

SCD SAMPLE DIET

Breakfast:

- Baked apple, sweetened with honey if allowed, muffin made from almond flour
- Dry curd cottage cheese (moisten with **homemade yogurt**) if not casein free
- Eggs (boiled, poached, or scrambled)
- Nut muffin with egg or replacer
- Chicken pancake with vegetable
- Pressed apple cider or grape juice mixed 1/2 and 1/2 with water.

Lunch:

- tuna salad w. home-made mayonnaise, dill pickle, radishes, chives on a bed of lettuce, pumpkin custard, beverage or
- chicken soup
- broiled beef patty
- broiled fish, steamed
- chicken soup with carrots, fresh pear
- shredded chicken over spaghetti squash, pear bar

Dinner:

- home-made spaghetti sauce w. mushrooms & meat, on a bed of steamed spaghetti squash, green salad w. oil & vinegar dressing, fresh fruit, tea
- cashew crusted pork with carrot chips and pureed carrots
- Turkey burger with red peppers, hazelnut muffin, figs

Snacks, carrot or squash chips, nut muffins, pear bars, dehydrated vegetables and fruits

Metabolic
Immunologic
Neurologic
Digestive
Developmental

