Recipes for Repair

Transform Your Diet, One Step at a Time

Today's Breakfast Samples

Overnight Oatmeal with Dried Fruit and Almonds

Toasted Coconut Almond Muffins

Applesauce Walnut Tea Bread

Cherry Almond Blast

Today's Snacks

Curried Cashews

Salted Roasted Chickpeas

Nutty Coconut Delights

Iced Minted Raspberry Tea

Recipes for Repair

Transform Your Diet, One Step at a Time

Transform Your Diet: One Step at a Time

presented by

Laura Piazza and Gail Piazza

Recipes for Repair: A Lyme Disease Cookbook, Authors

Recipes for Repair

Transform Your Diet, One Step at a Time

Introduction

Laura Piazza

- Graphic designer and professional photographer
- Chronic Lyme patient
- The daughter in this mother-daughter team

Gail Piazza

- Professional recipe developer/food stylist for 40+ years
- The mother in this mother-daughter team

- **Disclaimer:** We are not a medical professionals. All the information in this presentation is for educational purposes only. **Always** consult a licensed practitioner before making any health decisions, including dietary changes.

Recipes for Repair

Transform Your Diet, One Step at a Time

Our Story

- Diagnosed, finally, in 2009!
- With a full medical history explored, reveals length of misdiagnosis (at least 9 years, but probably 13).
- Wanted to learn as much as I could about this misunderstood illness I had been diagnosed with.
- Learned nutrition needs to be a part of my treatment, when reading *The Lyme Disease Solution*.
- Decided to implement the Lyme Inflammation Diet® featured in *The Lyme Disease Solution.*
- Needed mom's help, and boy did she deliver!!

Recipes for Repair

Transform Your Diet, One Step at a Time

The Lyme Inflammation Diet ™

- A four-phase elimination diet
- Targeted to people who have Lyme and other inflammatory conditions
- Designed to help your body quickly shut down the mechanisms of chronic inflammation and begin detoxifying; to help you to discover food sensitivities; and eat a diet of whole, nourishing anti-inflammatory foods.

LID's Principles

- Eat foods that help avoid or reduce symptoms caused by inflammation
- Discover food sensitivities
- Improve your overall health
- Strengthen your immune system

The roots of the diet share traits from these well-known diets:

- The Specific Carbohydrate Diet (and, also GAPS)
- The Body Ecology Diet
- A traditional foods diet (Weston Price/Francis M. Pottenger approach)

Recipes for Repair

Transform Your Diet, One Step at a Time

Phase 1 Concerns – *Time to Call Mom!*

Foods Allowed During Phase 1

Beverages [1]
- Acai juice
- Blackberry juice
- Blueberry juice
- Cherry juice [2]
- Cranberry juice
- Pomegranate juice [2]
- Pure water
- Raspberry juice

Fruits
- Avocado
- Blackberries
- Blueberries
- Cherries [2]
- Coconut (or coconut milk) [3]
- Cranberries
- Green apple NEW
- Pomegranate [2]
- Raspberry

Nuts and Seeds
- Almonds (or almond milk) [3]
- Flaxseed
- Pine nuts
- Walnuts

Vegetables
- Artichoke
- Arugula
- Asparagus
- Beets
- Bok choy
- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Chard
- Collard greens
- Cucumber
- Kale
- Leeks
- Mushrooms (shiitake are the best choice)
- Mustard greens
- Onions
- Lettuce
- Scallions
- Spinach
- Sprouts
- String beans
- Watercress

Grains
- Brown rice
- Wild rice

Protein
- Eggs (organic, free-range recommended)
- Flounder
- Mackerel
- Salmon
- Sardines
- Sole
- Tilapia

Herbs and Spices
- Baking soda NEW
- Basil
- Bay leaf NEW
- Cardamom
- Chives
- Cilantro
- Cinnamon
- Cloves
- Cream of tartar NEW
- Cumin NEW
- Curry
- Garlic
- Ginger
- Lemon grass NEW
- Mint NEW
- Mustard [4] NEW
- Mustard powder NEW
- Mustard seed NEW
- Oregano
- Parsley
- Rosemary
- Sage NEW
- Sea salt
- Thyme NEW

Fats
- Coconut oil NEW
- Extra virgin olive oil [5]
- Ghee
- Virgin olive oil NEW

Sweeteners
- Lakanto NEW
- Raw honey [2,6]
- Stevia

Other
- Almond extract NEW
- Apple cider vinegar
- Coconut extract NEW
- Mint extract NEW
- Vanilla extract

[1] Unsweetened fruit juice only.

[2] Use sparingly, as they are very high in sugar.

[3] Read label closely as sweeteners and/or stabilizers are often added. It's best to make your own. See page 237 for recipe.

