

# IBD-AID

## MENU

### Phase-1

Caribbean Avocado Soup

Nutty Banana Smoothie

Pineapple Treat

Savory Chicken Oats

Vanilla Custard

Chocolate Mousse

Miso Salmon with Acorn Squash

Salmon Burger with Miso Tahini Sauce

Mushroom Oats Risotto

## IBD-AID Phase I Menu Guide

Phase 1 is for those who are in a flare, or feeling quite unwell. It is a soft diet. Textures of nutritious foods important for healing are changed to a consistency the body can absorb and metabolize, without causing irritation. These foods can be used as an alternative to commercially produced nutrition supplements that are not oriented to healing the gut.

### Tips:

- This diet is much easier with your dedication and advance planning. These are easy yet DELICIOUS recipes that you will ENJOY (mentally and physically)!
- Use the shopping list provided to plan your meals (or, you can switch up the recipes according to what you prefer).
- Some recipes can be cooked the night before or a few days ahead so they are all ready to enjoy. This really helps with learning and sticking with the diet.
- Crock pots are a great way to save time for cooking soups and chili.



### WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Pumpkin Spice Smoothie	Nutty Banana Smoothie	Nonnie's Zucchini Omelette	Papaya Smoothie	Banana Oat Smoothie	Banana Pancakes with a Touch of Vanilla	Almond Butter Banana Smeared in Cinnamon with side of Scrambled Eggs
<b>Lunch</b>	Caribbean Avocado Soup	Carrot and Coriander Soup	Left over Iron-rich Shepherd's Pie with Sweet Potato Topping	Left over Savory Oats	Leftover Miso Fish and Savory Oats	Avocado and Tuna Salad with Sweet Potato	Sue's Spinach Cheese Puff
<b>Dinner</b>	Miso Salmon with Acorn Squash	Iron-rich Shepherd's Pie with Sweet Potato Topping	Savory Chicken Oats	Baked Fish in a Parcel with Miso Sauce	Leftover Roast Chicken Soup	Mushroom Oats Risotto	Salmon Burger with Miso Tahini Sauce with Butternut Squash

*Snacks*

Pumpkin Treat  
Spinach Mango Smoothie  
Apple Sauce with a twist of Cardamom and Saffron  
Plain Yogurt Sprinkled with Cinnamon and a Dab of Honey

*Desserts*

Banana, Nut & Coconut Ice Cream  
Chocolate Peanut Butter Avocado Pudding  
Vanilla Custard  
Chia Seed Pudding  
Coconut Oil Chocolate Candies  
Chocolate Mousse

*Beverages*

Frozen Lemonade  
Fresh Mint Tea  
Water with Lemon/Strawberry Slices  
Seltzer and Cranberry Juice with Lime  
Assorted Tea with Honey (Hot or Iced)  
Coconut Water

*Shopping List Phase 1*  
*(ingredients for snacks, desserts and beverages*  
***are not included** in the shopping list)*

**Fruits:**

5 avocados  
 10 bananas  
 1 papaya  
 2 lemons  
 1 orange

**Vegetables:**

acorn squash  
 2 cans pumpkin  
 1 can butternut squash  
 4 medium onions  
 2 lb carrots  
 5 medium sweet potatoes  
 bag of fresh baby spinach  
 1 medium zucchini  
 1 large eggplant  
 4 oz shitake mushrooms

**Chicken/Fish/ Meat:**

1 lb lean ground Chicken  
 4 chicken livers (optional, for those who like them)  
 1 lb lean ground beef  
 4 salmon Fillets  
 4 Haddock fillets  
 22 eggs

**Nuts/Seeds/Beans:**

almond butter  
 almond flour  
 all-natural peanut butter  
 chia seeds  
 tahini  
 tamari  
 miso

**Dairy/ Non-dairy:**

unsweetened almond milk  
 1 can light coconut milk  
 tub of plain nonfat or low fat yogurt  
 3 oz cheddar cheese

**Sweeteners/Flavoring:**

unsweetened apple juice  
unsweetened cocoa powder  
raw honey – local is best  
Pure vanilla extract

**Spices:**

cinnamon  
curry powder  
garlic  
garlic powder  
ground coriander  
nutmeg  
oregano  
salt  
parsley  
pepper  
rosemary  
thyme  
white pepper

**Fresh Herbs:**

basil  
cilantro  
coriander

**Stock:**

chicken stock  
vegetable stock

**Oils:**

coconut oil  
toasted sesame seed oil  
extra virgin olive oil

**Grains:**

steel- cut oats

# Monday

## Breakfast

### Pumpkin Spice Smoothie

(Servings = 1)

*(note: require pre preparation, frozen banana)*

#### Ingredients:

1 cup unsweetened vanilla almond milk  
 1/2 cup pumpkin, canned  
 1/2 small ripe banana, peeled, sliced and frozen  
 dash of cinnamon  
 dash of nutmeg  
 1 teaspoon honey – local is best

#### Directions:

1. Place all ingredients into a blender and blend until smooth consistency is achieved.

*Recipe adapted from: Smoothies by Mary Corpening Barber*

*\*Calories: 198; Total Fat: 4g; Total Carbohydrate 42g; Total Protein: 4g; Total Dietary Fiber: 7g; Soluble Fiber: 1g*

*\*\*Excellent source of fiber, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, calcium, iron and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## Lunch

### Caribbean Avocado Soup

(Servings = 2)

#### Ingredients:

3 ripe avocados  
 2 1/2 cups chicken or vegetable stock (choose organic, no added preservatives)  
 1 teaspoon curry powder  
 1 teaspoon lemon juice  
 1/4 teaspoon salt  
 1/4 teaspoon white pepper  
 1/2 cup plain yogurt

#### Directions:

1. Cut the avocados in half lengthwise, scoop out the inside of 5 halves of the avocados, setting one half aside for garnish.

