21 Day Elimination Diet

Challenge

**Week Number Three**

By Village Naturopathic Clinic



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In Co-operation with Lennie MacLeod, Health Chef & Coach

Week Three



Congratulations on finishing Week Two! We hope that it went well for you! You have again given your body a whole week of clean, nutritious eating; an honorable show of self-care. By now you have certainly noticed some changes. Perhaps you are feeling more energetic, lost a few pounds, or are even feeling more focused and nourished. The hard work is starting to pay some good dividends. Now it is time to use this momentum to assess for any potential food intolerances.

Questionnaire



Upon completion of this 21 Day Elimination Diet Challenge, we ask that you fill out a questionnaire. The questionnaire is intended to help us learn about your experience, and therefore, to help us learn ways to make this 21 Day Elimination Diet Challenge even more effective. All of your answers are confidential, and we sincerely appreciate each one!

Just click on the link below after Week Three is finished. Thank you.

<https://goo.gl/forms/vdOhhtbvi0JpNkl12>

Re-Introduction



At the end of week three you can begin to re-introduce foods that you have been avoiding! This step is critical for you to determine what foods, if any, you might be intolerant to. Please refer to the FOOD RE-INTRODUCTION document for detailed instructions. Please feel free to book in for an appointment with your Naturopath if you feel you require additional support during this phase.

Magic Day Items to Prep



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| **Banana Oat Blender Pancakes**  **Peppermint Hemp Fat Fudge**  **Brussels Sprouts Salad** (for Day 1 & 2) |

Week Three Meal Plan



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| **Meals** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |
| **Breakfast** | Green Tea Smoothie | Green Tea Smoothie | Oat Blender Pancakes | Oat Blender Pancakes | Raspberry Cacao Smoothie | Raspberry Cacao Smoothie |
| **Lunch** | Brussels Sprouts Salad | Brussels Sprouts Salad | Vegan Caesar Salad | Vegan Caesar Salad | Rainbow Ranch  Salad | Rainbow Ranch  Salad |
| **Dinner** | Olive Fish Stew | Olive Fish Stew | Lentil Shepherd’s Pie | Lentil Shepherd’s Pie | Chicken Paprikash | Chicken Paprikash |
| **Next Day Prep** | No prep | Prep Vegan Caesar Salad | No prep | Prep Rainbow Ranch  Salad | No prep | No prep |

Grocery List



Okay. You are at the grocery store and feeling a bit overwhelmed. This list is meant to guide you.  If we feel that an ingredient is more difficult to source, we have made suggestions on where to look.

Places to shop when looking for some of these new ingredients:

* Local grocery store (fresh foods section and health foods section). You should be able to find most things there. If you don’t find everything you may have to venture to:
* Local Health Food Store
* Local Asian Grocery Store (these are great resources and often well priced!)

Also, some people who have done this program have told us that they prefer to split up the grocery shopping into two different days, because the volume of fresh produce is a lot to fit in to a fridge all at once. Choose a shopping method that works best for your refrigerator space.

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| Fruit    Apples - 2  Lime - 2  Lemon - 5  Banana - 8  Raspberries - 2 c (fresh or frozen) |

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| Vegetables  Ginger - 2 c  Onions - 6  Green Cabbage - 1  Garlic - 2 bulbs  Carrots - 8  Celery - 8 stalks  Beets - 4 medium  Radishes - 1 bunch  Avocado - 2  Cauliflower - 1  Button Mushrooms - 3 c  Cucumber - 1  Romaine - 1 head  Bok Choy - 4 c  Green Onions - 2 bunches  Kale - 2 bunches  Sweet Potatoes - 3 medium  Brussels Sprouts - 6 c  Zucchini - 3 medium  Beets - 2  Dill - one bunch  Cilantro - one bunch  Dill - one bunch  Basil - one bunch |

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| Meat  Chicken Breasts - 2  Sustainable white fish (fresh or frozen) - 1 lb  Ideally, buy pasture-raised chicken or turkey that is also organic or non-GMO (or conventionally-raised organic if you can't find pasture-raised). For more info on the benefits of pasture raised meat please read our friend's blog here (link <https://threeridges.farm/why-pasture-raised-chicken-is-better/>).  Likewise, pasture raised, grass fed lamb is the best choice when buying lamb. |

