

Just In Health Menu Suggestions & Recipes

Please be mindful that the list below are some general ideas. All recipes can be modified to remove restricted foods like nuts, dairy, eggs, seeds, nightshades and fodmaps. See the detailed recipes below.

BREAKFAST:

- Eggs: Scrambled, over-easy, sunny-side-up, poached with sautéed vegetables:
- Protein shakes: Pea, beef, collagen or whey protein mixed with unsweetened coconut milk and berries.
- Left over meals: From the day before can be consumed for breakfast as well.
- Not just breakfast foods: You don't have to only eat breakfast food for breakfast i.e. eggs, bacon etc.
- Other breakfast foods: Fish, steak and vegetables are perfectly acceptable as well.

LUNCH:

- Salads: Chicken, tuna, eggs, turkey, lamb, beef, and sausages can be added for protein.
- Sautéed meat and veggies: Chicken, Turkey, Fish, Lamb, Beef with sautéed vegetables or salad.
- Dinner leftovers: Chicken, turkey, fish, meats with vegetables or salad.
- Salmon filets: Can add asparagus and add other side veggies.
- Mushroom caps: These can be stuff with ground turkey or pork and served with veggies.
- Shepherd's pie: Can use ground beef on the bottom layer and cauliflower and mixed veggies on top.

DINNER:

- Crockpot meals: Any kind of meat and appropriate veggies or starch. These meals can be easily made overnight and can last days at a time.
- Rotisserie chickens: These can be purchased at whole foods at local groceries, consumed with the appropriate veggies and safe starch when appropriate.
- Bun-less burger: Can be served over a bed of fresh spinach, lettuce and other veggies.
- Sauerkraut and kielbasa: This is an easy meal and mustard can be served as a condiment
- Meatballs without breadcrumbs: Sea salt, pepper, crushed tomatoes, bay leaf and garlic.
- Spaghetti squash casserole: Meats and other veggies can be mixed in, along with herbs and seasoning.

RECIPES:

- [Paleo template recipes.](#)
- [Autoimmune template recipes.](#)
- [The official autoimmune diet cookbook.](#)
- [Low fodmap and autoimmune template recipes.](#)
- [Paleo low sugar desserts](#) (In moderation).
- [Autoimmune dessert recipes](#) (In moderation).
- [Paleo smoothie recipes](#) (Be careful of extra fruit sugar).

EATING OUT:

- Make it easy on yourself: Ask them to hold the basket of bread so it doesn't tempt you.
- Baked chicken or fish: Just make sure you request no sauces with flour on them.
- Ask for substitutions: Vegetables and salads in place of starches like french fries or baked potatoes.
- Steak and veggies: Make sure there are no gluten seasonings added.
- Salads: Are great options, added meat and veggies are great options.
- Omelets: With sliced vegetables, and a side of bacon.
- The Bun-less Burger: Available at In & Out Burgers or Five Guys, ask for "protein style" gluten free.
- Chipotle Bowl: Ask for a bowl with no grains, just meat, vegetables and guacamole.

SNACKS:

- 1 handful of nuts or seeds: 1-2 tablespoons of nut or seed butter can be great too.
- Hardboiled eggs: are easy to carry with you on the go.
- 1-2 oz. piece of meat: Chicken, Fish, Turkey, Beef, Lamb along with ½ c. vegetables.
- Lettuce wrap: A piece of protein wrapped in a lettuce leaf, add mustard or tomato.
- High quality protein shake: High quality beef, collagen, pea protein or whey protein with unsweetened coconut or almond milk and berries.
- Guacamole: Can be used as dip for other veggies like carrots and broccoli.

Restaurants:

When at a restaurant ask that the bread basket not be delivered to table and ask if your menu choice has any hidden flours. It's easier to tell your server that you have a gluten allergy so they take your food preferences more seriously. You may not have an immediate gluten allergenic reaction, but the delayed sensitivity allergenic reaction can be just as bad, and many people in the restaurant industry aren't educated about these.

