21 Day Elimination Diet

Challenge

**Week Number One**

By Village Naturopathic Clinic



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In Co-operation with Lennie MacLeod, Health Chef & Coach

Welcome to Week One of your Elimination Diet Challenge! You have likely been prescribed this eating plan by your Naturopathic Doctor, both for its therapeutic benefit and to assess for potential food intolerances (please read the WHY AN ELIMINATION DIET article for more detailed context regarding the relevance, and the potential benefits, of doing this program).

This particular version of the Elimination Diet is intended to provide a framework for healthy eating over the next three weeks. Our focus is on the avoidance of certain foods, while honouring the enjoyment of eating! This is not about sacrifice, bland eating, or caloric restriction. It is about nourishment, healing and assessment of what foods are optimal for you, moving forward.

You will notice that this program is heavy on leftovers. This is intentional. Leftovers mean less kitchen time and better compliance (lack of planning and preparation often leads to a quick trip to Tim Horton’s for lunch, which is not ideal when trying to assess for food intolerances). Full compliance in the avoidance of certain foods (please read AVOIDANCE LIST document) is essential for proper assessment of food intolerances, when entering the REINTRODUCTION phase of this program.

Magic Day



Like any worthwhile undertaking, preparation is key. Everyone has prepared food a day in advance or even more than a day in advance, but when you take a day to prepare several recipes that support a whole week of intentionally healthy eating, magic happens. That’s why we have a Magic Day prior to the week meal plan; a day that will make your week go much smoother, save you time, and reduce the necessity of will power because appropriate snacks will be made ahead of time. Even if the name “magic day” may be a little exaggerated, when you find yourself well supported and staying on track due to the prep done on magic day, you’ll be reaching for your cape and wand, because you’ll be feeling the magic!

Adventure Day



During each week there are three days of new recipes (a lot to handle) and three days of leftovers (minimizing workload), this leaves one open day at the end of the week.....what to do?! It would be entirely understandable if you felt lost, unsure of what to eat and how to stay on track, so an adventure is in order. On this day you will go over the guidelines and set out to discover places outside of your home that can accommodate your elimination diet needs!

Magic Day Items to Prep



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| **Oat blender pancakes**  (these can be made on the prep day or on days 3 and 4, it depends how much time you have in the morning)  **Pumpkin seed parmesan**  **Cacao hemp fat fudge**  **Potato fennel salad** (for days 1 & 2) |

Week One Meal Plan



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| **Meals** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| **Breakfast** | Mango Mint Smoothie | Mango Mint Smoothie | Oat Blender Pancakes | Oat Blender Pancakes | Blueberry Banana Smoothie | Blueberry Banana Smoothie |
| **Lunch** | Potato Fennel Salad | Potato Fennel Salad | Sesame Seaweed Bowl | Sesame Seaweed Bowl | Chicken Cabbage Salad | Chicken Cabbage Salad |
| **Dinner** | Tamarind Tomato Fish Stew | Tamarind Tomato Fish Stew | Beet Lamb Borscht | Beet Lamb Borscht | Lentil Mushroom Meatloaf | Lentil Mushroom Meatloaf |
| **Next Day Prep** | No prep | Prep Sesame Seaweed Bowl | No prep | Prep Chicken Cabbage Salad | No prep | No prep |

Grocery List



Okay. You are at the grocery store and feeling a bit overwhelmed. This list is meant to guide you. It’s week one. It gets easier once you have figured out where to get everything. If we feel that an ingredient is more difficult to source, we have made suggestions on where to look.

Places to shop when looking for some of these new ingredients:

* Local grocery store (fresh foods section and health foods section). You should be able to find most things there. If you don’t find everything you may have to venture to:
* Local Health Food Store
* Local Asian Grocery Store (these are great resources and often well priced!)

Also, some people who have done this program have told us that they prefer to split up the grocery shopping into two different days because the volume of fresh produce is a lot to fit in a fridge all at once. Choose a shopping method that works best for your refrigerator space.