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| Nuts & Seeds    Pumpkin Seeds - 2 c  Cashews - 1.5 c  Sunflower seeds - 1 c  Walnuts - 1 c  Flaxseed - 1 c  Hemp hearts - 2 c  Shredded Coconut - 1 c |

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| Canned Goods  Chickpeas - 2 19 oz can  Lentils - 1 19 oz can  Canned diced tomatoes - 2 28 oz cans  Tomato Paste - 1 small can  Coconut milk - 3 cans  (Try to buy cans containing ONLY coconut milk and water,  with no weird sounding preservatives like bisulfites. Go Organic!) |

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| Oils, Vinegars & Liquids  Apple cider vinegar  Coconut aminos (found in Health Food Store)  Olive oil - 1 L  Coconut Oil - 2 c  Maple Syrup - ¼ c  Raw honey - ½ c  Milk Alternative (almond, rice, coconut, etc.) - 1 L |

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| Dry Herbs & Spices  Sea salt  Thyme  Paprika  Cayenne  Cinnamon  Ground Cumin  Chili Powder  Chili Flakes  Turmeric |

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| Other  Vegan Protein Powder (see comments below)  Tapioca Powder - 1c (Healthy Foods Section)  Nutritional yeast - 1 c (Health Food Store)  Raw Cacao - 1 c (Health Food Store)  Dijon mustard  Raisins - ½ c  Sun Dried Tomatoes - 1 small jar  Pitted Olives - ½ c  Canned Artichokes - 1 can  Capers - 1 small jar  Tamarind Paste - ¼ c (found in Asian food section)  Quinoa - 1 c  Large oat flakes - 2 c  Dates - ¼ c  Almond Butter - 2 c  Baking Powder  Green Tea Bags - 2  \* As you may already know vegan protein powders often taste like  sawdust and dirt. We have experimented with many different brands  and have narrowed it down to the following recommendations.  However, keep an eye open for new high-quality products too:   1. Iron Vegan 2. Sunwarrior 3. Heartland Gold Brown Rice Protein |

Recipes



All recipes are adequate for 2 people for 2 days, expect for all the smoothie and chia seed pudding recipes, they are for 1 person for one day.

T = Tablespoon

t = teaspoon

Red = Breakfast

Green = Lunch

Orange = Dinner

Brown = Other

MINT HEMP FAT FUDGE  10 MINS

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| 1 c coconut oil  ¼ c cacao powder  ⅓ c hemp seeds  1 T maple syrup  1 T fresh mint, minced  ½ t vanilla extract  ¼ t salt | In a small pot, melt coconut oil.  Take off heat and add the rest of the ingredient, mix well.  Spread out into a small square or rectangular container lined with parchment paper.  Refrigerate until fudge is hardened.  Remove fudge from container and cut into squares. |

OAT BLENDER PANCAKES  20 MINS

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| ½ c almond butter  1 c large oat flakes  1 c unsweetened almond milk  1 ripe banana, medium sized  2 T ground flax  1.5 t baking powder  pinch of salt  coconut oil for frying    Topping:  1 T coconut oil  2 apples  ¼ t cinnamon | Add all ingredients and blend until a batter is formed.  Melt some coconut oil in a pan on medium heat, and pour 1/3 cup of batter, using a measuring cup to ensure equal size and cooking times.  Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden.    Alternative cooking style: line a baking sheet with parchment paper, spread batter evenly, bake at 425 degrees for 12 mins.    For the topping, melt 1 tablespoon of coconut oil over medium heat in a small pot.  Add in the diced apples and cinnamon.  Cover the pot and cook until apples are soft, about 5 minutes. |

