



# 4 Food Elimination Meal Ideas

The example menu below is for a 4 food elimination diet of milk, eggs, soy, and wheat.

## Day 1

### Breakfast

Gluten-free oatmeal prepared with water and/or almond milk, fresh banana and a dollop of almond or peanut butter

### Lunch

Deli turkey meat and vegan cheese (i.e., Daiya®) roll-ups, gluten-free pretzels (i.e., Glutino®), apple, Enjoy Life® cookies

### Dinner

Spaghetti with meat sauce (gluten-free noodles), tossed salad (no croutons or regular cheese) with Italian or oil and vinegar dressing

## Day 2

### Breakfast

Chex® cereal with almond milk or plant milk (i.e., Ripple®), strawberries

### Lunch

Peanut butter and jelly sandwich (bread idea: Katz® gluten-free, egg-free), pineapple chunks, baby carrots, fruit leather

### Dinner

Tacos with corn shell or corn chips, lettuce, tomato, seasoned meat (it is best to season the meat yourself because most seasoning packets contain wheat and milk), salsa, guacamole, black beans, and onion

## Day 3

### Breakfast

Homemade pancakes with blueberries and maple syrup (Use a gluten-free flour blend and plant-based milk or almond in the batter; momables.com has a kid-friendly recipe.)

### Lunch

Homemade chicken nuggets using wheat-free bread crumbs or Applegate Farms® gluten-free chicken nuggets, grapes, cucumber slices, allergen-free cereal bar (i.e., Nature's Bakery® gluten-free fig bars)

### Dinner

Baked tilapia, steamed broccoli, roasted potato wedges with olive oil, watermelon chunks

