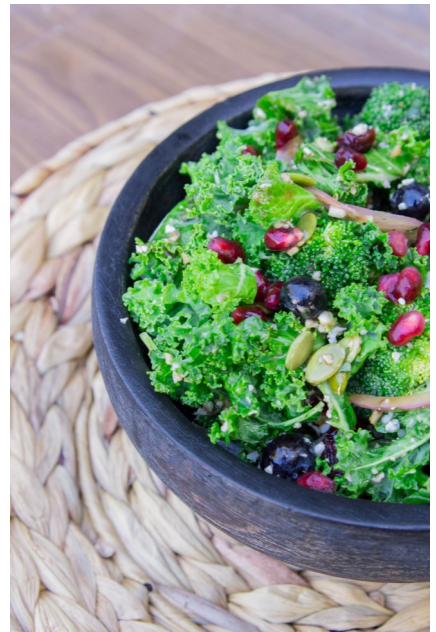


# Meal Planning Tools

Created for  
Suzie Sample

SAMPLE



## ***Congratulations!***

You have made a positive step towards improving your health by identifying your food sensitivities. Now that you know the foods and ingredients that may have contributed to inflammation, you can begin to take a fresh look towards improving your health. Using these meal planning tools in conjunction with your Alcat Test results and any other guidelines established by your healthcare provider will help you select a varied eating pattern using only foods that are compatible with your unique biochemical makeup.

This meal planning tool booklet will assist you on your journey to a healthier lifestyle. In the pages that follow, you will find a CPF Guide (Quick Start Guide), a Staple Builder, and Builder Recipes. Each one of these meal planning tools is based on your needs- only non-reactive or “permitted” foods are included and all “reactive” foods are omitted.

The reduction of inflammation, the prevention of any further food sensitivities, and having you feel your best, are the ultimate goals. We hope you find that utilizing these tools makes putting your plan into practice easy AND enjoyable.

Wishing you the best of health,





# Quick Start Guide (CPF)

This Quick Start Guide (CPF) is for you to use as a reference while assembling meals and snacks. To utilize this guide, we suggest choosing foods from each list for every meal and snack. This may prevent blood glucose spikes and subsequent quick drops which tend to interfere with energy, focus and concentration and lead to hunger and cravings in many people. You can keep this list on your refrigerator or close by in the kitchen to refer to and use as a shopping guide as well.

\* For specific instructions regarding how to use this tool while adhering to a rotation pattern of eating, refer to the "Rotation Guide" found later in this booklet.

### **QUICK START GUIDE**

We recognize that making changes in lifestyle is challenging. Although it is ideal to immediately start to consume the recipes and menus provided, it is not always realistic. You may feel the need to **gradually** work toward implementing the full plan. Or you may feel that there are days or weeks that you are on the run, unable to shop for ingredients, and/or unable to find much time for cooking.

For these situations, we recommend using the “Quick Start Guide” as a tool to serve as a fast reminder of your repertoire of foods. Using this list will help you to “grab and go” while adhering to your plan **and** feeling better.

As you see, the Quick Start Guide groups your choices into three categories based on the macronutrient content of the foods. These groups are: foods that are highest in **Carbohydrate**, foods that are highest in **Protein**, and foods that are highest in **Fat**.

To build (or throw together in a pinch) quick meals and snacks, refer to your Quick Start Guide. Choose at least one choice from all three lists (carbohydrate, protein, fat).

For example, breakfast may be a “permitted” whole grain cereal (carb), your permitted milk (carb) and permitted nuts (protein and fat) OR permitted whole grain tortilla (carb) with permitted natural nut butter (protein and fat) and permitted berries (carb).

You may quickly grab some permitted fruit (carb) and low fat permitted cheese (protein and a bit of fat) for an energizing snack OR you could have some raw vegetables with permitted hummus (carb, protein, and fat)

Lunch could be green salad loaded with non-starchy vegetables with permitted legumes (carb and protein), permitted grain like brown rice (if nonreactive) (carb), and permitted oil (fat) and vinegar dressing..... and so on.

It is best to have all categories represented at meals and snacks. In general, people who eat this way tend to report improved energy and alertness, and less hunger and cravings. Individuals with diabetes, pre-diabetes, and hypoglycemia, report improved blood glucose control as well. Your nutrition advisor however, may suggest a different pattern.

You’re on your way to a healthier you. We are delighted that you have chosen a healthy lifestyle and look forward to guiding you through this process. We are confident that you will be thrilled with the results!

*\*We recommend purchasing fresh, organic, GMO free foods and supporting your local economy and small farmers by purchasing local products when possible. For assistance with finding products that are suitable and determine the frequency of consumption appropriate for you, please consult with your nutrition advisor.*



# Quick Start Guide (CPF)

## Carbohydrates

<b>Fruit</b>	Cream of rice	<b>Milk/Yogurt</b>
Apricot	Rice (GF)	Almond milk* (DF)
Banana*	Rice cakes	Almond yogurt* (DF)
Blackberries	Rice flour	Cashew milk* (DF)
Blueberries	Mochi	Hemp milk (DF)
Cranberry sauce	Puffed rice	Peanut milk (DF)
Dragon Fruit	Tapioca flour*	Rice milk (DF)
Goji berries (fresh)*	Teff*	Rice yogurt (DF)
Grapefruit	Wild rice* (GF)	
Jackfruit	Yellow Pea*	
Kiwi		
Lemon*	<b>Legumes (also count as Protein)</b>	<b>Preferred</b>
Lime*	Black beans	<b>Sweeteners</b>
Mulberries	Black-eyed peas	Erythritol
Nectarine*	Chickpeas	Stevia
Mandarin oranges	Defatted peanut flour	Xylitol
Orange		
Peach	Fava beans*	<b>Sweets</b>
Pineapple	Hummus	Blackberry all fruit spread
Plums*	Lentil soup	Blueberry all fruit spread
Pomegranate*	Lentils	
Raspberries	Lima beans	
Strawberries	Mung beans	
Tangerine	Navy bean soup	
	Navy beans	
	Pinto beans	
<b>Grains/Starch</b>		
Acorn squash		
Amaranth (GF)		
Buckwheat flour		
Buckwheat groats (GF)		
Butternut squash		
Chickpea flour (GF)		
Corn bran		
Corn flakes		
Corn meal		
Grits		
Polenta		
Popcorn (GF)		
Green peas		
Pea flour		
Millet		
Millet flour		
Millet pasta		
Oat bran* (can get GF)		
Oat flour* (can get GF)		
Oat milk* (can get GF)		
Oatmeal* (can get GF)		
Parsnips		
Pumpkin		
Quinoa* (GF)		
Quinoa flour*		
Quinoa pasta*		

## Protein

<b>Dairy Free Cheese</b>	<b>Nuts/Seeds (also counts as Fat)</b>
Almond Cheese*	Almonds*
Cashew Cheese*	Brazil nut*
Rice cheese	Cashews*
	Hazelnuts
<b>Eggs</b>	Hemp Seeds
Egg whites	Peanut
Whole egg*	Pecans
	Pistachios
<b>Meat (lean preferred)</b>	Sunflower seeds
Anchovy	Walnuts
Beef*	
Buffalo/Bison*	<b>Protein Powders</b>
Catfish	Pea protein *
Chicken liver*	Rice Protein
Clam	Egg White Protein
Cod	Hemp Protein
Crab*	Pumpkin Seed Protein
Duck	
Flounder*	
Grouper	
Haddock	
Halibut	
Lamb	
Lobster*	
Mackerel	
Mahi mahi	
Mussels	
Salmon	
Salmones*	
Scallops	
Sea bass	
Shrimp	
Snapper	
Sole	
Squid	
Swordfish*	
Tilapia	
Trout	
Veal	
<b>Nut Butters (also counts as Fat)</b>	
Almond butter*	
Cashew butter*	
Peanut butter	
Pistachio nut butter	
Sunflower seed butter	
Walnut butter	