2. Place the avocados into a blender with 1-1/2 cups of chicken stock. Blend.
3. Add the curry powder, lemon juice, salt, white pepper, yogurt and remaining 1 cup of stock to the blender. Mix thoroughly.
4. Chill in the refrigerator for 5 to 10 minutes.
5. Serve immediately (as to not let avocado get brown) and garnish each bowl with a few slices of the reserved avocado.

*Recipe adapted from: Recipes for the Specific Carbohydrate Diet by Raman Prasad*

*\*Calories: 432; Total Fat: 34g; Total Carbohydrate 27g; Total Protein: 13g; Total Dietary Fiber: 15g; Soluble Fiber: 5g*

*\*\*Excellent source of protein, fiber, vitamin E, vitamin K, vitamin C, folate, phosphorus and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

### Dinner

## Miso Salmon with Acorn Squash

*(Servings = 4)*

### Ingredients:

1 acorn squash  
 1 tablespoon extra-virgin olive oil  
 salt and pepper to taste  
 4 salmon filets  
 2 tablespoons lemon juice  
 3 tablespoons mild yellow miso paste (refrigerated, not any other)  
 1/4 cup sesame oil

### Directions:

1. Preheat oven to 400°F.
2. Cut acorn squash in half, drizzle with olive oil and season with salt and pepper. Put on pan and roast in oven for 30 minutes.
3. Place salmon in a non-stick oven proof pan and set aside.
4. In a small bowl whisk together the lemon juice, miso paste and sesame oil. Drizzle 3 tablespoons of the dressing over salmon and set the remaining dressing aside.
5. Bake the salmon for 15 minutes at the same temperature along with squash.
6. After squash is done scoop the pulp and mash until smooth.
7. Top each salmon filet and acorn squash with extra miso sauce and serve.

*Recipe adapted from: <http://www.traderjoes.com/recipes/recipe.asp?rid=293>\*Calories: 782; Total Fat: 43g; Total Carbohydrate 15g; Total Protein: 81g; Total Dietary Fiber: 4g; Soluble Fiber: 0.6g \*\*Excellent source of protein, vitamin D, niacin, vitamin B-12, phosphorus, iron, zinc and potassium (>20% DV)\*Per Serving\*\*Based on a 2,000 calorie/day diet*

# Tuesday

## Breakfast

### Nutty Banana Smoothie

(*Servings = 2*)

(note: require pre-preparation, frozen banana)

#### Ingredients:

3/4 cup unsweetened non-dairy milk (e.g. almond, soy, coconut, etc.)  
 3/4 cup plain unsweetened Greek or regular yogurt  
 1 tablespoon honey (local is best)  
 1/3 cup almond or peanut butter – with no added sugar  
 2 bananas, peeled, sliced and frozen  
 1 teaspoon pure vanilla extract (*optional*)

#### Directions:

1. Combine all ingredients into a blender. Blend until smooth.

*\*Calories: 484; Total Fat: 27g; Total Carbohydrate: 48g; Total Protein: 20g; Total Dietary Fiber 8g; Soluble Fiber: 1g*

*\*\*Excellent source of protein, vitamin E, potassium, calcium, phosphorous and magnesium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## Lunch

### Carrot and Coriander Soup

(*Servings =4*)

#### Ingredients:

1 tablespoon extra-virgin olive oil  
 1 medium onion, sliced  
 1 lb. carrots, washed and sliced (note: you can use other veggies here, too)  
 1 teaspoon coriander powder  
 4 cups vegetable stock (with no added preservatives)  
 1 large bunch fresh coriander, remove the stems washed and roughly chopped  
 salt and black pepper powder to taste

**Directions:**

1. Heat oil in a large pan and add sliced onions and the carrots. Sauté the vegetables on a low heat for 5 minutes or until the vegetables start to soften.
2. Stir in the coriander powder and season with salt and pepper.
3. Add the vegetable stock and bring it to a boil for 10-15 minutes or until the vegetables are tender.
4. Bring the soup to room temperature; and blend the soup with a hand blender or in a blender until smooth.
5. Reheat soup in a pan, stir in the chopped coriander leaves and serve.

*Recipe adapted from:*

*BBC Food ([http://www.bbc.co.uk/food/recipes/carrotandcorianderso\\_1919](http://www.bbc.co.uk/food/recipes/carrotandcorianderso_1919))*

*\*Calories: 146; Total Fat: 4.5g; Total Carbohydrate: 24g; Total Protein: 4g; Total Dietary Fiber 6g; Soluble Fiber: 1g*

*\*\*Excellent source of fiber, vitamin A, vitamin K and vitamin C (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

**Dinner**

## Iron-rich Shepherd's Pie with Sweet Potato Topping

*(Servings = 6)*

**Ingredients:**

- 5 medium-sized sweet potatoes
- 1/2 cup unsweetened apple juice
- 4 organic chicken livers, defrosted-if frozen
- 1 pound ground beef (preferably grass-finished, organic)
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 medium carrots, washed and shredded
- 4 cups fresh baby spinach, washed and chopped
- 4 oz fresh shiitake mushrooms, stems removed, thinly sliced
- 1 teaspoon garlic powder
- salt and pepper to taste

**Directions:**

1. Preheat oven to 450°F.
2. Puncture skin of potatoes several times with a fork and place them on a baking sheet. Bake for 30-45 minutes or until soft.
3. Remove potatoes from oven, and turn temperature to 400°F. Let potatoes cool enough to remove skins.

