you can take a few out and mash them between your fingers. They should be soft and mash easily. If not, continue to cook until done. Serve with optional garnishes – spoonful of soy-free miso – Azuki Bean Miso, Chickpea Miso, and Garlic Red Pepper Miso from South River Miso Company

Yield: 6 to 8 servings



HEALING BONE BROTH SOUP

This soup makes the perfect breakfast on day 3 when you are coming off of phase 1. Keep a few jars in your fridge at all times to have on hand for quick meals on the go. Feel free to use 8 cups of your favorite vegetables—try the combination I suggest below or your own creation!



② Phase 2: Elimination

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 cup chopped leeks
- 1 cup diced onions
- 8 cups chopped vegetables (carrots, celery, mushrooms, zucchini)
- 6 cups Chicken Stock (page 123)
- 3 cups chopped kale
- ½ cup chopped parsley
- sea salt and freshly ground black pepper to taste

Optional Additions:

- Sautéed ground organic chicken or turkey
- Cooked and shredded organic chicken or turkey breast
- 1 tablespoon dried seaweed (hijiki or arame)
- 1 tablespoon grated fresh ginger

Heat the olive oil in a 4- to 6-quart pot over medium heat. Add the leeks and onion; sauté for 3 to 5 minutes. Then add the 8 cups of chopped vegetables and stock; cover and simmer for 10 to 15 minutes or until vegetables are tender.

Add the kale and parsley; simmer for 4 to 5 minutes more. Season with sea salt and freshly ground black pepper to taste.

Yield: about 4 to 6 servings



HEALING CABBAGE AND CHICKEN SOUP

Once you have made a few large batches of both the Chicken Stock (page 123) and the Vegetable-Seaweed Stock (page 124), anything is possible when it comes to soup. Using one of those stocks as a base you can quickly whip up a pot of soup that can nourish you throughout the week. This recipe can be made very quickly; serve it with leftover cooked brown or white jasmine rice.



② Phase 2: Elimination



Ingredients:

- 6 cups Vegetable-Seaweed Stock (page 124) or Chicken Stock (page 123)
- $\frac{3}{4}$ pound organic boneless chicken thighs, cut into thin strips
- 2 teaspoons grated fresh ginger
- 1 to 2 teaspoons sea salt
- 1 small daikon radish, peeled and sliced into thin rounds
- 2 large carrots, peeled and sliced into thin rounds
- 4 cups chopped napa cabbage

Garnish:

- $\frac{1}{2}$ cup chopped cilantro
- 3 to 4 green onions, cut into thin rounds
- crushed red chili flakes (add only when challenging nightshades in Phase 3)

Place the stock into a 4-quart pot and bring to a gentle boil. Add the chicken, ginger, salt, daikon radish, and carrots, cover, reduce heat to low and simmer for 15 to 20 minutes. Add the napa cabbage and simmer a few minutes more. Taste and adjust salt if desired. Ladle soup into bowls and sprinkle each with the garnishes.

Yield: 6 servings

Phase 3 Soy Variation:

Replace the chicken with cubed organic tofu when you are challenging soy at the end of Phase 3.



CHICKEN VEGETABLE SOUP

Make a pot of this soup on the weekend so you will have ready-to-go food during the week. You can vary this recipe by adding different vegetables to the soup portion. Try shiitake mushrooms, lemongrass, and grated ginger for an Asian-inspired soup. You could also add diced root vegetables such as parsnips, rutabagas, celeriac, turnips, and golden beets for a winter vegetable chicken soup

Ingredients:

Broth:

- 1 (3- to 4-pound) whole organic chicken
- 1 onion, chopped
- 1 head garlic, cut in half cross-wise
- 3 stalks celery, chopped
- 1 carrot, chopped
- 3 to 4 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 1 to 2 teaspoons whole black peppercorns
- 1 bay leaf
- 1 tablespoon sea salt
- 12 cups filtered water

Soup:

- 1 small onion, diced
- 1 small leek, chopped (optional)
- 3 to 4 large carrots, diced
- 3 to 4 stalks celery, diced
- ½ pound green beans, trimmed and cut into 2-inch pieces
- 2 to 3 teaspoons dried thyme
- 3 to 4 cups chopped kale
- ½ cup chopped parsley
- sea salt and freshly ground black pepper, to taste

② Phase 2: Elimination



To make the broth, first rinse the chicken inside and out, then place it into an 8-quart pot. Add the remaining ingredients for the broth. Cover and simmer for about 2 hours on low heat.

Place a colander over another large pot. Pour the broth through the colander. Let it drain well. Then place the broth back on the stove. Carefully remove the whole chicken (it will be hot) from the colander and place it onto a plate to cool.

To make the soup, place the onion, leek, carrots, celery, green beans, and dried thyme into the pot with the broth. Cover and simmer for 15 to 20 minutes or until vegetables are tender.

Pull all of the meat from the bones of the chicken and cut larger pieces into smaller ones. Add it to the pot of simmering vegetables. Then add the kale and parsley, simmer for about 5 minutes more. Season with sea salt and black pepper as desired. Serve.



HARVEST SQUASH SOUP

This soup makes a very quick meal as long as you have leftover cooked chicken and baked squash sitting in your refrigerator needing to be used up. I like to use the leftover meat from a whole roasted chicken. Use any type of winter squash—sugar pie pumpkins, butternut squash, hubbard, acorn, or kabocha. If you are following the low FODMAP variation of our diet, only use the kabocha squash in this recipe. The key to a flavorful soup is starting with a really rich homemade chicken or turkey stock! When you are entering Phase 3 of the diet and challenging lemons and limes, add a squeeze of lime to each bowl.



② Phase 2: Elimination

Ingredients:

5 to 6 cups Chicken Stock (page 123)
2 to 3 cups cooked, mashed squash
2 to 3 garlic cloves, peeled
1 teaspoon ground cumin
½ teaspoon cinnamon
2 cups chopped cooked chicken
5 green onions, sliced into thin rounds
3 cups chopped kale, chard, or spinach
2 teaspoons Herbamare or sea salt

Garnish:

chopped cilantro
lime wedges

Place the stock, cooked squash, garlic, cumin, and cinnamon into a blender and puree until smooth. Then transfer soup to a 6-quart pot. Turn heat to medium and bring to a gentle simmer. Then add the chicken, green onions, kale and salt; cover and simmer for about 10 minutes or until kale is tender. Taste and adjust salt and seasonings if necessary.

Yield: 6 to 8 servings

Low FODMAP Variation:

If you are following the low FODMAP variation of our diet, only use the kabocha squash in this recipe. All other varieties of winter squash contain FODMAPs.



Breads, Muffins, & Tortillas



4

QUINOA AND ADZUKI BEAN DOSAS

Dosas are traditional Indian pancakes or crepes made from soaked and fermented whole grains and beans. They make a great bread replacement! Making dosas is a two-part process—first you soak the grains and beans overnight, then you blend them into a batter and let it ferment. This is one of the most digestible ways to prepare grains and beans. Replace the adzuki beans with black beans, mung beans, black-eyed peas, or chickpeas.



② Phase 2: Elimination

Ingredients:

Day 1:

1 ½ cups dry quinoa
¾ cup dry adzuki beans
1 tablespoon apple cider vinegar
warm water to cover

Day 2:

1 ½ cups water
1 teaspoon sea salt

Rinse the quinoa through a fine mesh strainer. Place it into a small mixing bowl along with the beans, apple cider vinegar, and water. Make sure there is at least an inch of water covering the quinoa and beans as they will expand quite a bit during soaking. Let them soak for about 24 hours. Then drain and rinse.

Add the soaked quinoa and beans to a blender along with the salt and water; blend on high until smooth and creamy. Pour mixture into a mason jar or bowl, cover with a kitchen towel, and let the mixture ferment for 24 to 48 hours. It will turn slightly sour and a little bubbly.

When ready to cook, heat a cast iron skillet over medium heat. Once it is hot, add a few teaspoons of coconut oil. Pour ⅓ to ½ cup batter into the hot skillet; spread into a thin pancake in a circular motion using the back of a spoon. Cook for about 2 minutes on the first side, then flip and cook for about 1 minute on the other side. Place dosa onto a plate. Continue with remaining batter, adding coconut oil each time. Serve warm.

Yield: About 8 to 10 dosas



BROWN RICE TORTILLAS

Use these tortillas to make the *Yam and Black Bean Tacos* (page 84) or the *Pomegranate Chicken Tacos* (page 90). You can also serve them alongside your favorite soup or stew for dipping. They are soft and pliable when warm, but straight out of the fridge, like most gluten-free tortillas, will crack. All you need to do to make them pliable again is to place one on a wire rack over a pot of simmering water and steam for 30 seconds on each side. I use an 8-inch cast iron tortilla press to get them super thin and then cook them in a cast iron pan.



② Phase 2: Elimination



Ingredients:

1 ¼ cups brown rice flour
¾ cup arrowroot powder or tapioca flour
½ teaspoon sea salt
1 cup boiling water
virgin coconut oil for cooking

In a small mixing bowl, whisk together the brown rice flour, arrowroot, and sea salt. Add the boiling water and quickly mix with a fork. Knead the dough a few times to form a ball. It should feel like playdough. If it is too wet and sticky, add more flour. If it is too dry, add a little more boiling water.

Heat a 10-inch cast iron skillet over medium heat. Divide dough into 6 to 8 equal-sized balls. Place a piece of parchment paper on the bottom of a tortilla press then place one of the balls in the center, cover with a second sheet of parchment. Press to form a thin, round tortilla.

Add about 1 teaspoon of coconut oil to the hot skillet. Gently remove the parchment paper and place the tortilla into the hot skillet. Cook for 2 minutes on each side. Repeat with remaining dough. Place cooked tortillas on a plate with another plate flipped over on top of it to keep them warm and soft. Let them sit for about 20 minutes inside the plates; this way they will be nice and pliable for serving.

Yield: 6 to 8 tortillas



Breads, Muffins, & Tortillas

BANANA MUFFINS

These muffins are so simple to make and very satisfying. Once you are challenging nuts in Phase 3 you can add a ½ cup chopped walnuts to the batter. Try spreading a hot muffin with coconut butter and raw honey for a delicious sweet treat!



② Phase 2: Elimination

Dry Ingredients:

1 ½ cups brown rice flour
¼ cup coconut sugar
1 teaspoon cinnamon
1 teaspoon baking soda
¼ teaspoon sea salt



Wet Ingredients:

2 cups mashed ripe bananas (about 4 to 5 large)
½ cup melted coconut oil
2 teaspoons raw apple cider vinegar

Preheat oven to 350 degrees F. Oil a 12-cup muffin pan with coconut oil or line with papers.

Whisk together the dry ingredients in a medium-sized mixing bowl. In a separate bowl whisk together the wet ingredients.

Pour the wet into the dry and vigorously mix together using a wooden spoon. Immediately fill each muffin cup about ¾ of the way full with the batter. Bake for 20 to 25 minutes. Cool on a wire rack.

Yield: 1 dozen muffins

Tip:

Use sprouted organic brown rice flour for the easiest digestibility and the most available nutrients.



Sweet Potato Spice Muffins

SWEET POTATO SPICE MUFFINS

Use this recipe when reintroducing eggs in Phase 3. Serve them for breakfast spread with coconut butter and honey along with sautéed kale and a Chicken Apple Breakfast Sausage (page 44).



③ Phase 3: Reintroduction

Dry Ingredients:

- ½ cup coconut flour
- 1 to 2 teaspoons cinnamon
- ½ teaspoon ground ginger
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt

Wet Ingredients:

- 5 large organic eggs
- ½ cup mashed cooked sweet potatoes
- ¼ cup melted coconut oil
- ¼ cup honey or pure maple syrup
- 1 teaspoon raw apple cider vinegar

Preheat oven to 350 degrees F. Line a muffin pan with 9 paper liners.

In a medium-sized mixing bowl whisk together the dry ingredients. In a separate mixing bowl, beat together the wet ingredients. Pour the wet into the dry and beat together.

Fill only 9 of muffin cups about half way with the batter. Bake for about 30 minutes. Cool muffins on a wire rack. Will last about 4 days at room temp in a covered container. Freeze for longer storage.