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| Fruit    Apples - 4  Mango - 1 bag frozen mango  Lime - 2  Lemon - 4  Banana - 6  Blueberries - 1 c (fresh or frozen) |

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| Vegetables  Ginger - 2 c  Onions - 6  Red Cabbage - 1  Napa Cabbage - 1  Garlic - 2 bulbs  Carrots - 8  Celery - 8 stalks  Beets - 4 medium  Radishes - 2 bunches  Avocado - 2  Cauliflower - 1  Broccoli - 12 c  Fennel Bulb - 1  Button Mushrooms - 3 c  Cucumber - 2  Bok Choy - 4 c  Green Onions - 2 bunches  Kale - one bunch  Sweet Potatoes - 3 medium  Potatoes - 8 medium  Dill - one bunch  Cilantro - one bunch  Mint - one bunch |

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| Meat  Chicken Breasts - 2  Sustainable white fish (fresh or frozen) - 1 lb  Lamb (stewing lamb, loin chop, sirloin chop, or ground lamb) - 1 lb    Ideally, buy pasture-raised chicken or turkey that is also organic or non-GMO (or conventionally-raised organic if you can't find pasture-raised). For more info on the benefits of pasture raised meat please read our friend's blog here (link <https://threeridges.farm/why-pasture-raised-chicken-is-better/>).  Likewise, pasture raised, grass fed lamb is the best choice when buying lamb. |

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| Nuts & Seeds    Pumpkin Seeds - 2 c  Almond butter - 2 c  Cashews - 1.5 c  Sunflower seeds - 1 c  Pecans - 1 c  Flaxseed - 1 c  Hemp hearts - 2 c  Sesame Seeds - ½ c  Shredded Coconut - 2 c |

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| Canned Goods  Chickpeas - 1 19 oz can  Lentils - 1 19 oz can  Canned diced tomatoes - 2 28 oz cans  Tomato Paste - 2 small cans  Coconut milk - 4 cans  (Try to buy cans containing ONLY coconut milk and water,  with no weird sounding preservatives like bisulfites. Go Organic!) |

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| Oils, Vinegars & Liquids  Apple cider vinegar  Rice vinegar (found in Asian food section)  Coconut aminos (found in Health Food Store)  Olive oil - 1 L  Coconut Oil - 1 c  Milk Alternative (almond, coconut, etc.) - 1 L  Maple Syrup - ½ c |

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| Dry Herbs & Spices  Sea salt  Thyme  Paprika  Cayenne  Cinnamon  Cinnamon  Ground Cumin  Ground Coriander  Chili Powder  Chili Flakes  Curry Powder  Turmeric |

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| Other  Vegan Protein Powder (see comments below)  Wasabi Powder - 1/ 4 c (found in Asian food section)  Nori - 2 sheets (found in Asian food section)  Tapioca Powder - 1c (Healthy Foods Section)  Nutritional yeast - 1 c (Health Food Store)  Raw Cacao - 1 c (Health Food Store)  Large oat flakes - 2.5 c  Quinoa - 1 c  Dijon mustard  Raisins - ½ c  Tamarind Paste - ¼ c (found in Asian food section)  Almond Butter - 1 c  Baking Powder  \* As you may already know vegan protein powders often taste like  sawdust and dirt. We have experimented with many different brands  and have narrowed it down to the following recommendations,  however, keep an eye open for new high-quality products too:   1. Iron Vegan 2. Sunwarrior 3. Heartland Gold Brown Rice Protein |

Recipes



All recipes are adequate for 2 people for 2 days, expect for all the smoothie and chia seed pudding recipes, they are for 1 person for one day.

T = Tablespoon

t = teaspoon

Red = Breakfast

Green = Lunch

Orange = Dinner

Brown = Other

PUMPKIN SEED PARMESAN  5 MINS

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| 2 c pumpkin seeds  ½ c nutritional yeast  1 T coarse sea salt, or 2 t fine salt | Put all ingredients together in food processor for about 30-45 seconds. |

CACAO HEMP FAT FUDGE  10 MINS

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| ½ c almond butter  1 c coconut oil  ½ c cocoa powder  ⅓ c hemp seed  1 T maple syrup  ½ t vanilla  ¼ t salt  ⅓ c shredded coconut | In a small pot, melt coconut oil and almond butter.  Take off heat and add the rest of the ingredient, except the shredded coconut, and mix well.  Spread out into a small square or rectangular container lined with parchment paper.  Evenly sprinkle the shredded coconut on top of the fudge.  Refrigerate until hardened.  Remove fudge from container and cut into squares.  Keep refrigerated. |

MANGO MINT SMOOTHIE  10 MINS

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| 1 scoop protein powder  1/4 c cucumber  1 c kale, packed  1/2 c mango (fresh, frozen or canned)  1 lime, peeled  1 c water  2 T fresh ginger, minced  2-3 leaves fresh mint | Blend all ingredients together in a blender until smooth. |

