

food allergies



Helpful information and a
7-day meal plan to help
promote a healthy,
allergy-free life!





.....milk



.....egg



.....peanut



.....tree nuts



.....fish



.....shellfish



.....wheat



.....soy

THE FACTS:

People with food allergies need to always take the time and ask about ingredients when eating at restaurants or when eating foods prepared by family or friends.

When you are allergic to a food, a response is triggered in your immune system.

Food allergies can range from discomforting to life-threatening.

Be aware that food allergy reactions can develop within a few minutes to hours after consuming the food. Symptoms to be aware of include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat
- Wheezing or trouble breathing
- Abdominal pain, diarrhea or nausea

Dizziness, feeling lightheaded or fainting

Overall, the best treatment is to identify and avoid foods that trigger your allergic reaction.

Educating yourself, your family and friends is essential to coping and living a healthy lifestyle with food allergies.

7-Day Meal Plans

Included, you will find five week-long meal plans to accommodate the most common food allergies:

1. Peanut-free meal plan
2. Dairy-free meal plan
3. Fish/shellfish-free meal plan
4. Soy-free meal plan
5. Tree nut-free meal plan

Thank you for trusting us to help keep you and your families healthy and safe.

People helping people...its what we do best!



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Peanut-free Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
Plain oatmeal with a little honey, cinnamon and topped with bananas	Fruit and cheese kabobs	Baked Cheesy Tomatoes with Basil	Cucumbers and hummus	Turkey Meatloaf, with a side of green beans and a side salad.
Strawberry, banana, plain Greek yogurt smoothie	Enjoy Life Very Berry Chewy Bars	Spinach salad with strawberries, feta cheese and sliced chicken breast, olive oil and vinegar dressing	Grapes and ¼ cup of sunflower seeds	Wild caught salmon sautéed with butter and lemon. Steamed green beans and a sweet potato
Enjoy Life Crunchy Flax Cereal with Chia seeds, milk and blueberries	Enjoy Life Seeds and Fruit Mix	Raw Veggie plate with hummus	Brown rice cakes with sunbutter and a small banana	Whole wheat mac and cheese with monetary jack cheese with broccoli
Plain Greek Yogurt with frozen mixed berries and a 1/2 Enjoy Life Cinnamon Crunch Granola	Gerbs Pumpkin Seeds with a pear	Veggie quesadillas with chopped peppers, onions, spinach and mushrooms and shredded cheese.	Air popped popcorn and apple	Flank steak with sautéed spinach and mushrooms
Whole wheat waffles, with strawberry jam and sunbutter	Nabisco Graham Crackers with a cup of milk	Leftover flank steak on a garden salad	Triscuits topped with cheese	Slow cooker chicken salad with sunflower seeds and homemade sweet potato chips
2 hardboiled eggs with cherry tomatoes	All-Bran Crackers-Multigrain with cheese cubes and grapes	Grilled cheese on a whole wheat bread and tomato soup with raw veggies	Celery, raisins, and sunbutter (ants on a log)	Turkey breast with brown rice, carrots, snap peas, and cauliflower
Protein cantaloupe smoothie: ¼ large cantaloupe, seeds and peel removed, cut into large chunks, ½ cup 1% fat cottage cheese and 1 scoop whey protein powder	Mozzarella cheese stick and orange slices	Whole wheat pizza topped with sauce, cheese and loaded with veggies	Veggies and homemade guacamole	Chicken Enchiladas with sour cream, cilantro with a spinach, sunflower seeds and pear salad



