

## INTRODUCTORY DIET FOR SCD

This is a “cleansing” process which can be followed for 2-5 days. There may be some adverse behavior due to die off in the beginning, but it should resolve within a few days. The foods allowed are chicken, beef, turkey, eggs, carrots, and a bit of gelatin. Although there is nothing wrong with “dinner for breakfast”, a more conventional meal pattern might be:

Breakfast: Eggs (poached, scrambled, hard-boiled) and chicken pancakes.

Lunch and dinner: Homemade chicken soup (see recipe), or some variant of chicken, carrots and eggs such as:

- Chicken or turkey meatballs mixed with pureed cooked carrots
- Chicken broth with chunks of cooked chicken
- Chicken broth with cooked carrot coins or shreds
- Chicken broth with "chicken balls" made from ground chicken
- Chicken broth with "noodles" made from beaten eggs cooked omelette-style into a "crepe" and then rolled up and thinly sliced
- Chicken egg-drop soup
- Roasted chicken
- Roasted turkey
- Beef broth with meatballs made from ground beef
- Hamburger, chicken, or turkey patties

Homemade jello (made from unflavored real gelatin and purple and/or white grape juice)

Made in a shallow pan and cut with shaped cookie cutters or into cubes

*Adapted from materials created by Dr. Nancy O'Hara*

Metabolic  
Immunologic  
Neurologic  
Digestive  
Developmental