POTATO FENNEL SALAD  45 MINS

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| **Salad**  2 medium-large carrot, shredded  2 celery stalks, small dice  4 green onions, sliced  1 fennel bulb, shredded (using food processor attachment, mandolin, or a sharp knife)  ¼ red cabbage, shredded (using food processor attachment, mandolin, or a sharp knife)  4 c potatoes, large dice  1 19 oz can of chickpeas, drained and rinsed  ½ raisons  1/2 c pecans, roughly chopped  1 c cilantro, diced  salt & pepper | Mix potato in a bowl with olive oil and salt, spread on baking sheet and roast at **400 degrees for 30** **mins** or until golden brown and tender, stirring once or twice (you can do this on prep day)  Once potato is done, let cool, then mix all ingredients together, add salt & pepper to taste.  Serve in bowls, and spoon on preferred amount of dressing. |
| **Coconut Turmeric Dressing**  ¾ c coconut milk  1 t curry powder  1 t turmeric powder  1/4 c apple cider vinegar  1/2 c olive oil  1 t maple syrup  1/2 t salt  1 clove garlic | Blend all ingredients together in a blender until smooth. |

TAMARIND TOMATO FISH STEW  45 MINS

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| 1 lb sustainable white fish (fresh or frozen), skinned and cut into large cubes  1 medium cauliflower head, cut into florets  1 medium-large onion, diced  3 cloves garlic, minced  3 T ginger, minced  1 tsp chili flakes  2 t Dijon mustard, or an unsweetened mustard  1 t turmeric  2 t ground coriander  2 t ground cumin  1 c water (may not need it all)  1 28 oz can diced tomatoes  1 c coconut milk  ⅓ c almond butter  ¼ c tamarind paste  1 c fresh cilantro, chopped  salt & pepper to taste | Add some olive or coconut oil to a pot on medium heat.  Add the onions and sauté for a 3 mins.  Add garlic, ginger and all the spices, and sauté for another 2 mins.  Add tomatoes, coconut milk, and tamarind. Bring to a boil.  Add cauliflower, fish, and only enough water to cover.  Cover the pot, and simmer for 8-10 mins.  Remove from heat and stir in the cilantro and almond butter.  Add salt & pepper to taste. |

OAT BLENDER PANCAKES  20 MINS

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| ½ c almond butter  1 c large oat flakes  1 c unsweetened almond milk  1 ripe banana, medium sized  2 T ground flax  1.5 t baking powder  pinch of salt  coconut oil for frying  Topping:  1 T coconut oil  2 apples  ¼ t cinnamon | Add all ingredients until a batter is formed.  Melt some coconut oil in a pant on medium heat, and pour 1/3 cup of batter, using a measuring cup to ensure equal size and cooking times.  Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden  Alternative cooking style: line a baking sheet with parchment paper, spread batter evenly, bake at 425 degrees for 12 mins.  For the topping, melt 1 tablespoon of coconut oil over medium heat in a small pot.  Add in the diced apples and cinnamon.  Cover the pot and cook until apples are soft, about 5-8 minutes. |

SESAME SEAWEED BOWL  45 MINS

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| **Vegetables**  2 c mushrooms, sliced  4 c broccoli, cut into florets  2 c bok choy, sliced  1 carrot, shredded  1 c radish, sliced  4 greens onions, sliced  salt & pepper | Coat broccoli florets in olive oil and salt in a mixing bowl.  Spread on baking sheet with parchment paper and roast at **400 for 15-20 mins**. Let cool.  Mix all vegetables together.  Add cooked and cooled quinoa.  Add sesame seaweed mix.  Add salt & pepper to taste (go lightly, the sesame seaweed mix is already salty).  Serve in bowls, and spoon on preferred amount of dressing. |
| **Quinoa**  2 c water  1 c quinoa | Rinse the quinoa under cold running water.  Put quinoa into a pot and add double the amount of water, and a good pinch of salt.  Place over a medium heat and bring to the boil.  Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed.  Fluff it up with a fork. |
| **Wasabi Ginger Dressing**  ¾ c olive oil  ¼ c rice vinegar  ¼ c coconut aminos  2 T maple syrup  3 T ginger, minced  2 cloves garlic, minced  2 T tahini  1 T wasabi powder | Blend all ingredients together in blender until smooth. |
| **Sesame Seaweed Mix**  1/2 c sesame seeds  2 sheets nori, torn up  1 t salt | Pan roast the sesame seeds in a pan at medium heat, stirring often with wooden spoon until they are dark golden brown, 7-10 mins. Let cool.  All ingredients in blender and pulse until finely ground and well mixed, approximately 30 seconds. |