Yield: 9 muffins



CHIA-RICE SANDWICH BREAD

This delicious bread recipe is designed for the reintroduction of yeast during the late stages of Phase 3. If you find you are able to tolerate yeast then use this bread recipe for sandwiches or toast (toasted in a gluten-free toaster) throughout the rest of the diet. Chia seeds can be found at most health food stores. Grind them in a coffee grinder or high-powered blender.



Tip:

Use sprouted organic brown rice flour for the easiest digestibility and the most available nutrients.

③ Phase 3: Reintroduction



Dry Ingredients:

2 ½ to 3 cups brown rice flour
1 cup arrowroot powder or tapioca flour
1 ¼ teaspoons sea salt

Wet Ingredients:

2 cups warm water (105 to 110 degrees F)
1 tablespoon pure maple syrup
1 tablespoon active dry yeast
½ cup ground chia seeds

Grease an 8.5 x 4.5-inch glass bread pan with coconut oil.

In a large mixing bowl, whisk together the dry ingredients. Set aside.

Place the water into a 4-cup liquid glass measure or small glass mixing bowl. Add the maple syrup and yeast; whisk together. Let the yeast activate. It should get bubbly or foamy after about five minutes. Then vigorously whisk in the chia seeds.

Pour the wet ingredients into the dry and mix together with a wooden spoon. Continue to knead the dough with your hands until the ingredients are completely incorporated. It should feel a little moist and sticky. If it is so wet that it sticks to your hands, add more flour, a few tablespoons at a time, and knead until combined.

Place dough into the bread pan, cover with a towel, plastic bag, or piece of waxed paper. Place pan into a warm spot in your house and let rise for about one hour.

Preheat oven to 350 degrees. Bake bread for about 50 minutes. Let cool in the pan for about 10 minutes and then gently loosen sides with a knife and place onto a wire rack to cool.

Yield: 1 loaf



RECIPES

The Whole Life Elimination Diet |

5

Salads & Vegetables



RAW VEGETABLE BLISS SALAD

Prepare this salad during the beginning of Phase 3 when challenging citrus. Use a food processor fitted with the grating disk to quickly grate all of the vegetables! Serve this salad along with baked fish and cooked quinoa for a balanced meal.



② Phase 2: Elimination (with variation)

③ Phase 3: Reintroduction

Salad:

- ¼ head red cabbage, grated
- ¼ head green cabbage, grated
- 2 large carrots, grated
- 1 medium beet, grated
- 1 cup finely chopped cilantro
- 3 to 4 green onions, sliced into thin rounds

Dressing:

- ¼ cup extra virgin olive oil
- 3 to 4 tablespoons freshly squeezed lime juice
- finely grated zest of 1 lime
- 2 to 3 teaspoons grated fresh ginger
- 1 to 2 garlic cloves, crushed
- ½ to 1 teaspoon Herbamare or sea salt

Place all of the ingredients for the salad into a large bowl. To make the dressing, add all ingredients to a small jar, cover, and shake. Then pour over the salad. Toss together and serve.

Yield: about 8 servings

Variation:

To make this salad acceptable for Phase 2 simply omit the lime zest and replace the lime juice with either fermented vegetable brine or raw coconut vinegar.



SPRING SALAD WITH SNAP PEAS, SALMON, AND RADISHES

I like to cook extra salmon when making dinner so I can have it to make big salads for lunch the next day. Use your favorite Phase 2 salad dressing. I like to use the Green Goddess Dressing (page 100) with this salad. Top salad with roasted walnuts during the nut challenge in Phase 3 balanced meal.



② Phase 2: Elimination

Salad:

- 8 cups organic mixed baby greens
- 1 to 2 cups cooked salmon
- 1 bunch red radishes, cut into thin rounds
- ½ pound fresh sugar snap peas, chopped
- 2 to 3 green onions, cut into thin rounds
- ½ cup chopped parsley

Place the lettuce into a large salad bowl. Top with the cooked salmon, radishes, snap peas, and green onions. Sprinkle salad with chopped parsley. Serve with your favorite Elimination Diet Phase 2 salad dressing.

Yield: 2 to 4 servings

Low FODMAP Variation

Omit the sugar snap peas, or replace them with diced raw carrots.



ROASTED CARROT AND ARUGULA SALAD

If you've never roasted carrots before, then you're in for a sweet treat! Roasting carrots brings out so many flavors and a delicate sweetness—a perfect addition to a spicy arugula salad! Use any elimination diet salad dressing you choose—we like the Green Goddess Dressing or Zucchini-Dill Vinaigrette. When challenging almonds in phase 3, try roasting ½ to 1 cup of raw almonds and then chop them up and sprinkle them over this salad.



②Phase 2: Elimination

Carrots:

1 bunch young carrots, tops removed
1 tablespoon extra virgin olive oil
sea salt and freshly ground black pepper

Salad:

1 large bunch fresh arugula, rinsed and spun dry
¼ to ½ cup dried currants
¼ cup chopped fresh chives or green onions

Preheat oven to 400 degrees F. Line a cookie sheet with parchment paper. Scrub the carrots with a vegetable brush then add them to the cookie sheet. Toss with olive oil, sea salt, and black pepper. Make sure they are in a single layer. Roast in the oven for about 20 to 25 minutes. Remove from oven and let cool.

Add the arugula to a salad bowl, top with the roasted carrots, currants, and chives. Serve with salad dressing on the side.

Yield: about 4 servings

Low FODMAP Variation

Use ¼ cup dried currants



NAPA CABBAGE SALAD WITH GINGER-CILANTRO DRESSING

Serve this simple salad with some grilled chicken or salmon for a quick lunch or dinner. We like to serve it with the Chicken Fried Cauliflower “Rice” (page 91).



Tip:

To toast the pumpkin seeds, heat a 10-inch stainless steel skillet over medium heat. Add the pumpkin seeds and keep them moving in the pan. After a few minutes they should begin to puff up and turn slightly golden. If they get too dark it means the heat is too high. Remove from the pan and place onto a plate to cool before adding to the salad.

② Phase 2: Elimination



Salad:

1 small head napa cabbage, thinly sliced
2 large carrots, grated
4 to 5 green onions, sliced into thin rounds
¼ to ½ cup pumpkin seeds, toasted

Dressing:

½ cup extra-virgin olive oil
3 tablespoons raw coconut vinegar
1 (2-inch) piece fresh ginger
2 garlic cloves, peeled (optional)
½ teaspoon sea salt
small handful fresh cilantro

Optional Additions:

diced cucumbers
thinly sliced red cabbage
sliced grilled chicken breast

To make the salad, place everything into a large bowl and toss together. Add any optional additions.

To make the dressing, place the oil, vinegar, ginger, garlic, and salt into a blender and puree until smooth. Then add the cilantro and blend on low speed until combined.

Serve salad and drizzle dressing over individual servings—this way you can store any leftover salad in the refrigerator without it getting soggy from the dressing. Store leftover dressing in a small glass jar in the refrigerator for up to 10 days.

Yield: about 6 servings

Phase 3 Sesame Variation:

Replace the olive oil in the dressing with organic toasted sesame oil. Replace the pumpkin seeds in the salad with toasted sesame seeds.

Phase 3 Nut Variation:

Replace the pumpkin seeds with chopped cashews or almonds.



RAW KALE SALAD WITH LEMON AND GARLIC

This is one of our favorite ways to prepare raw kale! We serve it with everything from baked chicken or fish to pizza and hearty bean soups. It's even great the next day as leftovers—the kale will soften the longer it sits in the dressing, which makes it more tender and easier to chew.



2 Phase 2: Elimination
(with variation)

3 Phase 3: Reintroduction



Ingredients

1 large bunch curly kale
2 to 3 carrots, grated
¼ cup extra virgin olive oil
juice and zest from 1 large lemon
2 garlic cloves, crushed
¼ to ½ teaspoon Herbamare or sea salt

Optional Additions:

sliced grilled chicken breast
diced avocado
dried currants or raisins
toasted pumpkin seeds
toasted sunflower seeds
hemp seeds

Remove the tough ribs that run down the center of each kale leaf, then tear the kale into pieces. Rinse in a colander and drain well, or spin dry in a salad spinner. Place kale into a large bowl.

Add the remaining ingredients, except for any optional additions, and toss together. Let the salad rest for about 10 minutes before serving and then toss again. Add any optional additions just before serving.

Yield: about 6 servings

Variation:

Replace the lemon juice with 3 to 4 tablespoons of fermented vegetable brine (see the Kitchen Essentials chapter for recipes), or raw coconut vinegar.



SAUTÉED KALE WITH SHIITAKE MUSHROOMS

We make this quick vegetable dish quite often and like to serve it with baked salmon, roasted chicken, or adzuki beans and quinoa.



② Phase 2: Elimination

Ingredients:

2 tablespoons extra-virgin olive oil or coconut oil
10 to 12 shiitake mushrooms, sliced
1 large bunch curly kale, chopped
¼ teaspoon Herbamare or sea salt
2 tablespoons water

Heat oil in a large skillet over medium heat. Add the shiitake mushrooms and sauté for about 5 minutes. Then add the kale, salt, and water; sauté about 5 minutes more. Taste and add more salt if necessary. Serve.

Yield: 2 to 4 servings

Low FODMAP Variation:

Omit the shiitake mushrooms. Replace them with shredded carrots, sliced zucchini, or extra kale.



BRAISED SUMMER VEGETABLES

Use this recipe to help test for nightshades (tomatoes) in Phase 3. We like to serve this recipe with baked salmon or baked chicken and a big salad for dinner.



③ Phase 3: Reintroduction



Ingredients:

2 tablespoons extra virgin olive oil
½ red onion, cut into crescent moons
1 fennel bulb, cut into crescent moons
½ pound green beans, ends trimmed
2 medium zucchinis, cut into strips
½ to 1 cup Chicken Stock (page 123)
4 to 5 Roma tomatoes, chopped
handful fresh parsley, chopped
handful fresh basil, chopped
sea salt and freshly ground black pepper to taste

Heat oil in an 11-inch deep stainless steel skillet over medium heat. Add the onion and sauté for a few minutes until soft, then add the fennel, green beans, and zucchini; sauté a minute more. Add the chicken stock, cover, and cook until vegetables are crisp-tender, about 5 minutes. Then add the tomatoes and cook a few minutes more.

Turn off heat, add the fresh herbs, and season with sea salt and black pepper to taste.

Yield: about 6 servings



CAULIFLOWER-PARSNIP MASH WITH FRESH HERBS

Looking for a nightshade-free replacement to mashed potatoes? Try this creamy, delicious recipe! It pairs well with roasted chicken, gravy, and steamed green beans for a balanced meal.



② Phase 2: Elimination

Ingredients:

1 small head cauliflower
2 medium parsnips, peeled and chopped
3 to 4 tablespoons coconut butter or olive oil
2 tablespoons snipped fresh chives
2 tablespoons minced parsley
¼ to ½ teaspoon sea salt or Herbamare
freshly ground black pepper

Cut the stems off of the cauliflower. Chop into florets. Place the cauliflower and chopped parsnips into a pot fitted with a steamer basket. Add a few inches of water, cover, and steam for about 10 minutes or until tender.

Drain the vegetables completely and place them into a food processor fitted with the “s” blade. Add the coconut butter or oil and process until creamy and smooth. Add the chives, parsley, sea salt or Herbamare, and black pepper; pulse until combined. Taste and add more salt if necessary. You can either serve this as is or put it into an oiled casserole dish and bake at 450 degrees until lightly browned on top.

Yield: 6 servings

Phase 3 Dairy Variation:

Replace the coconut butter with organic pastured butter when challenging dairy.



ROASTED ROOT VEGETABLES

Serve this warming dish along side roasted chicken or fish and a large green salad. If you are new to using celeriac then you are in for a great surprise—it's so delicious roasted! Celeriac, also known as celery root, has a flavor similar to celery, but with a more pronounced "earthy" taste. It looks like a knobby, round, whitish root. Oftentimes they are quite large, like the size of a mini soccer ball! Sometimes you can find them smaller, in which case, you would use a whole one in this recipe.



