

TriCore Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg White Vegetable Omelet 2 egg whites* vegetables (leftover) 1 tsp. grapeseed oil 1 GF Waffle (R) ¾ cup blueberries	Power Smoothie 2/3 cup quinoa flakes 1 Tbsp flaxmeal 2 scoops pea pro powder 8 oz cashew milk Spinach/arugula ¾ cup raspberries 1 Tbsp. cashew butter or pecans	Power Smoothie 2/3 cup GF oats 2 scoops whey protein powder 8 oz. oat milk kale 1/2 cup pineapple, ½ ripe banana 1 Tbsp. almond butter	Power Smoothie 2/3 cup quinoa flakes 1 Tbsp flaxmeal 2 scoops pea pro powder 8 oz cashew milk spinach/arugula ¾ cup raspberries 1 Tbsp. cashew butter or pecans	Egg White Vegetable Omelet 2 egg whites* vegetables (leftover) 1 tsp. grapeseed oil 1 GF Waffle (Recipe) ¾ cup blueberries	Power Smoothie 2/3 cup quinoa flakes 1 Tbsp flaxmeal 2 scoops pea pro powder 8 oz cashew milk spinach/arugula ¾ cup raspberries 1 Tbsp. cashew butter or pecans	Power Smoothie 2/3 cup GF oats 2 scoops whey protein powder 8 oz. oat milk Kale ½ cup pineapple, ½ ripe banana 1 Tbsp. almond butter
Snack	½ <i>Cashew Cookie Larabar</i>	1 small apple 1 Tbsp. cashew butter	Trail mix (2 Tbsp. almonds, 2 Tbsp. raisins)	1/2 medium banana 1 tbsp. cashew butter	17 small grapes 16 pistachios	2 tbsp. unsweetened cranberries 2 tbsp. pumpkin seeds	1 c. cantaloupe 2 tbsp. pumpkin seeds
Lunch	Power Smoothie 2/3 cup GF oats 2 scoops whey protein powder 8 oz. oat milk Kale 1 ¼ c. Strawberries* 1 Tbsp. almond butter	Salad Arugula, Spinach Scallions Cucumbers 3 oz. Grilled Shrimp 1 cup quinoa 2 tsp. olive* oil Lemon juice	3 oz. Grilled Chicken 1 cup wild rice 1 cup roasted carrots ¾ cup blueberries 2 tsp. grapeseed oil	Halibut in Papillote 3 ounces Halibut Lemon juice Scallions Roasted Asparagus 2 tsp. macadamia oil Salad greens- Spinach, Arugula 1 cup corn ¾ cup blackberries	Power Smoothie 2/3 cup GF oats 2 scoops Whey Protein Powder 8 oz. Oat Milk Kale 1 ¼ c. Strawberries* 1 Tbsp. Almond Butter	3 oz. Roast Turkey Breast 1 small Baked Sweet Potato 1 small fresh peach Steamed String Beans 2 tsp. olive* oil	3 oz Fresh Cooked Crab over Salad Leaf Lettuce, Boston Bibb Lettuce, celery, carrots, tomato 1-2 Tbsp. Mustard Dressing 1 cup Wild Rice ¾ cup blueberries
Snack	1/3 c. hummus 1/2 c. carrot sticks	3 oz. coconut yogurt 3/4 c. raspberries & cinnamon	1 oz. sweet potato chips 1 small hard-boiled egg	3/4 c. fresh pineapple chunks 1 oz. nitrate free turkey	1/2 c. pepper strips 10 GF crackers 2 tbsp. hummus	3/4 c. organic edamame drizzled with lime juice and salt	1 stalk celery 2 tbsp. raisins 1 tbsp. peanut butter
Dinner	Salad Arugula, Spinach Scallions Cucumbers 5 oz. Grilled Shrimp 1/3 cup quinoa 1 tsp. olive* oil Lemon juice	5 oz. Grilled Chicken 1/3 cup wild rice 1 cup roasted carrots 1 tsp. grapeseed oil	Halibut in Papillote 5 ounces Halibut Lemon juice Scallions Roasted Asparagus 1 small Corn on the Cob 1 tsp. olive* oil	Bison Stuffed Peppers (Recipe) 1/3 cup Wild Rice	5 oz. Roast Turkey Breast 1 small Baked Sweet Potato Steamed String Beans 1 tsp. olive* oil	5 oz Fresh Cooked Crab over Salad Leaf Lettuce, Boston Bibb Lettuce, celery, carrots, tomato 1 Tbsp. Mustard Dressing	1 cup Spaghetti Squash with Mushrooms (Recipe) 5 oz Pork Loin 1 tsp. oil 1 small sweet potato

Gluten Free Oat Waffles

Number of Servings: 8 (70.54 g per serving)

Amount	Measure	Ingredient	Nutrients per serving
1.50	cup	oat flour, whole grain, gluten free	
2.00	tsp	baking powder	
0.50	tsp	salt, table	
0.25	tsp	cinnamon, ground	
0.75	cup	almond milk, unsweetened	
0.25	cup	oil, coconut	
1.00	Tbs	oil, coconut	
2.00	ea	egg white, raw, large	
2.00	Tbs	syrup, maple	
1.00	tsp	extract, vanilla	

Nutrition Facts

servings per container
Serving size (71g)

