

Aimee Raupp

5 DAY SAMPLE MENU FOR ELIMINATION DIET (GF/DF)

NOTES:

Remember, this is a template and you can vary ingredients based on the recommendations list I provided.

Keep in mind all protein portions are about 3-4 ounces or the size of your palm.

All veggie portions are a cup or two...eat plenty of veggies! Ideal is to get 6-8 servings PER DAY

Your goal: each meal should have protein (a few ounces), fat (1 tsp) and veggies (2 servings).

Your plate should be 1/2 to 2/3rds vegetable and the rest protein and fat and very few organic (and preferably sprouted) grains

Start off each day with a mug of hot water with the juice from 1/2 a lemon squeezed OR a teaspoon of apple cider vinegar into it. Also be certain to have a small bit of protein within the first 20-30 minutes of waking (think: a few nuts or a teaspoon of nut butter. Or a scoop of collagen peptides in your tea or coffee. Or some bone broth.

Drink 40% of your body weight in ounces of water each day (ie is you're 140 pounds, 140x.4=56 ounces).

Shoot for 4 ounces of bone broth 5-7 times/week OR 1 tablespoon of EQUIP Foods or Vital Proteins Collagen Peptides daily. But remember this, bone broth is considered an A+; the collagen peptides or bone broth powder is solid B.

Cook foods in one of the following: coconut oil, ghee, pastured butter or broth (chicken or beef). It's ideal to use olive oil as a dressing (do not cook with olive oil at high temperatures; low sauteeing temps is fine)

It is ideal to go more than 2-3 hours without eating something. And, always eat a small protein snack within 20mins of waking (this is ideal for keeping your blood sugar even)

All foods should be as organic as possible. Especially meats—they should be grass-fed. And eggs should be from pastured hens. Bacon should be nitrate and nitrite free.

Easy snack foods can be found on the Aimee Approved Snack and Brand List

Eat more cooked than raw foods; i think an 80/20 rule is ideal.

Aimee Raupp

5 DAY SAMPLE MENU FOR ELIMINATION DIET (GF/DF)

DAY 1

(Protein ~92g | Veg servings: 7)

Breakfast (~30g protein):

- 3 scrambled eggs
- ½ tomato, 1-2 cups spinach, fresh basil sautéed in olive oil
- 2 slices nitrate-free bacon
- 1 slice gluten-free bread
- 1 scoop unflavored collagen powder stirred into herbal tea or warm water

Snack:

- ½ cup organic blueberries + 1 Tbsp flax seeds
- 1-2 cups lightly steamed greens (spinach or kale)
- 1 scoop collagen powder blended with 2 oz full-fat coconut milk (mini smoothie)

Lunch:

- Large mixed mesclun green salad with 4 oz wild salmon or sardines
- ½ avocado, onions, green beans, olives, fermented veggies
- Olive oil + apple cider vinegar

Snack:

- 6 oz bone broth with 1-2 cups spinach

Dinner:

- 5 oz baked chicken with fresh herbs
- 1-2 cups sautéed kale with garlic
- 1 medium sweet potato with ghee

Aimee Raupp

Aimee Raupp

5 DAY SAMPLE MENU FOR ELIMINATION DIET (GF/DF)

DAY 2

(Protein ~94g | Veg servings: 6-7)

Breakfast (~31g protein):

- 2 hard-boiled eggs
- 4 oz chicken sausage (nitrate-free)
- 1-2 cups sautéed spinach or kale
- 1 scoop collagen powder in warm water or tea
- 4 oz liver support juice (recipe from Body Belief)

Snack:

- Hummus (¼ cup) or homemade liver pâté with celery

Lunch:

- 2 organic, grass-fed sausages (chicken, pork, or turkey, ~6 oz total) sautéed in coconut oil or ghee
- 2 cups roasted veggies (brussels sprouts, beets)

Snack:

- Apple with 2 Tbsp sunflower seed butter OR ½ LARA bar + 1 scoop collagen in water

Dinner:

- 5 oz beef tenderloin
- 2 cups bok choy + spinach sautéed with garlic, lemon juice, sea salt

DAY 3

(Protein ~88g | Veg servings: 7-8)

Breakfast (~30g protein):

- Smoothie: ½ avocado, ½ cup raspberries or strawberries, 2 cups steamed spinach or kale,
- 2 Tbsp almond or cashew butter, 1 scoop collagen powder, 1 tsp flax, 1 tsp maca, 1 tsp spirulina, 2-3 oz full-fat coconut milk, water as needed
- 2 boiled eggs on the side

Snack:

- 6 oz bone broth + 1-2 cups spinach

Lunch:

- Watercress salad with 5 oz grilled chicken or salmon
- Avocado, mushrooms (shiitake, maitake, or black), olive oil, vinegar

Snack:

- ¼ cup hummus OR 2 Tbsp sprouted nut butter with celery or carrots

Dinner:

- 5 oz filet of sole sautéed with shallots and leeks
- 2 cups roasted kale with rosemary + steamed asparagus
- Lemon juice drizzle

Aimee Raupp

5 DAY SAMPLE MENU FOR ELIMINATION DIET (GF/DF)

DAY 4

(Protein ~90g | Veg servings: 6-7)

Breakfast (~30g protein):

- 3 eggs over-easy
- ½ avocado
- 2 cups sautéed spinach or kale OR ½ medium sweet potato
- 1 scoop collagen powder in tea or water

Snack:

- 1 grapefruit + 1 oz almonds or cashews

Lunch:

- 5 oz grilled or steamed fish
- 1 cup steamed broccoli + 1 cup peppers over fermented red cabbage slaw

Snack:

- 6 oz bone broth with 1-2 cups spinach

Dinner:

- 4 oz turkey meatballs (or other protein) in organic tomato sauce
- 1-2 cups steamed asparagus

DAY 5

(Protein ~86g | Veg servings: 6-8)

Breakfast (~30g protein):

- Bone broth egg drop soup (8 oz bone broth + 2 whole eggs + 2 scoops collagen powder)
- 1-2 cups sautéed greens on the side

Snack:

- Apple with 2 Tbsp sunflower seed butter OR ½ LARA bar + 1 scoop collagen powder

Lunch:

- Mixed green salad with 4 oz salmon, ½ cup kidney beans, corn, ½ avocado, tomato, olives, fermented veggies, olive oil + vinegar

Snack:

- Coconut yogurt (unsweetened) + kale chips (1-2 cups kale)

Dinner:

- 5 oz baked or pan-sautéed protein of choice
- Heaping portion of mixed roasted vegetables (2-3 cups)