4. Mash potatoes with a hand blender or in food processor, add up to 1/2 cup of apple juice to make consistency smooth and creamier. Set aside.
5. Add chicken livers to a blender and blend until pureed. Pour into bowl with raw ground beef and mix well with either gloved or clean hands.
6. Add 1 tablespoon of oil to a large frying pan, and add beef and liver mixture, stirring on medium heat until just brown. Remove meat from pan and set aside.
7. In a second pan, heat remaining 1 tablespoon of olive oil. Add chopped onion, shredded carrots, and sliced mushrooms. Sauté on low heat until vegetables are soft, and then add the spinach and browned beef to mixture. Add garlic powder and salt and pepper. Continue cooking for 1 minute or until spinach starts to wilt.
8. Spread beef and vegetable mixture to the bottom of an 8x8 inch baking pan.
9. Smooth potato puree over the top and bake for approximately 15 minutes on 400°F until potatoes start to brown. Serve hot.

*\*Calories: 312; Total Fat: 10g; Total Carbohydrate: 30g; Total Protein: 25g; Total Dietary Fiber 5g; Soluble Fiber: 2g*

*\*\*Excellent source of vitamin A, vitamin K, vitamin C, vitamin B-12, folate, phosphorus, iron, zinc, selenium and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Wednesday

## Breakfast

### Nonnie's Zucchini Omelette

(Servings =2)

#### Ingredients:

1 tablespoon extra-virgin olive oil or coconut oil  
 1 medium onion, finely chopped  
 1 medium zucchini, (skin removed), grated (or use spinach)  
 3 eggs  
 3 tablespoons water  
 2–3 ounces cheddar cheese, grated  
 salt and pepper to taste

#### Directions:

1. Preheat oven to 350°F.
2. Heat oil in a medium-sized, deep, oven proof pan.
3. Add onions, zucchini, salt and pepper and sauté on medium heat for 1-2 minutes.
4. Cover the pan and let the veggies cook for about 2-3 minutes or until tender.
5. In a mixing bowl, whisk together eggs and water. Add grated cheese, salt and pepper and mix well.
6. Pour egg mixture into the pan and cook on low-medium heat for 1 minute.
7. Place the pan in oven and allow to bake until dish is lightly browned on top (or a knife plunged into center comes out clean). Enjoy!

*Recipe adapted from: Raman Prasad's Adventures in the Family Kitchen: Original Recipes Based on the Specific Carbohydrate Diet*

*\*Calories: 298; Total Fat: 19g; Total Carbohydrate: 11.5g; Total Protein: 21g; Total Dietary Fiber 2g; Soluble Fiber: 0.4g*

*\*\*Excellent source of protein, vitamin A, vitamin D, vitamin E, vitamin C, folate, vitamin B-12, calcium, phosphorus and zinc (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

Lunch

# Left over Iron-rich Shephed's Pie with Sweet Potato Topping

Dinner

## Savory Oats

(*Servings =2*)

### Ingredients:

1 cup water  
 2 cups low sodium chicken or vegetable broth (with no added preservatives)  
 1 cup unsweetened almond milk  
 1 cup steel-cut oats  
 4 oz. cubed tofu or cooked chicken (ground)  
 2 tablespoons miso (refrigerated)

### Directions:

1. Add water, chicken broth, and almond milk into a pot and bring it to a boil while stirring occasionally.
2. Add steel-cut oats to the boiling mixture and cook on medium heat for 15-20 minutes.
3. Add cubed tofu or ground cooked chicken and continue to cook until oats are soft and most of the liquid is absorbed.
4. Turn off heat and let it cool for 5 minutes. Add miso and mix well.

*Set aside one portion of savory chicken oats for lunch tomorrow.*

*Recipe adapted from: [toastable.com](http://toastable.com)*

*\*Calories: 404; Total Fat: 9.5g; Total Carbohydrate: 63g; Total Protein: 18g; Total Dietary Fiber 9.5g; Soluble Fiber: 4g*

*\*\*Excellent source of fiber, protein, folate, calcium, phosphorus, iron, zinc and selenium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Thursday

## Papaya Smoothie

### Breakfast

(Servings =4)

#### Ingredients:

1 cup unsweetened vanilla almond milk  
 1/4 cup plain Greek yogurt - unsweetened  
 1/2 large ripe papaya, peeled/seeded and chopped  
 1 small banana, peeled and sliced  
 1 cup ice  
 2 tablespoon raw honey – local is best

#### Directions:

1. Put all the ingredients in a blender and blend until smooth.

*Recipe adapted from: <http://www.foodnetwork.com/recipes/bobby-flay/papaya-banana-smoothie-recipe.html>*

