**Elimination Diet Meal Plan, Week Six**

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| **Challenge One** | **Breakfast** | **Lunch** | **Dinner** | | **Snacks** | **Preparation** |
| Day Thirty-Six | Hashbrowns  [Apple Pie](http://www.thedailydietribe.com/2010/02/elimination-diet-phase-two-recipe-apple.html)  Quinoa with [Blueberry Syrup](http://www.nourishingmeals.com/2009/08/blueberry-syrup.html)  Green Smoothies | Moroccan Quinoa Pilaf (NM) | Mung Bean Dal (NM) | | Homemade Chips  Vegetables  Approved Fruit  Seeds and Nuts [Cinnamon Nut Truffles](http://www.nourishingmeals.com/2010/01/cinnamon-sunflower-truffles.html)  [Crackers](http://www.healthhomehappy.com/2010/09/grain-free-crackers-made-with-sesame-and-sunflower-seeds.html) (no sesame seeds) [Ice Cream](http://healthypeoplehealthyplanet.wordpress.com/2013/06/12/vegan-mint-ice-cream/)  Raw Chocolate Almond Brownies  Chocolate Chips  [Coconut Banana Bars](http://www.nourishingmeals.com/2013/04/coconut-banana-ice-cream-bars-dairy.html)  [Chocolate Cookies](http://wingitvegan.blogspot.com/2010/08/mutant-flourless-chocolate-cookies-and.html) | If using leftovers from a previous batch, make sure to remove from freezer the day before for ease of heating.  If making dishes from scratch, prepare ahead of time as needed. Sprout grains and beans as desired. At a minimum, soak overnight. |
| Day Thirty-Seven  (Chocolate) | [Lentil and Kale Dal](http://www.nourishingmeals.com/2011/11/lentil-and-kale-dal-video.html) | [Black Bean and Yam Stew](http://www.nourishingmeals.com/2009/09/chipotle-black-bean-and-yam-stew-recipe.html) | |
| Day Thirty-Eight | [Creamy Zucchini Soup](http://www.nourishingmeals.com/2011/08/creamy-summer-zucchini-soup.html) | Carrot Soup and Oven Fries (WLN) | |
| Day Thirty-Nine | [Mung Beans and Rice](http://www.nourishingmeals.com/2012/01/mung-beans-and-rice-with-indian-spices.html) | | Creamy Cauliflower Soup (WLN) |
| Day Forty  (Alcohol) | Sunflower Seed Burgers (WLN) | [Healing Quinoa and Cabbage Soup](http://www.nourishingmeals.com/2009/09/healing-quinoa-cabbage-soup.html) | |
| Day Forty-One | Zucchini and Sweet Potato Hash (WLN) | Curried Lima Bean Soup (NM) | |
| Day Forty-Two | Curried Lentil and Rice Casserole (NM) | Aduki Bean and Mushroom Shepards Pie (WLN) | |

**Notes:** In addition to the meal plan, add as many vegetables to your plate as you want, especially fermented vegetables. I just listed the various snacks and breakfasts I ate over the week. Feel free to mix them up as you please. Add green smoothies and herbal teas as desired. They are a great addition to this meal plan. I also take two [Rainbow Light Calcium and Vitamin D Mini-Tabs](http://www.rainbowlight.com/calciumminerals-calcium-citrate-mini-tabs.aspx) every day.

To challenge chocolate and alcohol, I mostly need desserts, so I am cycling back through previous recipes, focusing more on good distribution of ingredients and flavors than on what needs to be added in. After alcohol, testing caffeine, sugar, and sesame seeds is an option. I will not be making meal plans for these foods, as sesame seeds and caffeine are not a part of my diet, and I want to keep my diet clean (no processed sugars).

Highlighted meals have the challenge food for that three day period.

NM = [Nourishing Meals](http://wholelifenutrition.net/store/books/nourishing-meals-cookbook)

WLN = [Whole Life Nutrition Cookbook](http://wholelifenutrition.net/store/books/whole-life-nutrition-cookbook)