②Phase 2: Elimination

Ingredients:

2 large carrots, chopped
1 large beet, peeled and diced
1 medium rutabaga, peeled and diced
1 large parsnip, peeled and chopped
½ large celeriac, peeled and diced
2 tablespoons extra virgin olive oil
½ teaspoon Herbamare or sea salt
freshly ground black pepper
1 tablespoon fresh thyme

Preheat oven to 400 degrees F. Line a cookie sheet with unbleached parchment paper.

Place all of the vegetables on the baking sheet. Drizzle with the olive oil. Sprinkle with sea salt and freshly ground black pepper. Toss together using your hands.

Bake for about 40 minutes, or until vegetables are tender. Timing will depend on the size you cut the vegetables.

Remove pan from oven and sprinkle with fresh thyme leaves. Serve.

Yield: about 4 servings



COCONUT-CINNAMON ROASTED SWEET POTATOES

This is one of my favorite recipes if I am craving something sweet. Use this recipe in lieu of dessert at the end of your meal. It also pairs well with baked black cod and steamed broccoli for a simple, satisfying meal.



② Phase 2: Elimination

Ingredients:

2 medium sweet potatoes, peeled and cubed
2 tablespoons melted coconut oil
1 to 2 teaspoons cinnamon
½ teaspoon sea salt

Preheat the oven to 425°F.

Put the sweet potatoes, oil, cinnamon, and sea salt into a large baking dish or rimmed cookie sheet and mix well to coat with the oil.

Bake, uncovered, for 30 to 35 minutes, or until the yams are very tender.

Yield: 4 servings



BAKED WINTER SQUASH

The autumn harvest brings many varieties of winter squash including, acorn, butternut, buttercup, delicata, golden turban, hubbard, kabocha, spaghetti, and pie pumpkins. Each has its own unique flavor and an incredible sweetness. Try serving baked winter squash with a drizzle of extra-virgin olive oil and a few dashes of cinnamon. Blend baked winter squash with Chicken Stock (page 123) or Vegetable-Seaweed Stock (page 124) for a simple, nourishing soup to sip on during the detox phase.



① Phase 1: Detox

Ingredients:

1 winter squash

Preheat the oven to 350°F.

Cut squash lengthwise in half using a strong, sharp knife. Scoop out the fiber and seeds. Set the seeds aside to roast for another use, if desired.

Place the squash flesh side down into a roasting pan, and add $\frac{1}{4}$ to $\frac{1}{2}$ inch of water. Bake until tender. Smaller squashes may take up to 35 minutes while larger ones, including pie pumpkins, may take 45 to 90 minutes. Test by inserting a fork; it should slide in easily and feel soft.

Yield: 1 baked squash

Low FODMAP Variation:

Kabocha and Spaghetti squash can be used for a low FODMAP version.



Tip:

Try to always keep some baked squash in your refrigerator during the first two restrictive phases of the diet. It will be your go-to snack if you have nothing else prepared. Winter squash also makes a delicious dessert when warm—simply top with coconut butter and ground cinnamon!



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Whole Grains



BASIC BROWN RICE

Rice with just the hull removed is brown rice. Rice with the hull, bran, and germ removed is white rice. There is a wide variety of brown rice to choose from: short grain, long grain, sweet, jasmine, and basmati are just a few. Soak the brown rice overnight in a bowl of filtered water with 1 tablespoon apple cider vinegar to improve digestibility. Then rinse and drain before cooking. Soaked brown rice requires less water for cooking, so use 1 ½ to 1 ¾ cups of water per cup of soaked brown rice.

② Phase 2: Elimination

Ingredients:

1 cup brown rice
1 ½ to 2 cups water
pinch sea salt

Place the rice, water, and sea salt into a medium pot with a tight-fitting lid and bring to a boil. Reduce the heat to a low simmer and cook for about 45 minutes, or until all of the water has been absorbed.

Remember never to stir the rice while it is cooking. Remove the rice from the heat and let stand in the pot for about 10 minutes.

Yield: 2½ to 3½ cups

BASIC WILD RICE

Wild rice is a seed of a grass that grows in small lakes and slow-flowing streams, and is native to North America. Native Americans harvested wild rice by canoeing into a stand of plants and bending the ripe grain heads with wooden sticks, called knockers, to get the rice into the canoe. Wild rice is closely related to true rice as both share the same plant tribe, the Oryzae. Wild rice is higher in protein than regular brown rice and contains a high amount of zinc. Cooked wild rice can be added to soups, made into grain pilafs, or stuffed into cooked winter squash..

② Phase 2: Elimination

Ingredients:

1 cup wild rice
2 to 2½ cups water
pinch sea salt

Rinse the wild rice in a fine-mesh strainer and put into a medium pot with the water and sea salt, cover, and bring to a boil. Reduce the heat to low and simmer for 60 to 75 minutes.

Remove the pot from heat and let the wild rice stand 10 minutes.

Yield: 4 cups



BASIC QUINOA

Quinoa, pronounced “KEEN-wah,” comes from the Andes Mountains in South America where it was once a staple food for the Incas. Quinoa contains all eight essential amino acids and has a delicious, light nutty flavor. Quinoa makes wonderful grain salads or is great served with a vegetable and bean stew. Soak the quinoa overnight in a bowl of filtered water with 1 tablespoon apple cider vinegar to improve digestibility. Then rinse and drain before cooking. Soaked quinoa requires less water for cooking, so use about 1 ½ cups of water per cup of soaked quinoa.



②Phase 2: Elimination

Ingredients:

1 cup quinoa
1½ to 1¾ cups water
pinch sea salt

Rinse the quinoa. It has a bitter taste and can cause some digestive upset when consumed in high quantities. Thoroughly rinsing with warm water removes much of the saponins.

Place the rinsed quinoa, water, and sea salt into a medium pot with a tight-fitting lid and bring to a boil. Reduce the heat to low and simmer for 15 to 20 minutes, or until all of the water has been absorbed.

Fluff with a fork before serving.

Yield: 3 cups



ADZUKI BEAN AND RICE SALAD

Serve this grain and bean salad over fresh lettuce leaves, or place a spoonful of salad in each leaf and eat “wrap style.” When challenging sesame in Phase 3, garnish each serving with toasted sesame seeds, and replace the olive oil in the dressing with organic cold-pressed sesame oil.



②Phase 2: Elimination

Salad:

4 cups cooked long grain brown rice
3 cups cooked adzuki beans
2 to 3 large carrots, sliced into thin rounds
1 small bunch red radishes, sliced into thin rounds
3 to 4 green onions, sliced into rounds
½ cup chopped fresh cilantro

Dressing:

5 tablespoons extra virgin olive oil
3 tablespoons raw coconut vinegar or apple cider vinegar
2 to 3 teaspoons raw honey
½ to 1 teaspoon sea salt or Herbamare
1 to 2 garlic cloves, peeled
1 (1-inch) piece fresh ginger

Place all ingredients for the salad into a large bowl. Set aside.

To make the dressing, place all ingredients into a blender and puree until smooth.

Pour dressing over salad and toss together. Serve over lettuce leaves and garnish with toasted sesame seeds (if using). Salad can be stored in an airtight container in the refrigerator for up to 5 days.

Yield: about 6 servings

Tip:

To cook brown rice, place 2 cups brown jasmine or basmati rice into a 2-quart pot. Add 3 ¾ cups filtered water, and ¼ teaspoon sea salt. Cover, bring to a boil, then reduce heat to low and simmer for 45 minutes. Remove from heat and let rice stand for at least 20 minutes.



QUINOA-CUCUMBER-DILL SALAD

Use this refreshing quinoa salad during Phase 3 when you challenge lemons and limes. Add in cooked beans or meat to add extra protein and nutrients if desired.



③ Phase 3: Reintroduction



Salad:

- 6 to 8 cups cooked quinoa
- 1 large cucumber, diced
- 4 green onions, cut into thin rounds
- ½ cup chopped fresh dill

Dressing:

- 6 tablespoons freshly squeezed lemon juice
- 4 tablespoons extra-virgin olive oil
- 1 teaspoon Herbamare
- 1 teaspoon finely grated lemon zest

Optional Additions:

- 2 cups cooked chickpeas
- 2 cups chopped cooked chicken
- 2 cups chopped napa cabbage

Place all ingredients into a large mixing bowl and toss together. Serve.

Yield: 6 to 8 servings



VEGETABLE AND RICE NORI ROLLS

Nori is a sea vegetable that has been dried and made into flat thin sheets. We like to spread cooked brown rice, quinoa, or seed pates onto it and then add a variety of vegetables. Serve with coconut aminos, wasabi, and pickled ginger if you like. If you use wasabi, be sure to find a powder that does not contain any dyes or preservatives



② Phase 2: Elimination

Rice:

- 1 cup sweet brown rice
- ½ cup short grain brown rice
- 3 cups water
- ¼ teaspoon sea salt

Vegetables:

- 2 carrots, cut into thin matchsticks
- 1 avocado, sliced thin strips
- 2 green onions, sliced thin strips
- ½ cup thinly sliced red cabbage

Other Ingredients:

- nori sheets
- coconut aminos
- wasabi

To make the rice, place it into a pot with the water and sea salt. Cover, bring to a boil, then reduce heat to low and simmer for 45 minutes. Remove from heat and let rice stand for 20 minutes.

Place a sheet of nori, shiny side down, on a clean surface. Spread a thin layer of rice to 2 inches below the top of the sheet. Place the vegetables on top of the rice at the bottom of the sheet. Tightly roll from the vegetable end. The nori can be sealed by running your finger with a little water along the seam side.

Repeat this process until you have the desired amount of rolls. When ready to serve, slice nori rolls with a serrated knife that has been dipped in water.

Yield: about 4 servings

Phase 3 Soy Variation:

Add strips of sautéed organic firm tofu to the rolls alongside the vegetables. Use organic wheat-free tamari as a dipping sauce.



BLACK RICE, BOK CHOY, AND GINGER STIR-FRY

Serve this simple recipe with baked salmon, grilled chicken breasts, or simple with a large green salad. The key to a good stir-fry is to use cold or room temperature cooked rice. I usually make this recipe with whatever leftover rice we have, but the black rice is my favorite! Black rice is high in antioxidants called anthocyanins; these are also found in black beans, purple cauliflower, blueberries, black currants—basically any plant food with a dark blackish-purple or blue color.



②Phase 2: Elimination



Ingredients:

- 1 to 2 tablespoons coconut oil
- 1 to 2 tablespoons chopped fresh ginger
- 5 to 6 green onions, cut into 2-inch pieces
- 4 small carrots, sliced into thin diagonals
- 8 cups chopped fresh bok choy
- ½ teaspoon sea salt or Herbamare
- ¼ teaspoon ground white pepper
- 4 cups cooked black rice
- 2 to 3 teaspoons raw coconut vinegar

Heat oil in a 12-inch cast iron skillet over medium to medium-high heat. Add the ginger, green onions, and carrots. Stir-fry for about 2 minutes. Then add the bok choy, salt, and white pepper; stir-fry for about 3 minutes more. Then add the black rice and stir-fry for about 5 minutes more.

Turn off heat and add coconut vinegar to taste. Serve immediately.

Yield: about 6 servings



Main Meals



MUNG BEAN AND RICE KITCHEREE

Kitcheree is an Indian stew-like meal made from mung beans and brown rice. Spices and vegetables make up the remaining ingredients that can vary widely. I use carrots, kale, peas, and cilantro, though you can use whatever vegetables you have on hand.



②Phase 2: Elimination

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 to 3 tablespoons finely chopped fresh ginger
- 1 tablespoon black mustard seeds
- 1 tablespoon cumin seeds
- 2 cups short grain brown rice, rinsed
- 2 cups dry mung beans, rinsed
- 3 to 4 large carrots, cut into large chunks
- 1 ½ teaspoons turmeric powder
- ½ teaspoon ground coriander
- 10 cups water
- 4 cups finely chopped kale
- 1 to 2 cups fresh or frozen peas
- ½ cup chopped cilantro
- 2 to 3 teaspoons sea salt or Herbamare
- chilled coconut milk, for garnish

Heat oil in a 6- or 8-quart pot. Add ginger, mustard seeds, and cumin seeds; sauté over medium heat until the seeds begin to pop.

Then add the mung beans, rice, carrots, turmeric, and coriander. Stir together a bit so the spices evenly coat the rice and beans. Add the water and bring the stew to a boil, cover, and reduce heat to low; simmer for about 45 minutes.

