

INTERNAL WELLNESS PLAN



ELIMINATION PLAN

BY TASTE SYMMETRY



Elimination Diet

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Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

This program was created using foods compliant with the elimination diet guidelines and with the following key considerations:

Iron

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Iron can become a nutrient deficiency as a result of eliminating certain food groups. This program provides up to 19 milligrams of daily iron from foods like lentils, chickpeas, fish, chicken, and spinach. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

Bone Building Nutrients

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance and modulates potential bone-damaging inflammation. This dairy-free meal plan uses calcium-rich ingredients like fortified milk beverages, broccoli, kale, and tahini. To maximize the absorption of dietary calcium, the plan limits salt




















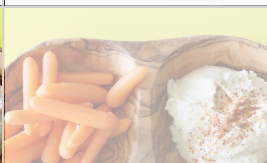





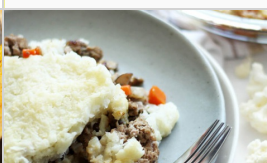


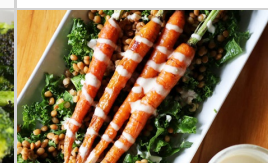

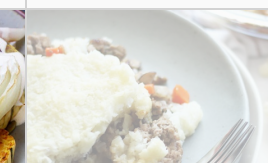
intake as salt increases calcium loss through the urine. Magnesium is incorporated from food sources like chia seeds, salmon, and chicken.

Fiber

Fiber has several health benefits including improving digestive health and blood pressure. This gluten-free, sugar-free program provides up to 40 grams of fiber daily from foods such as fruits, vegetables, lentils, and nuts. Soluble fiber found in beans, ground flaxseeds, and cruciferous vegetables is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

Intestinal Support

An elimination diet combined with probiotics may be optimal for managing intestinal function. Probiotics and prebiotics bring good bacteria into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost the immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on gut health.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Carrot Cake Chia Pudding	 Carrot Cake Chia Pudding	 Sausage & Sauerkraut Skillet	 Sausage & Sauerkraut Skillet	 Lucky Green Smoothie	 Lucky Green Smoothie	 Lucky Green Smoothie
Snack 1	 Grapes & Walnuts	 Creamy Broccoli Salad	 Creamy Broccoli Salad	 Creamy Broccoli Salad	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Grapes & Walnuts
Lunch	 Creamy Broccoli Salad	 One Pan Paleo Plate	 Cauliflower Shepherd's Pie	 Lemon Turkey Quinoa Skillet	 Baked Salmon with Broccoli & Quinoa	 Roasted Carrots with Lentils & Tahini	 Roasted Winter Vegetables with Tahini Drizzle
Snack 2	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Grapes & Walnuts	 Grapes & Walnuts	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter
Dinner	 One Pan Paleo Plate	 Cauliflower Shepherd's Pie	 Lemon Turkey Quinoa Skillet	 Baked Salmon with Broccoli & Quinoa	 Roasted Carrots with Lentils & Tahini	 Roasted Winter Vegetables with Tahini Drizzle	 Cauliflower Shepherd's Pie

Fruits

- 1 Apple
- 4 cups Grapes
- 3 1/4 Lemon
- 3 Lime

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 3 tbsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/3 cup Hemp Seeds
- 2 1/4 tsps Italian Seasoning
- 1/2 tsp Oregano
- 2 tbsps Pumpkin Seeds
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sunflower Seeds
- 1 1/4 cups Walnuts

Frozen

- 2 1/4 cups Frozen Mango

Vegetables

- 3 cups Baby Carrots
- 4 cups Baby Spinach
- 12 cups Broccoli
- 3 1/2 cups Brussels Sprouts
- 2 1/2 Carrot
- 3/4 head Cauliflower
- 7 1/2 stalks Celery
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 4 Garlic
- 6 Heirloom Carrots
- 4 cups Kale Leaves
- 2 1/4 cups Mushrooms
- 1/2 cup Red Onion
- 1 Sweet Potato
- 2 cups Swiss Chard
- 1 1/4 Yellow Onion

Boxed & Canned

- 1 cup Lentils
- 1 cup Quinoa
- 3/4 cup Vegetable Broth

Baking

- 1/8 tsp Ground Cloves
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 1 1/4 lbs Extra Lean Ground Turkey
- 1 cup Hummus
- 10 ozs Salmon Fillet

Condiments & Oils

- 2 tbsps Black Olives
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 1 cup Sauerkraut
- 1/3 cup Sunflower Seed Butter
- 1/2 cup Tahini

Cold

- 2 cups Unsweetened Almond Milk

Other

- 6 1/3 cups Water



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

Extra Creamy: Replace half of the almond milk with full-fat canned coconut milk.



