

# SCD Meal Plan

Created by Natalie Holladay

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Hazelnut-Vanilla Pancakes  Beef/Pork Sausage  Sugar free bacon  Ripe banana plus strawberries with seeds peeled off.	Spinach Coconut Flour Waffles with almond/cocoa butter/honey drizzle:  Ripe Banana  Pork/Beef Sausage  Yogurt with berry puree and honey	Coconut Flour Banana Muffin  Ripe Banana  Sugar free bacon  Yogurt with berry puree and honey	Coconut Flour Banana Muffin  Ripe Banana  Pork/Beef Sausage  Yogurt with berry puree and honey	Coconut Flour Banana Muffin  Ripe Banana  Pork/Beef Sausage  Yogurt with berry puree and honey	Coconut Flour Banana Muffin  Ripe Banana  Sugar free bacon  Yogurt with berry puree and honey	Coconut Flour Banana Muffin  Ripe Banana  Pork/Beef Sausage  Yogurt with berry puree and honey
<b>Lunch</b>	Zoodles and Meat Sauce  Salad with Vinaigrette from BTVC for Salad is green leaf lettuce, carrots and shaved cabbage.	Meatballs & Ketchup.  Roasted veggies.  Ants on a log	Baked Chicken Thighs  Cubed Roasted Butternut squash  Green salad with vinaigrette from BTVC	Leftover chicken thighs reheated in the skillet.  Caulirice and carrots  Celery sticks and BTVC Vinaigrette	Leftover burger & ketchup  Leftover butternut squash fries  Veggie sticks with BTVC Vinaigrette  White cheddar	Leftover grilled chicken  Almond bread & Cheddar  Carrots and celery sticks (ants on a log)  Berry gelatin gummies  Leftover baked apples	Leftover Chili  Roasted acorn squash  Roasted carrots  Shredded cheddar cheese
<b>Dinner</b>	Instant Pot Curry Chicken:  Twice Roasted Beets  Steamed carrots and the greens	Smoked pork loin, reheated from frozen.  Roasted Broccoli  Baked apples with cinnamon, honey, ghee and coconut oil,	Baked Cod  Spiralized rutabaga and carrots and green beans	Grilled burger & ketchup  Butternut squash fries  Green leaf lettuce  Cheddar cheese	Grilled chicken  Coconut Flour tortilla/flatbread  Avocado  Cheddar cheese  Pear	Instant Pot Chili  Leftover roasted veggies. We also love caulirice with chili.	Canned fish (e.g. salmon, herring, mackereel, sardines or tuna).  Pork rinds  Carrot slices  Peeled strawberries
<b>Snacks</b>	Yogurt with 1 tbsp honey and ½ a muffin, paper muffin liners.	Peanut Butter Brownie Muffin  Berry Gelatin Gummies.	Yogurt with 1 tbsp honey and ½ a muffin	Apple Crisp...	Peeled strawberries and a cookie:  Vanilla Honey Candy recipe from BTVC (made as a lollipop)  Yogurt with 1 tbsp honey and ½ a muffin	"Chocolates"  Yogurt with 1 tbsp honey and 1 tbsp berry puree	

# RECIPES

## Breakfast

Homemade jello

<https://wellnessmama.com/3803/healthy-jello/>

Homemade marshmallows:

adapted from <https://wellnessmama.com/6423/marshmallow-recipe/>

*Important: do not use marshmallow root or cocoa powder!!*

If you want to keep this recipe low FODMAP, use the clover, alfalfa or cotton honey as recommended here

[http://www.siboinfo.com/uploads/5/4/8/4/5484269/sibo\\_specific\\_diet\\_food\\_guide\\_sept\\_2014.pdf](http://www.siboinfo.com/uploads/5/4/8/4/5484269/sibo_specific_diet_food_guide_sept_2014.pdf)

I have never tried adding probiotics to the mixture.

Hazelnut-vanilla pancakes

From Recipes for the Specific Carbohydrate Diet by Raman Prasad, page 24.

Drizzle: Mix 2 tbsp almond butter, 1 tsp cocoa butter and 1 tbsp honey and heat until drizzle texture.

Beef/Pork sausage

From Against All Grains Meals Made Simple page 52

2 lbs beef, 1 lb pork.

Seasoned with a double recipe of Sausage in the Autumn Breakfast Skillet recipe. I divide it into 1/2 lb bags and freeze.

Pull out a bag to thaw in fridge overnight for fresh sausage.

Yogurt with berry puree

Frozen berries cooked in the Instant Pot for 12 minutes, pureed with immersion blender and strained and 1 tbsp honey.

Spinach coconut flour waffles with almond/cocoa butter/honey drizzle

Waffles: <https://wellnessmama.com/1696/coconut-flour-waffles/>, add 1/2c frozen spinach to the mixture. I use a Vitamix.

Coconut Flour Banana Muffin

This recipe is my base. <http://www.ovenloveblog.com/coconut-banana-bread-gaps-paleo-grain-free/>

I have tweaked it over the years to make a great muffin. I do a double batch with some exceptions:

- 3/4c coconut oil
- 1 c honey
- 1.5 tsp salt
- 10 eggs
- 1.5 tbsp vanilla
- 1.5 c coconut flour (I prefer Arrowhead Mills brand)
- 4-5 small bananas
- 1.5 tsp baking soda

I have snuck in some spinach and even 1/2 avocado before if you're looking for extra cal's. Makes 24 muffins. I bake at 350 for 40-43 minutes in parchment paper muffin liners.

