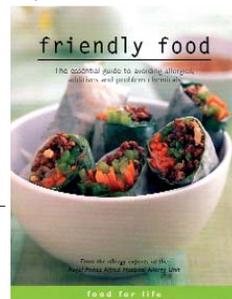


USING & ADAPTING BASIC RECIPES

Many basic recipes can be adapted for use on the **STRICT ELIMINATION DIET** by substituting allowed foods. Cutting out familiar foods means that you will need to find substitutes amongst the foods that are allowed.

Since many of these substitutes are likely to be unfamiliar to you, it will take time and effort to learn to use them properly. Use your imagination and be creative. Baking is a skill which improves with practice. It takes quite a lot of planning to follow a balanced and nutritious diet.

STRICT elimination diet	MODERATE approach	SIMPLE approach
<p>Only foods from the low list are permitted.</p> <p>Replace onion with leeks, shallots or chives.</p> <p>Replace herbs with parsley or chives.</p> <p>Omit spices such as cinnamon and nutmeg etc.</p> <p>Replace fruits with pear.</p> <p>If avoiding milk use calcium fortified soy milk (if allowed) or calcium fortified rice drink.</p> <p>If avoiding butter use Nuttelex or oil.</p> <p>If avoiding gluten (wheat, rye, oats, barley) use a mixture of allowed gluten free grains or flours <i>FF-25, SL-14.</i></p> <p>If avoiding eggs use "No egg"</p>	<p>Add some of the fruits, vegetables and flavoursome foods from the moderate chemical lists to the strict elimination diet choices.</p> <p>Add peeled golden or red delicious apple, rhubarb, banana, papaya, pawpaw to pear in recipes.</p> <p>Add moderate chemical vegetables such as asparagus, beetroot, Chinese vegetables, lettuce, marrow, pumpkin, sweet potato, snow peas, green peas.</p>	<p>Choose foods and beverages from the low, moderate and high chemical lists.</p> <p>Avoid highly flavoured foods, such as:</p> <ul style="list-style-type: none"> • tomato, citrus, berries, cherries • fruit juice • honey • chocolate • vegemite, marmite, promite • savoury flavoured noodles and snacks • artificial colours and preservatives.



Recipe books

- **FRIENDLY FOOD** – Swain AR, Loblay RH and Soutter VL (2nd Ed.2004, Murdoch Books ISBN 978 1 74045 376 9) Contains low chemical recipes for all meals and snacks, and needs to be followed to the letter for the best chance of success.

Basic cookbooks from Australian State Educational Institutions with easy to adapt recipes:

- **COMMONSENSE COOKBOOK** – (Angus and Robertson)
- **CENTRAL COOKERY BOOK** – AC Irvine (St David's Park Publishing ISBN 0724621601)
- **THE SCHAUER AUSTRALIAN COOKERY BOOK** – (Kevin Weldon & Associates ISBN 1863021167)
- **COOKERY THE AUSTRALIAN WAY** – (The MacMillan Company Australia ISBN 0 333 139 79 8)