## Fat

<b>Oil (preferred)</b>
Almond oil*
Avocado
Avocado oil
Corn oil
Hazelnut oil
Hemp oil
Olive oil
Olives
Peanut oil
Rice bran oil
Safflower seed oil
Sesame oil
Sunflower oil
Walnut oil
<b>Other</b>
Brazil nuts*
Egg yolk*
Hazelnut butter
Macadamia nuts
Pine nuts
Pumpkin seeds
Sunflower seeds
Sesame tahini
Soy lecithin

## Nonstarchy Vegetables (free)

Arugula*
Artichoke*
Asparagus
Beets
Bell peppers
Bok choy
Broccoli*
Brussels sprouts
Cabbage
Celery
Collard greens
Cucumber
Eggplant
Escarole
Endive
Green beans
Habanero pepper
Homemade pickles (no brewer's yeast)
Iceberg lettuce
Jalapeño pepper
Jicama
Kale*
Kelp
Leek
Mung bean sprouts
Mustard greens
Okra*
Portobello mushrooms*
Radish
Red/green leaf lettuce*
Romaine lettuce*
Rhubarb*
Rutabaga*
Scallions*
Shallots
Spaghetti squash
Spinach
Swiss chard*
Turnips
Watercress*
Yellow squash



# Staple Builder

This Staple Builder provides you with suggestions - flours, sweeteners, oils, spreads, seasonings and milks to keep on hand in the kitchen to use in recipes.

# Staple Builder

This Staple Builder provides you with suggestions for your staples - flours, sweeteners, spices and spreads to keep on hand in the kitchen to use in recipes. We recommend making your own unsweetened dairy free milk whenever possible (see Builder Recipes for details). If choosing store bought dairy free milk, it is best to choose unsweetened and always check the ingredient label to be sure that all ingredients are appropriate for you.

## SPREADS & OILS

⚠️ Almond Oil	⚠️ Cashew Oil	Hazelnut Oil
Homemade Mayonnaise	Macadamia Nut Oil	Olive Oil
Peanut Oil	Safflower Oil	Sesame Oil
Sunflower Oil		

## VINEGARS

⚠️ Naturally Fermented Plum Vinegar
-------------------------------------

## SWEETENERS

Erythritol	⚠️ Lo Ha	Stevia
Xylitol		

## MILKS

⚠️ Almond Milk	⚠️ Cashew Milk	⚠️ Gluten Free Oat Milk
Hazelnut Milk	Macadamia Milk	Rice Milk

## OTHER BEVERAGES

⚠️ Black Tea	Chamomile Tea	Coffee
Ginger Tea	Green Tea	Water

## FLOUR

---

⚠️ Almond Meal Flour	Amaranth Flour	Black Bean Flour
Brown Rice Flour	Buckwheat Flour	Chickpea Flour
Cornmeal	⚠️ Fava Bean Flour	⚠️ Garfava Flour
Lentil Flour	Millet Flour	Navy Bean Flour
⚠️ Oat Flour (Gluten Free)	Pea Flour	Pinto Bean Flour
⚠️ Quinoa Flour	⚠️ Tapioca Flour	White Rice Flour

## SEASONINGS/SPICES

---

⚠️ Allspice	Basil	Bay Leaf
⚠️ Black Pepper	Caraway	⚠️ Cardamom
⚠️ Carob	Cayenne Pepper	⚠️ Cinnamon
Clove	Cocoa	Coriander
⚠️ Cumin	Dill	Garlic
Ginger	⚠️ Licorice	Nutmeg
⚠️ Oregano	Paprika	Parsley
Peppermint	Rosemary	⚠️ Salmon
Sage	⚠️ Tarragon	Thyme
Vanilla		





# Builder Recipes

These Builder Recipes are individualized for you. For each recipe, choose a food out of each category and combine all ingredients according to the instructions to “build your own” version of the recipe. The possibilities are endless! If there is no measurement specified, use the amounts that taste right to you; cooking is based on your own preferences and of course, your creativity!

\* For specific instructions regarding how to use this tool while adhering to a rotation pattern of eating, refer to “Following a Rotation Plan” later in this booklet.

# Yogurt Parfait Builder

Add yogurt to a cup or bowl. Mix in preferred sweetener if using unsweetened yogurt. Then top with fruit, grains, nuts/seeds and enjoy.

## Yogurt

6oz = 1 serving

⚠️ Almond Yogurt

## Fruit

Top or layer your yogurt with 1/2 cup permitted fruit.

⚠️ Banana

Blackberries

Blueberry

Cranberries

Dragon Fruit

Grapefruit

Kiwi

⚠️ Nectarines

Peaches

Pineapple

⚠️ Plum

⚠️ Pomegranate Seeds

Raspberries

Strawberry

Tangerines

## Grains for Topping

Use up to 1/2 cup for added crunch and flavor!

Corn Flakes

⚠️ Quinoa (Grain)

Organic Puffed Corn

Puffed Millet

⚠️ Puffed Rice

## Nuts and Seeds

Sprinkle or stir in 1/4 cup of permitted nuts or seeds

⚠️ Almonds

⚠️ Cashews

Chia Seeds

Hazelnuts

Macadamia Nuts

Peanuts

Pecans

Pine Nuts

Pistachios

Sesame Seeds

Sunflower Seeds

Walnuts

## Sweeteners

Use sparingly!

Erythritol

⚠️ Lo Han

Stevia

Xylitol

## Other Ingredients

Stir in permitted ingredients and use sparingly if it is sweet!

⚠️ Almond Extract

⚠️ Cinnamon

Cocoa Powder

Ground Cloves

⚠️ Lemon Juice

⚠️ Lime Juice

Nutmeg

Vanilla

⚠️ Indicates Mild Reaction

# Build Your Own Smoothie

## Liquids

*Use one cup to start with as your base!*

⚠️ Almond Milk	⚠️ Almond Yogurt	⚠️ Cashew Milk
Green Tea	Rice Milk	Water

## Energy Boosting Carbohydrates

*Blend in 1/2 cup of fresh fruit to your base.*

Avocado	⚠️ Banana	Blackberry
Blueberry	Cranberry	Dragon Fruit
Grapefruit	Kiwi	⚠️ Nectarine
Orange	Peach	Pineapple
⚠️ Plum	⚠️ Pomegranate	Raspberry
Strawberry		

## Powerful Proteins

*If using nuts, use up to 1/4 cup. If using protein powder, use one serving size per one cup of your base.*

⚠️ Almonds	⚠️ Brazil Nuts	⚠️ Cashews
Chia Seeds	Egg White Protein Powder	⚠️ Pea Protein Powder
Peanut	Pecan	Pine Nuts
Pistachio	Sesame Seeds	Sunflower Seeds
Walnut		

## Leafy Greens

*Use 1-2 cups of your desired greens.*

Bok Choy	Collards	Endive
Iceberg Lettuce	⚠️ Kale	Kelp
Mustard Greens	⚠️ Red/Green Leaf Lettuce	⚠️ Romaine Lettuce
Spinach	⚠️ Swiss Chard	Turnip Greens

Select from each list. Use your creativity to build a smoothie just for YOU! Blend until desired consistency.

\*Note: For every cup of smoothie, add 1 scoop (1/4 cup) of protein powder. Protein content in powders will vary with product used. Consult with your nutrition advisor for the best option and amount to meet your needs.

# Dairy Free Milk Builder

Make your very own dairy free milk!

