

Elimination Diet – Meal and Snack Ideas (milk and wheat free)

Strict elimination diet – sample menu (wheat-free, milk-free)

Breakfast	<ul style="list-style-type: none"> • Rice, millet, amaranth or quinoa cereal with soy or rice “milk” • Boiled or poached eggs served with toast (from allowed varieties of gluten-free bread) and Nuttelex margarine • Homemade gluten-free pikelets or pancakes (e.g. buckwheat flour, egg and soy milk) with maple syrup or golden syrup • Decaf. coffee if desired
Lunch	<ul style="list-style-type: none"> • Cold cooked chicken or beef with salad of lettuce, mung-bean sprouts and celery, served with rice cakes or baked potato • Scrambled eggs served with allowed gluten-free toast (can add a little parsley or chives) • Homemade soup with allowed ingredients e.g. leek and potato or lentil and vegetable, served with rice cakes or gluten-free toast • Fresh pear (ripe, peeled) • Glass of soy or rice drink
Dinner	<ul style="list-style-type: none"> • Lean meat (beef or lamb), skinless chicken or fresh fish • Frittata (egg, sliced cooked potato, leek, garlic, chives, tinned beans) • Tofu (could be marinated with golden syrup and garlic) • Mashed potato or plain rice (brown or white) • Green beans, brussels sprouts or cabbage (or other allowed vegetables on moderate approach diet)
Between meals	<ul style="list-style-type: none"> • Water, decaf. coffee, soy or rice milk drink • Pear (ripe, peeled) - limit of 2 per day • Home-made gluten-free pikelet using allowed flours • Plain rice crackers or rice cakes • Cashews (raw or very lightly roasted) - limit of 10 per day • Plain pappadums or plain salted Kettle or Red Rock crisps

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Breakfast

- Puffed rice or rice flakes with soy or rice milk. Other cereal options include quinoa, puffed millet or amaranth-based breakfast cereals
- Gluten-free pikelets or pancakes served with golden syrup, pure maple syrup or pear jam (see recipe on back). There are many suitable gluten free flour mixes
- Poached eggs on rice cakes or home made gluten free toast (use a suitable G-F bread mix)
- Toast (using suitable gluten-free bread) with Nuttelex and pear jam (see recipe on back) or raw cashew paste (homemade - blended raw cashew and canola oil)

Light meal

- Baked potato with Nuttelex and a suitable filling e.g.
 - chopped home-cooked chicken, lamb, beef or legumes e.g. butter beans, chickpeas or 3 bean mix
 - homemade hummus (chick peas, garlic, canola oil, citric acid, salt, water)
 - diced celery, shredded lettuce, mung bean sprouts, shredded cabbage, top with pear chutney if desired (see recipe on back)
- Home-made baked beans made from butter or cannellini beans, cooked with leek, saffron, garlic, chives and citric acid on gluten free toast
- Cold rice rolls made with thinly sliced fresh chicken, lamb, beef or veal, lettuce, bean shoots, cabbage, chives and rice noodles, wrapped in rice paper
- Rice cakes topped with home-made hummus, lettuce, celery and mung bean sprouts
- Home made soup e.g. potato and leek, lentil and celery, chickpea and leek. Use homemade stock.
- Frittata made with egg, cooked and sliced potato, leek, chives, cabbage, beans and soy or rice milk
- Cold chicken, hard-boiled egg, celery and lettuce salad with plain Sakata rice crackers
- Scrambled or poached eggs on gluten free toast with Nuttelex
- Leftover cooked meat or chicken, served with potatoes and green beans (cook extra meat the night before and use within 24 hours)
- Potato fritters made with grated potato, gluten-free flour, egg and shallots - shallow-fry in allowed oil
- **Check that gluten-free breads or bread mixes do not contain corn or maize flour, or preservatives.**

Main Meal

- Roast/ baked/ steamed/ micro-waved chicken, beef, veal, lamb or very fresh fish, served with potato (roast, mashed, microwaved, steamed or boiled) and Brussels sprouts, cabbage and beans
- (If desired, meat can be flavoured with a marinade of golden syrup, garlic and citric acid)
- Stir-fry made with chicken, beef, veal, lamb, tofu or tinned dried beans, plus celery, cabbage, mung bean shoots, bamboo shoots, green beans and raw cashews - serve with rice or rice noodles (a stir-fry sauce can be made using golden syrup, citric acid, homemade stock and garlic)
- Rice pasta and suitable sauce e.g. spaghetti bolognese made with mince, leek, garlic, celery, or chicken in a white sauce made from Nuttelex, rice flour and soy or rice milk
- Home-made meat patties made with egg, mince chives, rice flour and kidney beans - serve with mashed potato, swede and green beans
- Fried rice made with rice, canola oil, garlic, leek, cabbage, egg, bean sprouts and beans
- Shepherd's pie made with minced beef, garlic and leeks, and topped with mashed potato
- Home-made hamburger patties made with egg, mince, chives, flour and kidney beans. Serve with suitable gluten-free bread rolls, pear chutney, lettuce and mung bean sprouts
- Home-made pasties, with filling of minced beef, cabbage, leek, swede and potato. Make pastry from suitable gluten-free flour and Nuttelex (or suitable commercial mix). Serve with pear chutney (see recipe on back)

Snacks

- Ripe, peeled pear - limit of 2 per day
- Raw cashew nuts - limit of 10 per day
- Roasted chick peas
- Plain or vanilla soy or rice drink
- Plain rice cakes topped with Nuttelex, golden syrup, or home-made hummus or raw cashew paste
- Plain rice crackers
- Home-made gluten free pancakes or pikelets made with soy or rice milk
- Pear muffins (e.g. flour, soy or rice milk, sugar, egg, pear)
- Home-made vanilla or carob cake using allowed ingredients
- Rice cereal with soy milk
- Plain Kettle or Red Rock potato crisps

A few useful recipes

Home-made hummus

125 g can chick peas

2 Tbsp oil

2 cloves garlic

½ tsp citric acid powder (optional)

Small jar baby pear puree (eg. Heinz or Nutricia brands)

Salt to taste

Puree all ingredients together. Other canned beans can be substituted if desired.

Salad dressing

¼ cup allowed oil

½ tsp brown sugar

2 Tbsp water

½ tsp citric acid powder

Pinch salt

Crushed garlic or chopped chives (optional)

Combine and shake ingredients together.

Pear jam

1 kg ripe pears, peeled and cut into small pieces (or 2 large cans of soft pears, drained)

750 gm sugar

1 x 50 g packet Jamsetta

Puree pears in a food processor. Put into large saucepan and heat gently. Add sugar and Jamsetta, stirring with a wooden spoon until sugar has dissolved. Bring to a rapid boil for 5 minutes, stirring occasionally. Allow to cool. Pour into sterilised glass jars and store in the refrigerator.

Pear chutney

1 large can (825gm) pears and syrup

½ cup brown sugar

1½ tsp citric acid powder

1 tsp salt

Drain pears and retain syrup. Dice pears. Put syrup in a saucepan, simmer until reduced by half. Add pears, sugar, citric acid and salt. Simmer for about 15 minutes or until mixture thickens. Allow to cool. Pour into sterilised glass jars and store in the refrigerator.

Variations

Add chopped leeks, shallot and garlic to diced pears. For thicker chutney, thicken with allowed cornflour. To make a sauce, the chutney can be pureed.

To sterilize jars, wash in dishwasher or hot soapy water, rinse well and put into oven at 150⁰ C for at least 20 minutes while cooking the jam or chutney. Fill while jars are still hot. Screw lids on tightly.

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