Then add the kale, peas, cilantro, and salt; gently stir. Turn off heat, cover, and let stand for about 5 minutes. Add more salt and seasonings if necessary. Dollop chilled coconut milk onto individual servings if desired.

Yield: 6 to 8 servings



MOROCCAN SPICED VEGETABLE STEW

Serve this warming stew over cooked quinoa, brown rice, or just as is! Add chicken or chickpeas to it for extra protein and nutrients.



② Phase 2: Elimination

Ingredients:

- 1 tablespoon extra-virgin olive oil or coconut oil
- 1 small onion, chopped
- 1 teaspoon Herbamare or sea salt
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 teaspoon cardamom
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 1 can organic coconut milk
- 1 cup water or Organic Chicken Stock
- 1 small head cauliflower, cut into florets
- 2 carrots, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 1 cup fresh or frozen peas
- 2 cups chopped fresh spinach or kale
- ½ cup chopped fresh cilantro

Optional Additions:

- cooked chickpeas
- cooked chopped chicken breast
- chopped zucchini
- green beans
- broccoli

Heat oil in a 6-quart pot over medium heat. Add onions and sauté for about 5 minutes, then add salt and spices; sauté a minute more. Then add the coconut milk, water or stock, cauliflower, carrots, and sweet potato. Cover and simmer for about 10 minutes, or until vegetables are tender.

Then add peas and kale, simmer 2 minutes more. Remove from heat and stir in cilantro. Taste and adjust salt and spices if desired.

Yield: about 6 servings

Phase 3 Nightshade Variation:

Add 1 cup chopped fresh tomatoes to the stew. Replace the sweet potato with 2 medium yellow or red potatoes. Add 1 teaspoon curry powder.



BLACK BEAN, YAM, AND AVOCADO TACOS

Use our simple *Brown Rice Tortilla* recipe (page 58) as the wrap for these tacos. You can also try a large collard green, cabbage leaf, or lettuce leaf.



②Phase 2: Elimination

Ingredients:

2 cups cooked black beans, drained
few pinches sea salt (optional)
1 large yam, cooked
1 large avocado, mashed
lettuce or arugula leaves
4 Brown Rice Tortillas (page 58)

Garnish:

Chopped cilantro
Lime wedges

Place the cooked black beans in a serving bowl, sprinkle with sea salt if desired. Peel the cooked yam and place it into a serving bowl, mash with a fork. Place the mashed avocado into a serving bowl. Set the lettuce leaf and tortillas onto a platter.

Let each person assemble his or her own taco. Garnish with chopped cilantro and lime wedges (only after you have introduced citrus in Phase 3).

Yield: 4 servings

Tip:

To cook a yam, leave the skin on, prick with a fork, place into a small baking dish and bake for about 1 hour at 350 degrees F. Alternatively, you can cook the yam on the stove by steaming—leave the skin on, slice the yam into thick slices, place into a small pot and fill with about an inch or two of water. Cover and cook for about 15 minutes or until yam slices are soft; drain, remove peels, and mash.



SUNNY SUNFLOWER SEED BURGERS

Serve these tasty meatless burgers with wrapped in lettuce or napa cabbage leaves with Avocado-Mustard Mayo (page 105) and sliced radishes.



② Phase 2: Elimination



Ingredients:

1 cup short-grain brown rice
2 cups water
pinch sea salt

2 cups raw sunflower seeds
1 teaspoon garlic powder
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon ground cumin
½ teaspoon Herbamare
1 small carrot, coarsely chopped
1 small handful fresh parsley
extra-virgin olive oil, for cooking

Place the rice into a 1-quart pot with a tight-fitting lid, add the water and sea salt, cover, and bring to a boil. Reduce the heat to a low, simmer and cook for 45 minutes. Remove from the heat and let stand for at least 20 minutes to cool.

In a food processor, process the sunflower seeds, garlic powder, thyme, oregano, cumin, and Herbamare until finely ground. Add the carrot and parsley and pulse a few times. Add the rice and pulse a few more times to combine all of the ingredients. Be sure not to overprocess the mixture or it will get very gooey.

Form the mixture into patties. The uncooked patties can be stored in a glass container in between pieces of waxed paper in the refrigerator for up to a week.

When ready to cook, heat a skillet over medium heat and add about 1 tablespoon extra-virgin olive oil. Add the burgers and cook on both sides for 3 to 5 minutes.

Yield: 6 burgers





ROSEMARY-SALMON BURGERS

We like to serve these burgers in lettuce leaves or collard greens with a dollop of Avocado-Mustard Mayo (page 105) on top. Serve with parsnip fries, and raw sauerkraut for a balanced meal.



② Phase 2: Elimination

Ingredients:

4 to 6 green onions, chopped
1 to 2 tablespoons chopped fresh rosemary
1 teaspoon sea salt or Herbamare
½ teaspoon freshly ground black pepper
1 ½ pounds fresh wild salmon, skin removed
olive oil for cooking

Place the green onions, rosemary, salt, and pepper into a food processor fitted with the “s” blade. Process until minced.



Then add the salmon and process again until the salmon is ground and the mixture begins to form a ball. Using oiled hands, form the mixture into about 7 patties.

Heat a 10 or 12-inch cast iron skillet over medium heat on your stove. Add about 1 tablespoon of olive oil to the pan and then place 4 burgers in the pan. Cook for about 4 minutes on each side. Repeat with remaining burgers.

Yield: about 7 burgers





HERB ROASTED WILD SALMON

Use this recipe during Phase 2 and 3 of the diet—the healthy omega-3 oils in the salmon will help to calm down any inflammation in the body. Only add the lemon during and after the citrus challenge in Phase 3. This is our go-to “fast food” meal when I’m out of time and dinner needs to get on the table quickly. Serve with steamed yams or baked winter squash along with either sautéed dark leafy greens or a large raw salad.



②Phase 2: Elimination

Ingredients:

- 2 to 2 ½ pounds wild salmon fillets
- ¼ cup chopped fresh herbs (lemon thyme, dill, parsley, oregano, rosemary)
- ½ teaspoon sea salt or Herbamare
- freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1 large lemon, cut into thin slices (for Phase 3)

Preheat oven to 400 degrees F. Line a 9 x 13-inch baking dish with parchment paper (this is optional, but make clean-up really easy).

Rinse salmon and place it skin-side down in the baking dish. Evenly sprinkle the herbs over the salmon. Sprinkle on the salt and freshly ground black pepper. Drizzle the olive oil over the salmon and herbs. Place the lemon slices on top of everything.

Bake for 10 minutes per inch of salmon fillet thickness. A thick cut of king salmon will usually take about 20 minutes, while sockeye only needs about 8 minutes. Salmon will continue to cook after you remove it from the oven so it is best underestimate the cooking time needed.

Yield: about 6 servings

Tip:

Leftover salmon makes a great addition to your breakfast or lunch. Use it to top sautéed greens stuffed inside of a baked yam or on top of a big raw salad.



BAKED SALMON WITH CASHEW-GINGER SAUCE

Use this recipe during Phase 3 when you are challenging cashews. If you can't find raw cashew butter you can use ½ cup raw cashews soaked in water for about 1 hour (and then drained). Use raw pumpkin seed butter in place of the cashew butter during Phase 2. Serve with Sautéed Kale and Shiitake Mushrooms (page 68) and steamed sweet potatoes for a simple, nourishing meal.



③ Phase 3: Reintroduction

Ingredients:

1 ½ pounds wild salmon fillets
1 tablespoon coconut oil
Herbamare or sea salt

Sauce:

¼ cup raw cashew butter
¼ cup water
3 tablespoons coconut aminos
1 tablespoon raw coconut vinegar
1 (1-inch) piece fresh ginger
1 garlic clove, peeled

Preheat oven to 400 degrees F. Rinse the salmon and pat dry. Place fillet into a small baking dish. Rub the coconut oil onto the top of the fish, then sprinkle with Herbamare or sea salt. Bake for 10 minutes per inch of thickness, or about 10 to 20 minutes depending on the size of the fillet.

While the fish is cooking, add all of the ingredients for the sauce into a blender and blend until smooth. Pour into a small saucepan and heat over very low heat until thickened and warm.

Drizzle sauce over cooked fish fillet and serve immediately.

Yield: 3 to 4 servings

Phase 3 Soy Variation:

Replace the coconut aminos with organic wheat-free tamari when challenging soy.

Tip:

We prefer to purchase wild Alaskan troll caught king salmon, as it is one of the most sustainable forms of salmon, with also the least amount of environmental toxins. Always look for wild Pacific salmon, never buy farmed or Atlantic salmon.



CHICKEN NUGGETS

If you are in a quandary as to what to make for dinner, try this recipe and serve it alongside steamed sweet potatoes and green beans. I use Sprouted Garbanzo Bean Flour in my cooking because it's easier to digest and tastes better. You can order gluten-free sprouted flours online from www.OrganicSproutedFlour.net.



②Phase 2: Elimination

Ingredients:

1 to 1½ pounds organic skinless, boneless chicken breasts
virgin coconut oil, for cooking

Bowl #1:

½ cup arrowroot powder
6 tablespoons water

Bowl #2:

1 cup sprouted chickpea (garbanzo bean) flour
1 teaspoon Herbamare
freshly ground black pepper

Cut the chicken breasts into 1½-inch cubes.

Whisk together the arrowroot and water in a small bowl and set aside. If you are using eggs, then whisk the eggs together in a separate small bowl and set aside.

In another mixing bowl, whisk together the chickpea (garbanzo bean) flour, Herbamare, and pepper.

Dip the chicken pieces into bowl #1 and then dredge in the flour mixture (bowl #2). Transfer the nuggets to a plate as you dredge them.

Heat a large 11- or 12-inch skillet over medium heat, then add about ¼ cup coconut oil to the hot pan. Add the nuggets, being careful not to crowd the skillet, and cook them in batches if needed. Cook for 3 to 4 minutes on each side; timing will depend on the size of the nuggets and the heat of your skillet. Transfer to a plate lined with a paper towels. Serve immediately.

Yield: about 4 servings



POMEGRANATE CHICKEN TACOS

This recipe is designed for your slow cooker and takes just minutes to prepare! You can put it together in the morning then set your slow cooker to low and you will have a meal ready when you get home from work. Use the Brown Rice Tortillas (page 58) or fresh collard greens for your taco shells.



② Phase 2: Elimination

Ingredients:

- 1 ½ pounds organic boneless chicken (breast or thigh meat)
- 1 cup pure pomegranate juice
- 1 small onion, cut into half moons
- 2 to 3 garlic cloves, crushed
- 1 tablespoon extra virgin olive oil or coconut oil
- 2 teaspoons ground cumin
- 2 teaspoons Herbamare or sea salt
- ½ to 1 teaspoon freshly ground black pepper

Other Ingredients:

- Brown Rice Tortillas (page 58)
- Collard greens
- Thinly sliced napa cabbage or romaine lettuce
- Sliced avocados
- Shredded cucumber

Place all ingredients for the chicken into a 3-quart slow cooker. Cover and cook on low for 7 to 8 hours, or on high for 3 to 4 hours. Then remove the chicken from the slow cooker and place onto a plate. Use two forks to shred the chicken, then place the shredded chicken back into the slow cooker and mix into the cooked onions and juices. Let it cook for 10 to 15 minutes more, uncovered.

To assemble the tacos, place a scoop of the shredded chicken into the center of each tortilla or collard green, then add a small handful of napa cabbage or lettuce, a few slices of avocado, and a spoonful of shredded cucumber.

Yield: 6 to 8 servings

Tip:

Make sure to purchase pure pomegranate juice with no other juices or sweeteners added. We buy organic "Just Pomegranate Juice" by R.W. Knudsen.



CHICKEN FRIED CAULIFLOWER “RICE”

Pulsing a whole head of raw cauliflower in the food processor into small pieces can replicate white rice. This nutrient-dense, vegetable-rich meal is great for breakfast, lunch, or dinner! Serve it with the Napa Cabbage Salad with Ginger-Cilantro Dressing (page 91).