FREE of egg, dairy, soy, gluten & nut

STRICT ELIMINATION DIET							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST 	Grated or mashed potato pancakes 	Buckwheat <i>FF-35</i> or gluten-free pancake <i>SL-15</i> with maple syrup or golden syrup	Rice toast with milk-free margarine, NutteleX® and rice syrup or pear jam <i>FF-237, SL-1</i>	Toasted wheat-free muesli <i>FF-31, SL-16</i> with rice drink 	Rolled rice or mixed grain porridge <i>FF-28, SL-16</i> (rolled rice, quinoa, amaranth and/or millet) with rice drink	Baked beans <i>FF-47, SL-5</i> or 3-bean mix on toasted gluten-free bread wheatless loaf <i>FF-143, SL-15</i>	Bubble and Squeak (left-over cooked vegetables fried with some oil or NutteleX®)
MORNING SNACK	Patty cake <i>FF-224</i> and fresh pear	Potato muffin <i>FF-38</i>	Vanilla cookies <i>FF-162</i>	Gluten-free Pear muffin <i>FF-180</i>	Pin wheels <i>FF-165</i> 	Gluten-free crackers & chickpea dip <i>FF-53, SL-5</i>	Pear & chive muffin <i>FF-36, SL-15</i>
LUNCH 	Toast or sandwiches with wheatless loaf <i>FF-143, SL-15</i> cold meat (lamb, veal, roast beef), pear chutney <i>FF-236, SL-1</i> chopped lettuce and bean sprouts	Vegetable and veal pasta <i>FF-99</i> or gluten-free pasta with vegetarian spaghetti sauce <i>SL-5</i> or meat sauce <i>SL-3</i>	Crunchy chicken bits with garlic or chives <i>FF-216</i> with vegetable pouches <i>FF-66</i> and side salad with homemade salad dressing <i>SL-7</i>	Saffron chicken and rice <i>FF-88</i> with sugar-glazed potatoes <i>FF-124</i> and side salad	 Cold roast lamb, chicken or veal with french-style potato salad <i>FF-134</i> and flat bread <i>SL-17</i>	Hamburgers <i>FF-84</i> or chickpea fritters <i>FF-113</i> with pear chutney <i>FF-236, SL-1</i> lettuce and allowed vegetables on potato rolls <i>FF-146</i>	Flat wraps <i>SL-15</i> with veal meatballs <i>FF-100</i> pear chutney <i>FF-236, SL-236</i> shredded lettuce 
AFTERNOON SNACK	Gluten free scones <i>FF-172</i> with milk-free margarine, NutteleX® and pear jam <i>FF-237, SL-1</i>	Puree pear ice block 	Gluten-free pancake <i>FF-156, SL-15</i> with pear jam <i>FF-237, SL-1</i> 	Gluten-free vanilla or carob cake <i>SL-14</i> made with rice drink, gluten-free flour <i>SL-14</i> and No egg®	Honeycomb <i>FF-221</i> with fresh pear 	Jam cookies <i>FF-152</i> and fresh pear 	Crispy wafer biscuits <i>FF-56</i>
DINNER 	Very fresh fish with baked potato, swede and choko 	Shepherd's pie made with meat sauce <i>SL-3</i> gluten-free bread rolls <i>FF-140</i> and mashed potato, pear and bean salad <i>FF-129</i>	Risotto made with home-made vegetable stock <i>FF-238, SL-2</i> with lentils/chickpeas or chicken stock <i>FF-238</i> with chicken/shallots	Crumbed cutlets or grilled chops with green beans, vinaigrette <i>FF-130</i> potato wedges and savoury flat bread <i>FF-147</i> 	Baked potatoes with meat sauce <i>SL-3</i> and sprout and cabbage salad <i>FF-132</i>	Pan fried tofu pieces or lamb cutlets with rice and allowed steamed mashed vegetables	Roast chicken, lamb, veal or lentil and potato bake <i>FF-68</i> with baked potato, swede and choko
DESSERT/SWEETS	Marshmallows <i>FF-222</i> or Toffee <i>SL-11</i>	Dried pear	Creamy rice made with rice drink and sliced tinned pears	Pear crumble	Tinned pear with Quick custard <i>SL-9</i>	Home made sago or tapioca <i>SL-9</i> or pear sago	Tinned pear with vanilla rice drink custard <i>SL-9</i>

