CUSTOMIZED NUTRITION MEAL PLANS NOW AVAILABLE!

CSS is pleased to announce the availability of <u>Expanded ALCAT Test Results</u> which include customized menu plans based upon any individual's ALCAT results.

Meal plans based upon the ALCAT Test results not only help with compliance, but also allow an individuals body to digest, metabolize, and eliminate each food. These meal plans are customized to any patients likes and dislikes as well as nutritional needs. Once these custom meal plans and recipes have been designed they can be used again and again to achieve patient goals.

JUST $150 per patient

What's included?

- **Regular Color Coded ALCAT Test Result PLUS……..**
- **Phone Consultation with ALCAT Nutritional Counselor to discuss individual food preferences.**
- **Customized Menu plan based upon Alcat Test result using *2 options* for each meal, each day.**
- **Detailed recipes for each meal.**
- **Follow up phone consultation with ALCAT Nutritional Counselor to discuss progress, goals and overall satisfaction with program.**

One Day Sample Attached…..

ALCAT WORLDWIDE

Optimal Wellness Through Customized Nutrition

NUTRITION PLAN FOR:
Sample Patient

Prepared by Kristen Birth, Nutritional Consultant
Cell Science Systems

Dear Sample Patient,

Congratulations!

You have made a positive step towards improving your health with the ALCAT Food and Chemical Sensitivity Test. Now that you have utilized the most sophisticated laboratory technology to identify your sensitivities, you can begin to take a fresh look towards improving your health. Your ALCAT test results will help you select an interesting and varied eating program based on foods that are compatible with your unique biochemical makeup.

Enclosed is your customized nutrition menu plan based upon your individual ALCAT results. Recipes are included for the various menu options that are not self-explanatory. There are two options for each of the four days on your rotation plan, so essentially you have eight different days of food variation. This will not only help with boredom, but also allow your body to digest, metabolize, and eliminate each food.

The reduction of inflammation and the prevention of any further food hypersensitivities is our goal. Therefore it is imperative that you do not eat the same food two days in a row. I may have moved foods from your original rotation diet over to other days. This creates variety in food combining. Follow the menu program, which rotates your foods automatically. I know you will be successful and have great results!

If you have any questions or concerns about this menu plan, please do not hesitate to contact me.

Thank you,
Kristen Birth, Nutritional Consultant
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1 Day Sample
MENU

Day 1 (Version A)

Breakfast: Coffee, Rice w/ Coconut Cream, Cashews, and Strawberries*

Snack: Almond Butter on Rice Cakes w/ Sliced Banana on Top

Lunch: Broiled Haddock w/ Pine Nuts and Parsley, Broiled Artichoke Hearts w/ Anise Seed,* Brown Rice w/ Saffron & Turmeric

Snack: Walnuts and Dried Cranberries

Dinner: Pan Seared Scallops and Shrimp* w/ (Optional - Olive/Lime Tapenade)* & Yellow Squash & Zucchini w/ Garlic, Parsley, Sea Salt, and Pepper, OR (optional) Baked Broccoli & Tomato*

Day 1 (Version B)

Breakfast: Mint Green Tea, Egg White Omelet w/ Spinach & Feta Cheese, Gluten Free Oatmeal w/ Blueberries

Snack: Apple Sauce & Dried Coconut Flakes w/ Macadamia Nuts

Lunch: Tuna Sandwich w/ olive oil and celery on Gluten Free Millet Bread

Snack: Brazil Nut, Hazelnut, and Pecan mix and a Pear

Dinner: Quail w/ Peach Chutney,* Baked Sweet Potato w/ Butter, Brown Sugar, & Cinnamon, Steamed String Beans w/ Sea Salt and Pepper

1 Day Sample
RECIPES

Rice with Coconut Cream (Day 1)
2 Tbsp Agave Nectar or 4-5 drops Liquid Stevia
¼ cup Coconut Milk
½ cup Cooked Brown Rice
1 tsp Cinnamon
2 Tbsp Chopped Cashews
(Add in Strawberries - To Taste)

1. Combine coconut milk, sweetener, and cinnamon in a small bowl. Whisk well.
2. Toss in cashews & strawberries and stir.
3. Pour sweetened coconut mixture over cooked rice.
4. Microwave this mixture in glass or ceramic bowl for 1 minute to make it more like rice pudding.

Broiled Garlic Artichoke Hearts (Day 1)
1 Can Medium Artichoke Hearts
1 tsp Walnut Oil
½ tsp Sea Salt
1 tsp Anise Seed

1. Preheat oven to 350 degrees F.
2. Drain artichokes in colander and let sit for 10 minutes to dry (don't try to towel dry, they will fall apart).
3. In a small bowl combine oil, anise, and salt.
4. Place artichoke hearts into bowl and toss lightly to coat.
5. Arrange on baking sheet and bake for 10 minutes, flip to other side with tongs, and then 10 minutes more.

Pan Seared Scallops and Shrimp (Day 1)
4 ounces Sea Scallops
4 ounces Shrimp
2 tsp Ghee
1 tsp Olive oil
½ Lemon cut into wedges
Salt for dusting

1. Wash and pat dry scallops & shrimp, dust with salt.
2. Heat medium skillet over medium heat until warm, add ghee and olive oil.
3. Add scallops and sear for 2 minutes, flip over and cook for another 2 minutes or until opaque.
4. Remove from heat and squeeze with lemon wedge.