BRUSSELS SPROUTS SALAD  40 MINS

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| **Salad**  8 c Brussels sprouts, trimmed and halved  2 onions, large, diced  2 apples, cored and diced. Coat in lemon juice if not eating right away.  1/4 c raisins  1 c walnuts  1 t dried thyme  salt and pepper to taste | Put the prepped Brussels sprouts and onions in a large mixing bowl, and toss them in olive oil, thyme, salt and pep.  Mix until evenly coated, place on a baking sheet, then roast in oven at **400f for 30-35 mins**, flipping them once at the halfway mark.  Prep the rest of the salad ingredients.  Once Brussels sprouts are finished, add them to  the rest of the salad ingredients in mixing bowl. |
| **Mustard Vinaigrette**  1/3 c extra-virgin olive oil  2 T apple cider vinegar  2 T lemon juice  1 T Dijon mustard  1 T honey  salt and pepper to taste | Blend all ingredients together in a blender until smooth. |

OLIVE FISH STEW  45 MINS

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| 1 lb sustainable white fish, cut into 1½-inch  pieces (fresh or frozen)  1 onion, chopped  3 cloves garlic, minced  2 c canned diced tomatoes (14.5 oz can)  3 c zucchini, medium dice (¼ inch chunks)  ¼ c packed chopped fresh cilantro  ½ c olives, pitted  1 c canned artichokes, drained and quartered  1 t dried oregano  1 t chili flakes  1 c water  1 avocado, chopped  2 T Pumpkin Parmesan (optional) | Add olive oil to soup pot on medium heat.  Add onion, sauté for 5 mins.  Add garlic, sauté for 3 mins.  Add zucchini, fish, tomatoes, water, chili pepper, olives, artichokes and oregano.  Cover and simmer for 20 minutes, stir minimally, many of these ingredients are sensitive.  Remove from heat.  Add cilantro and avocado.  Sprinkle with Pumpkin Seed Parmesan. |

GREEN TEA SMOOTHIE  10 MINS

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| 2 scoops protein powder  2 banana  2 handful of kale (remove stems if preferred)  ¼ c hemp seeds  2 T fresh ginger, minced  1 c coconut milk  1 c water  1 lemon  1 mug of green tea, steeped and cooled | Blend all ingredients in a blender until smooth. |

VEGAN CAESAR SALAD  45 MINS

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| **Roasted Chickpea Croutons**    1 can (19 oz) chickpeas  1 t cumin  1.5 t chili powder  1 t garlic powder  1/4 t turmeric  1/4 t each salt + pepper  Pinch cayenne | Drain and rinse the chickpeas thoroughly, then put them in a mixing bowl and drizzle on some oil and coat evenly.  Sprinkle on the other seasonings and mix well.  Place on baking sheet, lined with parchment paper. Roast for **20 minutes at 400 degrees**. Gently roll the chickpeas around in the baking sheet, then roast for **another 10-15 minutes**, until lightly golden. They will firm up as they cool. |
| **Salad**    1/2 medium bunch Kale, de-stemmed, chopped  1 small head romaine lettuce, chopped  6 radishes, thinly sliced  4 scallions, thinly sliced  1 avocado, diced and put on top of each salad once it’s plated | De-stem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into a large bowl.  Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale.  Wash and cut top of radishes, cut each radish in half to make a flat surface for stable slicing, then slice thin. |
| **Caesar Dressing**    1 c olive oil  ¼ c apple cider vinegar  2 T lemon juice  ½ c hemp seeds  2 medium garlic cloves  2 T capers  3 dates  1 T Dijon mustard | Put all ingredients in blender except the olive oil.  Begin blending on medium-high speed  Slowly drizzle olive oil through the hole in the blender lid until smooth (over a period of about 60 seconds)  This process will make it very thick, creamy, and well emulsified.    Assemble: Add desired amount of dressing on to lettuce and toss until fully coated, sprinkle on the roasted chickpeas and the Parmesan cheese. |