Dairy-free Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal with flaxseed, honey & walnuts (made with water or plant milk)	Apple	Lentil or split pea soup, whole grain crackers, veggies	Kind Bar	Baked chicken with Italian dressing, steamed broccoli and brown rice
Whole grain toast with almond butter & sliced bananas	Baby carrots & hummus	(leftover chicken) chopped on a green salad with balsamic dressing	Red pepper slices & an apple or pear	Brown rice & black beans with taco seasoning (dairy free) & salsa
Cream of Wheat hot cereal with raisins, honey and flaxseed	Apple & peanut butter (1 tbsp)	Leftover brown rice & beans with salsa	Baby carrots & hummus	Sweet potato hash (chopped potato & veggies in a stir fry with light sodium soy sauce)
Egg sandwich – 1 fried egg on a whole grain English muffin or toast with sliced avocado & salsa	Sliced cucumbers	Low sodium canned tomato or vegetable soup with whole grain (high fiber) crackers	Air popped popcorn and apple	3-Bean chili (tomato sauce, 3 cans of beans, seasoning of choice) – Crockpot or stovetop for an hour
High fiber (Enjoy Life, Puffins, Shredded Wheat, All Bran) cereal with almond milk & sliced bananas	Pear or Orange	Green salad with veggies, black beans & hummus – balsamic or Italian dressing	Rice cakes with Sun butter or peanut butter (2 cakes)	Leftover 3-bean chili with low-fat (no oil) corn chips
Oatmeal with bananas, honey, walnuts – water or plant milk	Apple & peanut butter (1 tbsp) or almond butter	Whole grain bread with nitrate-free deli turkey, mustard, lettuce & tomato with baked lentil chips or corn chips	Celery & carrots	Baked salmon (no butter) & steamed green beans
Whole grain toast with sun butter or almond butter & bananas	Larabar or Kind bar (or a homemade “energy bar” with oats, nuts & dried fruits)	Green salad with veggies, walnuts & strawberries – balsamic dressing	Sliced apples & handful of raw almonds	Lentil soup (lentils, veggies & veggie broth), baked sweet potato with a little cinnamon or brown sugar (no butter)



Fish/Shellfish-free Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
Spicy breakfast burrito (tortilla, scrambled egg, black beans and salsa)	1 cup of cantaloupe	Chicken sandwich on whole-grain bread (with lettuce, sautéed mushrooms, part-skim mozzarella, and yellow mustard)	Celery and peanut butter	Flank Steak Garden Salad 1/2 cup steamed broccoli
Cold flax seed and chia cereal with raisins and milk 1 small banana	1 cup Greek yogurt with fruit	Smoked turkey sandwich on whole-wheat pita bread (with romaine lettuce, tomato slices, salad dressing and mustard) 1/2 cup apple slices	Peppers and hummus	5-ounce grilled top loin steak 3/4 cup mashed sweet potatoes 1/2 cup steamed carrots with honey
Cooked oatmeal with dried cranberries	String cheese and an apple	"South-of-the-border" taco salad (fresh salsa, ground turkey, black beans, romaine lettuce, tomato slices, cheddar, salsa, avocado and lime juice)	1/2-ounce dry-roasted almonds 1/4 cup pineapple	Spinach lasagna with ricotta and mozzarella cheese With a garden salad
3 buckwheat pancakes with real maple syrup 1/2 cup strawberries	1 large banana with sunflower seeds	Amy's Black Bean soup and a tossed salad	Cucumbers and tomatoes with hummus	Asian veggie stir fry (with tofu, bok choy, bell peppers) 1 cup brown rice
Pumpkin Spread on Toast with Banana And Milk	Babybel cheese and a small apple	BBQ Chicken Sandwich with Broccoli and Orange	Mandarins and Almonds	Quinoa Stuffed Peppers
Peach and Pecan Oatmeal	A half of grapefruit	Apple Cranberry Walnut Salad	Greek Yogurt and veggies	Slow Cooker Lentil Stew
Spinach and tomato omelet	1 oz of cashews	Romaine salad with mandarins, walnuts, and feta	Brie and a pear	Chicken breast with asparagus and sweet potato wedges