FREE of egg, dairy, soy, gluten & nut

STRICT ELIMINATION DIET

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST 	Wheat-free muesli <i>FF-31</i> with chopped tinned pear and rice drink 	Gluten-free waffles <i>FF-42</i> with maple syrup or rice syrup	Gluten-free crumpets <i>FF-39</i> with milk-free margarine Nuttex [®] and rice syrup or pear jam <i>FF-237, SL-1</i>	Puffed rice, millet, amaranth and/or quinoa with rice drink 	Hash browns 	Lamb cutlets, sausages <i>SL-3</i> or lentil patties <i>SL-5</i> with gluten-free bread or wheatless loaf <i>FF-143, SL-15</i>	Potato & leek fritters <i>FF-46</i> 
MORNING SNACK	Gluten-free herb scones <i>FF-172</i>	Gluten-free crisp bread with pear jam <i>FF-237, SL-1</i>	Easy gluten-free muesli bars <i>SL-12</i> and fresh pear	Brown sugar cookies <i>FF-162</i>	Fresh pear	Rice flour shortbread <i>SL-13</i> 	Rice cakes and milk-free margarine Nuttex [®]
LUNCH 	Sausage rolls <i>FF-219</i> or chicken and leek puffs <i>FF-58</i> with side salad 	Rice cakes with veal and chicken terrine <i>FF-65</i> and pear & bean salad <i>FF-129</i> 	Vegetable soup <i>FF-69</i> or fish & bean soup <i>FF-73</i> with fried flat bread <i>FF-148</i> 	Fresh spring rolls <i>FF-55</i> or rice wraps with chicken or fried tofu pieces, rice noodles, bean sprouts and shredded lettuce 	Continental chicken sausages <i>FF-96</i> or sausages <i>SL-3</i> with spring salad <i>FF-76</i> and rice cakes	Chinese style chicken and vegetables with noodles <i>FF-116</i> 	Potato and leek pizza <i>FF-145</i> with mince added to topping 
AFTERNOON SNACK	Vanilla cookies <i>FF-162</i> 	Crispy potato bites <i>FF-57</i> 	Chunky rice slice <i>FF-153</i>	Golden syrup snaps <i>FF-207</i> 	Savoury flat bread <i>FF-147</i> 	Golden syrup slice <i>FF-154</i> 	Lemon ice blocks <i>FF-230, SL-10</i>
DINNER 	Chicken and vegetable pasta <i>FF-86</i> 	Crunchy coated chicken <i>FF-89</i> with potato chips and allowed steamed vegetables	Grilled steak with potato wedges, mashed swede and green beans 	Tangy baked chicken and rice <i>FF-93</i> with green beans and allowed steamed vegetables 	Crispy fish and lentils <i>FF-91</i> with mashed potato, side salad, homemade salad dressing <i>SL-7</i> and fried flat bread <i>FF-148</i>	Glazed lamb noisettes <i>FF-92</i> and allowed steamed vegetables 	Glazed drumsticks <i>FF-81</i> with baked potato, swede and choko, and gluten-free bread rolls <i>FF-140</i> 
DESSERT/SWEETS	Pear sorbet <i>FF-194</i>	Crepes with two sauces <i>FF-201</i> and sliced tinned pears	Baked rice pudding made on rice drink	Tinned pear with quick and easy dairy free ice cream <i>SL-9</i>	Gluten-free steamed pudding <i>FF-193</i>	Butterscotch pudding <i>FF-186</i> with sliced tinned pears	Coffee baked pears <i>FF-191</i> 

The recipes in this section are from the Shopping Lists in this handbook (SL) and "Friendly Food" (FF), available through bookstores or online from www.allergy.net.au

FREE of dairy, soy, gluten & nut

STRICT ELIMINATION DIET		CONTAINS — egg					
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST 	Boiled egg with gluten-free bread or wheatless loaf <i>FF-143, SL-15</i>	Poached egg on rice bread toast 	Potato slice <i>FF-127</i> 	Scrambled egg with chives and rice cakes 	Omelette 	Baked eggs in potato <i>FF-44</i> 	Fried egg and sausage <i>SL-3</i> with gluten-free bread or wheatless loaf <i>FF-143, SL-15</i>
MORNING SNACK	Gluten-free pikelets <i>FF-156</i> and pear jam <i>FF-237, SL-1</i>	Golden nougat <i>FF-209</i> and fresh pear	Egg and chive puffs <i>FF-60</i> 	Toffee <i>SL-11</i> and tinned pears	Mini pear and meringue tarts <i>FF-169</i>	Rice crackers and chickpea dip <i>FF-53, SL-5</i> 	Carob chip muffins <i>SL-15</i>
LUNCH 	Potato soufflé <i>FF-131</i> 	Chicken and pasta salad <i>FF-118</i> with gluten-free bread roll <i>FF-140</i> and side salad 	Fried rice with chopped chicken or lamb, egg, shallots, green beans, celery, garlic	Battered fish with Lebanese-style bread salad <i>FF-137</i> and side salad 	Asian-style salad <i>FF-79</i> 	Warm quail salad <i>FF-77</i> with creamy potato salad <i>FF-134</i> 	Glazed chicken with garlic and poppy seeds <i>FF-81</i> with sprout and cabbage salad <i>FF-132</i> and gluten-free bread roll <i>FF-140</i>
AFTERNOON SNACK	Pear puffs <i>FF-167</i> 	Sponge cake <i>FF-170</i> 	Potato and egg puffs <i>FF-61</i> 	Homemade rice crisps <i>SL-8</i> 	Carob muffins <i>SL-15</i> and fresh pear 	Meringues <i>FF-159, SL-6</i> 	Egg flat bread <i>FF-147</i> 
DINNER 	Lamb with swede puree <i>FF-101</i> mashed potato, steamed choko and egg flat bread <i>FF-147</i>	Fish patties <i>FF-94</i> with pear chutney <i>FF-236, SL-1</i> and lettuce salad	Roast chicken with stuffing <i>FF-107</i> roast potato, swede and choko 	Veal rolls with leek sauce <i>FF-97</i> mashed potato and steamed red cabbage	Fish pie <i>FF-108</i> with green & red cabbage coleslaw with gluten-free bread or wheatless loaf <i>FF-143, SL-15</i>	Caramelised beef and potatoes <i>FF-110</i> swede puree and butter beans, gluten-free bread rolls <i>FF-140</i> 	Chicken or veal schnitzel with french style rice <i>FF-135</i> side salad and wheatless loaf <i>FF-143, SL-15</i>
DESSERT/SWEETS	Coffee mousse meringue roll <i>FF-164</i>	Gluten-free carob roll <i>FF-175</i>	Meringue kisses <i>FF-159</i> with tinned pears	Carob brownies <i>FF-157</i>	Birthday cake <i>FF-227</i>	Angel pear flan <i>FF-199</i> 	Pears with sabayon sauce <i>FF-197</i>