LENTIL SHEPHERD’S PIE 45 MINS

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| **Filling**    2 onions, diced  2 carrots, diced  2 stalks of celery, diced  3 cloves of garlic  3 c mushrooms, sliced  12 sun-dried tomatoes, sliced  ½ c canned diced tomatoes  1 can (19 oz) lentils  1 T ground coriander  1 t dried thyme  1 t dried rosemary  ¼ c fresh parsley, chopped  1 T tapioca powder | In large pan sauté onions in olive oil 5 mins.  Add garlic, carrots and celery, sauté for another 5 mins.  Add sliced mushrooms, sun-dried tomatoes and coriander, cook for another 5 mins.  Add canned tomatoes and lentils.  Scoop out small amount of liquid from the pan, put it in a small bowl and add the tapioca powder. Muddle together to break up any clumps of powder, then return it to the pan..  Add parsley and thyme.  Mix well together.  Take off heat. |
| **Topping**    3 medium sized sweet potatoes  1 cauliflower  1/3 c olive oil  salt and pep | Chop potatoes and boil for 7 mins  Chop cauliflower and add it to the potatoes for another 7 mins.  Drain and mash with 1/3 c olive oil and salt & pepper. |
| **Assembly** | Spread filling evenly in appropriate sized pan or baking dish.  Spread topping evenly over the filling.  Sprinkle a thin layer of Pumpkin Parmesan evenly over topping.  Place in oven at **400f for 15 mins** or until starting to brown on top. |
| **Steamed Broccoli on the side**    1 large head of broccoli | Cut the broccoli into florets.  Place the broccoli in a steaming basket (a steel mesh strainer will do) over boiling water; cover and steam for 5 minutes.  Season with salt and pepper, olive oil , and a little lemon juice. |

RASPBERRY CACAO SMOOTHIE  5 MINS

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| 2 scoop of protein powder  ¼ c raw cacao powder  ¼ c hemp seed  1 banana  1 c raspberries  1 lime, peeled  3 c water | Blend all ingredients in a blender until smooth. |

RAINBOW RANCH SALAD  40 MINS

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| **Salad**    ½ medium cucumber, cut in half lengthways, seeds removed, then sliced  2 beets, grated  2 medium/large carrots, grated  4 radishes, sliced  ½ c sauerkraut  ½ avocado, diced | Mix all together, except avocado (add last, on top of salad once plated). |
| **Quinoa**    2 c water  1 c quinoa | Rinse the quinoa under cold running water.  Put quinoa into a pot and add double the amount of water, and a good pinch of salt.  Place over a medium heat and bring to the boil.  Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed.  Fluff it up with a fork. |
| **Ranch Dressing**    1 c raw cashews, soaked and rinsed  ¼ c fresh lemon juice  ¼ c apple cider vinegar   2 dates, pitted, minced  1/2 c water  2 cloves garlic  1 T Dijon mustard  2 t sea salt  1 t ground pepper  2 T fresh parsley minced  1 T fresh dill minced  2 T green onions sliced thin | Mix all together in food processor or blender, except the fresh herbs and green onion.  Once the dressing is smooth in the blender, add the fresh herbs and onion and stir in by hand, or briefly blend them in.  Add desired amount onto salad.  Add avocado on top. |

CHICKEN PAPRIKASH  45 MINS

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| 2 large chicken breast, sliced  1 large onion, thinly sliced  2 cloves garlic, thinly sliced  4 c green cabbage, sliced thin  3 c canned diced tomatoes (one 28 oz can)  1 c coconut milk  2 T tapioca powder  2 T paprika  1/2 t cayenne  salt & pepper to taste | Add the oil to a pot on medium heat.  Add onions, sauté for 5 mins, until they start to brown.  Add garlic, sauté for another 3 mins.  Add the rest of the ingredients, except tapioca powder, and bring to a boil.  Continue simmering for another 20-25 mins.  Scoop out small amount of liquid from the pan, put it in a small bowl and add the tapioca powder. Muddle together to break up any clumps of powder, then return tapioca powder to pot to thicken.  Simmer for another minute, then turn off heat.  Add salt and pepper to taste.  Serve with Pumpkin Parmesan on top. |

NAAN BREAD  10 MINS

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| 3/4 c cashews  1/3 c tapioca flour  1 c coconut milk  1 t salt  1 T coconut oil | Ground cashews in food processor or blender.  Add tapioca flour, coconut milk, salt, and blend all together.  Melt the oil in a medium sized non-stick pan on medium heat.  Pour a heaping ½ c of the batter in the pan (this will make 4 naan in total, you can do all now or save some of the batter for following days).  Once the batter fluffs up a bit and starts to brown on the bottom (5 mins), flip it over and cook for another 3 mins. No need to rush this one, the batter doesn’t burn quickly. |