

Grain-Free Starter Diet

Breakfast

Swiss or Cheddar Cheese, Fruit of any kind: Peaches, Plums or Sliced Apples

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2-3 Eggs any style, Fruit salad, Tomato Juice

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Cantaloupe or Melon, Cottage Cheese, ¼ cup nuts, Mango Juice

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Plain Yogurt with Berries or Pineapple Chunks

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Protein Shake with Fresh or Frozen Organic Berries and 1 Tsp. MCT Oil

Lunch and Dinner

Large Green Salad w/oil and Lemon Juice, 3-6 oz. Tuna, Chopped Yellow and Sweet Red Pepper

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3-6 oz. Sardines of any flavor (water, in mustard, etc.), Sliced Cucumber with Tahini, Salad

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Buffalo Burgers, Grilled Onions, Steamed Greens or other Vegetables with MCT Oil Dressing

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Flank steak or any lean meat, Green Beans with Sliced Almonds, Cooked Vegetables

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Broiled Red Snapper, Steamed Broccoli, Green Beans or Other Vegetable

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Beef/Chicken and Vegetable Soup (celery, carrots, onion, cabbage, all vegetables and beans—no grain flours!)

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Chicken Salad, Roasted Vegetables, Salad with MCT Oil Dressing

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Broiled Chicken Breast, Grilled Vegetables, 1 Fruit

Snacks

Guacamole with carrots and celery, Fresh fruit of any kind, all vegetables, handful of raw almonds, cashews, pumpkin seeds, roasted garlic or almond butter on celery. Such things as chocolate covered almonds, peanut bars and carob covered raisins are fine—just so long as they contain no grain products of any kind. So, a little sugar, while not ideal, is fine—it is just grains that must be completely avoided.