

Meal and Snack Ideas for the Six Food Elimination Diet

When a child is on a limited diet, quick and easy meals can be difficult. Our dietitians have put together a list of great meal and snack options that are delicious, nutritious and perfect for children on the Six Food Elimination Diet. It is important to note that parents should always read food labels to ensure that the foods they are using do not contain any “hidden” ingredients that may be off limits to the child.

Breakfast Ideas

- Oatmeal or cream of buckwheat topped with fresh or dried fruit
- Smoothie (coconut milk or elemental formula, fruit, ground flax seed or seed butter)
- Gluten free, egg free waffles topped with fruit
- Chia seed pudding with fruit and pepitas (visit www.choc.org/eoe/nutrition for recipe)
- Rice bread toasted with sunflower seed butter, coconut milk yogurt with fruit

Lunch Ideas

- Hummus sandwich with vegetables
- Turkey roll-up with corn tortilla, sprouts and avocado
- Quinoa salad
- “Shake & Bake” chicken made with crushed potato chips, corn or rice cereal
- Sandwich made with rice bread and sunflower seed butter
- Cold pasta salad made with rice pasta or corn and quinoa pasta
- Homemade soup or chili - Tip: pack in a thermos to keep it hot

Dinner Ideas

- Pot roast and salad with homemade vinaigrette dressing
- Veggie stir fry with rice noodles
- Tacos with ground meat or beans, avocado, salsa, and side salad
- Rice pasta with homemade turkey meatballs, marinara and steamed vegetables
- Vegetarian chili, homemade wheat-free biscuits, veggies and homemade ranch dip (visit www.choc.org/eoe/nutrition for dressing recipe)
- Lentil and rice curry

Snacks Ideas

- Fruit smoothie made with hemp milk, banana and berries
- Mini burrito made with corn tortilla, refried beans and guacamole
- Oatmeal & fruit
- Buckwheat pancake with syrup, fruit, dairy-free chocolate sauce or seed butter
- Hummus or bean dip with veggies or corn chips
- Guacamole and salsa with veggies or corn chips
- Sunflower or pumpkin seed butter with banana, apple, celery or wheat-free crackers or toast
- Homemade oatmeal bars or granola bars
- Homemade snack mix (Gluten free cereal, dairy-free chocolate chips, dried fruit, pepitas)