## Nuts, Seeds, and Grains

*Soak permitted nuts or seeds in water overnight. Drain and rinse, and combine with appropriate amount of water. Blend for 2-3 minutes until smooth and combined.*

*Grains should be cooked ahead of time, and then simply blend them with water!*

⚠️ Almonds	Amaranth	⚠️ Brazil Nuts
⚠️ Cashews	⚠️ Gluten Free Oats	Hazelnuts
Macadamia Nuts	Millet	Pecans
Pistachios	Rice	Sesame Seeds
Sunflower Seeds	⚠️ Tapioca	Walnuts
⚠️ White Quinoa		

Nuts = 1/2 cup raw nuts to 3 cups fresh water  
Seeds = 1 cup raw seeds to 2 cups water  
Grains = 2/3 cups cooked grain to 3 cups water

\*Note: You may use more or less nuts/seeds/grains and water depending on taste and texture preferences.  
Experiment and be creative!

## Flavorings

*\*Add in a small amount for extra flavor, and use sweetener sparingly!*

⚠️ Almond Extract	⚠️ Cinnamon	⚠️ Clove
Nutmeg	Peppermint Extract	Pureed Blueberry
Pureed Raspberry	Pureed Strawberry	Stevia
⚠️ Unsweetened Carob Powder	Unsweetened Cocoa Powder	Vanilla

# Homemade Nut/Seed Butter Builder

Make your own nut or seed butter! It's super easy and fun to say you made it yourself! All you need is the nuts or seeds and a good food processor or blender. Have fun and be creative!

## Nuts/Seeds

*\*Use 2-4 cups of dry nuts/seeds and soak anywhere from a few hours up to one night before processing.*

⚠ Almonds	⚠ Brazil Nuts	⚠ Cashews
Hazelnuts	Macadamia Nuts	Peanuts
Pecans	Pine Nuts	Pistachios
Sesame Seeds	Sunflower Seeds	Walnuts

## Optional Add Ins and Flavorings

*Add in flavorings, oils, or sweeteners to your own liking. You may choose to not use anything! For sweeteners, use 1-2 tsp and oils use 1-2 tbsp.*

⚠ Almond Oil	⚠ Cinnamon	Ginger
Hazelnut Oil	Macadamia Oil	Nutmeg
Peanut Oil	Safflower Oil	Sea Salt
Stevia	Sunflower Oil	⚠ Unsweetened Carob Powder
Unsweetened Cocoa Powder	Vanilla	⚠ Walnut Oil

*\*Stir in flavorings at the very end of processing, being careful not to over mix your nut/seed butter*

It is recommended to soak nuts/seeds ahead of time for optimum flavor and digestibility. Be sure to dry them completely before processing; you may even want to roast them for flavor! Processing time is about 20 minutes before it begins to turn into nut butter.



# Trail Mix Builder

## Nuts/Seeds

⚠️ Almonds	⚠️ Brazil Nuts	⚠️ Cashews
Macadamia Nuts	Peanuts	Pecans
Pine Nuts	Pistachios	Sesame Seeds
Sunflower	Walnuts	

## Dried Fruit

*Be sure your fruit is sulfite free AND unsweetened.*

⚠️ Bananas	Blueberries	Cranberries
Crystallized Ginger	⚠️ Goji Berries	Pineapple
Raspberries	Strawberries	

## Other

*Add a few tablespoons for crunch and sweetness.*

⚠️ Gluten Free Sugar Free Plain Granola	⚠️ Gluten Free Roasted Oats	Organic Corn Flakes
Organic Popcorn	Organic Puffed Corn	Puffed Millet
Puffed Rice		

Choose one or more tasty treats from each category and mix in a bowl or bag. Enjoy as an energy sustaining snack.

# Sandwich Builder

## Choose the Envelope

*Whole grains are preferred; choose a wrap, bread, or lettuce that is appropriate for your eating pattern.*

Gf Organic Corn Tortilla

Gf Rice Wrap

⚠ Red/Green Leaf Lettuce

## Select Scrumptious Sandwich Stuffing

*Use one serving size.*

⚠ Almond Butter

⚠ Almond Cheese

Black Bean Spread

⚠ Cashew Butter

⚠ Cashew Cheese

Chickpea Hummus

⚠ Crab

Duck Breast

Grilled Salmon

Grouper Filet

Lamb Patty

⚠ Lean Beef Patty

Lentil Bean Spread

⚠ Lobster

Mahi Mahi Filet

Mung Bean Spread

Navy Bean Spread

Peanut Butter

⚠ Pork/Ham

⚠ Portobello Mushroom

Shrimp

Snapper Filet

Tilapia

## Tasty Toppers

⚠ Artichoke

⚠ Avocado

Avocado Chunks

⚠ Broccoli

Chopped Bell Pepper

Cucumbers

Eggplant

Endive

Garlic

Iceberg Lettuce

Jicama

⚠ Kale

Olives

Pecans

⚠ Romaine Lettuce

Shredded Cabbage

Sliced Celery

Spinach

⚠ Swiss Chard

⚠ Watercress

\*Refer to respective Builder for recipe.

# Homemade Broth Builder

Homemade broth or stock is not only delicious, but also nourishing and incredibly easy! Sip your broth plain or use it as a base in soups, sauces, or to cook grains in.

## Base

*Choose as many ingredients out of the base category as you would like, but stick with one meat or protein and add vegetables OR just choose vegetables. If you are making a vegetarian broth, simply double up on the vegetables and choose a combination of them that tastes best to you.*

⚠ Beef Bones (6 Lbs.)	Bell Peppers (1-2 Sliced)	⚠ Bison Bones (6 Lbs.)
Cabbage (1/4 Head)	Celery (3 Stalks, Chopped Into Large Chunks)	Lamb Bones (1 1/2 Lbs.)
Leeks (3, Sliced Into Chunks And Rinsed)	⚠ Oxtails (4 Lbs.)	Parsnips (2, Peeled And Chopped)
⚠ Portobello Mushrooms And Stems (1-2 Cups)	⚠ Rutabaga (1 Medium, Peeled And Chopped)	⚠ Scallions (1 Bunch, Green Parts Only)
Snapper (1-2 Carcass(S))	Sole (1-2 Carcass(S))	

## Flavorings (optional)

*For a multitude of health benefits and more flavor, you may choose to include these ingredients. Add in the recommended amounts as listed below at the beginning of cooking time and be sure to remove them once the broth is finished.*

Basil (5-6 Leaves)	Bay Leaves (2-3)	Dill (2-3 Sprigs)
Garlic (5-6 Cloves, Whole)	Nutmeg (1 Pinch)	⚠ Oregano (1-2 Sprigs)
Parsley (5-6 Sprigs)	⚠ Peppercorns (1/2 Tsp.)	Rosemary (1 Sprig)
Thyme (5-6 Sprigs)		

Place all of your chosen ingredients into a large stock pot and cover with one inch of water (rule of thumb is generally 12 cups of water). Bring to a simmer and do not stir. Simmer chicken or turkey broth 6-8 hours and beef, bison or oxtail broth 8-12 hours. Lamb broth should be simmered for 2 ½ to 3 hours and fish and vegetable broth simmered for 1 ½ hours. It may be desirable to roast the bones and/or vegetables to caramelize before simmering for a richer broth, but it is not necessary. Once finished, skim the surface and discard foam and fat. Strain the broth through a fine mesh sieve and let cool completely before placing in the refrigerator or freezer. If any more fat rises once it is cold, you may skim it off before using. Refrigerate your broth up to four days or freeze up to 6 months.

## Main Dish Salad Builder

Use your creativity to build a salad just for you! For a To-Go Option you may choose to use a mason jar. Assemble by placing your beans or protein at the bottom, along with the dressing. Layer the hearty vegetables over that, then nuts/seeds/protein, other less hearty vegetables, and lastly lettuce on top. This will keep as packed up to 3 days. When ready to eat, simply shake and/or stir for the dressing to coat all other ingredients. Enjoy!