*\*Calories: 97; Total Fat: 1g; Total Carbohydrate: 21g; Total Protein: 2g; Total Dietary Fiber: 2g; Soluble Fiber: 0.4g*

*\*\*Excellent source of vitamin C (>20% DV)*

### Lunch

## Left over Savory Oats

### Dinner

## Baked Fish in a Parcel with Miso Sauce

(Servings =4)

### Miso Tahini Sauce

#### Ingredients:

1/4 cup warm water  
 1 tablespoon miso (refrigerated, as it has live good bacteria)  
 1/3 cup tahini (or non-crunchy, unsweetened peanut butter)  
 1 tablespoon tamari  
 1 teaspoon orange zest  
 1 teaspoon lemon juice  
 1 tablespoon finely chopped cilantro leaves

#### Directions:

1. In a medium bowl, whisk together all ingredients. For a thinner sauce, add more water.  
*This sauce can be kept in the refrigerator for a few days. Recipe adapted from: Moosewood Restaurant Low-Fat Favorites*

# Baked Fish in a Parcel

## Ingredients:

4 firm fish fillets - 5 to 6 ounces each (like scrod, tuna, salmon, haddock)  
 2 tablespoons finely chopped fresh basil  
 2 teaspoons finely chopped fresh thyme, rosemary, tarragon, basil, or dill  
 dash of salt and black pepper  
 4 tablespoons fresh lemon juice  
 4 lemon slices  
 4 sprigs of fresh thyme, rosemary, tarragon, basil, or dill sprigs

Other: Parchment paper

## Directions:

1. Preheat the oven to 425°F.
2. Rinse the fish fillets and set aside. For each fillet, fold a 12 x 15 inch piece of parchment paper in half to form a smaller rectangle.
3. Open the parchment paper on a flat working surface and place a fish fillet to one side of the center fold. Top the fillet with 1/2 teaspoon of the chopped basil, 1/2 teaspoon of the chopped thyme or other herbs of your choice, a sprinkling of salt and pepper, and 1 teaspoon of lemon juice.
4. Top with lemon slice and a sprig of herb of your choice.
5. Fold the parchment over the fish and then, starting at one end and working your way around to the other end, fold the cut edges of the parchment paper twice or three times to form a sealed packet,
6. Place the packets on an un-oiled baking sheet and bake for 15 to 20 minutes -- slightly longer for thick fillets. The packets will become puffed and golden brown. When the fish flakes easily with a fork, open the packets and serve with miso tahini sauce (*remember not to eat fresh herb sprigs.*)

*\*Calories: 295; Total Fat: 2g; Total Carbohydrate: 2g; Total Protein: 41g; Total Dietary Fiber: 0.3g; Soluble Fiber: 0g*

*\*\*Excellent source of protein, vitamin D, vitamin C and phosphorus (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Friday

## Breakfast

### Banana Oat Smoothie

(Servings =2)

#### Ingredients:

1/2 cup ice cubes  
 2 medium bananas  
 1 1/3 unsweetened almond milk  
 2 tablespoons cooked steel-cut oats

#### Directions:

1. Place ice cubes into blender and blend to crush. Add the remaining ingredients; blend until smooth.

\*Calories: 143; Total Fat: 3g; Total Carbohydrate: 31g; Total Protein: 3g; Total Dietary Fiber: 4g; Soluble Fiber: 1g

\*\*Excellent source of vitamin E (>20% DV)

\*Per Serving

\*\*Based on a 2,000 calorie/day diet

## Lunch

### Leftover Miso Fish and Savory Oats

## Dinner

### Leftover Roast Chicken Soup

(Servings

=3)

#### Ingredients:

2 garlic cloves, minced  
 2 carrots, peeled and cubed  
 1 cup butternut squash, peeled and cubed  
 1 small sweet potato, peeled and cubed  
 1/2 onion, quartered  
 2 tablespoons extra virgin olive oil  
 4 cups chicken stock, (without added preservatives)

2-3 cups leftover shredded chicken or 1 pound uncooked chicken breasts  
1/2 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
1/4 teaspoon dried oregano  
1/2 teaspoon dried parsley  
1 cup water  
2 cups baby spinach, washed and chopped  
salt to taste

#### Directions:

1. Preheat oven to 425°F.
2. Toss garlic, carrots, butternut squash and sweet potatoes in the olive oil and sprinkle with salt and pepper. Roast for 20 minutes, or until the vegetables are tender.
3. Meanwhile, bring the chicken stock to a simmer in a large stockpot. Add the chicken, dried herbs, and salt. Cover and cook while the vegetables are roasting, about 15 minutes. For raw chicken breasts, cook for about 45 minutes, until chicken is cooked through and tender enough to shred with a fork.
4. Add roasted vegetables, dried herbs, water, spinach and salt to the soup.
5. Simmer for 5-10 minutes. Blend/ puree the soup with a hand blender or blender.