[4] Mustard is not permitted until Phase 3 because most mustards are made with varieties of vinegar other than apple cider. Some varieties of mustard are made with apple cider vinegar, however, making them allowable for Phase 1. (See the Resources section on page 274). Additionally, dry mustard can be substituted for prepared mustard at a ratio of one teaspoon dry for every one tablespoon prepared.

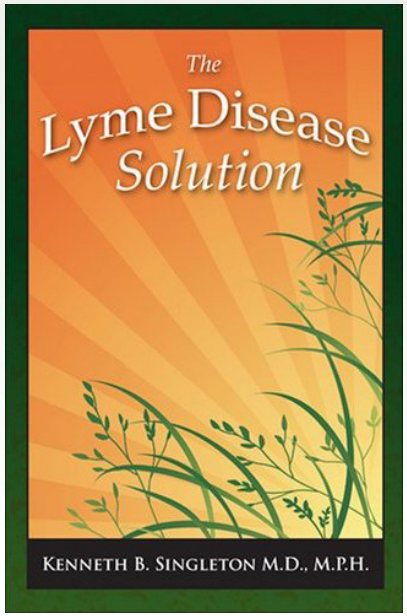
[5] Mixed with a small amount of sesame oil is also acceptable.

[6] Limit to two teaspoons per day. If you are unsure about the difference between honey and raw honey, see page 57.

Recipes for Repair

Transform Your Diet, One Step at a Time

The Story Behind the Book



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GAIL PIAZZA
Home Economics Consultant

Employment

Freelance Home Economics Consultant, Sole proprietor, *1974-Present*

Recipe Development
- Create new recipes
- Developed thousands of recipes for a variety of clients
- Recipes tailored to the clients' specific need, i.e. recipes for a new kitchen appliance, expanding the use of an existing appliance or tailoring a series of recipes for a particular dietary need

Recipe Testing
- Test existing recipes for accuracy, flavor, technique and ease of preparati
- Make any needed changes

Product Testing/Writing of Use and Care Manuals
- Work with clients on the development of new or existing small electric cooking tools from the engineering through the marketing stages, inclu against existing competitive products.
- Work with the engineers, recommending changes as needed for a viabl
- Writing of the use and care manual, instructing the consumer in the us
- Recipes often developed and included to illustrate the depth and value

Food Styling/Prop styling
- Preparation and set up of food for thousands of photographs, which ha recipe cards, print ads and on product boxes
- Food styling for movies and television commercials
- Supply appropriate props used in the photographs

Author
The World of Hot Cooking for the Farberware Electric Wok, published in ha by Dorison House Publishers Inc.
- One hundred and thirty five recipes, traditional oriental and non-oriental

Cookbook Collaborator/Recipe Tester
Developed and/or tested recipes for the following books, authors and publ
- *Cuisinart Food Processor Cooking* by Carmel Berman Reingold, Dell Publ
- *Convection Oven Cookbook* by Carmel Berman Reingold, Lippencott &
- *The Lifelong Anti-Cancer Diet* by Carmel Berman Reingold, Mosby Me
- *The 7 Most Effective Ways to Jump-start Your Diet* by Carmel Berman Rei
- *Patsy's Cookbook: Classic Italian Recipes from a New York City Landmark* Crown Publishing
- *Slim Cuisine Italian Style* by Sue Kreitsman, Bantam Press

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Retest Recipes for the Editors of *Consumers Reports Books*
- *The Chicken for Every Occasion Cookbook* by Helen Studley
- *Catch of the Day* by Carol Cutler
- *Slim Cuisine* by Sue Kreitsman
- *Slim Cuisine Indulgent Desserts* by Sue Krietzman
- *The Incredible Potato Cookbook* by Maria Luisa Scott and Jack Denton Scott

Recent Projects
- Krups, 2009: Developed 20 recipes for the Krups 4 in 1 Rice Cooker
- Lagostina Cookware, 2009: Adapted 25 Italian Recipes for the American market
- Spring, 2008: Tested eight stainless steel small appliances produced by Spring for Dr. Andrew Weil
- Dr. Andrew Weil, 2008: Adapted over 100 of Dr. Andrew Weil's recipes for use in these appliances
- All-Clad, Emerilware and Tefal, 2003-current: Food stylist

Partial Client List
- All-Clad
- Emerilware
- Krups
- Tefal
- Farberware
- Haier America
- Welbilt
- Proctor Silex/Hamilton Beach
- Rival
- GTXpress 101
- Melone Advertising
- Ralph Baleno Photography
- Cwemar Photography
- J&H international

