

SAMPLE MENUS

Table 1.6 - A Sample Milk-Free Menu

DAY OF WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BREAKFAST	Almond Butter on Rice Crackers Apples	Puffed Millet with Sunflower Seeds	Bacon and Eggs Milk-free Toast Pears	Hash Browns and Almonds Milk-free Pancakes	Rice Cereal with Walnuts and Raisins Oranges	Homemade Granola with Pecan & Chopped Dried Apricots Blueberries	Bacon and Eggs Milk-free Toast Apples
LUNCH	Salami Sandwich Minestrone Soup	Chicken Noodle Soup Soda Crackers Carrots	Peanut Butter and Banana Sandwich Raisins and Walnuts	Salmon Salad with Mayo on Rye Cracker	Egg Salad Sandwich Celery Sticks	Tuna Sandwich Corn Chips	Chunky Soup without Noodles Black Forest Ham on Finn Crisps
DINNER	Baked Chicken, Broccoli and Baked Potato	Spaghetti and Meat sauce (without Parmesan Cheese)	Pork Chops with Applesauce Sweet Potato	Vegetable Stir Fry Pasta	Hard Tacos Without grated cheese, Refried Beans	Baked Chicken with French Fries	Sweet and Sour Meatballs on Rice

**If you found that you are sensitive to milk products, then you would want to exclude them in your wheat test for the whole ten days, too. Then just re-introduce the wheat. In this case, do not include the items which are written in bold in the menu.*

MILK-FREE MENU continued...

Snacks: Can include potato chips, corn chips, popcorn, fruit wraps, tortilla chips.

Note: Milk products include milk, chocolate, yogurt, cheese, cottage cheese, sour cream and milk in breads and pastries. Bread should be bought at Co-op or Bunsmaster or other places in which no milk is used in the bread. Anything which says “casein, whey, lactose” should be avoided. However, butter is allowed. Coffee Rich is an edible oil product which tastes like cream and can be used on cereal and in coffee for the test week. A more “natural” alternative is Rice Dream which is made from brown rice. Orange juice should not be substituted for milk as it is another allergenic food. You may drink water or a variety of juices. It is best to have a different juice every day.

If you find that you are sensitive to milk products...

- it may be wise to consider using a soya or rice-based milk substitute
- ask your pharmacist for the name of a supplement with Calcium/Magnesium/Vitamin D
- if you choose to have milk products every 5-7 days you may be fine. However, if you find that you are “cheating” and wanting them more often, it may be that your addiction is talking and you may need to abstain completely for a while.

Table 1.7 - A Sample Wheat-Free Menu

DAY OF WEEK	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
BREAKFAST	Almond Butter on Rice Crackers Apples	Puffed Millet with Sunflower Seeds Pears	Bacon and Eggs Bananas	Hash Browns and Almonds Yogurt and Honey	Rice Cereal with Walnuts and Raisins Oranges	Homemade Granola with Pecan & Chopped Dried Apricots Blueberries	Bacon and Eggs Apples
LUNCH	Dill pickles rolled in Salami Barley Muffin	Chunky Soup without noodles Cheese and Carrots	Celery with Peanut Butter Raisins and Walnuts	Salmon Salad with Mayo on Rye Cracker	Rice Crackers with Egg Salad	Tuna Salad with Relish Corn Chips	Chunky Soup without noodles Black Forest Ham on Finn Crisps
DINNER	Baked Chicken, Cheese Sauce on Broccoli and Baked Potato	Steak and Shrimp Green Salad with Thousand Island Dressing	Pork Chops with Applesauce Sweet Potato	Vegetable Stir Fry on Rice	Hard Tacos with Refried Beans	Baked Chicken with French Fries	Sweet and Sour Meatballs on Rice

Snacks: Can include popcorn, fruit wraps, tortilla chips.

**If you found that you are sensitive to milk products, then you would want to exclude them in your wheat test for the whole ten days, too. Then just re-introduce the wheat. In this case, do not include the items which are written in bold in the menu.*

WHEAT-FREE MENU continued...

NOTE: Wheat is found in bread, buns, pastries, pasta, pizza and many soups with noodles. For the WHEAT-FREE week, consider using rye products such as Rye Crisp, Finn Crisp, Kavli, Pumpernickel, as long as there is no “flour” or gluten in the ingredients. Dimphylmeier makes a 100% Rye Bread (sold at Superstore) which can be toasted. Be careful as most rye bread have as a first ingredient “flour” and then “rye flour”. The “flour” means wheat. Barley flour (and rice flour) make a great wheat flour substitute in muffins and in other baking. They are used in equal amounts to wheat flour in recipes.

If you found that you are sensitive to milk products, then you would want to keep them out in your wheat test for the whole ten days, too. Then just re-introduce the wheat. In this case, do not include the items which are written in bold in the menu.

If you find that you are sensitive to wheat products...

- you will want to include different kinds of grains in your diet
- consider having rye, corn, oats, barley, millet, spelt, rice
- if you choose to have wheat products every 5-7 days you may be fine. However, if you find that you are “cheating” and wanting them more often, it may be that your addiction is talking and you may need to abstain completely for a while.

FOR A CORN-FREE MENU - Eliminating CORN can be extremely difficult because it is HIDDEN in a lot of foods and other products such as candy and toothpaste. If you want to try, you may be able to use the menu guidelines above, but do NOT include anything which is made of Corn. This includes:

- Corn Flakes, Corn Bran as cereal
- Cornstarch for thickening (use regular flour, potato or rice flour instead).
- Corn Syrup or any other candies unless you know that the sweetener is from beet or cane sugar

This is where you may need the help of a nutritionist or dietitian who is familiar with food sensitivities.