*Recipe adapted from: [againstallgrain.com- leftover-roast-chicken-soup-with-roasted-vegetables](http://againstallgrain.com-leftover-roast-chicken-soup-with-roasted-vegetables)*

*\*Calories: 293; Total Fat: 12g; Total Carbohydrate: 13g; Total Protein: 33g; Total Dietary Fiber: 3g; Soluble Fiber: 0.7g*

*\*\*Excellent source of protein, vitamin A, vitamin K, vitamin C, niacin, phosphorus, selenium and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Saturday

## Breakfast

### Banana Pancakes with a Touch of Vanilla

(Servings =4)

#### Ingredients for syrup:

1/2 teaspoon pure vanilla extract  
 1/2 cup honey- local is best  
 1 cinnamon stick (optional)

#### Ingredients for pancakes:

2 cups steel-cut oats- ground down to flour  
 2 soft bananas  
 4 eggs  
 2 tablespoons honey – local is best  
 1 teaspoon pure vanilla extract  
 1/4 teaspoon salt  
 1/4 teaspoon baking soda  
 olive oil for frying

#### Directions:

1. To make the syrup, heat all the syrup ingredients in a pan until combined, approximately for 1-2 minutes and set aside.
2. To make the pancake batter, blend together all the pancake ingredients, except the olive oil in a food processor.
3. Heat a griddle over stovetop. Grease it with olive oil.
4. Pour the pancake batter in spoonful onto the pan. Scoop only enough batter to cover the surface thinly. The thinner you make the pancakes, the more evenly and easily they will cook through. Cook until golden on the bottom and then flip and cook until golden on the other side. Makes around 8 medium pancakes.

*\*Calories: 460; Total Fat: 12g; Total Carbohydrate: 77g; Total Protein: 17g; Total Dietary Fiber: 10g; Soluble Fiber: 4g*

*\*\*Excellent source of protein, fiber, phosphorus, iron, zinc and selenium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

Lunch

# Avocado and Tuna salad

(Servings =2)

**Ingredients:**

3 medium sized sweet potatoes  
 2 cans of light tuna  
 1 ripe avocado  
 1/2 cup chopped celery (pureed)  
 1/2 cup chopped red onion (pureed)  
 1 tablespoon pickle juice or water  
 1 teaspoon dried dill  
 1/2 teaspoon Dijon mustard  
 1/4 teaspoon cumin powder  
 salt and ground pepper to taste

**Directions:**

1. Scrub sweet potatoes, but do not peel.
2. Place potatoes in a pan and add enough water just to cover.
3. Bring the water to boil and cover and simmer 20 to 25 minutes or until tender.
4. Drain the water and cool slightly. After removing the skin of the potatoes cut them into 1/2-inch slices. And set aside.
5. In a large bowl, mash the avocado with the back of a fork or potato masher.
6. Add in tuna, celery, and red onion; and mix well.
7. Add in pickle juice, dried dill, mustard, cumin, salt and pepper and mix well.
8. Enjoy the salad with the side of sliced sweet potatoes.

*Note: avocado to be consumed within couple of hours of preparation as it may turn black with time*

*\*Calories: 548; Total Fat: 21g; Total Carbohydrate: 50g; Total Protein: 41g; Total Dietary Fiber: 12g; Soluble Fiber: 4g*

*\*\*Excellent source of protein, fiber, vitamin A, vitamin D, vitamin K, vitamin C, riboflavin, folate, phosphorus, selenium and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

**Dinner****Mushroom Oats Risotto***(servings =2)***Ingredients:**

1 tablespoon extra-virgin olive oil  
 1/2 small onion, diced  
 2 cloves of garlic, minced  
 2 cup unsweetened almond milk  
 2 cups low sodium chicken or vegetable broth  
 1 cup steel-cut oats  
 1 cup mushrooms  
 1 teaspoon dried basil  
 1 teaspoon dried oregano  
 1/2 teaspoon dried marjoram  
 salt and pepper to taste  
 2 tablespoons aged parmesan cheese

**Directions:**

1. Heat oil in a crock pot. Sauté diced onions and garlic.
2. Add almond milk and chicken broth and bring it to boil.
3. Add steel-cut oats and reduce the heat to medium.
4. While oats are cooking, wash the mushrooms and puree thoroughly in a blender.
5. After 10 minutes add the pureed mushrooms, dried herbs, salt and pepper.
6. Continue to cook on low-medium heat until the oats are fully cooked.
7. Once most of the liquid is absorbed and oats are well done, top with cheese and serve hot.

*\*Calories: 227; Total Fat: 8g; Total Carbohydrate: 31.5g; Total Protein: 8g; Total Dietary Fiber: 5g; Soluble Fiber: 2g*

*\*\*Excellent source vitamin E (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Sunday

## Breakfast

### Almond Butter Banana Smear in Cinnamon with Side of Scrambled Eggs

(servings =1)

#### Ingredients:

1 medium banana  
2 tablespoon almond butter (unsweetened, smooth and NOT crunchy)  
sprinkle of cinnamon

2 large eggs  
2 tablespoons water  
Salt and pepper to taste  
1 tablespoon olive oil

#### Directions:

1. Peel the banana and smear one side with the almond butter.
2. Sprinkle with cinnamon and slice.
3. For omelet, beat eggs, water, salt and pepper in medium bowl until blended.
4. Heat oil in medium non-stick skillet over medium heat until hot.
5. Pour in egg mixture. Stir constantly until they have reached desired consistency.