BEET LAMB BORSCHT  60 MINS

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| 2 onions, diced  2 carrots, diced  2 celery stalks, diced  2 garlic cloves, minced  1 28oz can of diced tomatoes  1 L water  2 c potatoes  4 c beets, diced  4 c red cabbage, sliced  1 lb lamb (stewing lamb, loin chop, sirloin chop, or ground lamb)  2 T apple cider vinegar  ½ c fresh dill  ½ t cumin  salt & pepper | On medium-high heat, add some olive oil in a medium to large pot.  Add the lamb and cook until it has thoroughly browned.  Turn heat down to medium and add onions, celery, carrots and garlic, and sauté until they’ve softened, about 4 mins.  Add the tomatoes and water, cook at low simmer for 20 mins.  Add beets, potatoes and cabbage. If you need more liquid add just enough water to cover the vegetables. Simmer for another 20 mins, until beets are tender. Turn off heat.  Add, cumin, dill, vinegar, salt & pepper to taste. |

BLUEBERRY BANANA SMOOTHIE  5 MINS

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| 1 scoop protein powder  ½ banana  1 c water  ½ c coconut milk  ½ avocado  2 T fresh ginger, minced  ½ c frozen blueberries  ½ lemon, peeled | Blend all ingredients together in a blender until smooth. |

CHICKEN CABBAGE SALAD  45 MINS

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| **Chicken**  2 medium chicken breasts | **Oven at 400f.**  Place boneless, skinless chicken breast on a baking sheet. Run a little coconut oil on top, salt, and pepper. **Bake for 15 -20 mins**, until cooked all the way through.  Let cool and slice thin. |
| **Salad**  4 c Napa cabbage, shredded  2 carrots, shredded  1 cucumber, cut in half lengthways, seeds removed, then sliced  2 green onions, sliced  1 c radish, sliced  Salt & pepper to taste  ¼ c fresh mint, chopped | Mix all together (except cucumber, add it daily to keep from going soggy).  Add sliced chicken.  Drizzle the dressing on top, give another gentle toss, and serve. |
| **Almond Butter Dressing**  ⅓ c almond butter  1 garlic clove, minced  1 T fresh ginger, minced  1 t chili flakes  2 T apple cider vinegar  2 T lime juice, approximately 1 lime  2 T coconut aminos  1 T maple syrup  2 T olive oil  Salt & pepper to taste | Mix all together (except cucumber, add it daily to keep from going soggy).  Add sliced chicken.  Drizzle the dressing on top, give another gentle toss, and serve. |

LENTIL MUSHROOM MEATLOAF  45 MINS

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| ½ c onion, small dice  ½ c celery, small dice  ½ c carrots, small dice  1.5 c mushrooms, chopped  2 cloves garlic, minced  1 19oz can of lentils, rinsed  1/2 c sunflower seeds  ½ c large oat flakes  2 T flaxseed, ground  ¼ c tomato paste  ¼ c nutritional yeast  2 T coconut aminos  1 T maple syrup  1/4 t cayenne sauce  2 t Italian seasoning (mix of dried oregano, parsley, basil, thyme)  Salt & pepper to taste  Glaze:  ¼ c tomato paste  1 T + 1t apple cider vinegar  1 T + 1t maple syrup  2 t Dijon mustard  2 t coconut aminos | **Preheat oven to 350 degrees F**  Line a 9×5 loaf pan with parchment and set aside. In a large pan, sauté the carrots, mushrooms, onions and garlic until carrots are tender, about 7 minutes.  Season with salt & pepper and transfer to food processor.  Add remaining ingredients to the food processor, and process until a dough starts to form. Separate into 2 batches if necessary.  Transfer dough to the prepared loaf pan, pressing it down with a wooden spoon or spatula. Smooth the top.  Cover the pan with foil and **bake for 20 minutes**.  Whisk all glaze ingredients together then pour half over the loaf, save the other half for extra sauce when you plate it.  Remove foil, spread glaze evenly on top, bake uncovered for another 5 minutes.  Remove loaf from oven and allow to cool for 5 minutes before slicing and serving.  \* Feel free to use leftover fresh dill instead of the dried herbs if you’d like, or a mixture. |