Medical Options for Wellness

Sample Day on an MCAS Diet:

This diet can be variable from one person to the next, but here a few ideas to get started. I consistently add new recipes we find onto my Pinterest board.

Breakfast:
- Pasture Raised Eggs with sauteed broccoli/kale
  - Add Soft Goat or Sheep Cheese if tolerated
- Smoothie with Nutribiotic Vanilla Rice Protein (store in freezer if opened or buy in individual servings), 2 slices of frozen peaches, 1 cup of blueberries, ½ cup of frozen kale or broccoli, 2 tablespoons of chia seeds, water

Snacks:
- Sunflower Seed Butter (Brand = Sunbutter No Sugar Added) with Rice Crackers or fresh celery
- Tortilla Chips dipped in fresh, smashed avocado or Cauliflower hummus below
- Cauliflower Hummus with Fresh Vegetables
- Green Juice with fresh vegetables: Celery, Carrot, Lettuce, Cucumber, Mint, Ginger

Lunch/Dinner Options:

Protein:
- Herb Seasoned organic chicken/lamb/beef with rubbed with turmeric, thyme, oregano, rosemary and salt
- Mint Lamb Burgers or Salmon with crushed garlic, rosemary, oregano, olive oil
- Nomato Meat Sauce using this Nomato Sauce base recipe if bell peppers are tolerated
- Chicken Zoodle Soup made in an Instant Pot/Pressure Cooker
- Cauliflower Cheese Casserole (use a soft goat/sheep cheese and I’d add some chopped green vegetables like broccolini)
- Hearty Salmon Chowder

Vegetables:
- Mixed Vegetables
  - Baked Broccolini
  - Brussel Sprouts with salt and fresh olive oil
  - Roasted Skinned Potatoes
  - Roasted carrots with thyme, rosemary, salt and olive oil
- Cauliflower Pizza Crust with Nomato Sauce or Pesto Sauce and sautéed vegetables
- Pesto (Kale/Basil/Olive Oil/Garlic/Salt) or this pesto recipe with zucchini noodles or Cauliflower Gnocchi found at Trader Joe’s
- Cauliflower Mash
- Fresh Green Salad with chopped fresh herbs, cucumber, fresh avocado, carrots with olive oil and salt seasoning

Complex Carbohydrates:
- Pesto (Kale/Basil/Olive Oil/Garlic/Salt) or this pesto recipe with brown rice noodles
- Quinoa
- Brown Rice
- If legumes are okay, lentils