### Lettuce Base

*Use 1/2-1 cup.*

⚠ Arugula	Bok Choy	Cabbage
Endive	Iceberg Lettuce	⚠ Kale
⚠ Red/Green Leaf Lettuce	⚠ Romaine Lettuce	Spinach
⚠ Swiss Chard	⚠ Watercress	

### Tasty Veggie Mix-ins Load up!

*1/2 cup raw, roasted or blanched.*

⚠ Artichokes	Asparagus	Beets
Bell Peppers	⚠ Broccoli	Brussel Sprouts
Celery	Cucumber	Green Peas
Jicama	Leeks	⚠ Portobello Mushrooms
Radishes	⚠ Scallions	String Beans
Turnips	Yellow Squash	

### Energy Boosting Carbohydrates

*1/4-1/2 cup leftover grains, grain salads, or fresh fruit.*

Amaranth	Blackberries	Blueberries
Brown Rice	Grapefruit	Green Peas
Kiwi	Millet	⚠ Nectarines
Orange Slices	Organic Corn	Parsnips
Pineapple	Pinto Beans	⚠ Pomegranate
⚠ Quinoa	Raspberries	Rice
Sliced Or Diced Peaches	Strawberries	⚠ Tapioca
⚠ Teff	Unsweetened Dried Cranberries	⚠ Wild Rice

## Powerful Proteins

*(Essential energy sustaining selection)  
Feel free to use leftovers here!  
Avoid fatty animal choices and use 1/2 cup.*

Anchovies	⚠️ Bison	Black Beans
Black Eyes Peas	Catfish	Chickpeas
⚠️ Crab	Duck	⚠️ Fava Beans
⚠️ Flounder	Grouper	Halibut
⚠️ Hard Cooked Egg	Lamb	⚠️ Lean Beef
Lentils	Lima Beans	⚠️ Lobster
Mackerel	Mahi Mahi	Mung Beans
Mussels	Navy Beans	Pinto Beans
⚠️ Pork/Ham	Salmon	⚠️ Sardines
Scallops	Sea Bass	Shrimp
Snapper	Sole	⚠️ Swordfish
Tilapia	Trout	

## Nuts and Seeds to Sprinkle on Top

*Use a few tablespoons up to 1/4 cup.*

⚠️ Almonds	⚠️ Brazil Nuts	⚠️ Cashews
Hazelnut	Macadamia Nut	Peanuts
Pecans	Pine Nuts	Pistachio
Sesame Seeds	Sunflower Seeds	Walnuts



# Slow Cooker Builder

Use your creativity for a fantastic one pot dish just for YOU!

\*\*"Homemade" is always best so that you have control over the ingredients included. If choosing packaged versions of foods suggested, please be certain to check ingredient lists and avoid ALL offending ingredients.

## Protein

See protein preparation instructions to follow.

	Beef	Bison
Black Beans	Black-Eyed Peas	Chickpeas
Crab	Duck	Fava Beans
Flounder	Lamb	Lentils
Lima Beans	Mung Beans	Navy Beans
Pinto Bean	Pork	Salmon
Snapper	Veal	

## Starchy Veggies & Grains

Acorn Squash	Amaranth	Buckwheat/Kasha
Butternut Squash	Green Peas	Millet
Organic Corn	Parasip	Pumpkin
Quinoa	Rice	Spaghetti Squash
Tapioca	Teff	Wild Rice
Yams		

## Non-Starchy Veggies

Artichoke	Asparagus	Bell Peppers
Bok Choy	Broccoli	Brussel Sprouts
Cabbage	Celery	Eggplant
Endive	Jalapeno Pepper	Kale
Leek	Mustard Greens	Okra
Portobello Mushroom	Radish	Reishi Mushrooms
Scallions	Shallots	String Beans
Swiss Chard	Turnip	

## Oils

⚠️ Almond Oil	Extra Virgin Olive Oil	Hazelnut Oil
Macadamia Nut Oil	Organic Corn Oil	Peanut Oil
Safflower Oil	Sunflower Oil	Walnut Oil

## Liquids

*Homemade is always best to ensure that ingredients being used are appropriate for you!*

⚠️ Almond Milk	Vegetable Broth	Water
----------------	-----------------	-------

## Spices & Herbs

⚠️ Allspice	Basil	Bay Leaf
⚠️ Black Pepper	Caraway Seeds	⚠️ Cardamom
Cayenne Pepper	⚠️ Chili Pepper	Cilantro
Clove	Coriander	⚠️ Cumin
Curry	Cumin	Garlic
Ginger	Jalapenos	Nutmeg
⚠️ Oregano	Paprika	Parsley
Peppermint	Rosemary	Sage
⚠️ Tarragon	Thyme	

Prepare starch/ non- starchy vegetables. Wash the vegetables with fresh running water. Lightly scrub off any dirt with a vegetable brush.

Slice your vegetables into chunks that are approximately the same size. Blanch vegetables as needed.

Prepare meat. Using impermeable cutting board to remove skin and trim fat. Rub meat with dry rub with oil herbs and spices.

For additional flavor and color, brown meat in skillet prior to placing in slow cooker (optional).

Place vegetables at the bottom of slow cooker. Then place meat in slow cooker.

Add liquid. Since liquids do not evaporate during slow cooker cooking, you need to reduce the liquid you would normally use, with the exception of cooking rice, beans or pasta.

If adding rice to slow cooker (add brown rice or wild rice 35-40 minutes before end of cooking time and white rice or quinoa 20 minutes before end of cooking time. Rinse quinoa thoroughly before adding.

Add additional herbs and spices if needed at the end of cooking cycle.

Cooking times may vary based on your brand of slow cooker, please refer to user manual for actual cooking times.

Protein Source	Cooking Time & Temperature	Special Instructions
<b>* NOTE: Be aware, not all choices below may be appropriate for you.</b>		
Poultry*	Breast 6 - 8 hours low Legs 4 - 6 hours low	Place chicken breast down into Crockpot. Add enough liquid to cover 1 /3 of chicken. For chicken soup or broth add liquid to cover 1/2 of chicken.
Pork*	Chops 3 - 4 hours low Stew 6 - 8 hours low	Add enough liquid to cover 1/2 of pork. For soups and stew add liquid to cover 3/4 of pork.
Beef*	Ground 6 - 8 hours low Stew 8 - 10 hours low	Add enough liquid to cover 1/2 of beef. For soups and stew add liquid to cover 3/4 of beef.
Lamb*	8 - 10 hours low	Add enough liquid to cover 1/2 lamb. For soups and stew add liquid to cover 3/4 of lamb.
Beans*	6 - 10 hours low	Soak overnight with enough water to cover them. Do not add sugar or acidic foods before beans are softened. Add enough liquid to cover beans completely.
Fish*	2 - 3 hours low	Place fish in crock pot whole or whole fillet, do not stir to avoid fish flaking. Add 2 oz of liquid.
Crab*	4 - 6 hours low	Add enough liquid to cover 1/3 of crab.



# Fish en Papillote Ideas

Top with assorted vegetables and seasonings.  
Vary your meal with mouth-watering combinations.

