

# **PROGRAM GASTROINTESTINAL HEALTH**

## **Breakfast**

3 slices of Swiss or cheddar cheese, 1 peach, plum or other fruit

2 eggs any style, cup fruit salad, 8 ounces tomato juice

½ cantaloupe or melon, cottage cheese, 8 ounces tomato juice

8 ounces plain yogurt, 1 Tbsp. flaxseed oil, ½ cup berries or 2 pineapple slices

## **Lunch and Dinner**

Large mixed green salad w/ oil and lemon juice, can of tuna, chopped yellow and sweet red pepper

Season sardines in water (green and white label), sliced cucumber with Tahini

Swordfish steak, grilled onions, steamed greens with flax oil dressing

Flank steak or any lean meat, green beans with sliced almonds, cooked vegetables

Broiled red snapper, steamed broccoli, green beans or other vegetable

Beef/chicken and vegetable soup (celery, carrots, onion, cabbage)

Chicken salad made with sugar-free mayonnaise, roasted vegetables, spinach salad

Broiled chicken breast, grilled vegetables, 1 fruit

## **Snacks**

Fresh fruit of any kind, all vegetables, handful of raw almonds, cashews, pumpkin seeds, roasted garlic or almond butter on celery

## **Beverages**

8 oz. Fresh mixed vegetable juice 1-2x per day

Green drinks: Green Magma, Kyogreen, or Green Kamut: 1 tsp. 1-3x day in water

Herbal teas: Licorice, Slippery Elm, Chamomile

## **Avoid**

Sugar, barley malt, maple syrup, lactose and foods that contain them such as ketchup, salad dressings, milk, soymilk). All grains: wheat, spelt, kamut, oats, rye, barley, millet, bulgur, buckwheat, amaranth, quinoa, teff. No crackers, cakes, cookies, bread, pasta, flours, cereals, or rolls. Potatoes (white or sweet), yams, parsnips, chickpeas, soybeans. Also avoid

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carrageenan, which can irritate the GI tract. Avoid tofu, tempeh, and isolated soy protein which may contain alpha-gliadin protein.