Hidden Glutens:

Read food labels carefully. Glutens can be hidden under such names as hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings". Gluten might also be found in the alcohol used in flavorings such as vanilla and in distilled vinegar and veined cheese such as Blue Cheese and Roquefort. Even the smallest amount could be enough to keep you from feeling the best that you can, so you will want to take extra care in finding those places that it might be hidden.

Balancing your Blood Sugar - Rules to Live By:

- Eat within an hour of getting up, a balanced meal that includes protein.
- Eat every 3-5 hours, set an alarm on your smart phone to go off with a label reminder to eat.
- Always carry a snack with you in your car, briefcase, at desk, in purse.
- Eat before you become hungry, if you are hungry, your blood sugar is already low.
- Balance Protein, Fat and Carbohydrate with each meal, safe starch maybe appropriate for some.
- If you are still hungry, have more protein, fat and carbohydrate in the same ratios as opposed to having more of just one food group.
- Eat meals in a relaxed environment, take time to sit down and be present with yourself and your body enhances digestive process, we do not digest well when stressed.
- Create “Time released meals.” Approach your meals eating the protein & fats first, followed by your low carbohydrate content above ground non-starchy vegetables. Eating in this way enhances blood sugar management by reducing blood sugar spiking. Starch veggies can be added later if your blood sugar and weight is under control.
- Stock your kitchen well and keep it stocked with only healthful choices, bad foods in your pantry and fridge will eventually be consumed.

Helpful Hints for the Holidays/Parties:

- Eat before you go to the party. Don't go on an empty stomach, especially if it is cocktails, appetizers or desserts that are being offered.
- Eat something first before the cocktail. Alcohol is absorbed directly from the stomach and will go directly into the blood stream spiking your blood sugar.
- Chew your food slowly. Doing so will increase the body's acknowledgement of the foods coming in and more quickly signal the brain of the contents of your consumption.
- Drink a water (mineral or plain) in between each cocktail. This reduces blood sugar load and the chance of blood sugar spiking. Also alcohol dehydrates your body and the water and minerals will act to replace that which is lost.
- Make your contribution to a potluck or holiday. Bring some healthy choices for yourself and you may start a trend!

Just In Health Shopping List

Proteins:

- Beef _____
- Chicken _____
- Turkey _____
- Fish _____
- Eggs _____
- Lamb _____
- Sausages _____
- Other _____

Nuts:

- Almonds
- Pecans
- Walnuts
- Brazil Nuts
- Sunflower Seeds/ Pumpkin Seeds
- Other _____

Grains: (Should be avoided at first)

- Brown Rice
- Millet
- Wild Rice
- Buckwheat

Fats:

- Olive Oil (Extra Virgin, Cold Pressed)
- Coconut oil
- Butter, Ghee (Organic for sure, Raw if possible)
- Flax Oil, Borage Oil (Barlean's & not for cooking)
- Cod Liver Oil (Carlson's Lemon Flavored)
- Macadamia oil

Condiments:

- Sea Salt (Real Salt, Celtic, Himalayan)
- Balsamic Vinegar/Apple Cider Vinegar
- Natural Mustard

Vegetables:

- Arugula
- Avocado
- Asparagus
- Bell Peppers
- Beets/Greens
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collard Greens
- Corn (if allowed)
- Cucumber
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce -variety (no iceberg)
- Mushrooms
- Onions
- Parsley
- Spinach
- Squashes (variety)
- Sweet Pot/Yams
- Tomatoes
- Sauerkraut (Probiotics)
- Eggplant

Herbs:

- Basil
- Dill
- Oregano
- Thyme
- Cilantro
- Ginger
- Rosemary
- _____

Fruits: (Negotiable at first)

- _____
- _____
- _____
- _____
- _____
- _____

Other:

- _____
- _____
- _____
- _____
- _____