\*Calories: 571; Total Fat: 42g; Total Carbohydrate: 34g; Total Protein: 20g; Total Dietary Fiber: 6g; Soluble Fiber: 1g

\*\*Excellent source of protein, fiber, vitamin E, selenium and potassium (>20% DV)

\*Per Serving

\*\*Based on a 2,000 calorie/day diet

## Lunch

### Sue's Spinach Cheese Puff

(servings 2)

#### Ingredients:

1 tablespoon olive oil  
2 cloves garlic  
1 small onion, finely chopped  
8 ounce farmers cheese (dry curd cottage cheese)  
1/4 teaspoon salt

1/4 teaspoon black pepper  
 3 medium eggs  
 10 ounce baby spinach, chopped  
 reduced fat cheddar cheese, grated – for garnish

**Directions:**

1. Preheat oven to 350°F.
2. Grease a 9-inch square baking dish with olive oil.
3. Melt butter in a pan over medium heat.
4. Add garlic and onion and sauté until tender and set aside.
5. In a mixing bowl, beat together the eggs and farmer's cheese, salt and pepper until fluffy.
6. Add the cooked onion, garlic and chopped spinach to the beaten eggs and mix all the ingredients until combined.
7. Pour the mixture into the greased baking dish.
8. Bake for 30-40 minutes or until golden brown at the edges. Sprinkle the top with cheddar cheese right before you remove it from the oven. Allow the cheese to melt for another minute and serve.

*\*Calories: 599; Total Fat: 45g; Total Carbohydrate: 12g; Total Protein: 37g; Total Dietary Fiber: 4g; Soluble Fiber: 1g*

*\*\*Excellent source of protein, vitamin A, vitamin E, vitamin K, vitamin C, folate, vitamin B-12, calcium, phosphorus, magnesium, selenium and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

**Dinner**

**Salmon Burger with Miso Tahini Sauce with Butternut Squash**

*(servings 2)*

**Miso Tahini Sauce**

*- Recipe from above (Thursday's Menu)*

**Salmon patties:**

**Ingredients:**

1 cup water  
 1 lb salmon fillet  
 2 teaspoon lemon juice  
 1/2 cup finely chopped onion  
 2 teaspoon parsley flakes  
 1/2 teaspoon garlic powder  
 2 medium eggs or 1/2 cup egg whites  
 1/4 cup IBD-friendly mayonnaise

1/2 cup fresh ground flax seeds  
cooking spray or 4 tablespoon canola oil

**Directions:**

1. To poach the salmon, heat water in a large non-stick skillet. Place salmon fillets with skin-side down on the pan and cover. Cook 5 to 10 minutes, depending on the thickness of the fillet, until firm and done.
2. Discard the skin of the fish and mix the poached fish with lemon juice.
3. Add chopped onion, parsley flakes, and garlic powder, and mix well.
4. In a separate bowl, whisk together the eggs and mayonnaise. Combine with salmon mixture.
5. Add ground flax seeds a bit at a time until they hold together to form patties.
6. Shape into 4 patties and fry in nonstick pan using cooking spray or small amount of canola oil.

**Butternut Squash**

**Ingredients:**

2 cups peeled, diced butternut squash  
1 teaspoon extra virgin olive oil  
2 cloves garlic minced  
1/2 teaspoon chopped fresh sage  
salt and pepper to taste

**Directions:**

1. Preheat oven to 400°F
2. In a large bowl, mix butternut squash with olive oil and garlic. Season with salt and black pepper.
3. Arrange coated squash on a baking sheet and bake for 20-25 minutes until squash is tender.

Serve fish patties and baked butternut squash with miso tahini sauce

*\*Calories: 875; Total Fat: 61g; Total Carbohydrate: 27g; Total Protein: 58g; Total Dietary Fiber: 12g; Soluble Fiber: 3.5g*

*\*\*Excellent source of protein, fiber, vitamin A, vitamin E, vitamin K, vitamin C, vitamin B-12, phosphorus, magnesium, zinc, selenium and potassium (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*



# Dessert

## *Banana, Nut & Coconut Ice Cream*

(Servings = 6)

### Ingredients:

3 bananas, peeled, sliced and frozen  
 1/4 cup unsweetened almond, coconut or soy milk  
 2 tablespoon almond butter (or nut butter of your choice) – with no added sugar and smooth  
 dash of cinnamon

### Directions:

1. Blend frozen bananas and coconut milk until creamy. Add nut butter and cinnamon and blend until mixed well.
2. Pour the mixture into an air-tight container and freeze for at least 5-6 hours or until frozen.

*Recipe adapted from: thebeautybean.com*

*\*Calories: 86; Total Fat: 3g; Total Carbohydrate: 15g; Total Protein: 2g; Total Dietary Fiber: 2g; Soluble Fiber: 0.5g*

*\*\*Good source of Vitamin E (>10% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## *Chocolate Peanut Butter Avocado Pudding*

(Servings = 6)

### Ingredients:

1 1/2 ripe avocados  
 1 large ripe banana, peeled and sliced  
 1/2 cup unsweetened cocoa or cacao powder  
 1/2 cup salted creamy peanut butter + more for topping  
 1/4 cup raw honey – local is best  
 1/4 cup unsweetened vanilla almond milk (or other non-dairy milk)

**Directions:**

1. Add all ingredients into a food processor and blend until creamy and smooth.
2. Divide between 6 small serving glasses, cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving drizzle with peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

*Recipe adapted from: minimalistbaker.com- chocolate-peanut-butter-avocado-pudding*

*\*Calories: 283; Total Fat: 19g; Total Carbohydrate: 29g; Total Protein: 8g; Total Dietary Fiber: 7g; Soluble Fiber: 2g*

