

Suggested GFCF dietary calendar Going GFCF in 10 weeks!

Because the GFCF diet can be overwhelming if tackled all at once the following is a *suggestion* of planning in the elimination of gluten and casein in stages. The idea is to create a feeling of success and less frustration. If you feel confident enough to move quicker than the proposed calendar then do so. . .after the second week. Very important to not eliminate gluten and casein at the same time so take the time to remove the casein first.

Week 1 -2: Remove all milk based products. This would include milk, butter, whey, cheese, yogurt, icecream, Pediasure, milk-based formulas, and all sub-ingredients. To replace milk, use Rice Milk or Almond Milk. Soy is so close in molecular structure to casein that it should be avoided in the replacement of milk and yogurt. It may have to be eliminated all together later but at least avoid it as a total replacement for milk. An overuse of soy is linked to the erosion of the esophagus, stomach and upper intestine. Also, be sure to add a calcium supplement to your child's diet during this time to prevent problems caused by calcium depletion (i.e. Eye stemming). During the first two weeks, read the book "Special Diets for Special Kids" by Lisa Lewis to acclimate on the WHY to do the diet and what the diet includes. Also take this time to stock up on the gluten free foods. Buy the ready to eat and package mixes only. Hold off purchasing the various flours and baking ingredients for awhile.

Go to GFCFDiet.com and print off the various sections of GFCF food categories that can be purchased at your local grocery store. Familiarize yourself with the brands you may already have on hand (i.e. Heinz Ketchup, Lays Potato chips, etc.).

Week 3- Find five GFCF foods that your child will eat for breakfast and serve it. Here are a few suggestions:

- Frozen GFCF Waffles and real maple syrup
- Bacon and eggs (check for a GFCF brand of bacon)and GFCF HashBrowns like Cascadian Farms brand
- Cream of Rice Cereal
- Any of the Envirokids cereals with rice or almond milk (avoid Rice Dream because it has a gluten in it).
- GFCF pancakes made from a mix. Serve with real maple syrup.
- GFCF French Toast made from a GFCF bread.
- Earth Balance margarine or Fleishmann unsalted are very good butter replacements.

Earth Balance has a small amount of soy oil in it but if your child has not been diagnosed with a soy intolerance then small amounts are okay.

Week 4: Find five GFCF foods your child will eat for lunch and serve it, maintaining the choices for breakfast. Here are some lunch suggestions:

- GFCF Hotdog (no bun)- we use Best Kosher, Hebrew National Reduced Fat, Sheltons Chicken or Turkey Hotdogs too.
- Fritos (yes, they are GFCF)
- Lays Potato Chips
- Cascadian Farms French Fries with Heinz Ketchup (I use Westbrae fruit sweetened ketchup too)
- Boar's Head Lunch Meats
- Tostitos Tortilla Chips
- Trader Joes Fruit Leathers
- Fresh Fruit

- Trader Joes White Organic Tortilla Chips
- Whole Foods Market Chicken Taquitos (The 365 brand)
- Ian's GFCF Chicken nuggets (also at Whole Foods – make sure you get the RED LABELED)
- Most Juice boxes are okay. Just verify with the manufacturer. We use the Hansens Juice Slams.
- In a pinch for fast food then In-n-Out may be okay IF the restaurant processes the french fry grease properly at night. I always ask how the fries are cooked and then I ask how they filter the grease at night. So ASK. I order a hamburger, no bun, no condiments with french fries and soda (sprite only). If they have Heinz packages I will use ketchup. If not we pass.
- I have found many restaurants who are willing to accommodate our requests. Even Rain Forest Cafe has a children's hamburger meal that can be served with tortilla chips and a soda.

Week 5: Find five foods your child will eat for dinner and serve it, maintaining your choices for breakfast and lunch. Here are some suggestions:

- Any meat, starch like rice or potato and a vegetable. Just ensure they are cooked to GFCF standards. For instance, in place of milk in the mashed potatoes use a
- organic chicken or vegetable broth.
- Rice Spaghetti with Prego Spaghetti Sauce or your own as long as it is GFCF.
- Homemade chicken nuggets with french fries (use Lisa's recipe or make up your own)
- Any breakfast or lunch item your child will eat for dinner.

Week 6: Replace all snack items with GFCF.

- GFCF Pretzels from Glutino
- Lays Potato Chips
- Fresh Fruit
- Welchs Fruit Snacks
- Trader Joes Fruit Leathers

Week 7: Replace all soaps, shampoos, lotions, sunscreens, toothpaste and laundry detergent and over the counter medication with GFCF.

There is a wide variety of items at the regular grocery store. It may be as simple as replacing brands or confirming that your current brand is okay.

Week 8: Replace all classroom contaminants. GFCFDiet.com has a whole section to give caretakers and teachers on what classroom items constitute non GFCF, like PlayDough and certain glues. Ask if you can donate the items to be replaced and work with the school to ensure your child is not contaminated by these items by coming in contact or ingesting anything. Educate the caretaker/teacher on your GFCF efforts. Be firm with your expectations because of the seriousness of these foods and contaminants in your child.

Week 9: Begin making GFCF goodies from mixes. There are quite a few websites that cater to GFCF cooking and quite a few to offer mixes. I usually make up cupcakes or cookies and freeze them to have on hand for special occasions like a birthday party at school or just as a special treat.

Here are some terrific websites:

- **www.causeyourespecial.com** - All of their package mixes are GFCF and very easy. We especially like the pancake/waffle mix and all of the cake mixes. One suggestion is to try one of every item you believe your child will like. And reorder the successes. I usually put a powdered sugar frosting on cupcakes but Duncan Hines frosting is okay for some kids too.
- **www.creationsbykristin.com** - terrific homemade goodies that are fresh and relatively inexpensive. My son loves the cinnamon rolls, breadsticks and cookies. I love the

pancake mix from them too.

- **Www.glutenfreepantry.com** - great mixes that can sometimes be found in the grocery stores. Just watch the ingredient list because they sometimes have casein in them.
- **Www.Missrobens.com** - great for online general ordering. They have a large selection. It's worth looking at what they have to get an idea of what is available out there.

Just make sure their items do not have casein in them too.

- **Week 10: Now move to making a GFCF meal from scratch.** Go ahead and start stocking up on the baking item replacements. Create a separate section for them that is out of the area that contains regular wheat flour in order to avoid contamination.

Here is a starting list:

- GFCF Baking Soda
- GFCF Baking Powder
- Xanthum Gum
- Sea Salt or Kosher Salt (Morton's is not GFCF)
- Spices should be switched to GFCF brand like McCormicks or organic
- Tapioca Flour / Tapioca Starch (same thing)
- Potato Flour
- Potato Starch
- Bette Hagman's General All Purpose
- Sorghum Flour - great for baking homemade breads
- Brown Rice Flour
- White Rice Flour
- Arrowroot Starch

There are others so read the recipes from the various cookbooks and decide what to stock up on. Try one recipe a week at least to develop your favorites.

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