## Lunch

### Zoodles and meat sauce

Meat sauce:

- 1 lb beef
- 1/2 lb beef/pork sausage (see Day 1 Breakfast)
- 2 boxes of Pomi Tomato Sauce
- plenty of oregano/thyme/basil/parsley, salt & pepper
- I snuck in 1/2 an avocado and 2 tbsp olive oil.

Blend in a blender. Pour sauce into a big skillet and stir in zoodles (I used zucchini and yellow squash). Add browned meat and let simmer until zoodles are a little softer. Top with shredded parmesan.

### Salad with vinaigrette

From Breaking the Vicious Cycle, page 99.

I quadrupled the recipe, added a little honey and 1/2 an avocado. Blend in a wide mouth mason jar with an immersion blender. Fabulous dip for veggies! Salad is green leaf lettuce, carrots and shaved cabbage.

### Meatballs

2 lb ground beef with 2-3 tbsp of your favorite Italian herbs – basil, oregano, thyme. Scoop into balls with a cookie scoop (about 1 oz ea) and bake at 350 for about 40 minutes.

### Ketchup

From Against All Grain 1<sup>st</sup> book (Delectable...) page 238.

### Roasted veggies.

I peel and chop spaghetti squash just like I do acorn squash instead of shredding it. Bake veggies at 425 for 35-40 minutes on a jelly roll pan, tossed in fat and salted.

### Baked chicken thighs

Swirl boneless skinless chicken breasts in fat on both sides. Bake at 350 for 1 hour or until done and brown/crispy on the edges.

### Caulirice and carrots

Crumble frozen cauliflower florets in a processor or blender. Add an onion for flavor and browning. Toss in fat on a jelly roll pan and roast at 425 for 35-40 minutes, stirring once or twice. Sesame oil gives a great flavor.

### Almond bread

From Simple Sandwich Bread in the Cooking for the Specific Carbohydrate Diet by Erica Kerwien.

## Dinner:

### Instant Pot Curry Chicken

- 3 frozen chicken breasts
- 2 c water

- 2 tbsp curry seasoning from Prawn and Pumpkin Yellow Curry in Against All Grain 1<sup>st</sup> cookbook page 160 (garlic, ginger, cumin, coriander, turmeric, fennel, nutmeg). You could use your own curry blend.

Dump it all in the Instant Pot and turn on Poultry for 22 minutes. Let depressurize for 15 minutes. Shred or slice chicken. Serve with broth.

### Roasted broccoli

Toss broccoli in fat and roast at 425 for 35-40 min.

### Baked apples

Baked apples with cinnamon, honey, ghee and coconut oil, baked at 350 for 40 minutes.

### Baked Cod

Sprinkle with salt, pepper, ground mustard and dill. Bake at 375 for 20-30 minutes, until done/flakes easily.

### Spiralized vegetables

Rutabaga, carrots and green beans cooked at 425 for 35 minutes. (toss in fat/oil)

### Butternut squash fries

Slice in fry shape and roast at 425 for 40 minutes.

### Coconut flour tortilla/flatbread

From <http://comfybelly.com/2013/04/tortillas-and-a-book-giveaway/#.WQQBRfnyvD4>

### Instant Pot Chili

One of our FAVORITE year-round meals: chili. I have discovered a new way to make it - in the Instant Pot!  
Instant Pot Chili from Frozen Ground Beef

- Put 2 lbs frozen ground beef in the IP on the rack, with 1.5 c water. Set to Manual for 45 minutes.
- After it depressurizes, take out the beef and crumble in a separate dish. Remove the rack and put the beef back in. You can dump the broth or leave it!
- Blend (I use a Vitamix): 2 boxes Pomi strained tomatoes (I think they are 28 oz ea), 1 small avocado, 1 c frozen chopped spinach. Pour the sauce in the IP.
- Add seasonings: 2 tbsp paprika, 1 tbsp cumin, 1 tbsp oregano, 2 tsp salt, 1/2 tsp black pepper, 1/2 tsp cayenne pepper, 1 tsp legal garlic powder.
- Close the lid and set to the Chili setting (30 minutes).

Voila! Delicious chili that tastes like it cooked all day, made in just about 2 hours. You can cook the beef a few hours ahead of time and leave it on Keep Warm in the broth.

### Twice Roasted Beets

Roast whole beets rubbed with olive oil for about 45 minutes at 425. Let cool and peel. Slice thinly and roast, tossed in fat (bacon is awesome) at 425 for 40 minutes. Acorn squash was also sliced and roasted in fat on the same pan. It's ok to leave the peel on if tolerated - extra nutrients and gets soft!

Steamed carrots and the green beans are from our garden, too! Add melted ghee and salt to the veg.

Tip: We also love caulirice with chili.

## Snacks

### Peanut butter brownie muffin

PB Brownie recipe from Turtle Soup page 50

### Apple crisp

- 8 small apples, peeled/cored/sliced.
- About 1/2c ea almond and hazelnut flour/meal
- 1/4c shredded coconut
- 2 tbsp honey
- 1 tbsp cinnamon
- 2 tbsp ghee for crumble.
- Toss apples in 1 tbsp honey and 1 tbsp cinnamon.

Bake at 350 for 45 minutes.

### Berry Gelatin Gummies

- 1/2c berry puree
- 1/2c water
- 3 tbsp gelatin.

Heat and stir until blended. Pour into molds and refrigerate.

### Vanilla Honey Candy

Recipe from BTVC (made as a lollipop)

### Cookie recipe

From <http://digestivewellness.blogspot.com/2011/01/chocoholics-beware.html>

### "Chocolates"

From <http://www.cantillonkitchen.com/healthy-easter-chocolates/>