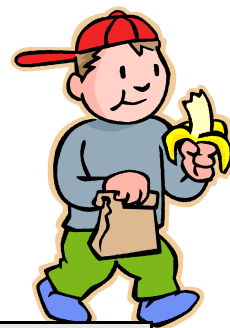


Mix and Match Easy Lunch Planner



Choose 1 item each from both the Basics and Beverages columns and at least 1 each from 3 more columns.*

The Basics	Ready-Made	Proteins	Veggies	Fruit	Sweets	Beverages
SCD homemade Yogurt	Lara Bars	Cheese cubes	Baby carrots	Apple slices	Sugar plums*	Dole 100% pineapple juice small can
Easy Sandwich Bread	Applesauce cups	Hard boiled egg	Sweet pepper strips	Homemade applesauce**	Stuffed dates*	Campbells 100% Tomato juice small can
Nuts (plain or roasted, unsalted)	Frozen leftovers	Deviled egg**	Cucumber slices	Orange slices	Nut candy*	Diet soda (no Splenda) once a week
Nut butters (nuts and salt only)	Bubbies pickles	Tuna salad**	Cooked and cooled artichoke with dip*	A speckled banana	Cinnamon Crunch Cookies*	Thermos of legal fruit juice
Cheese Lace**	Trader Joe's legal fruit leather	Hot soup	Leftover vegetable salad*	Raisins	A honey packet	Water
	Dole pineapple cups (packed in 100% pineapple juice)	Poached chicken** or other cooked meat	Green salad with homemade dressing*	Dried fruit such as prunes or dried apricots	Leftover legal cake or pie*	
		Breakfast frittata egg cups*	Leftover vegetable side dish*	Leftover fruit salad*		
		Chicken salad**	Other vegetables	Other fresh fruit		



*To save space we have not listed all the factors that will make these items SCD legal. Please use the recipes in other sections of NoMoreCrohns.com and follow guidelines mentioned in other places on the website or in the book "Breaking the Vicious Cycle".

** See recipes on the "What's For Lunch?" page of NoMoreCrohns.com