

# Grazing Pattern Menu Plan (Nut Allergy)

## Day 1

### Breakfast

Protein Smoothie: 1/2 scoop of chocolate egg protein powder with enough coconut milk (unsweetened) to mix

Vitamins & Clean Water

### 10:00am Snack

Celery and hummus dip

### Lunch

Turkey in pita pocket w/ any veggie topping (lettuce, tomato, etc.) w/ mustard, hummus (use in place of mayo) & topped with grilled peppers & onions

Hand full of raw carrots

Black beans and rice or cup of soup

Apple (organic if possible)

Vitamins & Clean Water

### 2:00pm Snack

Hand full of raw carrots

### 4:00 pm Snack

Small apple

### Dinner

Baked salmon

Baked potato w/ Salsa or Earth Balance Spread

Steamed corn w/ diced red & green peppers

Vitamins & Clean Water

### 8:00pm Snack

Hummus and carrot sticks

## Day 2

### Breakfast

Oatmeal

1 egg

Vitamins & Clean Water

### 10:00am Snack

Hand full of broccoli w/ dressing

### Lunch

Boiled eggs

Side salad

Cup of cantaloupe

Vitamins & Clean Water

### 2:00pm Snack

Fruit of your choice

### 4:00pm Snack

Hummus and Whole Grain Crackers

### Dinner

Chicken-Mushroom Soup

Small side salad (greens, bean sprouts, broccoli, sweet red pepper, sunflower seeds w/ apple cider vinegar, sea salt and pepper)

Pineapple

Vitamins & Clean water

### 8:00pm Snack

Small bowl of leftover soup

## Day 3

### Breakfast

Same as Day 1

Vitamins & Clean Water

### 10:00am Snack

Instant Cup of Soup

### Lunch

Big salad from grocery store salad bar (make sure you get enough protein by adding eggs or turkey meat)

Annie's Natural's Goddess Dressing

Hummus and Crackers

Vitamins & Clean Water

### 2:00pm Snack

2-3 oz of Turkey or 1 Applegate Farms Hot dog

### 4:00pm Snack

Hand full of raw carrots

### Dinner

Turkey Burgers

Mashed potatoes

Raw carrots, broccoli, and celery w/ dressing dip of your choice

Grapes, Pineapple, and Kiwi fruit cup

Vitamins & Clean Water

### 8:00pm Snack

Hummus and Veggie Sticks

## Day 4

### Breakfast

Same as Day 2

Vitamins & Clean Water

### 10:00am Snack

Hand full of pumpkin & sunflower seeds

### Lunch

Leftover soup from Day 2

Hummus and Crackers

Vitamins & Clean Water

### 2:00pm Snack

Avocado and Applesauce (combine in a food processor or mini chopper and make a "pudding")

### 4:00pm Snack

Small apple

### Dinner

Whole Baked Chicken w/ Annie's Bar-B-Q Sauce

Various raw vegetables with hummus dip

Vitamins & Clean Water

### 8:00pm Snack

A few bites of leftover chicken

## Day 5

### Breakfast

Omelet with mushrooms, green peppers, onions, & tomatoes  
Vitamins & Clean Water

### 10:00am Snack

Hummus and crackers

### Lunch

Chicken salad on whole grain bread or with whole grain crackers  
Raw veggies  
Mixed fruit (I like to make a big bowl of this to keep in refrigerator for a quick dessert)  
Vitamins & Clean Water

### 2:00pm Snack

1 Boiled egg

### 4:00pm Snack

Few bites of leftover chicken salad

### Dinner

Grilled Tuna (grill approx. five minutes on each side or until fish starts to flake)  
'Fantastic Foods' Rice Pilaf  
Asparagus (Spray with Bragg's Liquid Aminos and sauté for approx. 10-15mins)  
Raw Carrots  
Vitamins & Clean Water

### 8:00pm Snack

Hummus and veggies

## Day 6

### Breakfast

Same as Day 1  
Vitamins & Clean Water

### 10:00am Snack

Boiled egg or small protein smoothie

### Lunch

Veggie burger or grilled portabella mushroom (top with hummus or avocado instead of mayo)  
Spud pups by Cascadian Farms  
Raw veggies  
Vitamins & Clean Water

### 2:00pm Snack

Fruit

### 4:00pm Snack

Hand full of baby carrots and dressing

### Dinner

Roll-ups  
Small side salad (greens; bean sprouts; broccoli; pomegranate seeds)  
Vitamins & Clean Water

### 8:00pm Snack

Leftover Roll-ups

## Day 7

### Breakfast

Scrambled Eggs  
Chicken Sausage  
Whole Grain Toast  
Serving of fruit  
Vitamins & Clean Water

### 10:00am Snack

Fruit

### Lunch

Garbage Soup

Take all of your leftover vegetables or meat and add 2 cartons of chicken broth, 3 - 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1-2 TBSP Spike all purpose seasoning, 1 TBSP cumin, ½ tsp thyme, 1 bay leaf, ½ tsp garlic powder, 3 TBSP onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 - 4 hours or put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks  
Vitamins & Clean Water

### 2:00pm Snack

Leftover soup

### 4:00pm Snack

Hummus and veggie sticks

### Dinner

Avocado Sandwiches (whole grain bread, hummus, sliced avocado, tomatoes, cucumbers, sprouts)  
Baked sweet potato or white potato (brush skins with olive oil to keep them moist and edible instead of foil)  
Fruit  
Vitamins & Clean Water

### 8:00pm Snack

2-3 oz of tuna or turkey

**We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".**

**During Snack time...you do not have to eat a lot, just a few bites to keep your glucose levels optimal and take stress off of your body.**