Sausage & Sauerkraut Skillet

2 servings

40 minutes

Ingredients

- 5 ozs Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian: Skip the sausage and use cooked lentils instead.

No Swiss Chard: Use kale or spinach instead.



Lucky Green Smoothie

1 serving
10 minutes

Ingredients

3/4 cup Frozen Mango
1 Lime (juiced)
1 cup Baby Spinach (packed)
1 tbsp Ground Flax Seed
2 tbsps Hemp Seeds
1 3/4 cups Water

Directions

- 1 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango: Add frozen pineapple or banana instead.

More Protein: Add a scoop of your favorite clean protein powder.



Grapes & Walnuts

4 servings

3 minutes

Ingredients

4 cups Grapes (washed)
1 cup Walnuts

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Creamy Broccoli Salad

4 servings
20 minutes

Ingredients

8 cups Broccoli (chopped into florets)
1/4 cup Red Onion (finely sliced)
1/4 cup Tahini
1 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 tbsps Water
1/3 cup Sunflower Seeds

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

Likes it Sweet: Add dried cranberries or diced apple.

Meat Lover: Add bacon.



Baby Carrots & Hummus

4 servings

5 minutes

Ingredients

3 cups Baby Carrots
1 cup Hummus

Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots: Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy: Top with a pinch of cayenne pepper or chili powder.



Celery with Sunflower Seed Butter

3 servings

5 minutes

Ingredients

6 stalks Celery (sliced into sticks)
1/3 cup Sunflower Seed Butter

Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



One Pan Paleo Plate

2 servings
35 minutes

Ingredients

8 ozs Chicken Breast
1/16 tsp Sea Salt
2 cups Brussels Sprouts (washed, trimmed and halved)
1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)
1 Sweet Potato (washed and sliced in half)

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts: Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast: Use turkey breast.

Vegans and Vegetarians: Replace chicken with roasted chickpeas.

Extra Time: Slice sweet potato into cubes or fries.



Cauliflower Shepherd's Pie

3 servings
50 minutes

Ingredients

3/4 head Cauliflower (chopped into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
3/4 Yellow Onion (diced)
1 1/2 Garlic (cloves, minced)
12 ozs Extra Lean Ground Turkey
2 1/4 cups Mushrooms (sliced)
1 1/2 Carrot (diced)
1 1/2 stalks Celery (diced)
2 1/4 tsps Italian Seasoning
1/8 tsp Sea Salt

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



Lemon Turkey Quinoa Skillet

2 servings

30 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil
1 Garlic (cloves, minced)
8 ozs Extra Lean Ground Turkey
1/2 tsp Oregano (dried)
1/8 tsp Sea Salt
2 tbsps Black Olives (chopped)
1 cup Baby Spinach (chopped)
1/3 cup Quinoa (dry, uncooked)
3/4 cup Vegetable Broth
1/2 Lemon (zested and juiced)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 4 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 5 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

Notes

More Flavor: Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers: Keep in an air-tight container in the fridge for up to 3 days.

No Quinoa: Use long-grain white rice instead.

No Spinach: Use chopped kale or swiss chard instead.

No Ground Turkey: Use ground chicken or ground beef instead.

No Vegetable Broth: Use any type of broth, or water instead.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.



Baked Salmon with Broccoli & Quinoa

2 servings
20 minutes

Ingredients

10 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Broccoli (sliced into small florets)
1 tbsp Extra Virgin Olive Oil
1/2 cup Quinoa (uncooked)
3/4 cup Water
1/4 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Roasted Carrots with Lentils & Tahini

2 servings
25 minutes

Ingredients

6 Heirloom Carrots (washed)
1 1/2 tsps Coconut Oil
1/4 tsp Sea Salt
1 1/2 tsps Tahini
1/2 Lemon (juiced)
2 tsps Water
1 tbsp Extra Virgin Olive Oil (divided)
4 cups Kale Leaves (finely sliced)
1 1/2 tsps Red Wine Vinegar
1 cup Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge up to 3 days.



Roasted Winter Vegetables with Tahini Drizzle

2 servings
45 minutes

Ingredients

- 1/2 Delicata Squash (small)
- 1 1/2 cups Brussels Sprouts (washed and halved)
- 1/2 bulb Fennel (coarsley chopped)
- 1/4 cup Red Onion (coarsley chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 tbsps Tahini
- 1/2 Garlic (clove)
- 2 tbsps Water
- 1 Lemon (small, juiced)
- 2 tbsps Pumpkin Seeds

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein: Add lentils, chickpeas or diced chicken.

Leftovers: Store covered in the fridge up to 2 - 3 days.