## Fresh Fish

*Use one piece of fish per packet.*

Catfish	Cod	⚠ Flounder
Grouper	Haddock	Halibut
Mackerel	Mahi Mahi	Salmon
Sea Bass	Snapper	Sole
⚠ Swordfish	Tilapia	Trout

## Fruits and Veggies

*Place vegetables in packets mostly cooked. Delicate vegetables such as spinach, tomato, etc. do not need to be cooked ahead of time.*

⚠ Artichoke	Asparagus	Bok Choy
Brussels Sprouts	Diced Eggplant	Endive
Green Beans	Jicama	⚠ Kale
Peas	⚠ Portobello Mushrooms	Shrimps
Sliced Bell Pepper	Sliced Celery	Sliced Leeks
⚠ Sliced Lemon	⚠ Sliced Lime	Sliced Olives
Sliced Pineapple	Sliced Yellow Squash	⚠ Small Broccoli Florets
Spinach	⚠ Swiss Chard	Thinly Sliced Cabbage
Yellow Squash		

## Cooked Grains and Starches

*Use 1/2 cup COOKED as the bed for the fish.*

Amaranth	Buckwheat	Millet
Organic Corn	⚠ Quinoa	Rice
⚠ Teff	Turnips	⚠ Wild Rice

## Oils

*Use two tablespoons.*

⚠ Almond Oil	Macadamia Nut Oil	Olive Oil
Peanut Oil	Safflower Oil	Sesame Oil
Sunflower Oil	Walnut Oil	

### Herbs and Seasonings

Use amount to taste.		
Basil	Bay Leaf	⚠ Black Pepper
Cayenne Pepper	Cilantro	Dill
Garlic	Garlic Powder	Ginger
Jalapeno Pepper	⚠ Naturally Fermented Plum Vinegar	⚠ Oregano
Paprika	Peanut Butter	Peppermint
Rosemary	⚠ Saffron	Sage
Sesame Seeds	⚠ Tarragon	Thyme

Place a 3-6 ounce fish fillet in a large piece of parchment paper. If preparing more than one serving, use separate pieces of parchment paper for each.

Add all your desired ingredients to your fish, from the ingredients listed above.

Bring your parchment paper together and pinch around the edges tightly in 1/4 inch folds to create a half moon shape.

Now, bake your fish packet in a preheated oven (350 degrees F) for about 10 minutes or until the fish flakes when tested with a fork.



# Meatball Builder

Choose your base and add in flavorings, moisture, and "glue". Match your meatballs with the Sauce Builder Recipe to complete the meal!

\*"Homemade" is always best so that you have control over the ingredients included. If choosing packaged versions of foods suggested, please be certain to check ingredient lists and avoid ALL offending ingredients.

## Base

*Use 1 lb of protein, mix with chosen flavorings and experiment with the moisture and "glue"!*

Ground Lamb	Ground Pork	Ground Veal
Lean Ground Beef	Mashed Chickpeas	Mashed Lentils

## Flavorings and Fillers

*Add in desired amount to taste; grated vegetables are easily disguised and will add more moisture and extra nutrition!*

Basil	Black Pepper	Cayenne
Chopped Portobello Mushrooms	Chopped Steamed Spinach	Cilantro
Cinnamon	Coriander	Cumin
Garlic (Fresh Or Powder)	Ginger	Grated Beets
Oregano	Paprika	Parsley
Rosemary	Sage	Thyme

## Moisture and "Glue"

*Add in a few tablespoons up to 1/4 cup per one pound of protein. You may also choose to use permitted breadcrumbs soaked in water or homemade broth. Making your own broth and bread crumbs allows you to control the ingredients, so you can make it to your own specifications! Mix it in slowly, you can always add more if the mixture gets too dry, but you cannot take it out!*

Almond Milk	Almond Yogurt	Olive Oil
Soaked Almond Meal	Soaked Gf Oats	

Mix all ingredients together in a large mixing bowl. Make a test patty and cook it in a hot skillet to check seasonings and spices. Adjust as needed.

Roll into 1-1/2 inch balls and bake in a 350 degree oven until cooked through OR sear the outsides first in permitted oil and then bake at 350 degrees until done. Searing first keeps the moisture in and gives it the nice brown appearance on the outside.



# Skincare Builder

The following Homemade Skincare Builder Recipes are courtesy of Nourish Your Skin Naturally® at [www.nourishyourskinnaturally.com](http://www.nourishyourskinnaturally.com). These recipes are meant to provide you with suggestions for making your own skincare products in order to avoid potentially harmful or reactive ingredients found in many commercial products.

\* These products are not meant for consumption, only for topical use.

**Please Note:** *This booklet was created for you based on your most recent Alcat Test results. Please remember that the Alcat Test does NOT identify true type 1/IgE mediated food allergies. Please continue to avoid all of your known type 1/IgE mediated food allergies even if they were not reactive in the Alcat Test and appear in this booklet.*

# Homemade Soap Builder

Recipe courtesy of Nourish Your Skin Naturally® [www.nourishyourskinnaturally.com](http://www.nourishyourskinnaturally.com)

This Builder Recipe provides suggestions for making your own soap products in order to avoid potentially harmful or reactive ingredients found in many commercial products.

While it is possible to make your own soap base at home, this recipe begins with a melt and pour glycerin soap base. Be sure to choose a soap base with non-toxic ingredients and that they are appropriate for you (for more information see the Environmental Working Group's Skin Deep® Cosmetics Database <https://www.ewg.org/skindeep/>).

Simply melt on low heat and add in other ingredients. Also keep in mind that you will need a soap mold for it to set in; or you can pour into a shallow cake pan and cut with cookie cutters (try some fun ones!)

## BASE

*Begin by melting 1 pound of the base at a low temperature. Be sure to check the ingredients of the soap base you choose. Look for a natural melt and pour soap base without SLS, SLES, or propylene glycol.*

*Add in 1/8 tsp. liquid vitamin E oil for a more nourishing soap. Be sure to check the ingredients as some liquid vitamin E may be mixed with olive, sunflower, or other oils.*

⚠️ Oatmeal	Olive Oil Glycerin	Pure Glycerin
Shea Butter Glycerin (Untested)		

## OILS

⚠️ Almond Oil	Jojoba Oil (Untested)	Avocado Oil
Castor Oil (Untested)	Jojoba Oil (Untested)	Olive Oil
Sunflower Oil		

## NATURAL COLORS (OPTIONAL)

*Mix the coloring into the warmed base along with the oil. Begin by adding a teaspoon at a time and slowly increase the amount little by little until it's the color of your liking!*

Chlorophyll (Untested)	Cocoa	Ground Coffee
Hibiscus (Untested)		

## ESSENTIAL OILS

*Stir in your chosen essential oil using 1-3 tsp. per pound of soap. Be sure that you are using pure essential oil and not synthetic fragrances. Only use as tolerated; certain oils or amounts may be an irritant to sensitive skin.*

Basil	⚠️ Cardamom	Chamomile
⚠️ Cinnamon Bark	Eucalyptus (Untested)	Ginger
Grapefruit	Jasmine (Untested)	⚠️ Lavender
⚠️ Lemongrass Or Lemon	Vanilla	

\*At this point you can pour your soap into the mold allowing it to harden at room temperature, or keep going by adding exfoliating and textural add ins as follows!

## EXFOLIATING AND TEXTURAL ADD INS (OPTIONAL)

---

*Begin by adding a half a cup of the textural ingredients per pound of soap. Slowly increase the amount as desired up until you reach a full cup of the textural ingredients per pound of soap.*

Chia Seeds

Dried Herbs

Finely Ground Coffee Beans Or  
Dried Grounds

Hemp Seeds

⚠️ Oatmeal

Sea Salts

\*Once your add ins are combined, pour the mixture into the molds and allow them to sit at room temperature to harden. Once hard, pop the soap out of the mold and store in a dry environment until use. Enjoy your own homemade soap!

Additional skin care tip:

1. You can also use pure baking soda mixed with water to make a paste as a mild exfoliating scrub after washing your face with your homemade soap.
2. You can use organic unscented liquid castile soap for hand soap and shampoo. Add a small amount of chosen essential oil if desired/tolerated. Add 1ml (20 drops) essential oil per ounce of liquid soap.