②Phase 2: Elimination

Ingredients:

- 2 tablespoons extra-virgin olive oil or coconut oil
- 1 medium head cauliflower, coarsely chopped
- ½ white onion, diced
- 2 teaspoons grated fresh ginger
- 2 large carrots, diced
- 2 celery stalks, diced
- ½ pound organic chicken breasts or thighs, chopped
- 5 to 6 shiitake mushrooms, sliced
- 1 small zucchini, diced
- 1 cup fresh or frozen peas
- 2 cups sliced napa cabbage
- 3 tablespoons coconut aminos
- ½ teaspoon sea salt
- ¼ teaspoon white pepper

Garnishes:

- chopped fresh cilantro
- sliced green onions

Place the chopped cauliflower into a food processor fitted with the “S” blade. Pulse until cauliflower is broken down into tiny rice-like pieces, set aside.

Heat oil in a deep 11- or 12-inch skillet over medium heat. Add the onion, carrots, celery, and ginger; sauté about 5 minutes. Then add the chicken and sauté a few minutes more. Next add the mushrooms, zucchini; sauté 2 minutes more.

Then add the minced cauliflower and stir into the chicken-vegetable mixture; sauté for about 7 minutes. Add the peas, napa cabbage, coconut aminos, salt, and pepper; sauté another few minutes. Taste and adjust salt and seasonings if desired. Garnish each serving with sliced green onions and cilantro.

Yield: 4 to 6 servings



CHICKEN AND VEGETABLE STIR-FRY

Try this tasty soy-free stir-fry served over sprouted brown rice or cooked spaghetti squash. I prefer to use a 12-inch cast iron skillet to cook the chicken—it cooks evenly and quickly this way without burning. Never use any type of non-stick cookware because of the chemicals it contains!



② Phase 2: Elimination

Ingredients:

1 to 1 ½ pounds organic chicken breasts, thinly sliced
¼ cup coconut aminos
1 tablespoon coconut vinegar
2 to 3 garlic cloves, crushed
1 tablespoon grated fresh ginger
¼ teaspoon sea salt

Vegetables:

1 small onion, cut into half moons
2 to 3 cups broccoli florets
3 to 4 cups sliced savoy cabbage
2 tablespoons coconut oil, for cooking

Place all of the ingredients for the chicken into a small mixing bowl. Let it marinate on the counter for about 20 minutes or in the refrigerator for up to 4 hours.

Heat an 11 or 12-inch skillet over medium-high heat. Add 1 tablespoon of the coconut oil, and then add half of the chicken. Sauté chicken for about 4 minutes then remove from pan and place onto a plate. Repeat with remaining chicken.

Add the other tablespoon of coconut oil, and then add the onions and sauté for about 5 minutes. Add the cabbage and broccoli; sauté for about 5 minutes more. Then add the chicken back to the pan and stir together. Add more salt and seasonings if desired.

Yield: 4 to 6 servings

Phase 3 Soy Variation:

Replace the coconut aminos with organic wheat-free tamari when challenging soy in Phase 3.



VEGETABLE CHICKEN BAKE

You can create a beautiful meal in no time at all with this recipe. Use the vegetables I suggest below or choose your own—try cauliflower, broccoli, green beans, parsnips, turnips, yams, brussels sprouts, and leeks! Serve this recipe along with a large green salad and cooked quinoa.



②Phase 2: Elimination

Ingredients:

- 2 bone-in organic chicken breasts
- 2 bone-in organic chicken legs
- 1 small onion, cut into chunks
- 4 small zucchinis, cut into 3-inch pieces
- 4 to 5 thin carrots, cut into 3-inch pieces
- ½ pound asparagus spears, trimmed
- 1 to 2 teaspoons dried thyme
- 1 teaspoon Herbamare or sea salt
- freshly ground black pepper
- 3 to 4 tablespoons extra virgin olive oil

Preheat the oven to 400 degrees F. Rinse the chicken and place it into a 10 x 14-inch baking dish. Distribute the vegetables evenly among the chicken, putting the carrots on the bottom and the zucchini and asparagus on the top. Sprinkle everything with the dried thyme, salt, and pepper. Drizzle the olive oil over the chicken and vegetables evenly.

Place chicken and vegetables into the oven and roast for 35 to 40 minutes or until chicken juices run clear. Remove pan from oven and let rest on the counter for about 10 minutes. Serve slices of chicken with the roasted vegetables, and then spoon some of the pan juices onto each plate.

Yield: 6 servings

Tip:

Be sure to use very thick asparagus spears. Thin spears will overcook! If you can't find thick ones, just omit the asparagus and substitute another vegetable, such as cauliflower. Also, I prefer to use tender baby carrots (not the processed baby carrots you find in the store) from my farmer's market. If you can only find mature, thick carrots, then cut them in half lengthwise first to help them cook properly – carrots generally have a longer cooking time compared to other vegetables.



WHOLE ROASTED CHICKEN WITH ROOT VEGETABLES

I like to roast a whole chicken for dinner one night, then use the leftover meat for another meal, such as the Harvest Squash Soup (page 55), and then use the bones and skin to make a rich, healing stock. Serve with a large green salad or sautéed kale for a balanced meal.



②Phase 2: Elimination

Ingredients:

1 (4- to 5-pound) whole organic chicken
3 to 4 sprigs fresh rosemary
1 medium red onion, chopped
2 to 3 large carrots, chopped
3 to 4 small rutabagas, peeled and chopped
2 medium yams, peeled and chopped
2 tablespoons extra-virgin olive oil
1 to 2 teaspoons sea salt
freshly ground black pepper
½ to 1 cup water

Preheat oven to 425 degrees F.

Rinse the chicken under running water. Place into a large pan (I use a 10 x 14-inch size). Pat it dry. Place the rosemary into the cavity of the chicken. Nestle the onions and root vegetables around the chicken. Drizzle the chicken and root veggies with the olive oil. Add the water to the bottom of the pan.

Place the chicken in the oven for 25 minutes, then reduce heat to 325 F and bake for approximately 1 more hour (it may need more time depending on the size of the chicken). Chicken is done when juices run clear or meat thermometer inserted into the thickest part of the thigh reads 160 to 165 degrees F.

Remove from oven and place chicken onto a plate to carve (let it rest for about 10 minutes before you begin carving). Scoop out root vegetables and place them into a serving bowl. To make the gravy, first pour the pan juices through a fine mesh strainer into a 1-quart saucepan. Whisk 1 to 2 tablespoons of sweet rice flour or arrowroot powder with a few tablespoons of water in a small bowl and add to the pan juices. Bring to a simmer, whisking constantly until thickened. Season gravy with salt and pepper to taste.

Yield: about 6 servings



WHOLE ROASTED CHICKEN WITH QUINOA-APRICOT-MINT STUFFING

Enjoy this recipe during Phase 2 and Phase 3 of the diet. We like to serve this with a large green salad and roasted carrots. Be sure to use unsulphured organic dried apricots in this recipe or omit them altogether!



② Phase 2: Elimination

Ingredients:

1 (4- to 5-pound) whole organic chicken
2 tablespoons extra-virgin olive oil
sea salt and freshly ground black pepper
½ cup water

Stuffing:

1 ½ cups cooked quinoa
½ cup finely diced red onion
¼ cup dried apricots, chopped
2 tablespoons currants
2 to 3 tablespoons chopped parsley
2 to 3 tablespoons chopped fresh mint
½ teaspoon sea salt

Preheat oven to 425 degrees F.

Rinse the chicken under running water. Place into a large pan (I use a 10 x 14-inch size). Pat it dry. Drizzle it with olive oil and sprinkle with salt and pepper.

Loosely stuff the cavity of the chicken with the stuffing. If there is more stuffing than can fit, place it around the chicken on the bottom of the pan. Add about ½ cup water to the bottom of the pan.

Place the chicken in the oven for 25 minutes, then reduce heat to 325 F and bake for approximately 1 more hour (it may need more time depending on the size of the chicken). Chicken is done when juices run clear or meat thermometer inserted into the thickest part of the thigh reads 160 to 165 degrees F.

Remove from oven and place chicken onto a plate to carve (let it rest for about 10 minutes before you begin carving). Scoop out stuffing from cavity of chicken and from the pan (if there is any) and place it into a bowl to serve.

Yield: about 6 servings

Phase 2 Citrus Variation:

Add the juice of 1 lemon to the stuffing ingredients after you have challenged citrus and can tolerate it.

Low FODMAP Variation:

Leave out the red onion, and use only one yam



BRINED TURKEY BREAST

Brining turkey makes the meat so tender and flavorful! Once you try it this way you might never want to go back to roasting turkey without brining!

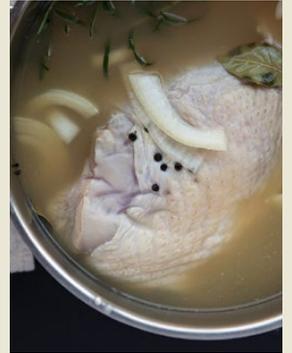


②Phase 2: Elimination

1 (2 ½ to 3 pound) bone-in organic turkey breast

Brine:

4 cups organic apple juice
4 cups water
¼ cup sea salt
1 small onion, sliced
2 bay leaves
2 sprigs rosemary
2 sprigs thyme
1 teaspoon whole black peppercorns



Place the turkey breast into a large bowl or stainless steel pot. Add all of the ingredients for the brine, stir, cover with a lid and place into your refrigerator for 24 to 72 hours.

When ready to cook, preheat oven to 350 degrees F. Set out a 9 x 13-inch glass baking dish. Remove the turkey from the brine and place into the baking dish. I also like to remove the onions and herb sprigs from the brine and place them into the pan with the turkey.

Place into the oven and roast for about 2 hours or until juices run clear.

Yield: 6 servings

TURKEY-HERB-QUINOA MEATBALLS

These meatballs freeze amazingly well. I like to freeze them in serving sized containers to have a quick lunch ready to go when needed. Serve meatballs and sauce over baked spaghetti squash with a large green salad.



②Phase 2: Elimination

Meatballs:

1 bunch green onions, coarsely chopped
handful fresh parsley
handful fresh basil
1 to 2 cloves garlic, peeled (optional)
2 cups cooked quinoa
2 pounds ground organic turkey
1 tablespoon Italian seasoning
1 to 2 teaspoons Herbamare
½ to 1 teaspoon freshly ground black pepper
extra-virgin olive oil, for cooking

Sauce:

2 cups homemade turkey stock or chicken stock
2 tablespoons arrowroot powder

Place the green onions, fresh herbs, and garlic into a food processor fitted with the “s” blade. Process until finely ground. Then add the cooked quinoa and process again. Add the ground turkey, Italian seasoning, Herbamare, and pepper; process until all ingredients are combined. You may need to pulse the mixture a few times and scrape down the sides. Using lightly oiled hands, roll mixture into equal sized meatballs. Set them all onto plates as you roll them.

Heat a large skillet over medium heat. Add a tablespoon or two of extra virgin olive oil. Place enough meatballs into the pan so they have still some room to move. Sauté for 5 to 10 minutes moving the meatballs around a little so they cook on all sides. They won’t be all the way cooked at this point so don’t eat them. Transfer to a clean plate. Repeat with remaining uncooked meatballs. Add more oil in between batches, if necessary.

While meatballs are cooling, combine the stock and arrowroot powder into a bowl and whisk together to dissolve the arrowroot. Once you have sautéed all of the meatballs, pour the stock-sauce mixture into the pan, and add back in the first batch of cooked meatballs; cover and simmer on low heat for about 15 minutes. Garnish with chopped fresh parsley and serve.

Yield: about 2 dozen meatballs

Low FODMAP Variation:

Leave out the garlic



Condiments



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BLUEBERRY VINAIGRETTE

This is one of our favorite elimination diet salad dressings... actually it's one of our favorite salad dressings, period! Serve it over a baby kale salad with leftover cooked salmon, or atop a pile of crunchy romaine lettuce, toasted pumpkin seeds, and sliced avocados.



② Phase 2: Elimination

Ingredients:

½ cup extra virgin olive oil
½ cup fresh or frozen blueberries
3 to 4 tablespoons raw coconut vinegar
1 tablespoon raw honey (optional)
½ teaspoon sea salt
1 tablespoon fresh lemon thyme
(or another fresh herb)

Place all ingredients into a blender and blend until smooth. Pour into a glass jar, cover, and refrigerate until ready to serve.

