



Ready. Set. Go.

Allergy FREE Ultimate Meal Assembly Guide

**Free of Gluten, Soy, Dairy, Peanuts, Corn,
Eggs, Sugar and Artificial Sweeteners!**

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Disclaimer: This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided herein is for educational purposes only

Why Can't I Eat Eggs, Gluten, Dairy, Corn, Soy, Sugar, Artificial Sugars or Peanuts?

The removal of offending foods from the diet can deliver a number of health benefits: weight loss, better energy, improvements in sleep, clear complexion, and much more. To make this happen, the primary organs of detoxification (the GI system, skin, and liver) need to function at full capacity.

Over the years, we have discovered with our private clients that certain foods can be problematic and interfere with efficient detoxification and, ultimately, weight loss and health gains. As such they have been removed from the program. Here's more detail on those that trigger the most questions from our program participants.

EGGS

What They Do

Eggs are a fairly common food sensitivity item; most of our clients who discover this issue through our functional lab testing aren't even aware they have the problem. People who have this issue often notice gas, bloating and heartburn up to 2 days after eating eggs or egg-containing foods. They also have been linked with eczema and psoriasis.

WHERE THEY HIDE

Obviously, in omelets and quiches and other breakfast dishes. But, remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato), and are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffings, noodles, and meatballs. Avoid all these foods.

- Always read ingredient lists on food labels. You'd be surprised how many foods contain egg.
- Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.
- Liquid egg replacers, such as "Egg Beaters," are made of egg whites, and, therefore, should not be used as alternatives to egg.

- Baked goods
- Malted drinks
- Boiled dressing
- Meat loaf
- Breads
- Pancakes
- Custards

- Macaroons
- Bavarian cream
- Mayonnaise
- Breaded foods
- Noodles
- Creamy fillings
- Quiche

- Batter mixes
- Marshmallows
- Bouillon
- Meringues
- Cake flours
- Puddings
- Egg drop soup

- Salad dressings
- French toast
- Soufflé
- Waffles
- Flan
- Sausages
- Frosting
- Ice cream
- Sauces
- Fritters
- Tartar sauce
- Hollandaise sauce

Eggs may be listed on food labels as...

- Egg protein Ovalbumin
- Egg white Ovomuroid
- Egg yolk Ovomucin
- Albumin Vitellin
- Globulin Ovovitellin
- Livetin Powdered egg

GLUTEN

WHAT IT DOES

Gluten-containing grains – wheat, barley, rye and some oatmeal, has become a well-known food allergen for many people. The symptoms are typically the same as those for eggs – and can be quite severe for some people, i.e. known as celiac disease. It, too, is EVERYWHERE, so read your labels carefully.

WHERE IT HIDES

- Bread and bread rolls
- Yorkshire pudding
- Stuffings
- Pancakes
- Crispbreads
- Durham
- Pizza
- Some breakfast cereals
- Malted drinks
- Sausages – often contain rusk (and the machines used to make them are often cleaned out with bread)
- Luncheon meat - may contain fillers
- Blue cheeses (may be made with bread)
- Gravy powders and stock cubes such as OXO cubes
- Shredded suet in packs (flour is normally used to keep the strands separate)
- Seitan (doesn't contain gluten, it IS gluten!)
- Hydrolyzed Vegetable Protein (HVP)
- Baked beans (there may be gluten in the tomato sauce)
- Imitation crab meat
- Sauces - often thickened with flour
- Rye bread
- Pretzels
- Muffins
- Waffles
- Bulgar wheat
- Crumble toppings
- Semolina
- All Bran
- Muesli
- Pumpnickel
- Cakes
- Pastry or pie crust
- Biscuits or cookies
- Pasta - macaroni, spaghetti
- Couscous
- Scones
- Anything in breadcrumbs
- Matzo flour/meal
- Meat and fish pastes
- Farina
- Pates
- Brown rice syrup
- Cheap brands of chocolate

- Alcoholic drinks - such as beer, ale, lager
- Soups - may be roux based (made with flour)
- Mustard - dry mustard powder contains gluten
- Instant coffee - may be bulked out with flour
- Potato crisps/chips - some are OK, read the ingredients!
- Curry powder and other spices (can be bulked out with flour)
- White pepper
- Soy sauce
- Licorice
- Chutneys and pickles
- Salad dressings
- Malt vinegar

SOY

WHAT IT DOES

Contrary to popular advertising, soy isn't a miracle health food. Soy has been implicated in a number of health problems including thyroid dysfunction, reproductive disorders, cognitive decline, digestive problems and decreased sperm counts. It is relatively new to our food supply (less than 1000 years old) and because of this has a higher rate of potential allergenicity. It contains phytates which can bind to minerals and lead to deficiencies. Non-organic sources may contain high amounts of pesticides and soy is often processed in aluminum casks that leach aluminum into the end product. You will need to read labels carefully to make sure that you are not consuming products with soy added to them.