## Product Recommendations for Suzie Sample

*Below is a general list of specialty products that may help in implementing your Alcat results. Please be aware, that this list **is** subject to change as manufacturers can change ingredients at any time without notice. So, while this is a great reference to aid in the discovery of new products, it is always necessary to check the ingredient label **before every** purchase to ensure that they do not contain any of your culprit foods. Additionally, if a product cannot be found that works with your results, a recipe will be provided if possible.*

*Be aware that these products may not be appropriate for use within a rotation pattern of eating due to the presence of more than one ingredient. For this reason, it is ideal, although not always practical, for most foods that we consume, to be made from scratch.*

Food	This would work!
Pasta	 <p>King of Noodles Organic Buckwheat Noodles  <a href="http://www.kingofnoodles.com/product/organic-100-buckwheat-noodles/">http://www.kingofnoodles.com/product/organic-100-buckwheat-noodles/</a></p>
Milk	 <p>Provamel Organic Original Rice Drink  <a href="https://www.provamel.com/uk/products/rice-drinks/rice-original?cid=43#product">https://www.provamel.com/uk/products/rice-drinks/rice-original?cid=43#product</a></p>
Nut Butter	 <p>MaraNatha Organic Creamy Peanut Butter  <a href="http://www.maranathafoods.com/product/organic-peanut-butter-creamy/">http://www.maranathafoods.com/product/organic-peanut-butter-creamy/</a></p>



<p><b>Chip</b></p>	<div data-bbox="873 197 1019 401" data-label="Image"> </div> <p>Peeled Snacks Baked Organic Sea Salt Crunchy Pea Snack  <a href="http://shop.peeledsnacks.com/Sea-Salt/p/PSK-000225&amp;c=PeeledSnacks@PeasPlease">http://shop.peeledsnacks.com/Sea-Salt/p/PSK-000225&amp;c=PeeledSnacks@PeasPlease</a></p>
<p><b>Protein Powder</b></p>	<div data-bbox="873 527 1019 758" data-label="Image"> </div> <p>NutriBiotic Organic Plain Rice Protein  <a href="http://www.nutribiotic.com/organic-rice-protein-plain-21oz.html">http://www.nutribiotic.com/organic-rice-protein-plain-21oz.html</a></p>



# Menu

This sample menu provides 8 days of ideas for breakfast, lunch, dinner, and snacks in between. All of the ideas contain a source of carbohydrate, protein, and fat for a well balanced meal or snack that will help keep you energized throughout the day.

# Eating to Energize

**\*\*NOTE:** Please keep in mind that this menu template is meant to give you plenty of meal and snack ideas, but does not need to be followed exactly as is. You and your nutrition advisor will discuss practical ways to implement the ideas listed. All moderate/severely reactive foods have been excluded; and mild sensitivities (if utilizing) are included with an asterisk.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Breakfast	<u>Smoothie Builder:</u> (fresh or frozen fruit, greens, nuts/seeds, nut/seed butter or protein powder, milk)	<u>Morning Porridge Builder:</u> (warm cereal, “sweet” seasonings, fruit, nuts/seeds or nut/seed butter & DF milk)	<u>Smoothie Builder:</u> (fresh or frozen fruit, greens, nuts/seeds, nut/seed butter or protein powder, DF milk)	Cold Whole Grain GF Cereal & DF Milk topped w/Fresh Fruit & Nuts/Seeds <u>OR Morning Porridge Builder</u>	<u>Bar Builder:</u> (whole grain GF cereal, nuts/seeds, nut/seed butter, <i>sulfite free</i> dried fruit)	<u>Omelet Builder:</u> (eggs*, greens, vegetables, savory seasoning). Served with Fresh Fruit	<u>Morning Porridge Builder:</u> (warm cereal, “sweet” seasonings, fruit, nuts/seeds or nut/seed butter & DF milk)	Cold Whole Grain GF Cereal & DF Milk topped w/Fresh Fruit & Nuts/Seeds
Snack	<u>Trail Mix Builder:</u> (nuts/seeds, <i>sulfite free</i> dried fruit)	<u>Yogurt “Parfait” Builder:</u> (plain DF yogurt, fresh fruit, nuts/seeds, “sweet” seasoning such as cinnamon*)	Fruit slices or DF Yogurt & Nut/Seed Butter	<u>Trail Mix Builder:</u> (whole grain GF cereal/granola, nuts/seeds, <i>sulfite free</i> dried fruit)	Fruit slices or DF Yogurt & Nut/Seed Butter	Leafy Greens Wrap: (nitrate free protein or egg*, fresh vegetables wrapped w/leafy greens), Fresh Fruit	<u>Bean Spread Builder:</u> (Legumes, oil, seasonings) w/Raw or Blanched Vegetables	Brown Rice Cake topped w/Nut/Seed butter & Fresh/Sulfite Free Dried Fruit
Lunch	Leftovers <b>OR</b> <u>Main Dish Salad Builder</u> (leafy greens, protein, dressing), Baked Chips, Fresh Fruit	Leftovers <b>OR</b> Homemade “Lunchable” (salmon w/baked chips, raw vegetables & fruit)	Leftovers <b>OR</b> <u>Sandwich Builder:</u> (corn tortilla, nitrate free protein, vegetables, oil/spread)	Leftovers <b>OR</b> <u>Lunchbox Builder:</u> (rice, fish, vegetables, oil, seasonings)	Leftovers <b>OR</b> <u>Salad Builder</u> (leafy greens, protein, dressing) & Fresh Fruit	Leftovers <b>OR</b> , Caribbean Skewers: (seafood, fruit & vegetables) w/Baked Chips/Whole Grain GF Crackers	Leftovers <b>OR</b> Sandwich Wrap (corn tortilla, nitrate free deli meat, leafy greens & vegetables, legumes, oil)	Leftovers <b>OR</b> Whole Grain GF Pasta mixed w/Sautéed Legumes or Seafood & Vegetables, Oil, Seasonings
Snack	<u>Hummus/Bean Spread Builder:</u> (legumes, oil, seasonings) w/Fresh Vegetables	Whole Grain GF Crackers & Salmon or Nut/Seed Butter	Nitrate Free Meat & Leafy Greens Roll Up w/Baked Chips	<u>Bean Spread Builder:</u> (Legumes, oil, seasonings) w/Raw or Blanched Vegetables	<u>Nacho Builder</u> (baked chips, shredded melted DF cheese & fresh vegetables)	Hard Cooked Egg* w/ Whole Grain GF Crackers/Fruit	<u>Trail Mix Builder:</u> (nuts/seeds, <i>sulfite free</i> dried fruit)	<u>Smoothie Builder</u> (frozen fruit, DF milk, protein powder or nuts/seeds)
Dinner	Start day 2 Baked Fish w/Wild Rice* & Roasted Vegetables, Oil	Start day 3 <u>Slow Cooker Builder:</u> <b>OR</b> Roast Pork Loin*/Baked Fish, Quinoa*, Steamed Vegetables, Oil	Start day 4 <u>Fish in Foil Builder:</u> Fish, Brown Rice, Sautéed Fresh Vegetables, Oil, Orange	Start day 5 <u>Soup Builder</u> (protein, vegetables, broth or water, seasonings), Salad	Start day 6 Baked Duck/Fish, Whole Grain GF Pasta/Lentils/Wild Rice*/Millet & Grilled or Steamed Vegetables, Oil	Start day 7 Dinner in Mexico (legumes, vegetables in whole grain GF wrap, bed of whole grains or corn chips)	Start day 8 <u>Stir Fry Builder:</u> (seafood or lamb, brown rice, fresh vegetables, oil)	Start day 1 Roast Beef* or Grilled Steak*, Roasted Butternut Squash, Steamed Vegetables, Oil



# Rotation Guide

In order to nourish our bodies properly, a variety of whole foods are necessary. Following a rotation plan discourages consuming the same foods daily.

