
What's For Lunch?



It's always a challenge to figure out what to take to school or work or on a picnic that will make a satisfying and tasty lunch. But if you throw in the challenges of a special diet, it takes some extra thought and planning. Let's sit down together and talk about it, shall we? Limitations can serve as blessings in disguise, and if we look at it that way we see that SCD lunches are going to be more interesting, wholesome and delicious than the usual, because they are going to be homemade and produced with fresh, healthy ingredients.

Plan ahead by gathering various useful containers. You're likely to take soup and salads, as well as various kinds of finger foods, so a good soup thermos and a few larger plastic lidded boxes will be perfect. Small containers will hold dressings and dips. Sandwich bags and zip-lock snack size bags will be just right for lots of items, from sandwiches to carrot sticks and apple slices.

If you're able to think a little bit like a general planning a campaign, I suggest that you visualize the campaign as providing yourself with lunches for two weeks to a month. Plan to have two sandwiches per week and leftovers at least once or twice. Lunch planning and preparing will become routine if you plan ahead.

In our own family, the best way for me to plan menus has always been a month at a time. This way I can think through the calendar, taking into account various holidays, schedules, events and any other considerations. I can buy enough of the right ingredients so we can eat an interesting and varied menu for quite a while! For example, if we're going to have meals with beans, I can soak and cook one whole package, providing enough for two more meals later in the month. Or if I'm cooking a pork roast, I can purchase a larger one, so some of it can become lunch time leftovers. Cooking this way is a

**** Hard Boiled Eggs**

Place eggs in cold water in a sauce pan, making sure they are mostly covered with water. Bring to a boil. When eggs come to a boil, set the timer for 14 minutes. Turn down slightly, but be sure they continue to simmer. When the timer rings, take them to the sink and run cold water into the pan to stop the cooking. Run cold water for a few minutes, allow to cool, then place in the refrigerator.

****Deviled Egg**

Peel a hard boiled egg and cut egg in half. Remove yolk to a small bowl. Add about ½ tsp. legal mustard and 1 tsp. SCD yogurt to the yolk. Add legal dill pickle (Bubbies) if you have it and a few drops of pickle juice or water if needed. Add salt to taste. Mix thoroughly and spoon back into egg whites. Sprinkle with paprika if you'd like.



****Homemade Applesauce**

Peel, core and chop 4-5 cooking apples or a variety of types. Place in a pan with about ½ c. water, 4-5 Tbs. honey (if desired) and a shake of cinnamon. Simmer until apples are soft, (10-15 minutes) Mash.

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**** Tuna Salad**

Combine:

1 can water or oil pack, broth-free tuna (see Prepared Items page for brands)

¼ c. grated Cheddar cheese

1 tomato, chopped

1 Tbs. (Bubbies) dill pickle, chopped

1 hard boiled egg, grated

1-2 Tbs. lemon juice

1-2 Tbs. homemade yogurt

****Poached Chicken**

Place boneless, skinless chicken breasts in a pan with a lid. Cover completely with water and bring to a boil. Turn down somewhat to a slower boil and cook for 5 minutes. Put on lid, turn off heat and allow to sit for 20 minutes.

****Chicken Salad**

Combine desired amounts of the following ingredients or make up your own recipe:

Cooked chicken

Chopped green onion or diced regular onion

Diced celery (opt.)

Chopped almonds

Cut up grapes *or* chopped dried cherries *or* raisins *or* diced tomato

Salt and Pepper

SCD yogurt or Spectrum Organic Mayonnaise

****Cheese Lace**

Grease a flat glass pie plate with oil. Cover the surface with thin slices of Cheddar Cheese or combine Cheddar, Monterey Jack, and/or Parmesan. Place in the microwave on HIGH for 3 minutes, turning once. Remove carefully, tip and absorb all the grease with a napkin. Lift with a knife to cool while cleaning oven. When cool, break Cheese Lace into hunks.

low-stress way to feed people and is economical too.

So in your lunch planning, figure out how many sandwiches you'll probably want to have, then make a big batch of Easy Sandwich Bread that will last all month in the freezer! If you're making meat loaf, double the recipe, providing leftovers for lunches. Do this with all your dinner entrees!

Buy boneless skinless chicken breasts and poach several.** Cut up the meat and freeze it in baggies, ready for you to take as is or make into a salad or sandwich for lunch. Hard boil enough eggs to last a couple of weeks if you like egg salad or deviled eggs for lunch.*

Once a week, cut up lots of cheese cubes to use for snacks or to round out a lunch. Make a bowl of tuna salad** for sandwiches that will last 2 or 3 days. Make soup, then freeze the leftovers in lunch size portions for later in the month. Every few days stuff a plateful of dates with pecans and put them in the fridge. They make great snacks or lunch treats and can be carried around unrefrigerated all day.

Always keep legal nut butters on hand to use as a dip for apples, carrots or other veggies. You can make great sandwiches with peanut butter along with honey or raisins or sliced bananas. If you're cooking bacon, prepare extra to be frozen and used later in a bacon, lettuce and tomato sandwich. (You can eat bacon once a week.) Make nut candy or sugar plums to provide delicious and satisfying desserts. Check all the recipe sections of NoMoreCrohns.com, looking at each recipe to see if it could be used for lunches. Make note of any you would like to use in the



future and then plan them into your shopping and cooking plans.

You can do it! It's totally worth it because choosing to walk down this road will lead to normal health and the chance to have your life back! Let us be the first to congratulate you and encourage you to go for it!

We've included a printable "Mix and Match Easy Lunch Planner" that you can put on your refrigerator if you'd like to. Every day choose one item from the "Basics" column, one item from the "Beverages" column and at least one item from three of the other columns. That should provide you with a well-rounded and filling lunch.

There are a few items mentioned on the chart which aren't included in the recipe section, so I've include them in the sidebars.

by Robin