WHERE IT HIDES

- Soy sauce
- Veggie burgers
- Miso
- Prepared foods
- Teriyaki sauce
- Asian foods
- Soy protein powders
- Tofu
- Tempeh
- Energy bars and shakes

PEANUTS

WHAT THEY DO

Well, to begin with, peanuts aren't actually nuts, they're legumes. As such, their fatty acid profile is inferior to other nuts they we LOVE, including almonds, walnuts, cashews and hazelnuts. The other problem with peanuts is their high allergenicity profile.

WHERE THEY HIDE

- Peanut butter
- Snacks
- Cookies
- Candy
- Peanut oil
- Food toppings

DAIRY

WHAT IT DOES

Another fairly common food allergy and/or sensitivity, dairy products have been touted as the answer to all our calcium needs. The fact is, there are many other products – sardines, salmon, broccoli, leafy green veggies – that are a whole lot healthier without any of the potential allergenicity (or GI distress issues)!

WHERE IT HIDES

- Cow, goat and sheep milk yogurts and cheeses
- Desserts
- Whey protein powder
- Anything that says milk proteins, solids, casein, or whey on it
- Butter and many margarines
- Shakes and hot chocolate mixes and drinks
- Many “non-dairy” products (coffee creamer, whipped topping)
- Many baked goods (bread, crackers, desserts)
- Many baking mixes (pancake mix)
- Mashed potatoes (often prepared with butter and/or milk)
- Many salad dressings (ranch, blue cheese, creamy, Caesar)
- Creamy, cheese, or butter sauces (often on vegetables or meats)
- Cream soups and chowders
- Cottage cheese,
- Creamy soups and sauces
- Chocolate (except some dark chocolate products)
- Macaroni and cheese
- Ice cream
- Canned foods (soups, spaghetti, ravioli)

Dairy may be listed on labels as...

- Milk, milk solids, non-fat milk solids
- Yogurt, kefir
- Whey
- Cream, sour cream, half & half, whipped cream
- Lactose, lactalbumin
- Cheese, cream cheese, cottage cheese
- Butter or artificial butter flavor
- Buttermilk or buttermilk solids
- Casein, caseinate, sodium caseinate (check lab results for + casein)

WHY NO WHEY?

We love high quality whey, BUT it can be potentially allergenic and contribute to a toxic effect in the body. Since we aren't testing for food sensitivities, we remove it from our program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey - in dairy products.

CORN

WHAT IT DOES:

Symptoms of corn allergies are similar to other food sensitivity reactions including rashes & hives, migraines, joint pain, mood disorders, temporary depression, insomnia, eczema, fatigue, joint pain, hyperactivity in children, night sweats, dark circles around the eyes, repeated ear infections and urinary tract infections and a constant battle with sinus problems.

Read more: [Signs and Symptoms of a Corn Allergy | eHow.com](http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7)
http://www.ehow.com/list_6393206_signs-symptoms-corn-allergy.html#ixzz0woNPqvC7

And finally, remember that corn is one of the most genetically modified crops around. The genetic modification may create its own set of health risks. For more on this subject see Jeffrey Smith's, *Seeds of Deception*. Another great site for the potential risks is http://www.saynotogmos.org/scientists_speak.htm#risks_of_gm_food

WHERE IT HIDES:

- Corn syrup
- Corn oil
- Corn meal
- Cornstarch
- Vegetable oil
- Maize
- Popcorn
- Grits
- Hominy
- Corn sugars (dextrose, Dyno, Cerelose, Puretose, Sweetose, glucose)
- Margarine
- Corn chips (Tortilla chips, Fritos)
- Corn fritters
- Breakfast cereals (such as corn flakes)
- Corn tortillas

Also many processed foods may include sources of corn from various products, such as cornstarch, corn syrup and corn oil. Here is a more expansive list:

<http://allergies.about.com/od/foodallergies/a/cornallergy.ht>

Synonyms for Food Ingredients

Casein, caseinate	Milk
Cereal binder	Usually wheat
Cereal filler	Usually wheat
Cereal protein	Usually wheat
Cereal starch	Usually wheat or corn
Edible starch	Usually wheat or corn
Flour	Usually wheat flour
Hydrolyzed protein	Usually yeast
Hydrolyzed vegetable protein	Usually yeast
Lactalbumin	Milk
Lactose	Milk sugar
Leavening	Yeast
Lecithin	Usually egg or soya
Modified starch	Usually wheat or corn
Ovalbumin	Egg
Starch	Usually wheat or corn
Vegetable protein	Usually soya

The Many Names for Sugar

- Barley Malt
- Beet sugar
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Cane juice crystals
- Caramel
- Carob syrup
- Castor sugar
- Corn sweeteners
- Corn Syrup
- Confectioner's sugar
- Date sugar
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic malt
- Diatase
- D-mannose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Sucrose
- Syrup
- Table sugar
- Treacle
- Turbinado sugar

Other Names for Artificial Sweeteners

NutraSweet

Splenda

Acesulfame potassium

Aspartame

Cyclamate

Isomalt

Saccharin

Sucralose

Alitame

Neohesperidine dihydrochalcone

Aspartame-acesulfame salt

SETTING YOURSELF UP FOR SUCCESS

Let me share with you one of my favorite funny stories. One of my first segments for network TV was to go into the house of a woman who desperately wanted to lose weight. My job was to go into her fridge, and toss out the bad stuff. But what I found was a bit of a shocker. It wasn't gallons of ice cream or high cal soda. She had absolutely nothing in the fridge except a light bulb and a box of baking soda to get rid of any funky smells.

She decided the best way to lose weight was to remove EVERYTHING from her house. I agree that if it's not there you can't eat it, but this was taking that to an extreme. The point is no one should live with five wilted carrots and a head of lettuce in your fridge and a package of vintage rice cakes on the counter.

You're a living being and need food. If you don't go to the store and shop smart then you will make very bad choices when you get hungry. Yes, your evil twin will come out when you're starving and make you do irrational things such as steer your car through fast food restaurant drive-through windows. Bad things happen when you do what I call "the dashboard diet."

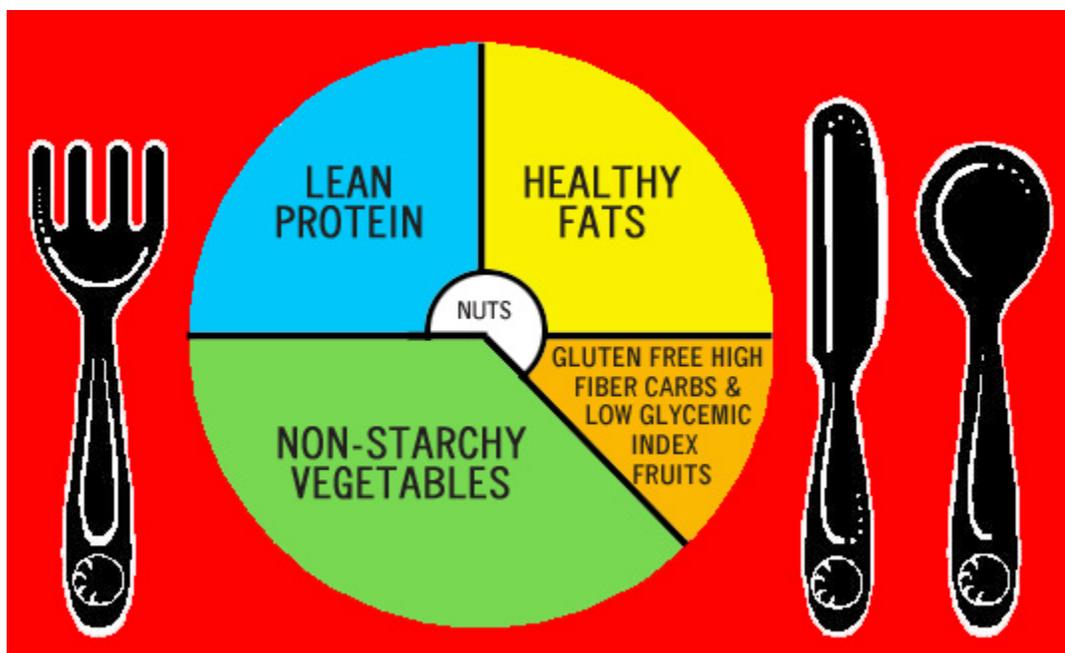
The point is you must keep the good stuff in the house while keeping the enemy out.