Olive/Lime Tapenade (Day 1)
1 can Pitted Black Olives
1 can Pitted Green Olives
½ tsp Sea Salt
2 Tbsp Lime Juice

1. Open cans of olives and drain thoroughly.
2. Add all ingredients into blender and pulse to desired texture.
3. Adjust salt and Lime to taste.

Broccoli and Tomato (Day 1)
1 Garlic Clove, Minced
1 Small Carrot, Diced
½ tsp Sea Salt and Black Pepper
1 Stalk Celery, Diced
¾ Pound Broccoli – cut into florets
2 Med. Sized Tomatoes Diced or 1 (15 ounce) can diced tomatoes (if acceptable)
1 Tbs chopped Green Olives
2 Tsp Maple Syrup
¼ cup Crumbled Goat Cheese
¼ Parmesan Cheese (all natural w/ acceptable ingredients)

1. Heat olive oil in a skillet over medium heat. Add the onion and garlic; cook and stir until aromatic, about 3 minutes. Stir in the carrots and celery, season with salt and pepper, and continue cooking until the vegetables begin to soften, about 5 minutes.
2. Meanwhile, place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the broccoli, recover, and steam until bright green, 4 minutes. Remove the broccoli from the steamer and place in an 8x8 inch baking dish; set aside.
3. Preheat an oven to 375 degrees F (190 degrees C).
4. Pour the diced tomatoes and green olives into the skillet with the onion and carrot mixture. Stir and cook over medium-high heat until most of the sauce thickens, about 5 minutes. Mix in the maple syrup, season with salt and pepper to taste, and cook and stir for 3 minutes.
5. Pour the sauce over the broccoli in the 8x8 inch baking dish. Evenly distribute the goat cheese and Parmesan cheese over the broccoli and sauce.
6. Bake in preheated oven until the cheese begins to brown, about 20 minutes.

Peach Chutney (Day 1)
1 Peach, diced
¼ tsp Sea Salt
1 tsp Coconut Oil

1. Heat a small skillet over medium heat and add oil.
2. Add diced peach and salt and sauté until soft, about 7-10 minutes.

Additional Information

The Complete Guide to Food Allergy & Intolerance
J. Brostoff and L. Gamlin

Was It Something You Ate?
John Emsley and Peter Fell

Your Hidden Food Allergies are making you Fat
R. Rivera and R. Deutsch

E for Additives
Maurice Hanssen and Jill Marsden

What the Label Doesn't Tell You
Sue Dibb

Gluten-Free Cooking
Anne Sheasby

Allergy-Free Cooking
Michelle Berriedale-Johnson

Cooking Without
Barbara Cousins

The Complete Guide to Wheat-Free Cooking
Phyllis L. Potts

The Gluten-Free Gourmet: Living Well Without Wheat
Bette Hagman

The Gluten-Free Gourmet Bakes Bread
Bette Hagman

Wheat-Free Recipes and Menus
Carol Fenster

Special Diet Celebrations: No Wheat, Gluten, Dairy or Eggs
Carol Fenster

Special Diet Solutions: Healthy Cooking without Wheat, Gluten, Dairy, Eggs, Yeast or Refined Sugar
Carol Fenster

The Allergy Self Help Cookbook: Over 325 Natural Food Recipes, Free of Wheat, Milk, Eggs, Corn, Yeast, Sugar and Other Common Food Allergens
Rodale Press

Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Corn, Soy, Yeast, Sugar, Grain, and Gluten Cookbook
Nicolette M. Dumke

The Uncheese Cookbook: Creating Amazing Dairy-Free Cheese Substitutes and Classic 'Uncheese' Dishes
Joanne Stepaniak

The Milk-Free Kitchen: Living Well Without Dairy Products
Beth Kidder

366 Simply Delicious Dairy-Free Recipes
Robin Robertson

Bakin' Without Eggs: Delicious Egg-Free Recipes from the Heart and Kitchen of a Food Allergic Family
Rosemarie Emro

Vegetarian Cooking for People with Allergies
Rafael Rettner

Erica White's Beat Candida Cookbook
Erica White

Recipes for Health: Candida Albicans: Over 100 Yeast-Free and Sugar-Free Recipes
Shirley Trickett

The Yeast Connection Handbook
William G. Crook

The False Fat Diet: The Revolutionary 21-day Program for Losing the Weight You Think is Fat
Elson Haas

Living Without (magazine) Lifestyle guide for people with gluten and gliadin sensitivities

http://www.123glutenfree.com/

http://www.glutenfreemall.com/

http://www.applegatefarms.com/

http://www.gluten-free.net/

http://www.amyskitchen.com/

http://www.jackshouse.org/

http://www.glutensolutions.com/

http://www.naturespath.com/

http://www.hamptonsdiet.com/

http://www.glutenfreekitchen.org/

http://www.clubceliac.com/

www.triumphdining.com

http://enjoylifefoods.com/

http://www.glutenevolution.com/

http://www.wholefoodsmarket.com/