Amount per serving
Calories 190

% Daily Value*

Total Fat 10g	13%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 213mg	15%
Iron 2mg	10%
Potassium 117mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

1. In a mixing bowl, whisk together the dry ingredients; oat flour, baking powder, salt and cinnamon. In another bowl, whisk together the wet ingredients; milk, melted coconut oil, eggs, maple syrup, and vanilla.
 2. Pour the wet ingredients into the dry ingredients. Stir with a big spoon until just combined (the batter will be slightly lumpy). Let the batter rest for 10 minutes so the oat flour has time to soak up some of the moisture. Plug in waffle iron to preheat.
 3. Once the 10 minutes is up, give the batter one more swirl with the spoon. Pour batter onto heated waffle iron, enough to cover the center and most of the central surface area, close the lid. Once the waffle is deeply golden and crisp, transfer it to a cooling rack or baking sheet. Do not stack waffles on top of each other, or they will lose crispness. If desired, keep waffles warm by placing them in a 200 degree oven until ready to serve.
 4. Repeat with remaining batter. Serve waffles with maple syrup and nut butter, or any desired toppings.
- *You can make your own oat flour by simply taking your GF rolled oats and pulverizing them in the food processor until fine like flour.

Notes

Adapted from: www.cookieandkate.com

Bison Stuffed Bell Peppers

Number of Servings: 4 (444.7 g per serving)

Amount	Measure	Ingredient
4.00	ea	bell pepper, green, fresh, medium, 2 1/2"
1.00	lb	bison, ground, raw, grass fed
0.50	cup	onion, white, fresh, chopped
1.00	Tbs	ginger root, fresh
0.50	tsp	salt, table
1.00	med	zucchini, fresh
1.00	tsp	thyme, dried, leaves
2.00	cup	tomatoes, diced, canned, organic
2.00	Tbs	oil, grapeseed
1.00	cup	kale, curly, fresh, chopped

Nutrients per serving

Nutrition Facts

servings per container

Serving size (445g)

Amount per serving

Calories **300**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 580mg **25%**

Total Carbohydrate 16g **6%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 26g

Vitamin D 0mcg **0%**

Calcium 88mg **6%**

Iron 5mg **30%**

Potassium 1045mg **20%**

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Instructions

1. Preheat oven to 350 degrees. Line a baking sheet with foil and spray with cooking spray. Cut the peppers in half and remove the seeds. Place the peppers face down and bake for about 10 minutes. Remove from oven and set aside.
2. Heat a medium sized skillet over medium heat and add bison and a pinch of salt. Break the meat up into crumbles, stirring frequently, and cook until they are evenly browned, then transfer to a large mixing bowl.
3. In the same skillet, heat 2 tbsp oil. Add onions, ginger and pinch of salt and sauté for a few minutes.
4. Add the zucchini and thyme and another pinch of salt. Sauté a couple of minutes more.
5. Add the kale, can of diced tomatoes with juice and sauté for 2-3 minutes.
6. Add this mixture to the bowl of cooked bison and stir to combine. Spoon mixture into each pepper cavity and place the peppers, stuffed side up on a baking sheet. Bake for another 10-15 minutes or until the stuffing starts to turn golden brown.

Notes

Adapted from: The Candida Cure Cookbook

Roasted Spaghetti Squash with Mushrooms

Number of Servings: 4 (526.79 g per serving)

Amount	Measure	Ingredient
4.00	lb	squash, spaghetti, fresh
1.00	Tbs	oil, olive
1.00	tsp	salt, table
2.00	cup	mushrooms, portobello, fresh, chopped
1.00	tsp	sage, dried, 036800328341, organic
0.25	tsp	black pepper, ground
3.00	cup	spinach, fresh, chopped
2.00	Tbs	nutritional yeast

Nutrients per serving

Nutrition Facts

servings per container
Serving size (527g)

Amount per serving
Calories 200

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 690mg 30%

Total Carbohydrate 35g 13%

Dietary Fiber 8g 29%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 131mg 10%

Iron 2mg 10%

Potassium 829mg 20%

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Instructions

1. Preheat oven to 375 degrees F. Lightly coat a large baking sheet with cooking spray. Set aside.
2. Halve the spaghetti squash and remove the seeds. Lightly drizzle and rub the insides and outsides of the squash with olive oil, sprinkle the insides of each half with 1/4 teaspoon kosher salt, then place cut sides down on the prepared baking sheet. Bake the squash until fork tender, about 25 minutes. Let rest for 10-15 minutes, until cool enough to handle, then shred in insides into strands with a fork. Set aside.
3. Meanwhile, heat 1 tablespoon olive oil in a large, deep skillet over medium high. Add the mushrooms and sauté until golden brown, about 8 minutes. Add the sage, remaining 1/2 teaspoon salt, and black pepper, then sauté until fragrant, about 1 additional minute. Add the chopped spinach by handfuls, allowing it to wilt, then adding more as it will fit into your skillet. Cook just until all of the spinach wilts, about 2 minutes.
4. Add the shredded squash to the skillet, then cook just until heated through, about 2 minutes. Taste and add additional salt and pepper as desired. Stir in the nutritional yeast. Serve warm, topped with additional nutritional yeast as desired.

Notes

Adapted from wellplated.com