THE GROCERY STORE

It's a fact of life: You must to go the grocery store or send someone. Ideally, you will go once or twice a week for your fresh foods including veggies and fruit. You can also stock up on all of the foods I'll discuss on the following pages.

JJ's Rule: Fresh is best followed by frozen and then canned.

JJ's TIP: Try a new vegetable each week.



OPTIMAL PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken & turkey
- Cold water fish & shellfish – wild salmon, halibut, sole, scallops, sardines
- Lean red meats - 2-3 times per week
- Pea, hemp, rice protein
- Game
- Lamb

OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Freshly ground flaxseed meal
- Avocado
- Macadamia nuts
- Olive oil, olives
- Coconut milk or oil
- Cod liver oil
- Flaxseed oil

OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Green beans
- Onions
- Parsley
- Spinach
- Turnip greens
- Asparagus
- Bell peppers (red, yellow, green)
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Leeks
- Lettuce
- Radishes
- Spaghetti squash
- Watercress
- Bamboo shoots
- Cabbage
- Chicory
- Coriander
- Endive
- Kohlrabi
- Mushrooms
- Radicchio
- Summer squash
- Zucchini
- Bean sprouts
- Cucumber
- Cassava
- Fennel
- Jalapeno peppers
- Garlic
- Kale
- Mustard greens
- Shallots
- Swiss chard

ALLOWABLE HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Navy beans
- Carrots
- Tomatoes
- Artichokes
- Pumpkin
- Black beans
- Chick peas (garbanzo)
- Kidney beans
- Pinto beans
- Brown rice
- Brown Rice or Quinoa pasta
- Leeks
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- White beans
- Jicama (raw)
- Brown Rice wraps

LOW GLYCEMIC INDEX FRUIT CHOICES

Low GI

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

- Cherries
- Melons
- Grapefruit
- Lemons
- Passion Fruit
- Pear
- Orange
- Apples
- Limes
- Persimmons
- Fresh apricots
- Peaches
- Avocados
- Nectarines
- Plums
- Pomegranates
- Plum
- Kiwi fruit
- Tangerines

High GI – KEEP THESE OUT

- Banana
- Mango
- Pineapple
- Papaya
- Grapes
- Watermelon

YOUR STAPLES SHOPPING LIST

FOR YOUR FREEZER:

Grass fed beef and lamb
Organic chicken and turkey sausages
Organic free range chicken and turkey breasts
Frozen wild scallops (I love the ones at Trader Joe's)
Frozen shrimp
Organic turkey breast
Frozen berries (blueberries, strawberries and cherries are wonderful)
Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)
Fire Roasted Peppers and Onions (Trader Joe's)
Wild fish - my fav's are sole, salmon, halibut and scallops

JJ's TIP: Take those frozen shrimp and throw them in a colander. Run lukewarm water on them and thaw them out in 10 minutes. It's a simple, easy protein choice or an instant party food with some salsa as a dip.

FOR YOUR FRIDGE

Turkey slices
Grass fed beef slices
Roasted whole chicken
Uncured, nitrate free bacon (Add bits to salads, too)
Nut butters: almond butter, pecan butter, walnut butter, macadamia butter and cashew butter
Guacamole (Whole Foods makes an amazing one with salsa in it)
Fresh salsa
Dijon Mustard
Salad greens
Bagged and fresh veggies for stir-fry's
Flax seed (grind fresh before use)
Containers of cut-up, fresh, washed veggies (to really save you time in your meal assembly!)
Fresh, low-glycemic index fruits such as berries and apples
All the non-starchy veggies you can store and eat that week!

FOR YOUR PANTRY

Quality shake mixes (Check them out in my store at www.jjvirgin.com)
Fiber product for shakes
Coconut milk – We love So Delicious unsweetened – use Lite if you have to use canned
Beans; canned black beans and/or bulk
Organic chicken & vegetable broths
Organic brown Basmati rice
Brown rice
Red Quinoa
Quinoa or brown rice pasta
Rice cakes
Nuts (choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios)
A little dark chocolate (Note to self – a LITTLE dark chocolate)
Green teas
Garbanzo beans
Artichoke hearts
Diced green chilies
Wheat free Tamari Sauce

Ready-made sauces (Including Red Thai Curry Sauce from Trader Joe's. Make sure you read labels to avoid hidden sugars or artificial sweeteners)

Marinara Sauce

Coconut oil

Olive oil (for high temperature cooking)

Extra virgin olive oil (for raw use)