A rotation pattern of eating means eating certain foods one day and avoiding those foods for a specified period of time while enjoying other foods before consuming them again. Nutrition professionals tend to suggest two, three or four day rotation schedules.

This guide will help you plan and create a rotation pattern of eating that fits your needs and lifestyle.

## **What does it mean to be following a rotation plan?**

A rotation pattern of eating means eating certain foods one day and avoiding those foods for a specified period of time while enjoying other foods before consuming them again. Nutrition professionals tend to suggest two, three or four day rotation schedules.

## **What are the benefits of following this pattern of eating?**

1. In order to nourish our bodies properly, a variety of whole foods are necessary. Following a rotation plan discourages consuming the same foods daily.
2. Eating in a rotation pattern decreases the likelihood that the immune system will be overwhelmed with the same foods. By eating foods one day and avoiding for 3 days, for example, you avoid a cumulative sensitizing effect. The avoidance period allows the particular food molecules to “clear” from your system so they do not cause an overload. This may help prevent further sensitivities from developing.
3. A rotation plan helps to organize meal planning. Since frequent consumption of the foods to which you may have had a borderline reaction (mild list) is not tolerated, the organization of the rotation plan automatically limits these foods.

## **Is it right for me?**

The Alcat Test result report includes a 4 day rotation guide. These lists include your non-reactive foods (green list) and your mildly reactive foods (yellow list-designated by \*) spread over 4 days.

Please bear in mind that the top priority is to eliminate the severely and moderately reactive foods and ingredients from your eating pattern, limit the mildly reactive list of foods (your nutrition advisor may recommend eliminating these as well based on your situation), and consume a variety of the non-reactive foods. It is best to avoid consuming the same foods day after day.

Ideally the 4 day rotation plan would work this way: on day one, you would only consume the foods that are listed. You would NOT consume any foods from days 2, 3, or 4 on day one. Day two, you would only consume the foods that are listed for that day. Day one foods would not be consumed again until day five, day two foods would not be consumed again until day six, and so on.

The strict four day rotation plan may be realistic and appropriate for you. It's a good idea to check with the practitioner who is guiding you in this regard, to determine if you need to proceed this way. If you do not believe it is feasible at this time, perhaps an every other day rotation plan would be more realistic and you can start that way. You can always revisit the four day rotation plan later if you and your health care provider feel it is necessary.

## **TIPS**

1. If your nutrition advisor has recommended avoiding all mildly reactive foods, we suggest crossing them out on your 4-day rotation page.
2. For variety, try to use as many foods listed on your rotation as possible. Discover new tastes and exciting new ways of creating recipes.
3. Feel free to move ingredients around on your rotation list so that you have the staples you need for each day. For example, if you don't have a milk option for Day 2 but have several on another day, you can move an ingredient over to accommodate your needs.
4. Cook once, eat twice (or more). When you are preparing meals and snacks, to save time later, prepare extra to freeze for use another day.
5. Label foods and snacks for each day – 1, 2, 3, and 4.
6. Rather than starting a rotation "day" at breakfast, consider starting the rotation "day" at dinner. In other words, the meals for the "day" would go in this order: dinner, breakfast, mid morning snack, lunch, afternoon snack. The next "day" would start again at dinner. This allows you to use leftovers from dinner to have for lunch (or even breakfast) the next day. Not only does this save time, it also saves money.
7. Consume fresh, organic, GMO-free, whole foods, fruits, vegetables, whole grains, free range proteins, nuts and seeds according to foods on your rotation plan.
8. Always keep well hydrated with good quality filtered water throughout the day.
9. With regard to portion sizes, our suggestion is to eat until you are feeling satisfied, not full. If you are trying to achieve weight loss, you will likely meet weight management goals by avoiding your reactive foods. It may not be necessary to measure all your foods. You and your nutritionist/health care provider can address this if necessary.
10. Take your time while you eat. Sit down and relax. Chew your food well. As you use your personalized nutrition plan, reflect on how the foods you are eating will nourish and keep you well.



## Using Your Meal Planning Tools with the Rotation Plan

While utilizing the following meal planning tools, continue to refer to your rotation guide to choose the appropriate foods for each day.

## CPF Guide (Quick Start Guide)

The Quick Start Guide (also called CPF Guide) groups your choices into three categories based on the macronutrient content of the foods. These groups are: foods that are highest in **Carbohydrate**, foods that are highest in **Protein**, and foods that are highest in **Fat**.

To build (or throw together in a pinch) quick meals and snacks, refer to your Quick Start Guide **and** your rotation list. For each day of the rotation, choose at least one choice from all three lists (carbohydrate, protein, fat) being careful to make choices for the correct day of the rotation. For example, a snack on day 3 could consist of fresh organic blueberries and peanuts or pistachios.

Carbohydrates			Protein		Fat	Nonstarchy Vegetables (free)
<b>Fruit</b>	Millet flour	Evaporated milk	<b>Cheese</b>	<b>Nuts/seeds (also counts as Fat)</b>	<b>Oil (preferred)</b>	Artichoke
Apple	Millet pasta	Greek yogurt (also protein)	Cottage cheese	Almonds	Almond oil	Arugula
Applesauce	Oat bran	Quadrif	Cow's milk cheese	Brazil nut	Avocado	Asparagus
Dried Apple Rings	Oat flour	Quadrif	Cow's milk cheese	Cashews	Avocado oil	Beets
Apricot	Oat milk	Plain yogurt	Parmesan cheese	Hazelnuts	Black current oil	Bell peppers
Apricot Nectar	Oatmeal (can get GF)	Goat's milk			Coconut oil	Bok choy
Dried Apricots	GF	Rice milk (DF)	<b>Dairy Free Cheese</b>	Peanut	Corn oil	Broccoli
Banana	Papirnis	Rice yogurt (DF)	Rice cheese	Pecans	Flaxseed oil	Brussels sprouts
Blackberries	Potato	Rice milk (DF)	Pistachios	Soy nuts	Hazelnut oil	Button mushrooms
Blueberries	Potato flour	Soy yogurt (DF)	Almond Cheese	Sunflower seeds	Olive oil	Cabbage
Cantaloupe	Pumpkin			Walnuts	Olives	Carrot
Cherries	Quinoa (GF)	<b>Preferred</b>	<b>Eggs</b>		Peanut oil	Cauliflower
Dried Cherries	Quinoa flour	<b>Sweetenings</b>	Egg whites		Rice bran oil	Celery
Cranberry sauce	Quinoa pasta	Agave nectar	Whole egg	<b>Other Meat</b>	Safflower seed oil	Cucumber
Dried Cranberries	Cream of rice	Erythritol		<b>Substitutes</b>	Sesame oil	Eggplant
Dates	Rice (GF)	Xylitol	<b>Meat (lean)</b>	Settan	Soybean oil	Endive
Fig, fresh or dried	Rice cakes		<b>meat (cured)</b>	Tempeh	Sunflower oil	Green beans
Grapes	Rice flour	<b>Sweets</b>	Anchovy	Tofu	Walnut oil	Homemade pickles (no brewer's yeast)
Grapefruit	Mochi	Beet sugar	Beef		Wheat germ oil	
Guava	Puffed rice	Blackberry all	Buffalo/Bison			
Honeydew Melon	Soy flour (GF)	Cane sugar	Cod	<b>Protein Powders</b>		
Kiwi	Rye flour	spread	Chicken	Pea protein		
Lemon	Sorghum	Blueberry all	Chicken liver	Soy protein		
Lime	Sorghum flour (GF)	fruit spread	Clam	Rice Protein		
Mango	Soy flour (GF)	Cane sugar	Cod	Egg white	Regular coconut milk	Kelp
Mangosteen	Spelt, spelt pasta	Coconut sugar	Crab	Protein	Safflower seed oil	Mung bean sprouts
Nectarine	Sweet potato	Corn syrup	Duck	Pumpkin Seed	Flaxmeal	Onion
Orange	Tapioa flour	Date sugar	Flounder	Protein	Hazelnut butter	Portobello mushrooms
Papaya	Teff	Grape all fruit	Haddock		Macadamia nuts	Radish
Peach	Wheat bran	spread	Halibut		Pine nuts	Red/green leaf lettuce
Pear	Wheat flour	Honey	Lamb		Pumpkin seeds	Romaine lettuce
Pineapple	Wheat pasta	Lo Han	Lobster		Safflower seeds	Scallions
Pumpkin	Wild rice (GF)	Macleade	Mussels		Sesame seeds	Spinach
Pruine juice		sugar/syrup	Mahi mahi		Sesame tahini	Swiss chard
Prunes			Musashi		Soy lecithin	Tomato
	<b>legumes (also count as Protein)</b>		Oysters		Whole flaxseeds	Turnips
Pomegranate	Black beans		Pork			Warders
Raspberries	Black beans		Salmon		<b>Spreads/Condiments</b>	Yellow squash
Strawberries	Black-eyed peas		Sardines		Butter	Zucchini
Watermelon	Cheickpeas		Scallops		Cream cheese	
<b>Grains/Starch</b>	Defatted peanut flour		Shrimp		Half and half	
Acorn squash	Fava beans		Snapper		Soy cream	
Amaranth (GF)	Hummus		Sole		Whipped cream	
Barley	Kidney beans		Squid			
Barley flour	Lentil soup		Swordfish			
Black-wheat flour	Lentils		Tilapia			
Buckwheat groats (GF)	Lima beans		Trout			
Butternut squash	Mung beans		Tuna			
Chickpea flour (GF)	Navy bean soup		Turkey			
Corn bran	Navy beans		Veal			
Corn flakes	Pinto beans		Venison			
Corn meal	Edamame					
Cornstarch	Miso					
Polenta	Soy sprouts					
Popporn (GF)			<b>Nut Butters (also counts as Fat)</b>			
Green peas	<b>Milk/Yogurt</b>		Almond butter			
Pea flour	Almond milk (DF)		Cashew butter			
Millet	Almond yogurt (DF)		Peanut butter			
	Buttermilk		Pistachio nut butter			
	Cashew milk (DF)		Soy nut butter			
	Coconut water (DF)		Sunflower seed butter			
	Cow's milk		Walnut butter			