Yield: about 1 cup

Low FODMAP Variation:

Use clover honey



GREEN GODDESS DRESSING

This is my go-to dressing when I want something rich and creamy to top my salad. Avocados are an excellent source of monounsaturated fats and other nutrients that help the skin and hair glow. Make a double batch of this dressing to have on hand for the week.



② Phase 2: Elimination

Ingredients:

½ small avocado
½ cup water
1 garlic clove, peeled
1 tablespoon raw apple cider vinegar
¼ teaspoon sea salt
small handful fresh parsley

Add all ingredients, except for the parsley, to a blender and blend until smooth and creamy. Then add the parsley and blend on low speed until combined.

Yield: about ¾ cup

Variation:

Replace the apple cider vinegar with freshly squeezed lemon juice during the citrus challenge in Phase 3.



CASHEW RANCH DRESSING

Use this recipe after you have already reintroduced citrus and are challenging cashews. If you found that you have a citrus-sensitivity then replace the lemon juice with 3 tablespoons of apple cider vinegar. My favorite way to use this dressing is drizzled over a salad of crunchy romaine lettuce, cucumbers, and radishes.



③ Phase 3: Reintroduction

Ingredients:

- ½ cup raw cashews (soaked for 3 hours)
- juice of 1 lemon
- ¼ cup water
- ¼ cup extra-virgin olive oil
- 1 small garlic clove
- ½ teaspoon sea salt or Herbamare
- ¼ to ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh dill
- 2 tablespoons fresh parsley
- 2 tablespoons fresh chives

Place the cashews into a small bowl and cover them with about an inch of water. Let them soak on your kitchen counter for about 3 hours. Then drain and rinse and place into a blender. Add all remaining ingredients except the fresh herbs. Blend on high until smooth and creamy.

Then add the fresh herbs and blend on low speed until incorporated but not completely blended. You want to have little green flecks of herbs in your white dressing—not green dressing!

Taste and adjust salt and seasonings if needed. Pour into a glass jar with a tight-fitting lid and store in your refrigerator for up to a week. Once chilled it can be used as a dip for veggies. Bring to room temperature and thin out with a few tablespoons water if needed before using as a salad dressing.

Yield: about 1 cup



CREAMY SUNFLOWER SEED-PARSLEY DRESSING

Use this dressing as a creamy dip for carrot sticks or cucumber slices, or drizzle it over a salad of organic lettuce, grated raw beets, grated carrots, and broccoli sprouts. Use this dressing as a creamy dip for carrot sticks or cucumber slices, or drizzle it over a salad of organic lettuce, grated raw beets, grated carrots, and broccoli sprouts.



② Phase 2: Elimination

Ingredients:

½ cup raw sunflower seeds (soaked for 6 to 8 hours)
¼ water
3 tablespoons raw apple cider vinegar
1 garlic clove
½ teaspoon sea salt or Herbamare
¼ cup extra-virgin olive oil
small handful fresh parsley

Soak the sunflower seeds in a small bowl of filtered water for 6 to 8 hours, or overnight. Then rinse and drain the seeds and place them into a blender along with the water, vinegar, garlic, and salt. Blend until super smooth and creamy. Then add the olive oil and parsley; blend on low speed until combined.

Yield: about 1 ½ cups

Variation:

Replace the vinegar with freshly squeezed lemon juice during Phase 3.



GINGER-APPLE DRESSING

Use this citrus- and vinegar-free dressing in a cabbage slaw or drizzled over your favorite salad. Be sure to use a very tart apple, such as Granny Smith—this gives the dressing a tangy flavor.



② Phase 2: Elimination

Dressing:

- 1 medium Granny Smith apple, cored and chopped
- ½ cup water
- ½ cup extra virgin olive oil
- 1 small garlic clove, peeled
- 1 (1-inch) piece of fresh ginger
- ¼ to ½ teaspoon sea salt

To make the dressing, place all ingredients into a blender and blend about 60 seconds or until smooth and creamy. Taste and add a little more salt if needed, and blend again.

Store dressing in a tightly covered glass jar for up to a week in the refrigerator.

Yield: about 1 ½ cups



ZUCCHINI DILL VINAIGRETTE

Use this simple flavorful recipe to dress a large organic green salad with cucumbers, radishes, and sunflower sprouts; or drizzle it over cooked chicken, cooked quinoa, and squash for a simple meal.



② Phase 2: Elimination

Ingredients:

½ cup chopped raw zucchini
6 tablespoons extra virgin olive oil
3 tablespoons raw apple cider vinegar
2 teaspoons raw honey
1 teaspoon dried dill
½ teaspoon sea salt
1 clove garlic (optional)

Place all ingredients into a blender and blend until smooth and creamy. Pour into a glass jar with a tight-fitting lid and store in your refrigerator for up to 10 days.

Yield: about 1 cup

Low FODMAP Variation:

Use clover honey



LEMON-GARLIC DRESSING

Use this dressing to top your favorite salad or use it to top a bowl of lightly steamed vegetables.

③ Phase 3: Reintroduction

Ingredients:

¼ cup extra-virgin olive oil
juice and zest from 1 lemon
1 to 2 garlic cloves, crushed
¼ teaspoon sea salt

Add all ingredients to a small bowl and whisk together. Serve. Store leftovers in a small glass jar for up to a week.

Yield: about ½ cup

AVOCADO-MUSTARD MAYO

Use this soy-free, egg-free unprocessed mayonnaise spread onto a Brown Rice Tortilla with your favorite fillings, or use it to top our Rosemary-Salmon burgers (page 86).

② Phase 2: Elimination

Ingredients:

2 small avocados
¼ teaspoon sea salt or Herbamare
2 tablespoons water
1 tablespoon brown mustard (Eden brand)
1 tablespoons raw coconut vinegar or apple cider vinegar
1 tablespoon extra virgin olive oil

Place all ingredients into a food processor or high-powered blender and process until smooth and creamy. Place into a small jar or glass container until ready to use. Will last for up to 5 days in the fridge.



COCONUT SOUR CREAM

This is a great replacement for dairy sour cream—it's so simple to make! Dollop it on top bean soups or tacos, use it as a base for herbed sour cream dips, or stir in a little honey and dollop it over fresh berries. Be sure to use the full fat coconut milk, not the light variety. For the probiotic powder, we use Klaire Labs Therbiotic Complete powder.



② Phase 2: Elimination

Ingredients:

2 cans Native Forest guar gum-free, BPA-free coconut milk, chilled
1 teaspoon probiotic powder
pinch sea salt

Place the two cans of coconut milk in the refrigerator for about 24 hours. Then open the cans and scoop off the thick white cream at the top. Pour off the water into a jar (use it to make smoothies).

Heat the coconut cream in a small saucepan over the lowest heat to about 97-98 degrees F. Then remove pan from stove and whisk in probiotic powder. Pour into a clean quart jar, cover with a clean dishtowel secured with a rubber band.

Let the jar sit out for about 24 to 48 hours on your kitchen counter to culture. Then stir in a pinch or two of sea salt, cover jar with a lid, and place into the refrigerator to solidify. Use as desired.

Yield: 1 to 2 cups (varies depending on how much cream is in each can)

Note: Depending on the temperature where your coconut milk is stored, you may not need to refrigerate the cans to get the cream and water to separate. In the wintertime my pantry is cool enough to keep the fat and water separated so I just open the cans and get started right away on this recipe.



NIGHTSHADE-FREE PASTA SAUCE

This sauce has a texture, color, and flavor very similar to traditional pasta sauce. Use it to top baked spaghetti squash or cooked quinoa spaghetti noodles (see Resources in back to find an Elimination Diet-safe brand). You can also cook ground lamb, turkey, or beef (when challenging beef) in a skillet and then add 2 to 3 cups of this sauce to the ground meat for a heartier pasta sauce.



② Phase 2: Elimination

Ingredients:

2 tablespoons extra-virgin olive oil
1 small onion, chopped
4 to 5 garlic cloves, peeled and chopped
3 large carrots, peeled and chopped
1 medium beet, peeled and chopped
1 tablespoon Italian seasoning
1 ½ teaspoons sea salt or Herbamare
¼ to ½ teaspoon freshly ground black pepper
3 to 4 tablespoons raw apple cider vinegar
3 cups water

Heat olive oil in a 3-quart pot over medium heat. Add the onion and sauté for 5 to 10 minutes or until soft and beginning to change color. Then add the garlic, carrots, and beets; sauté 5 minutes more.

Then add the Italian seasoning, salt, pepper, vinegar, and water. Cover and simmer for about 25 minutes or until vegetables are very tender. Use an immersion blender to puree the sauce in the pan or transfer to a blender and blend until very smooth. Taste and add more salt and pepper if desired. Also, if you would like more tang, add extra apple cider vinegar, 1 to 2 teaspoons at a time until sauce is at your desired acidity.

Yield: about 1 quart

Tip:

Be sure to only use a brand of Italian seasoning that contains just dried herbs. Some brands can contain dried onion, red peppers, or lemon peel, which are not safe during the first two phases of the diet.



FRESH MARINARA SAUCE

This sauce is fun to make with children—they love to help pick the fresh herbs, and to stir the sauce. Blending the sauce makes the flavors meld together perfectly, also making it suitable for young children who sometimes like things smoother. Use this recipe to test for nightshades (tomatoes) in Phase 3. I like to sauté a pound of organic turkey and add it to this sauce, then we serve it over quinoa noodles or baked spaghetti squash



③ Phase 3: Reintroduction

Ingredients:

3 to 4 tablespoons extra-virgin olive oil
½ small onion, chopped
4 to 5 garlic cloves, crushed
1 teaspoon sea salt or Herbamare
3 to 4 tablespoons fresh herbs (thyme, oregano, parsley, basil, rosemary)
6 cups chopped fresh plum tomatoes
¼ cup organic tomato paste
1 tablespoon coconut sugar
1 tablespoon raw apple cider vinegar

Heat the olive oil in an 11- or 12-inch, deep skillet over medium heat. Add the onion and sauté for about 5 minutes, or until softened. Add the garlic and sea salt and sauté about 2 minutes more.

Add the herbs, tomatoes, tomato paste, sugar, and vinegar and simmer, uncovered, over low heat for 20 to 30 minutes.

Spoon the sauce mixture into blender and blend on high until smooth.

Yield: 1 quart





Snacks and Desserts



FRESH BERRIES WITH WHIPPED VANILLA COCONUT CREAM

Use this simple recipe as a replacement for whipped heavy cream. The coconut cream will begin to soften as it sits at room temperature, and will soften quickly on a hot summer afternoon so be sure to keep it chilled. You can easily rewhip it after you remove the container from the refrigerator.



② Phase 2: Elimination

Ingredients:

Whipped Vanilla Coconut Cream

2 cans full-fat coconut milk, chilled for 12 hours
1 to 2 tablespoons coconut nectar, honey, or maple syrup
½ to 1 teaspoon raw vanilla powder
pinch sea salt

Berries:

2 pints fresh organic berries (raspberries, blueberries, strawberries)

After the cans of coconut milk have chilled, open them up and scoop the thick white coconut cream from the top. Pour the watery milk into a jar and reserve to use in your favorite fruit smoothie.

Place the coconut cream, liquid sweetener, vanilla, and sea salt into a mixing bowl. Using an electric mixer, whip the chilled cream to soft peaks. Divide the berries into six small bowls, dollop the whipped coconut cream over the berries in each bowl. Serve immediately.

Yield: about 6 servings

Low FODMAP Variation:

Use Native Forest guar gum-free, BPA-free coconut milk, and choose the maple syrup



VANILLA COCONUT SNOWBALLS

If you are craving something sweet and need a treat try making this recipe! The coconut fat will help you feel satiated when on a restricted diet. Try substituting the vanilla powder for organic peppermint extract or organic orange flavoring (after you have introduced oranges).



②Phase 2: Elimination

Ingredients:

⅔ cup coconut butter
3 tablespoons virgin coconut oil
1 tablespoon raw honey (optional)
1 cup unsweetened shredded coconut,
plus extra for rolling
½ teaspoon organic vanilla powder
pinch sea salt

Place the coconut butter and oil into a small saucepan and warm on the lowest heat until softened but not completely melted. Pour into a food processor fitted with the “s” blade. Add the honey and process for a few seconds. Then add the shredded coconut, vanilla powder, and sea salt. Process until combined.

