

## Meals You Can Eat During the First Three Weeks

The menus listed on the next few pages are all sugar-free and yeast-free and designed to help you answer that always-troublesome question, “What can my family and I eat?”

The menus for the early weeks are also fruit-free and contain relatively few grains and high-carbohydrate vegetables (such as potatoes, yams, and lima beans). Depending on your likes and dislikes, using these general guidelines, you can change these menus to suit your tastes and those of other members of your family.

### *Breakfasts*

- ℞ Oatmeal with butter or flaxseed oil and pecans.
- ℞ Brown rice with filberts, sardines packed in sardine oil and rice cakes
- ℞ Well-cooked eggs, two strips of crisp bacon and grits with butter.
- ℞ Oatmeal, pork chops and cashew nuts.
- ℞ Cooked amaranth, tuna, tomatoes and walnuts
- ℞ Cooked quinoa, baked sweet potato and pecans.

### *Lunches*

- ℞ Wraps made with romaine leaves: roll-ups with turkey or tuna, grated carrots.
- ℞ Caesar salad with grilled chicken breast. (Use a small amount of lemon juice instead of vinegar in the dressing).
- ℞ Kitchen sink salad: every veggie you can find on a bed of romaine lettuce, perhaps with a few julienne strips of turkey and cheese.
- ℞ Unsweetened yogurt and a handful of nuts.
- ℞ Hard-boiled eggs and carrot and celery sticks
- ℞ Scoop of eggs, tuna or chicken salad (made with soy mayonnaise) and a tomato.
- ℞ Hamburger patty, lettuce, tomato and onions.
- ℞ Easy veggie soup (Progresso makes a decent canned soup) with rice cakes.

### *Suppers*

- ℞ Baked Cornish hen, steamed cabbage, asparagus, salad with lettuce and pecans. Use walnut oil and limejuice dressing.
- ℞ Steak (or hamburger patty), eggplant, mixed green salad with cucumbers and green peppers.
- ℞ Pork chops or lamb chops, turnip greens, okra, carrot and celery sticks.
- ℞ Roast turkey, baked acorn squash, steamed spinach, grated-cabbage, almonds with lemon juice and flaxseed oil dressing.
- ℞ Mixed vegetables cooked in microwave, pecans.
- ℞ Tuna fish, broccoli, black-eyed peas.