

foodintol®

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Planning Tips & Meal Ideas



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foodintol® Ranking WhatNot2Eat



A few tips to get you started

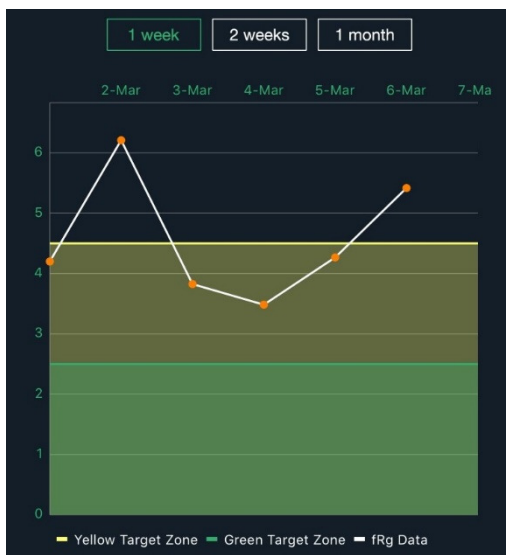
Step 1. Download from the App store

Step 2. Tap 'Go Premium' to start your free week.

Track your AntiNutrient score with every food entered.

Find more than 60 in-app Recipes including those shown here.

Aim to keep your daily score under 6



Learn to choose low-ranking foods – to keep your AntiNutrient score at 6 or lower . . . in the yellow/green section.

A bit tricky at first – but you'll soon get it.

Remember:

- >> Mistakes are fine – just carry on
- >> Eat as much as you like of low-ranking foods
- >> Regulate high-ranking foods

You'll start to feel the benefits within a few days!

Planning Tips & Meal Ideas

1) ENJOY PROTEIN AND VEGETABLES AT EVERY MEAL – *EVEN BREAKFAST*

Having a little meat or fish at every meal – with vegetables - has advantages:

- i. Feel satisfied - 'full' for much longer
- ii. Steers you away from high ranking bread, pasta and sugar
- iii. Notice you have more energy, and a sharper mind
- iv. Lose weight faster

2) LARGER PORTIONS IF YOU LIKE

Portion size is less limited when avoiding AntiNutrients. Seconds of meat, fish or vegetables - okay. Your stomach will let you know!

3) 'COOK ONCE - EAT TWICE'

When preparing meals - cook *more than you need*. The next day you'll have the makings of another meal instantly

- Alternate left over roast with canned fish, eggs, smoked salmon, bacon or ham
- Steamed, baked or grilled vegetables keep well in the fridge too
- Make sure you have plenty of plastic tubs with lids!

4) MAKE A POT OF SOUP – 7 RECIPES

Eat your veggies as soup. A satisfying and low-ranking snack at mid-morning to avoid low-nutrient pastries. Takes you through to lunch.

Many cafes sell soup by the mug - add Sweet Potato chips for crunch.



Zucchini & Fennel Soup

5) CHOOSE YOUR BREAD ALTERNATIVES

- Gluten free bread
- Rice crackers, rice thins, corn crispbread, corn thins
- Sweet potato chips, vegetable crisps

MORE RECIPE LINKS & MEAL IDEAS:

<http://www.foodintol.com/meal-suggestions-a-whole-new-lease>

Great Low-Ranking Meal Ideas

*In-app Recipe numbers Dx####

Breakfast Suggestions

Alternatives to cereal:

- **Crispy Asparagus rolls Dx130**
- Banana Carrot Smoothie Dx165*
- Bacon and eggs with say, spinach, avocado or mushrooms



Coconut Paleo Pancakes Dx144

- Leftover meat and vegetables from fridge
- Banana Brekkie Cups Dx151*
- Coconut Paleo Pancakes Dx144*

Lunch Suggestions

- Vietnamese pho (noodle soup)
- Roast meat with vegetables
- Smoked salmon omelette
- Grilled fish and salad
- Roast chicken with avocado, lettuce & mayo



- Waldoria Salad Dx124*
- **Roast Brassica Salad Dx141***
- Hainanese Chicken Rice
- Asian rice noodles (hor fun)

Roast Brassica Salad

MAINS:

- Barbecue Seafood
- Grilled Chicken Skewers
- Thai Prawn Salad Dx120
- Chef's Secret Barbecue Ribs Dx160*



Chef's Secret Barbecue Ribs



Spicy Cajun Chicken

- Spicy Cajun Chicken Dx127*
- Chef's Secret Salmon Dx149*
- Paleoghetti Bolognese Dx145, Dx152*

SIDES:



Moroccan Pumpkin

- Moroccan Pumpkin Dx163*
- Braised Red Cabbage Dx147*
- Paleo Mash Dx128*

- Greek Green Beans Dx125*
- Fennel Citrus Slaw Dx154*
- Onion Jam Dx143*



Onion Jam

Sweet and Snack Suggestions

- **Choc Chia Cups Dx153**
- **Mango Sago Cups Dx134**
- **Orange & Almond Cake Dx114.** Many cafes offer this



- **Trail Mix:** make your own . . . Sunflower seeds, pepitas, hazelnuts, shredded coconut, dried cranberries, raisins, cashews, pecans – whatever you love. Stash in a ziplock bag in your handbag or pocket

- **Paleo Date Balls Dx167**
 - Use our recipe. Or if buying them - check ingredients carefully.



- **Red Almond Smoothie Dx135**