Scoop out mixture and place into a bowl. Form into balls. If the mixture is too soft to form, place the bowl in the refrigerator for about 30 minutes, then try again. Roll each ball in shredded coconut and serve. Place extra snowballs in the refrigerator for up to a month.

Yield: about 1 dozen

Low FODMAP Variation:

Use clover honey



Tip:

To measure coconut oil from the jar, first make sure it is at room temperature, then take a butter knife and cut it up into little chunks in the jar. Then pour the little chunks into a measuring cup.



CINNAMON SUNFLOWER TRUFFLES

Having a recipe like this made up in your refrigerator will be extremely helpful during the strict part of the elimination diet—Phase 2. Otherwise you may get tempted to grab anything when hungry. Make up a big batch of this recipe and store it in a covered glass container for up to two weeks!



②Phase 2: Elimination

Ingredients:

2 cups raw sunflower seeds
1 tablespoon ground cinnamon
pinch sea salt
1 cup pitted medjool dates
2 tablespoons extra virgin olive oil
1 to 2 tablespoons pure maple syrup or raw honey (optional)
unsweetened shredded coconut

Place the sunflower seeds, cinnamon, and sea salt into a food processor fitted with the “s” blade. Process until seeds are very finely ground. It only takes a minute or so.

Then add the pitted dates and olive oil. Process again until combined and sticky. Check to see if you can form a truffle by rolling some of the mixture in your hands. If it falls apart then add the maple syrup or honey and process again.

Scoop out the sunflower mixture by the large spoonful and roll into balls. Then roll in shredded coconut. Store in the fridge for up to 2 weeks.

Yield: about 2 dozen truffles



PUMPKIN SEED BUTTER ENERGY BARS

Keep these bars in your freezer for the times you are feeling very hungry and in need of a nutrient-dense snack immediately. We use Omega Nutrition pumpkin seed butter. Look for it at your local health food store or order it online.



② Phase 2: Elimination

Ingredients:

- ¾ cup pitted medjool dates (about 8)
- ½ cup shredded coconut
- ¼ cup currants or raisins
- 1 to 2 teaspoons cinnamon
- ¼ teaspoon raw vanilla powder
- ¾ cup pumpkin seed butter
- ½ cup melted coconut butter

Line a 9 x 5-inch glass bread pan with parchment paper.

Place the dates, shredded coconut, currants, cinnamon, and vanilla powder into a food processor fitted with the “s” blade. Process the mixture for about 30 seconds, and then add the remaining ingredients. Process again until combined.

Pour mixture into the prepared bread pan. Place into your freezer for about 1 hour to set. Then cut into bars with a very sharp knife. Serve. Keep bars in the freezer until ready to serve—they will become soft at room temperature.

Yield: about 10 servings

Tip:

To melt coconut butter, place a few large spoonfuls into a small saucepan and melt on the stovetop over the lowest heat, then measure out ½ cup.



ALMOND BUTTER COOKIES

Make this recipe during Phase 3 when you are testing almonds. I like to serve them with homemade Raw Vanilla Almond Milk. They are crispy on the outside and chewy in the center. To grind chia seeds, place at least ¼ cup into a coffee grinder or Vitamix. Store any leftovers in a glass jar in the fridge.



③ Phase 3: Reintroduction

Wet Ingredients:

2 tablespoons ground chia seeds
¼ cup warm water
¼ cup unsweetened applesauce
¼ cup softened coconut oil, softened
¾ cup coconut sugar
1 cup roasted almond butter

Dry Ingredients:

1 ½ cups brown rice flour
½ teaspoon sea salt
½ teaspoon baking soda

Preheat oven to 350 degrees.

Place the ground chia seeds and warm water into a medium-sized mixing bowl; whisk together. Then add remaining wet ingredients. Beat together with an electric mixer or vigorously mix together with a wooden spoon.

Add dry ingredients and beat again until the dough forms a ball. The dough is sticky and may ride up on the beaters. If this happens just turn them off and scrape down the dough then mix again.

Roll dough into balls, place onto the cookie sheet, and press down using the tines of a fork. Bake for 10 to 12 minutes. Cool on a wire rack

Yield: About two dozen 2-inch cookies



RAW CHOCOLATES

These gorgeous and healthy little chocolates make a great dessert. You can also add organic peppermint or orange flavoring to the chocolate for different flavored chocolates. I've also sprinkled hemp seeds, goji berries, and chia seeds into the silicone chocolate molds before adding the chocolate.



③ Phase 3: Reintroduction

Ingredients:

- 1 heaping cup raw cacao butter (5 ounces)
- 2 tablespoons coconut oil
- 1 cup raw cacao powder (2.5 ounces)
- 3 to 4 tablespoons pure maple syrup
- 2 to 3 teaspoons vanilla flavoring or raw vanilla powder (don't use vanilla extract)

Set out two silicone chocolate candy molds on cookie sheets or another hard surface that can be moved. I like to use this chocolate mold with different shapes and this peanut butter cup mold.

Place the raw cacao butter and coconut oil into a small saucepan and melt over very low heat. You do not want to overheat this mixture! Then pour into a small glass mixing bowl and add the raw cacao powder. Whisk together until combined and smooth. It should have cooled down by now (but not too cold that it's thickening up already).

Then add the maple syrup and vanilla. Gently whisk together. Pour into silicone molds (I usually whisk it a few more times to keep the syrup combined as I fill the molds). If you want to add a creamy filling, pour the chocolate half way into each mold, add about $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of filling, and then cover with more chocolate.

Place the molds (on the cookie sheets) into a freezer or cold space to set for about 30 minutes. Then pop out chocolates onto a platter to serve. Store in the refrigerator or freezer if not serving right away.

Yield: 30 to 40 chocolates



BUTTERNUT SQUASH PUDDING

This recipe makes for a nourishing way to round out your meals. The pudding will thicken as it chills. Serve it cold or at room temperature with a little grated nutmeg on top.



② Phase 2: Elimination

Ingredients:

2 ½ cups cooked butternut squash (still warm)
4 tablespoons coconut butter
3 to 4 tablespoons pure maple syrup or raw honey
1 to 2 teaspoons cinnamon or pumpkin pie spice
¼ teaspoon raw vanilla powder
pinch sea salt

Place the cooked butternut squash into a food processor along with the remaining ingredients. Process until smooth and creamy. Scoop into small mason jars (4 or 8-ounce size) or a glass bowl. Chill in the refrigerator to set. Will keep in the refrigerator for up to a week.

Yield: six ½-cup servings

Low FODMAP Variation:

Use kabocha squash



10

Beverages



RAW ALMOND MILK

Use raw almond milk as a base for creamy fruit smoothies, in baked goods in place of dairy milk, or use it to top warm whole grain breakfast cereals. I also like to add it to warm spice tea or just drink it plain—it's so delicious!



③ Phase 3: Reintroduction

Ingredients:

1 cup raw almonds
4 cups water
1 tablespoon pure maple syrup
½ teaspoon raw vanilla powder (optional)
pinch sea salt

Place the almonds into a small bowl and cover with filtered water. Soak at room temperature for 8 to 12 hours, or overnight.

After the almonds have soaked, rinse them well under warm running water. Place them in a blender with the water, maple syrup, vanilla, and sea salt and blend on high for 1 to 2 minutes, or until you have a very smooth milk.

Pour the milk through a fine-mesh strainer lined with cheesecloth, or a nut milk bag, into a container and squeeze out as much milk from the pulp as possible.

Store in a covered glass jar in the refrigerator for up to 3 days.

Yield: about 4 cups



CUCUMBER-MINT WATER

Drinking water is so vitally important to detoxing. This infused water makes drinking lots of water more enjoyable! Always make sure you are drinking, and cooking with, filtered water as chemicals and drug residues in city water can wreak havoc on your health. For one, these chemicals kill off friendly bacteria in the gut, and two, the drug residues can affect your hormone balance, possibly causing unexplained weight gain. If you don't have a reverse osmosis water filtration system installed in your kitchen, then buy 5-gallon jugs of filtered water from your local health food store at a re-fillable water station.

① Phase 1: Detox



Ingredients:

2 quart jars
7 cups filtered water
1 small cucumber, cut into thin slices
4 to 6 sprigs fresh mint

Pour 3 ½ cups filtered water into each quart jar. Evenly distribute the cucumber slices and fresh mint between the two jars. Cover each jar with a lid. Let them sit on your counter for 2 hours, then transfer to the refrigerator. Sip on them throughout the day.

Yield: 2 quarts

VANILLA HEMP MILK

Use hemp milk to top hot whole grain breakfast cereals, as a base for smoothies, or as a refreshing drink. It can also be used in baking recipes where milk is called for. Hemp milk takes just minutes to make!

② Phase 2: Elimination



Ingredients:

½ cup shelled hemp seeds
3 cups filtered water
1 tablespoon maple syrup
½ teaspoon raw vanilla powder
pinch sea salt

Place all ingredients into a high-powered blender and blend for 60 to 90 seconds or until ultra smooth. You can use it now or strain it for a smoother consistency. Place a nut milk bag into a large jar or pitcher and pour hemp milk through the bag, squeezing out the milk, and leaving the pulp behind.

Store your hemp milk in a tightly covered glass jar in the fridge for 3 to 4 days.

Yield: about 3 cups



VANILLA CASHEW MILK

Use this recipe when you are challenging cashews during Phase 3. If you don't have a reaction, then continue using this recipe throughout the rest of the diet. It's delicious drizzled over warm whole grain breakfast cereals, added to warm spice tea in place of cow's milk, or enjoyed as a creamy beverage.

③ Phase 3: Reintroduction

Ingredients:

½ cup raw cashews
3 cups water
2 to 3 teaspoons raw honey or pure maple syrup
¼ teaspoon raw vanilla powder
pinch sea salt

Place all ingredients into a high-powered blender and blend until ultra smooth and creamy. Add more water for a thinner consistency.

Yield: 3 ½ cups

Tip:

If you don't own a high-powered blender, place the cashews into a small bowl and cover with filtered water. Let them soak on your kitchen counter for about 3 hours to soften. Then drain and rinse. Add them to your blender with the remaining ingredients. You may need to strain the milk using a nut milk bag or clean dish towel if it is still a little chunky.

WARMING SPICE TEA

This tea is similar to chai tea, but without the black tea (caffeine). Drink this digestive-supportive tea any time of day—it's especially good after a meal. Once you are in Phase 2 you can add Vanilla Hemp Milk (page 119), or for Phase 3, try adding Vanilla Almond Milk (page 118). Add a little honey to sweeten it if desired.

① Phase 1: Detox

Ingredients:

4 cups water
2 cinnamon sticks, broken into pieces
5 to 6 cardamom pods, crushed
1 teaspoon whole cloves
1 teaspoon whole black peppercorns
2 tablespoons thinly sliced fresh ginger
milk of your choice
raw honey

Place the water and spices into a 2-quart pot. Cover pot with a lid, bring to a gentle boil, then reduce the heat and simmer for 10 to 15 minutes.

Strain the tea through a fine-mesh strainer into a quart jar. Pour into mugs, top off with the milk of your choice (if you are in Phase 2 or 3), and sweeten to taste with raw honey.

Yield: 4 cups

Phase 3 Dairy Variation:

Add raw organic cream or whole milk to this tea when challenging dairy in the last stages of Phase 3.



NIGHTTIME TEA

Sleeping well is key to proper digestion and detoxification. When we don't sleep our bodies produce more inflammatory chemicals. This can lead to a leaky gut, as well as pain and inflammation throughout the body. This tea calms the nervous system and helps prepare the body for a deep sleep. Drink 1 to 2 cups about one hour before bedtime.

① Phase 1: Detox



Ingredients:

- 6 cups boiling water
- 1 tablespoon dried chamomile
- 1 tablespoon dried passionflower
- 1 tablespoon dried catnip
- 1 tablespoon dried spearmint
- 1 tablespoon dried rosebuds

Add the herbs to an 8-cup liquid glass measure. Pour boiling water over them, cover with a plate, and let steep for 5 to 7 minutes.

Then strain and drink. Store leftovers in a glass jar in the fridge, then reheat in a small pot as needed.

Yield: 6 cups



Tip:

Make sure you purchase organic rosebuds.