*\*\*Excellent source of fiber, magnesium, copper and manganese (>20% DV)*

*\*\*Good source of protein, vitamin E, phosphorus and potassium (>10% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## *Vanilla Custard*

*(Servings =5)*

**Ingredients:**

2 cups unsweetened vanilla almond milk (or coconut milk)

2 tablespoons raw honey – local is best

3 eggs

1 teaspoon pure vanilla extract

1/8 teaspoon salt

dash of cinnamon

dash of nutmeg

**Directions:**

1. Preheat oven to 325°F.
2. In a small pot, heat almond milk and honey to boil. Turn off heat and allow to cool for 5 minutes.
3. Beat eggs, vanilla extract and salt in medium bowl. While whisking add warm milk, and cinnamon.
4. Separate into 5 cups or pour into a large glass pan. Sprinkle with nutmeg.
5. In a large baking pan, add about 1 inch of hot water. Place custard cups into larger pan.
6. Bake for 45- 60 minutes, or until a knife comes out clean. Cool and chill in refrigerator.

*Recipe adapted from: thewholejourney.com-delightful-dairy-free-vanilla-custard*

*\*Calories: 86; Total Fat: 4g; Total Carbohydrate: 8g; Total Protein: 4g; Total Dietary Fiber: 0.4g; Soluble Fiber: 0g*

*\*\*Excellent source of vitamin E (>20% DV)*

*\*\*Good source of selenium (>10% DV)*

## Chia Seed Pudding

(Servings =2)

### Ingredients:

1 cup unsweetened vanilla almond milk  
 1 cup unsweetened plain low-fat Greek yogurt  
 2 tablespoons honey – local is best  
 1 teaspoon pure vanilla extract  
 dash of Kosher salt  
 4 tablespoons chia seeds

### Directions:

1. Stir all ingredients well and cover in an air tight container. Make sure chia seeds are evenly distributed. Refrigerate overnight.

Variations: Use frozen fruit instead of almond milk, add the yogurt and chia seeds. skip the salt. YUM!

Recipe adapted from: [Foodnetwork.com](http://Foodnetwork.com)

\*Calories: 282; Total Fat: 10g; Total Carbohydrate: 32g; Total Protein: 17g; Total Dietary Fiber: 7g; Soluble Fiber: 1g

\*\*Excellent source of protein, fiber, vitamin E, vitamin K, calcium, phosphorus, magnesium and selenium (>20% DV)\*\*Good source of potassium (>10% DV)

## Coconut Oil Chocolate Candies

(Servings =6)

### Ingredients:

1/2 cup coconut oil  
 1/4 cup cocoa powder (raw cocoa powder is preferred)  
 2 tablespoons raw honey – local is best, adjust according to taste  
 1 teaspoon pure vanilla extract (optional)

### Directions:

1. Melt the coconut oil in a pan on low heat- just enough that it melts. Or microwave on high for 15 seconds, then whisk, and repeat, if necessary.
2. Combine the coconut oil, honey and vanilla extract in a blender and blend until smooth. Or mix well using a whisk.
3. Add the cocoa powder and either blend or whisk until smooth.
4. Pour the mixture into an ice cube tray or mini muffin tray (silicone ones work best, may need to grease the trays).
5. Cool for 30 minutes in the fridge or freezer.

*Note: Time varies depending on how hot the coconut oil was when you started. If the oil is only just reached its melting stage, these will set in as little as 15 minutes.*

\*Calories: 194; Total Fat: 18g; Total Carbohydrate: 8g; Total Protein: 1g; Total Dietary Fiber: 1g; Soluble Fiber: 0.3g

## Chocolate Mousse

(Servings =4)

### Ingredients

1 pack silk tofu (12 oz.), drained  
 4 tablespoons cocoa powder  
 2 tablespoon honey (local is best)  
 1 teaspoon vanilla extract  
 1 tablespoon unsweetened non-crunchy peanut butter  
 1 teaspoon lemon zest (*optional*)  
 non-dairy whipped cream –for garnishing (*optional*)

### Directions

1. Put all the above ingredients except whipped cream in a blender or a food processor, and blend until smooth.
2. Pour the mixture into bowls or decorative glasses and refrigerate for at least 2-3 hours.
3. Garnish with whipped cream before serving.

\*Calories: 124; Total Fat: 5g; Total Carbohydrate: 15g; Total Protein: 8g; Total Dietary Fiber: 2g; Soluble Fiber: 0.5g

\*\*Good source of protein, folate, phosphorus, magnesium and selenium (>10% DV)

\*Per Serving

\*\*Based on a 2,000 calorie/day diet

## Snacks



## Pumpkin Treat

(Servings =4)

### Ingredients:

1 can of canned pumpkin, unsweetened.  
 dash of cinnamon  
 1 tablespoons honey – local is best  
 1/4 cup plain unsweetened nonfat Greek yogurt

### Directions:

1. Scoop the canned pumpkin into a microwave-safe bowl and microwave on high for 2 minutes, stirring occasionally.
2. Mix in cinnamon, honey, and yogurt. Serve warm.