Red Palm Fruit Oil

Vinegars – no added sugars! Try red wine, rice wine, balsamic and champagne

VEGGIE BIN

Garlic & onions

Sweet potatoes

Tomatoes

SPICES

Purchase organic, non-irradiated

Sea salt

Black pepper corns

Italian spice blend

Mexican spice blend

Herbs de Provence

Rosemary (for roasting chicken, turkey and lamb)

Thyme (great in roasted veggies)

Oregano

Basil

Red Chile

Cumin

THE DIRTY DOZEN

Organic is always the best - next, buy locally farmed and at the very minimum stateside farmed produce. Other countries do not have the regulations regarding pesticides that we do - so while you may save a few pennies, you may be placing your health at risk. The following is the EWG 2010 Dirty Dozen guide to items that should always be purchased organic to avoid the pesticide residue.

- | | | |
|-----------------|-----------------|--------------|
| 1. Celery | 6. Nectarines | 11. Potatoes |
| 2. Peaches | 7. Bell Peppers | 12. Grapes |
| 3. Strawberries | 8. Spinach | |
| 4. Apples | 9. Kale | |
| 5. Blueberries | 10. Cherries | |

HERE IT IS – THE ACTUAL MEAL ASSEMBLY

Simply choose which of the following you want to assemble, follow the guidelines and you have a quick tasty balanced meal



The Bowl

1. Choose brown rice, quinoa or legumes as base
2. Add stir-fried, steamed, roasted or sautéed veggies
3. Add your protein
4. Top with your sauce/seasoning

My favorite:

1. Quinoa
2. Roasted Brussels sprouts, asparagus & red peppers
3. Grilled salmon w/ lemon and sea salt



The “Stoup”

1. Chicken or veggie broth – low sodium and organic
2. Add lentils, legumes, brown rice or quinoa
3. Add non starchy veggies – load it up!
4. Add chopped protein
5. Serve with a side salad with EVOO and lemon juice

My favorite:

1. Chicken broth
2. Lentils
3. Sautéed & chopped onions, garlic, red and yellow peppers, zucchini
4. Diced roasted chicken breast
5. Serve with mixed field greens and herb salad



The Wrap

1. Start with rice wrap or romaine, butter leaf lettuce leaves
2. Add protein
3. Chopped non starchy veggies and leafy greens
4. Add healthy fat – chopped nuts, avocado

My favorite:

1. Rice wrap w/
2. Turkey slices
3. Arugula, basil and Heirloom tomato
4. Sliced avocado



The Plate

1. Protein
2. Starch – sweet potato, etc
3. Veggies
4. Healthy fat (fish, olive oil, avocado, nuts)

My favorite:

1. Grass fed beef filet
2. ½ sweet potato
3. Asparagus, lightly sautéed with olive oil, garlic and sea salt



The Salad

1. Start with dark green leafies
2. Add chopped/julienned non starchy veggies
3. Throw in a little high fiber carb – legumes, berries, apple
4. Add protein
5. Dress and season

The dressing – lemon or lime juice and extra virgin olive oil, herbs if desired...think garlic, oregano, basil, dill, mint

My favorite:

1. Romaine & Spinach blend
2. Chopped cucumbers, red onions, red peppers, carrots, asparagus (steamed al dente and chilled)
3. Garbanzo beans
4. Diced chicken
5. Lemon, olive oil and basil to dress



The Shake

1 scoop Thorne VegaLite protein powder or 2 scoops MediClear SGS*

½ scoop Thorne Medibulk*

1 T Chia or freshly ground flaxseed meal

1 cup frozen organic berries (your choice)

1 cup coconut milk

Add ice and blend to desired thickness

Add-ins:

1 tbsp nut butter

handful of Kale

1 T chia, hemp or freshly ground flaxseed meal

1 scoop greens powder

Note we recommend So Delicious Unsweetened Coconut Milk. If you use the canned coconut milk choose the light version and dilute 1/4 cup coconut milk to 3/4 cup water.

I Like My Shake Thinner!

1 scoop protein

1 serving fiber

1/2 cup frozen fruit

10 ounces liquid

I Like My Shake Thicker!

1 scoop protein

1 serving fiber

1 serving chia, hemp or freshly ground flaxseeds

1 cup frozen fruit

8 ounces liquid

Ice cubes



Snacks

Apple and tree nut butter

Celery and hummus

Turkey avocado roll up

Cup of lentil soup

½ of a shake serving

DFH PaleoBar DF*

* Products may be purchased at www.jjvirgin.com/store