If you can't find organic, just omit them from the recipe. Conventional rose farming is very chemical intensive.

These chemicals can change the way our bodies respond to food, as well as alter the microbiome in our guts.



RECIPES

The Whole Life Elimination Diet |

Kitchen Essentials



CHICKEN STOCK

Chicken stock can be used during all phases of the diet. It's rich in gut-healing nutrients, amino acids, minerals, and vitamins. Chicken stock can be made two different ways—from a fresh whole chicken or from a chicken carcass that has been previously roasted. This recipe uses 1 to 2 chicken carcasses (the bones and skin). After you roast a whole chicken you can pick all of the meat off the bones and save the carcass in your freezer until you are ready to make stock. I prefer to use 2 carcasses for a very rich stock.



① Phase 1: Detox

Ingredients:

- 1 to 2 chicken carcasses
- 1 pound fresh organic chicken wings or thighs
- 1 large onion, chopped
- 1 head garlic, cut in half cross-wise
- 4 celery stalks, chopped
- 2 carrots, chopped
- 3 to 4 sprigs fresh thyme
- 2 to 3 sprigs fresh rosemary
- handful fresh parsley
- 1 to 2 teaspoons whole black peppercorns
- 2 bay leaves
- 2 tablespoons raw apple cider vinegar
- 16 cups filtered water

Place all ingredients into an 8-quart pot, cover, and bring a gentle boil, then reduce heat to low and simmer for 6 to 8 hours. Strain stock through a large stainless steel colander or fine mesh strainer into a large bowl or another 8-quart pot.

Pour the stock into quart jars, cover, and refrigerate for up to 5 days.

Yield: about 3 quarts



Low FODMAP Variation:

Omit onions and garlic from this recipe and replace with 1 to 2 bunches of green onions.



VEGETABLE-SEAWEED STOCK

Stocks are actually very easy to prepare. You just toss everything into a big pot, cover, and let it simmer for hours on your stove. If you don't have all of the ingredients don't worry, stocks are very forgiving, just use the ingredients that you have on hand. The seaweeds add an abundance of minerals and trace minerals to the stock, which is very beneficial as most people are deplete in minerals. Freeze your stock in widemouthed 1-quart jars for later use.



① Phase 1: Detox

Ingredients:

- 1 large onion, coarsely chopped
- 1 leek, chopped and well rinsed
- 3 to 4 carrots, chopped
- 4 celery stalks, chopped
- 4 garlic cloves, chopped
- ½ bunch fresh parsley
- 2 strips kombu
- 2 tablespoons arame or hijiki
- 1 tablespoon dulse flakes
- 2 to 3 sprigs fresh rosemary
- 3 to 4 sprigs fresh thyme
- 3 bay leaves
- 1 teaspoon whole black peppercorns
- 16 cups filtered water

Place all the ingredients into an 8-quart stockpot and bring to a boil. Cover, reduce the heat to low, and simmer for 3 to 4 hours.

Strain the stock into another pot, discard the vegetables, and pour into clean, widemouthed 1-quart jars. Store the stock in the refrigerator or freezer.

Yield: 4 quarts



PICKLED CAULIFLOWER, CARROTS, AND GREEN BEANS

Fermentation is a magical process where beneficial bacteria present on vegetables are allowed to flourish under the right conditions—an anaerobic environment made possible by a salt brine and a covered jar. Lacto-fermented vegetables are rich sources of probiotics that your digestive system needs to thrive! Eat a few tablespoons of these vegetables with every meal.

Ingredients:

- 1 widemouthed quart jar with plastic lid
- 2 cups chopped cauliflower
- 1 cup chopped green beans
- 1 cup diced carrots
- 2 to 3 sprigs fresh dill
- 1 teaspoon black peppercorns
- 2 cups filtered water
- 1 to 1 ½ tablespoons sea salt
- 1 large cabbage leaf

Add the dill and black peppercorns to the bottom of the glass quart jar. Layer the cauliflower, green beans, and carrots on top of them. Pack them in tightly.

Tip:

Make sure you chop the vegetables into small pieces—this will help them to ferment properly.

② Phase 2: Elimination

Whisk together the water and salt in a small bowl or 2-cup liquid glass measure. Make sure the salt has dissolved and then pour mixture over the vegetables until they are covered with at least ½ inch of brine. Fold the cabbage leaf up and press it into the vegetables to ensure that they stay below the brine. Cover tightly with the plastic lid and place into an undisturbed spot in your kitchen away from direct sunlight for 5 to 7 days or until soured to your liking.

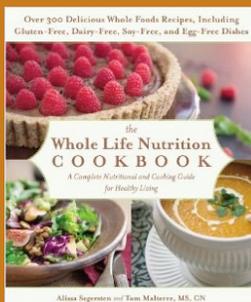
When you begin to see a lot of bubbling, after day 2 to 3, gently unscrew the lid to release excess gasses, then screw it back down tightly. This is called “burping” the jar. Do this one to two times a day until the vegetables have fermented (soured) to your liking.

Store your pickled vegetables in the refrigerator for 3 to 6 months.

Yield: 1 quart

Variation:

Nearly any diced raw vegetable will work in this recipe. Try red radishes, daikon radish, red onions, turnips, garlic cloves, garlic scapes, or red bell peppers and hot chilies (only during Phase 3).



For more delicious fermented vegetable recipes, check out our [Whole Life Nutrition Cookbook!](#)

There you will find an entire chapter dedicated to cultured and fermented foods, including dairy-free yogurt, kombucha, coconut water kefir, zucchini dill kraut, pickled basil beets, and many more! Also be sure to visit our recipe blog, www.NourishingMeals.com, where you will find a video on how to make lacto-fermented vegetables—videos make learning new things so much easier!



DILLY CARROTS AND GREEN BEANS

This is our children's favorite lacto-fermented recipe. Once fermentation is complete, the five of them can go through two jars in a day if we let them! Needless to say, I have to make large batches of this recipe!



② Phase 2: Elimination



Ingredients:

- 2 to 3 sprigs fresh flowering dill
- 3 to 4 garlic cloves, chopped
- 4 to 5 carrots, cut into spears
- ¼ pound green beans, ends trimmed
- 1 tablespoon sea salt
- 2 cups water
- 1 small cabbage leaf or boiled rock

Place the dill and garlic at the bottom of a clean, widemouthed, 1-quart jar. Add the carrots and green beans, making sure that the ends stay 1 inch below the top of the jar. If you need to, take a green bean or carrot out and cut it to fit. Pack them in tightly.

Mix the sea salt and water together in a 2-cup liquid glass measuring cup and pour over vegetables until they are submerged with at least ½ inch of brine. Fold the small cabbage leaf and place it, or the boiled rock, on top and push it down to submerge the vegetables; they need to stay below the brine to properly ferment.

Cover the jar tightly with the lid and store in a dark place to ferment. It should take 5 to 10 days depending on the temperature of your house. The warmer it is, the shorter it takes to ferment. You can check them after 5 days; they should be sour and crispy. Make sure to “burp” the jar everyday once bubbles start forming, usually by day 2. You can do this by slightly unscrewing the lid to release the gases and then screwing it back down.

Once the vegetables have fermented to your liking, transfer the jar to the refrigerator and store for up to 6 months. They will keep fermenting while in the refrigerator, just at a much slower rate.

Yield: 1 quart



HOW TO MAKE FRESH BROCCOLI SPROUTS

Growing your own little sprout garden is a fun and exciting process. Broccoli seeds are particularly challenging to grow as they take longer to sprout compared to other seeds, so be patient. It takes a few days for the seeds to even break open and they are slow in growing. It is said that all good things come to those who wait. Broccoli sprouts are very good things so your patience will be rightfully rewarded.



① ② ③ Used in ALL Phases



Ingredients:

widemouthed quart jar with spouting lid
2 tablespoons sprouting seeds (organic broccoli seeds)
1 cup water

Place the seeds into a jar and cover them with a few inches of warm purified water. Let them soak overnight in a warm dark place. Then, after about 8 to 10 hours, drain the water off.

Rinse the seeds with fresh water, 3 to 4 times a day for 4 to 5 days. Place the jar in a warm, dark place during this time period. Make sure to drain off all of the water after each rinsing to prevent spoiling of the sprouts.

Note: I know you are you are excited to grown your own garden right in your kitchen, but the seeds will likely take 2 to 3 days to split open and have the sprout show, so be patient.

Once your sprouts are a few centimeters long and have defined yellow leaves, move your jar out into a place where it can be exposed to some sunlight. This will allow the sprouts to use the light and grow quickly. Be sure to keep rinsing as the sprouts can dry out quickly in hot and dry environments. You will recognize when the sprouts are ready as they will have darker green leaves and be about an inch or longer in length. Don't worry about eating them too early. As soon as they are green they are ready to go.

Yield: about 3 cups



RESOURCES

The Whole Life Elimination Diet |



Resources



OILS AND VINEGARS

Organic Virgin Coconut Oil

www.TropicalTraditions.com

www.Nutiva.com

Organic Extra-Virgin Olive Oil

www.Bionaturae.com

Raw Apple Cider Vinegar

www.Bragg.com

Raw Coconut Vinegar

www.CoconutVinegar.com

ORGANIC RAW NUTS AND SEEDS

Chia and Hemp Seeds

www.Nutiva.com

Pumpkin and Sunflower Seeds

www.LivingTreeCommunity.com

Unpasteurized Organic Raw Almonds

www.organicalmondsraw.com

NUT AND SEEDS BUTTERS

Raw Cashew Butter

www.ArtisanaFoods.com

Roasted Almond Butter

www.ZinkeOrchards.com

Pumpkin Seed Butter

www.OmegaNutrition.com

ORGANIC MEATS AND WILD SEAFOOD

Pasture Raised Organic Meats

www.UsWellnessMeats.com

www.TropicalTraditions.com

Organic Turkey Slices and Pork Sausages

www.organicprairie.com

Wild Seafood

www.VitalChoice.com

ORGANIC WHOLE GRAINS AND NOODLES

Brown and White Rice

www.BobsRedMill.com

Sprouted Brown Rice

www.PlanetRiceFoods.com

QUINOA

www.BobsRedMill.com

www.Quinoa.net (Ancient Harvest)

Sprouted Quinoa

www.TruRoots.com

Amaranth

www.BobsRedMill.com

Quinoa Noodles

www.AndeanDream.com

Brown Rice Noodles

www.Tinkyada.com

GLUTEN-FREE FLOURS

Blanched Almond Flour

www.Nuts.com

www.LucysKitchenShop.com

Arrowroot Powder

www.BobsRedMill.com

Coconut Flour

www.BobsRedMill.com

www.TropicalTraditions.com

www.Nutiva.com

Sprouted Brown Rice Flour

www.PlanetRiceFoods.com

www.OrganicSproutedFlour.net

Sprouted Garbanzo Bean Flour

www.OrganicSproutedFlour.net

Quinoa Flour

www.BobsRedMill.com

www.Quinoa.net (Ancient Harvest)

OTHER INGREDIENTS

Organic Raw Vanilla Powder

www.DivineOrganics.com

Raw Organic Cacao Powder

www.EssentialLivingFoods.com

www.NavitasNaturals.com

Maca Powder

www.EssentialLivingFoods.com

www.NavitasNaturals.com



CHALLENGE FOODS

Organic Sourdough Rye Bread

www.FrenchMeadow.com

Organic Sprouted Wheat Flour

www.OrganicSproutedFlour.net

www.ArrowheadMills.com

Organic Sprouted Corn Tortillas

www.FoodforLife.com

Wheat-Free Tamari

www.San-J.com

Organic Spouted Tofu

www.WildwoodFoods.com

SUPPLEMENTS

Probiotics

www.Klaire.com

www.BodyBiotics.com

www.Culturelle.com

Digestive Enzymes

Bio-Gest: www.Thorne.com

Digest Gold:

www.Enzymedica-Digest.com

KITCHEN EQUIPMENT

High-Powered Blender

www.Vitamix.com

www.Blendtec.com

Stainless Steel Immersion Blender

www.Cuisinart.com

Food Processor

www.Cuisinart.com

Stainless Steel Popsicle Molds

www.OnyxContainers.com

Stainless Steel Food Storage Containers

www.LifeWithoutPlastic.com

Stone Bakeware

www.PamperedChef.com



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