Soy-free Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
Pumpkin Oatmeal *gluten-free 1/2 c rolled oats 3/4 c water 1/4 c canned pure pumpkin 1/4 to 1/2 to pumpkin pie spice 2 tbsp raisins 1 tbsp maple syrup	A pear and cottage cheese	Refried Bean Burritos *gluten-free 2 corn tortillas 1/2 cup fat-free refried beans 1/4 cup salsa 2 oz guacamole 1 cup shredded lettuce	2 graham crackers and an apple	Roasted Fish with spinach and mushrooms
1 c. bran flakes style cereal 1/2 c. skim milk 1/2 c. blueberries	2 rice cakes, topped with: 2 Tbsp. peanut butter 1 Tbsp. jam	1 cup Amy's Lentil Soup and a mixed green salad	Veggies with Greek yogurt	Mushroom Risotto with caramelized onions and a dinner salad
1 quick smoothie – 1 c. skim milk or chocolate milk – 1 banana – 1 tsp. flaxseed	1 whole wheat bagel 1.5 Tbsp. almond butter	Tuna pita sandwich and a cup of vegetable soup	Air popped popcorn	Grilled skirt steak with cauliflower mash and kale,
2 eggs, scrambled 1 slice whole wheat toast 1 tsp. butter 1 c. skim milk	1 stalk celery filled with: – 1 Tbsp. peanut butter – 10 raisins on each stalk	Spinach salad – 1 c. fresh spinach – 4 oz of chicken breast 3 mushrooms, sliced – 5 grape tomatoes, sliced – 1 Tbsp. salad dressing	Apple slices and almond butter	Mexican Bell Pepper Tacos
1 c. cottage cheese 1 banana, cut in slices 1/2 c. strawberries, sliced 1/2 c. blueberries	Cashew and grapes	Salad Nicosia – 1 c. lettuce – 1 hard boiled egg, sliced – 1/2 c. tuna with mayonnaise – 1/4 c. steamed, cut green beans – 6 kalamata olives – 1 T. salad dressing	Raw Veggies and hummus	Pan fried Tilapia and sautéed zucchini and squash
French toast with strawberries and coconut yogurt	Kind bar	Zucchini Pasta Spiralized zucchini pasta topped with fresh marinara sauce and our mac-cashew parmesan cheese.	Orange slices	Black Bean Veggie Burrito
Fresh fruit with Greek yogurt	Blueberries and blackberries	Tortilla Soup Warmed tortilla-tomato chili soup with corn, peas, avocado, cilantro, and oregano	Lara bar	Grilled wild Coho salmon*, Brussels sprouts,



Tree Nut-free Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner
1 packet high fiber oatmeal 2 hard-boiled egg whites 1 cup or piece of fruit	Fruit and cheese kabobs	2 slices 100% whole wheat bread Tuna fish (4 ounces) 1 string cheese 1/2 cup baby carrots	Laughing Cow Cheese Wedge with sliced red pepper	3 ounces chicken & 1/2 cup broccoli 1 cup whole wheat pasta Garden salad 2 tablespoons balsamic vinegar
Strawberry, banana, plain Greek yogurt smoothie	Enjoy Life Very Berry Chewy Bars	Spinach salad with strawberries, feta cheese and sliced chicken breast, olive oil and vinegar dressing		Wild caught salmon sautéed with butter and lemon. Steamed green beans and a sweet potato
Enjoy Life Crunchy Flax Cereal with Chia, milk and blueberries	Enjoy Life Seeds and Fruit Mix	Raw Veggie plate with hummus	Brown rice cakes with sunbutter and a small banana	Whole wheat mac and cheese with monetary jack cheese with broccoli
Plain Greek Yogurt with frozen mixed berries and a 1/2 Enjoy Life Cinnamon Crunch Granola	Gerbs Pumpkin Seeds with a pear	Veggie quesadillas with chopped peppers, onions, spinach and mushrooms and shredded cheese.	Air popped popcorn and apple	Flank steak with sautéed spinach and mushrooms
Whole wheat waffles, with strawberry jam and sunbutter	Nabisco Graham Crackers with a cup of milk	Leftover flank steak on a garden salad	Tricuits topped with cheese	Slow cooker chicken salad with sunflower seeds and homemade sweet potato chips
2 hardboiled eggs with cherry tomatoes	All-Bran Crackers-Multigrain with cheese cubes and grapes	Grilled cheese on a whole wheat bread and tomato soup with raw veggies	Celery, raisins, and sunbutter (ants on a log)	Turkey breast with brown rice, carrots, snap peas, and cauliflower
Protein cantaloupe smoothie ¼ large cantaloupe, seeds and peel removed, cut into large chunks, ½ cup 1% fat cottage cheese and 1 scoop whey protein powder	Mozzarella cheese stick and orange slices	Whole wheat pizza topped with sauce, cheese and loaded with veggies	Veggies and homemade guacamole	Chicken Enchilladas with sour cream, cilantro with a spinach, sunflower seeds and pear salad