## Staple Builder

This tool lists ingredients most often included in recipes to have on hand in your kitchen. These staple ingredients including oils/spreads, vinegars, sweeteners, milk, flours, and seasonings. Use your 4-day rotation list as a guide to only choose the staples that are appropriate for each day. For example, when a recipe calls for milk, on day 1 you may choose to use cashew\* milk, but on day 2, you may choose almond\* milk instead. For flours, on day 2 you might choose millet flour, but on day 4, buckwheat flour.

Custom Made for Suzie Sample

### Staple Builder

This Staple Builder provides you with suggestions for your staples - flours, sweeteners, spices and spreads to keep on hand in the kitchen to use in recipes. We recommend making your own unsweetened dairy free milk whenever possible (see Builder Recipes for details). If choosing store bought dairy free milk, it is best to choose unsweetened and always check the ingredient label to be sure that all ingredients are appropriate for you.

#### SPREADS & OILS

Almond Oil	Cashew Oil	Coconut Oil
Flax Oil	Ghee	Hazelnut Oil
Homemade Mayonnaise	Macadamia Nut Oil	Olive Oil
Peanut Oil	Safflower Oil	Sesame Oil
Sunflower Oil		

#### VINEGARS

Apple Cider Vinegar	Balsamic Vinegar	Coconut Vinegar
Distilled Vinegar	Naturally Fermented Apple Cider Vinegar	Naturally Fermented Plum Vinegar
Naturally Fermented Red Wine Vinegar	Rice Vinegar	

#### SWEETENERS

Agave*	Beet Sugar*	Cane Sugar*
Coconut Sugar*	Date Sugar*	Erythritol
Honey*	Lo Han	Maple Sugar*
Maple Syrup*	Stevia	Xylitol

#### JUICES

Apple Juice	Apricot Nectar	Cranberry Juice
Grape Juice	Grapefruit Juice	Lemon Juice
Lime Juice	Orange Juice	Peach Nectar
Pear Nectar	Pineapple Juice	Pomegranate Juice



#### MILKS

Almond Milk	Cashew Milk	Coconut Milk
Gluten Free Oat Milk	Rice Milk	

#### OTHER BEVERAGES

Black Tea	Chamomile Tea	Coffee
Ginger Tea	Water	

#### FLOUR

 Indicates Mild Reaction 

## Builder Recipes

You may be familiar with “Build Your Own Sundae” events where you are given plenty of options to create your own ice cream sundae and of course, salad bars, where you are given a variety of choices to create your own salad. The “Builder Recipes” work with the same concept except only foods that are appropriate for you (non-reactive) are offered as choices. Using Builder Recipes as a guide, the possibilities of combinations are limitless, even while following a rotation eating pattern.

Let's take the Smoothie Builder for example.

Custom Made for Sample

### Build Your Own Smoothie

---

#### Liquids

Use one cup to start with as your base!

Almond Milk	Almond Yogurt	Cashew Milk
Coconut Milk	Coconut Water	Coconut Yogurt
Rice Milk	Soy Milk	Soy Yogurt
Water		

---

#### Energy Boosting Carbohydrates

Blend in 1/2 cup of fresh fruit to your base.

Apple	Apricot	Avocado
Banana	Black Currant	Blackberry
Blueberry	Cantaloupe	Cherry
Cranberry	Grape	Grapefruit
Guava	Honeydew	Kiwi
Mango	Nectarine	Orange
Papaya	Peach	Pear
Persimmon	Pineapple	Plum
Pomegranate	Raspberry	Starfruit
Strawberry	Watermelon	

□

---

#### Powerful Proteins

If using nuts, use up to 1/4 cup. If using protein powder, use one serving size for one cup of your base.

Almonds	Brazil Nuts	Cashews
Chia Seeds	Egg White Protein Powder	Ground Flaxseed
Pea Protein Powder	Peanut	Pecan
Pine Nuts	Pistachio	Pumpkin Seeds
Sesame Seeds	Soy Nuts	Soy Protein Powder
Walnut		

---

#### Leafy Greens

Use 1-2 cups of your desired greens.

Bok Choy	Boston Bibb Lettuce	Collards
Dandelion Greens	Endive	Iceberg Lettuce
Kale	Kelp	Mustard Greens
Red/Green Leaf Lettuce	Romaine Lettuce	Spinach
Swiss Chard	Turnip Greens	Wakame Seaweed

⚠ Indicates Mild Reaction

While referring to your rotation guide, choose only foods appropriate for the correct day of the rotation. For example, on Day 1, the milk you choose for your smoothie could be rice milk, your “Energy Boosting Carbohydrate” choice could be strawberries and banana\*, combined with your “Powerful Protein” choice almonds\*, and your “Leafy Greens” could be kale\* and romaine lettuce\*. Day 2 you would use a completely different mix of ingredients.

Not only will you be creating and enjoying new and original tasty combinations, you’ll be providing your body with a variety of nutrients needed to promote optimal health!

Be sure to consult with your nutrition advisor for more guidance regarding using your meal planning tool booklet and adhering to your rotation eating pattern.