The recipes in this section are from the Shopping Lists in this handbook (SL) and "Friendly Food" (FF), available through bookstores or online from www.allergy.net.au

FREE of nut

STRICT ELIMINATION DIET

CONTAINS — egg, dairy, soy, gluten

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>BREAKFAST</p> 	<p>Rice bubbles or rolled oats or weetbix with milk or soy</p> 	<p>Rye bread with cottage cheese <i>SL-21</i></p> 	<p>Crumpets <i>FF-41</i> with Nuttlex® or butter and golden syrup</p> 	<p>Unpreserved, wheaten toast with ricotta cheese, sliced tinned pears and golden syrup</p>	<p>Croissants with pear jam <i>FF-237, SL-1</i></p> 	<p>Pancakes with ricotta filing <i>FF-33</i> and sliced tinned pears</p>	<p>French toast</p> 
<p>MORNING SNACK</p>	<p>Carob coated honeycomb <i>FF-221</i> with fresh pear</p>	<p>Carob crackle made with puffed rice or Rice bubbles and melted carob</p>	<p>Fresh pear and oat biscuit <i>FF-176</i></p>	<p>Carob brownies <i>FF-157</i></p> 	<p>Butter or cheese pinwheels <i>FF-165, FF-64</i></p>	<p>Carob chip cookie <i>FF-162</i></p> 	<p>Pear muffins <i>FF-181</i></p> 
<p>LUNCH</p> 	<p>Mini leek quiches <i>FF-50</i> and side salad</p> 	<p>Chicken or egg sandwich with lettuce and mayonnaise <i>FF-239</i></p> 	<p>Spring rolls with dipping sauce <i>FF-55</i></p> 	<p>Cheesy egg and vegetable strudel <i>FF-63</i> or vegetable pouches <i>FF-66</i></p> 	<p>Potato torte <i>FF-177</i></p> 	<p>Rice and cottage cheese pie <i>FF-74</i> with side salad</p> 	<p>Quail with poppy seed sauce <i>FF-104</i> and potato soufflé <i>FF-131</i></p> 
<p>AFTERNOON SNACK</p>	<p>Golden syrup snaps <i>FF-207</i></p> 	<p>Frozen yoghurt <i>FF-196</i></p> 	<p>Cream cheese truffles <i>FF-208</i></p> 	<p>Golden carob roll <i>FF-175</i></p> 	<p>Pear slice <i>FF-161</i></p> 	<p>Traditional scones <i>FF-173</i></p> 	<p>Butter cakes with carob icing <i>FF-226</i></p> 
<p>DINNER</p> 	<p>Chicken with glazed pears <i>FF-109</i> with rice noodles and potato wedges and allowed steamed vegetables and bread roll <i>FF-142</i></p>	<p>Lamb fillet <i>FF-115</i> with rice noodles and steamed vegetables</p> 	<p>Veal meat balls <i>FF-100</i> with pear chutney <i>FF-236, SL-236</i> potato chips, side salad from allowed vegetables</p>	<p>Mini veal potato pies <i>FF-218</i> with refried potatoes, green beans and bread roll <i>FF-142</i></p>	<p>Roast chicken with potatoes <i>FF-107</i> and baked allowed vegetables with warmed bread roll <i>FF-142</i></p> 	<p>Rice crumbed fish with wedges <i>FF-102</i> lettuce and pear chutney</p> 	<p>Roast veal with sugar-glazed potato <i>FF-124</i> and saucy Brussels sprouts <i>FF-126</i></p>
<p>DESSERT/SWEETS</p>	<p>Tinned pears with Maple syrup mousse <i>FF-189</i></p>	<p>Pavlova <i>FF-202</i> with pears</p>	<p>Carob self saucing pudding <i>FF-188</i></p>	<p>Bread and butter custard or baked custard</p>	<p>Pear mallow dessert <i>FF-200</i></p> 	<p>Traditional carob pudding <i>FF-188</i></p>	<p>Carob truffles <i>FF-208</i> and fresh pear</p>