

4 DAY INTRO SAMPLE MENU

The foods in the sample menu are just a suggestion and not a hard and fast rule to what can be done with the foods suggested in the first stage of the diet. Cheeses and yogurt can be introduced at any stage if your stomach can handle it. For most introducing yogurt should be done a little at a time as suggested in the Breaking The Vicious Cycle book. And for some it might be beneficial to only start introducing dairy at the second stage of the diet.

Saturday:

- Buy polystyrene broccoli box or set up cupboard with 60W light bulb table lamp - measure temperature is 45°C.
- Make shopping list and go shopping
- Make yogurt & french cream
- Freeze 4 ripe bananas

Sunday:

- Make Chicken Stock and prepare Soup
- Make Apple & Pear Sauce
- Refrigerate yogurt & french cream
- Make Grape Juice Jelly
- Make Vanilla Ice Cream

| | Monday | Tuesday | Wednesday | Thursday |
|---------------|--|---|---|--|
| Breakfast | Banana Pikelets | Smoothie & Scrambled Eggs | Smoothie & Banana Pikelets | Scrambled Eggs & Smoothie |
| Morning Tea | Apple & Pear Sauce | Apple & Pear Sauce | Apple & Pear Sauce | Apple & Pear Sauce |
| Lunch | Carrot & Chicken Soup for lunch | Chicken & Vegetable Salad | Soft Souffle Bread and Cream Cheese | Chicken & Vegetable Salad |
| Afternoon Tea | Vanilla Ice Cream | Grape Juice Jelly | Grape Juice Jelly | Vanilla Custard |
| Dinner | Make plain egg omelet and shred to go into chicken soup | Shred some spinach and add to chicken Soup | Zucchini Pasta and Chicken Soup | Chicken Soup |
| Dessert | Grape Juice Jelly | Vanilla Custard | Vanilla Ice Cream | Grape Juice Jelly |
| Preparation | <ul style="list-style-type: none"> • In the morning drip one liter of yogurt (to make SCD Dripped Yogurt) • In the evening make vanilla custard • Prepare broiled chicken thighs and legal vegetables and refrigerate to be made into a cold salad for lunch the next day | <ul style="list-style-type: none"> • In the morning refrigerate dripped yogurt • In the evening make souffle bread • Add some honey, salt & pepper to dripped yogurt and make spread | <ul style="list-style-type: none"> • Make cold chicken salad for lunch next day • Start planning second stage of the diet | <ul style="list-style-type: none"> • Shop for second stage of the diet • Plan menu • Add appropriate vegetables and fruit |