*\*Calories: 61; Total Fat: 0.4g; Total Carbohydrate: 14g; Total Protein: 3g; Total Dietary Fiber: 3g; Soluble Fiber: 0.4g*

*\*\*Excellent source of vitamin K (>20% DV)*

*\*\*Good source of fiber (>10% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## *Spinach Mango Smoothie*

*(Servings =2)*

### **Ingredients:**

3 ice cubes

1 1/2 cups fresh orange juice (or 100% OJ without added sugar), cold

2 cups, washed and chopped baby spinach

1 medium mango, peeled, pitted, roughly chopped (~1 cup), and frozen; thawed to soften a bit

1/2 banana, sliced and frozen

### **Directions:**

1. Place the ice cubes in the blender and pulse to crush.
2. Add orange juice, and spinach; pulse to begin breaking up the greens and then blend until very smooth.
3. Add the mango and banana, and blend until the mixture is uniform, thick, and moves easily in the blender jar. Enjoy immediately!

*Adapted from The Boston Globe Magazine / January 5, 2014*

*\*Calories: 217; Total Fat: 1g; Total Carbohydrate: 52g; Total Protein: 4g; Total Dietary Fiber: 4g; Soluble Fiber: 2g*

*\*\*Excellent source of vitamin A, vitamin K, vitamin C, vitamin B-6, folate and potassium (>20% DV)*

*\*\*Good source of vitamin E and fiber (>10% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## *Apple Sauce with a Twist of Cardamom and Saffron*

(Servings =4)

### Ingredients

3 medium apples, washed, peeled and chopped  
 3/4 cup water  
 1/4 teaspoon cinnamon powder  
 1/4 teaspoon cardamom powder  
 4-5 strands of saffron

### Instructions

1. Place apples in a sauce pan or pan, and add water.
2. Bring this mixture to a boil and simmer on a low to medium heat.
3. Add spices cinnamon, cardamom and saffron and continue to cook on a low heat for 10-15 minutes or till the apples are softened.
4. Once the mixture becomes warm, you can either mash the apples or puree them in a blender. Pour applesauce in bottles or bowls. Once cooled refrigerate them.

*Recipe adapted from: <http://www.vegrecipesofindia.com/>*

*\*Calories: 59; Total Fat: 0.2g; Total Carbohydrate: 16g; Total Protein: 0.3g; Total Dietary Fiber: 2g; Soluble Fiber: 0.2g*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

# Beverages



## Frozen Lemonade

(Add 2 cups of ice, 1/3 cup lemon juice, 1-2 tablespoon honey (as per taste) in a blender and blend until all the ice is crushed.

Serve with a slice of fresh lime)

*\*Calories: 115; Total Fat: 0.2g; Total Carbohydrate: 32g; Total Protein: 0.4g; Total Dietary Fiber: 0.3g; Soluble Fiber: 0g*

*\*\*Excellent source of vitamin C (>20% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## Fresh Mint Tea

(Enjoy a cup of hot water with 2 twigs of fresh mint leaves, flavor with honey

*\*Calories: 64; Total Fat: 0g; Total Carbohydrate: 17g; Total Protein: 0g; Total Dietary Fiber: 0g; Soluble Fiber: 0g*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## Water with Lemon/Strawberry Slices

(In a glass of water add few slices of lemon, strawberry or other berries and/or mint leaves. Let it sit for at least 10-15 minutes to allow the flavors to infuse and enjoy)

*\*Calories: 6; Total Fat: 0g; Total Carbohydrate: 2g; Total Protein: 0.2g; Total Dietary Fiber: 0.6g; Soluble Fiber: 0g*

*\*\*Good source of vitamin C (>10% DV)*

*\*Per Serving*

*\*\*Based on a 2,000 calorie/day diet*

## Seltzer and Cranberry Juice with Lime

(Mix 1/2 cup cranberry juice 1/2 cup orange juice, 1/2 cup seltzer water. Serve over ice. Garnish with lime slices.)

*\*Calories: 129; Total Fat: 0.3g; Total Carbohydrate: 31g; Total Protein: 0.8g; Total Dietary Fiber: 0.4g; Soluble Fiber: 0g*

*\*\*Excellent source of vitamin C (>20% DV)*

## Assorted Tea with Honey (Hot or Iced)

(In a mug of boiling water put the tea bag and let it sit for 2-3 minutes. Add honey as per taste. Can be served as such or in a glass filled with ice.)

\*Calories: 67; Total Fat: 0g; Total Carbohydrate: 18g; Total Protein: 0g; Total Dietary Fiber: 0g; Soluble Fiber: 0g

\*Per Serving

\*\*Based on a 2,000 calorie/day diet

## Coconut Water

Fresh or 100% coconut juice without coconut meat

\*Calories: 43; Total Fat: 0.5g; Total Carbohydrate: 8g; Total Protein: 2g; Total Dietary Fiber: 2g; Soluble Fiber: 0.3g

\*\*Good source of potassium (>10% DV)

\*Per Serving

\*\*Based on a 2,000 calorie/day diet

## Virgin Piña Colada

In a blender add 1 cup of chopped pineapple and blend to a smooth puree so there is no pineapple chunks, Add 4 ice cubes and 1/2 cup thick coconut milk and blend more. Serve immediately.

\*Calories: 325; Total Fat: 25g; Total Carbohydrate: 28g; Total Protein: 3g; Total Dietary Fiber: 3g; Soluble Fiber: 0.2g

\*\*Excellent source of vitamin C (>20% DV)

\*\*Good source of potassium (>10% DV)

\*Per Serving

\*\*Based on a 2,000 calorie/day diet