**Elimination Diet Meal Plan, Week Nine**

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| **Challenge Two** | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Preparation/ Notes** |
| Day Fifty-Seven(Corn, cont) | [Oat Banana Pancakes](http://healthypeoplehealthyplanet.wordpress.com/2013/07/10/flour-and-egg-free-oat-banana-pancakes/)OatmealHashbrownsBuckwheat Cinnamon Bread (NM)Gluten-Free Pancakes (NM)[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 SmoothiesEggsYogurt | [Avocado Sauce](http://ohsheglows.com/2011/01/31/15-minute-creamy-avocado-pasta/) over rice or quinoa | Aduki Bean and Mushroom Shepards Pie (WLN) | Homemade ChipsVegetablesFruitsSeeds and Nuts [Crackers](http://www.healthhomehappy.com/2010/09/grain-free-crackers-made-with-sesame-and-sunflower-seeds.html)Approved ice creams and baked goodsApproved muffins and cookies (NM)Popcorn | Make a gluten-free bread; sourdough or regular (NM) |
| Day Fifty-Eight(Yeast) | Sandwich on gluten-free bread | Coconut Flour Biscuits (NM), Gingered Carrot Soup (WLN) | Make bread crumbs |
| Day Fifty-Nine | Grain Free Chicken Nuggets (NM) and salad | [Spinach Burgers](http://thevillagecook.com/spinach-burgers/) |  |
| Day Sixty | Mung Bean Dal (NM) | [Quinoa-Kale Patties](http://yummysupper.blogspot.com/2012/09/quinoa-kale-patties.html) | Make [100% whole wheat sourdough](http://sourdoughhome.com/index.php?content=100percentwholewheat) |
| Day Sixty-One(Wheat) | Sandwich on wheat bread | Whole wheat pasta Turkey Meatballs (NM) |  |
| Day Sixty-Two | [Healing Quinoa and Cabbage Soup](http://www.nourishingmeals.com/2009/09/healing-quinoa-cabbage-soup.html) | [Pot Stickers](http://recipes.sparkpeople.com/recipe-detail.asp?recipe=232613) |  |
| Day Sixty-Three | Leftovers | [Butternut Squash Macaroni](http://pinchofyum.com/butternut-squash-mac-n-cheese-with-caramelized-onions-apples-and-bacon) |  |

**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.

The second part of the challenge phase should be taken slowly. These are foods that many people react to. I set up the meal plan as 3 days per food, but take as long as you need. I did not include adding millet or vinegar back in, which can be done during this part of the challenge phase.

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)