Education

New York University, Greenwich Village, NY
MA Foods and Nutrition, May 1967

Misericordia University, Dallas, PA
BA Foods and Nutrition, May 1965

References supplied upon request

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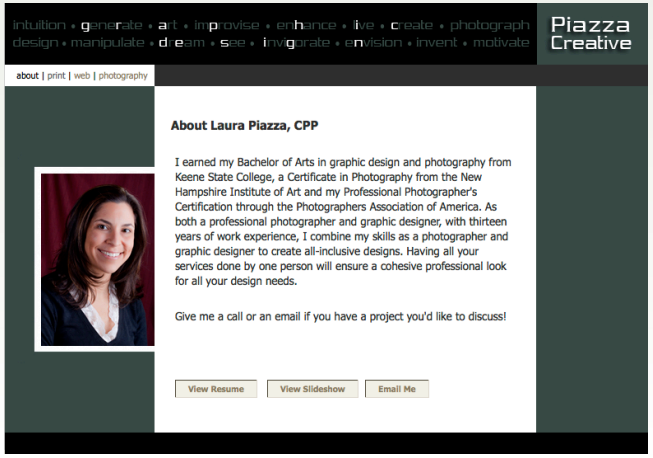
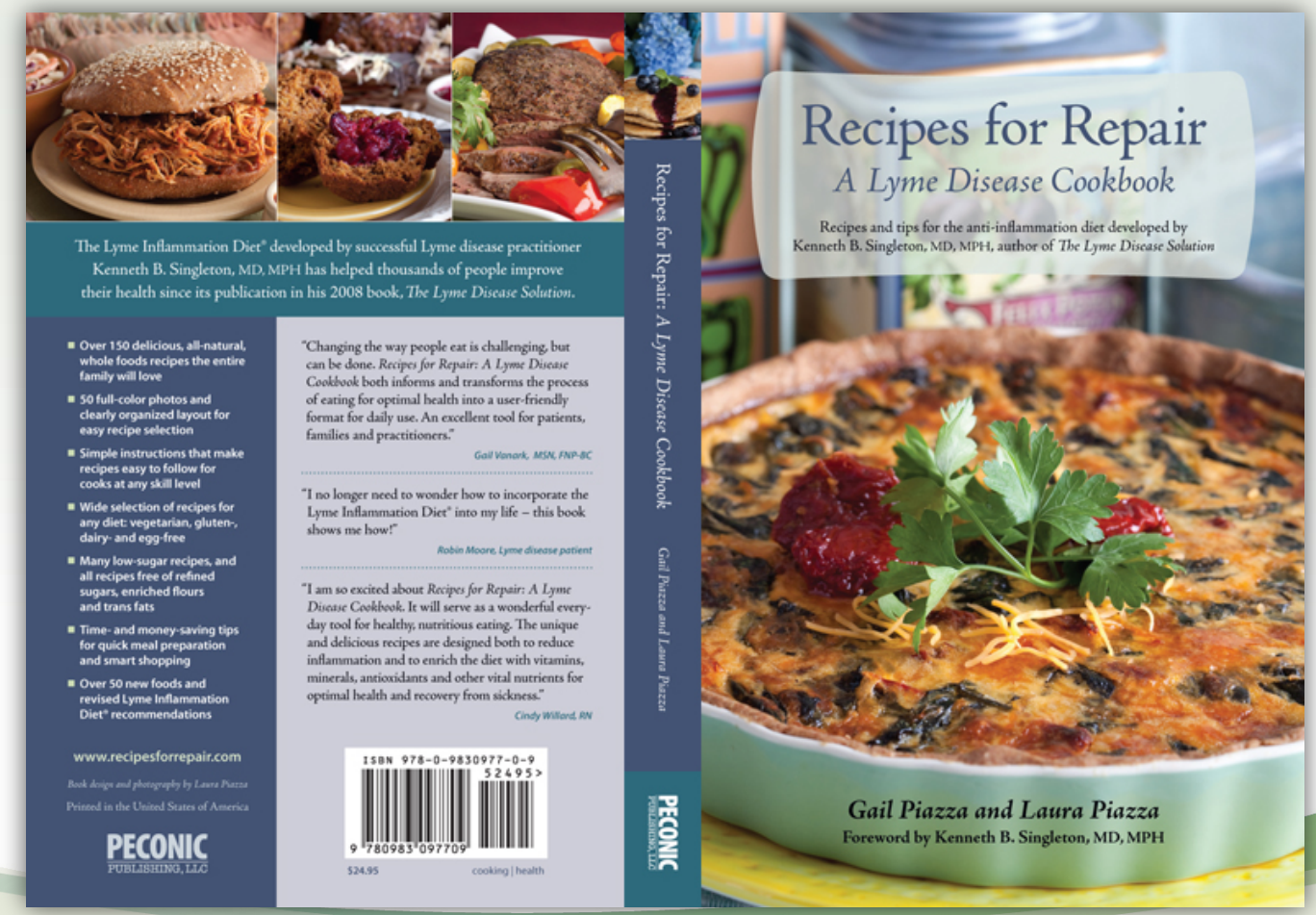


Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

Recipes for Repair

Transform Your Diet, One Step at a Time

The Result



Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

Recipes for Repair

Transform Your Diet, One Step at a Time

Dr. Singleton Says:

"While there is no such thing as **"one size fits all"** when it comes to diet or therapy, about 75% of my patients say that the Lyme Inflammation Diet™ made a positive difference for them, and that they'll never eat way the "old way" again."

Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

Foods to Avoid

- Foods that trigger the inflammatory response
  - white flour, white pasta, white rice
  - processed and refined foods; commercially packaged foods
  - trans-fatty acids
  - artificial colors and sweeteners
  - food additives
  - caffeine-containing foods
  - cane sugar
  - fried foods
  - foods to which you are sensitive

Foods to Enjoy

Foods with anti-inflammatory properties

- Nuts and seeds: i.e. walnuts, almonds and flaxseed
- Healthy Protein: Cold water fish high in omega-3 fatty acids, Eggs, Fresh unprocessed meats: grass-fed meat, poultry
- Fats: Extra virgin olive oil, extra virgin coconut oil and ghee (clarified butter)
- Vegetables: Both raw and cooked
- Fruits (low on the glycemic index, if blood sugar or Candida are a problem)
- Spices

Foods to Enjoy

Foods with a detoxifying effects

- Raw fruits and vegetables.
- Nuts assist in both liver and gallbladder function
- Spices, such as turmeric and cilantro
- Fresh unprocessed meats
- Pure, filtered water

Probiotics, cultured foods and drinks

- Yogurt, kefir
- Cultured vegetables
- Kombucha

Recipes for Repair

Transform Your Diet, One Step at a Time

Transitioning to Healthy Eating

- Eating poorly is a bad habit that can be broken.
- Eating well can be a new habit and is an essential part of healing.
- Eating organic foods, when possible, is of great benefit.

Recipes for Repair

Transform Your Diet, One Step at a Time

Step 1: Examine your current eating habits and menu

- Keep a food diary. Do you see obvious areas that need to be addressed?
- Do you have enough variety in your diet?
- Are you eating processed and refined foods?
- Are you making meals from scratch, using whole foods?
- Are you reading labels?

Recipes for Repair

Transform Your Diet, One Step at a Time

How to Read Labels

How to Read "Nutrition Facts" Food Labels

The Nutrition Facts food label on every packaged food contains all the information you need to make an informed decision about which foods to buy. It is important that you become an avid label reader, as many packaged foods often contain sugars and other sweeteners, as well as artificial and refined ingredients, all of which should be avoided for the best possible outcome in your recovery. The secret to reading a food label is knowing what to look for.

How to Read a Nutrition Label

Important and reliable information can be found on the nutrition Nutrition Facts panel and ingredient listing. Below is a label from a can of organic tomato paste, with each section of the label defined.

Nutrition Facts

Serving Size 2 Tbsp (33g)
Servings Per Container About 5

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Potassium 150mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	6%
Sugars 3g	
Protein 2g	
Vitamin A 10%	Vitamin C 10%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC TOMATOES.
PROCESSED IN A FACILITY THAT ALSO PROCESSES MILK AND WHEAT.

A. **Serving Size:** A serving size is the amount of food that should be eaten in one serving. It is listed by a general household measurement, such as pieces, cups or ounces (i.e., 10 nuts or ½ cup of rice). Serving size is an important part of a healthy diet. Eating larger portions than the recommended amount will contribute to weight gain.

B. **Servings Per Container:** Sometimes that small package that you assume is one serving is really two or more. If manufacturers think that you will be scared off by the high number of calories, they sometimes make two servings out of what appears to be a single serving nutrition bar or bag of nuts. So, always check the number of servings as well as the calorie count.

C. **Calories:** The number of calories in a serving, not in the whole container.

D. **Calories From Fat:** The number of calories per serving that come from fat.

E. **Daily Value (% DV):** A healthy person should consume a certain amount of fats, carbohydrates, fiber, protein and vitamins and minerals each day. The nutrition label provides a list of percentages (called the Percent Daily Value) which tells you what percentage of your daily requirement of a given nutrient one serving of the food provides. The Percent Daily Value is based on a daily diet of 2,000 calories. Calorie adjustments must be made for age, gender and exercise level. See www.mypyramid.gov for more information.

F. **Total Fat:** The number of grams of fat per serving. The information is broken down into Saturated Fat and Trans Fat. Companies are allowed to list the amount of trans fat as 0 grams if one serving contains less than .5 grams of trans fat. Always check the ingredient list for trans fat, which may be listed as hydrogenated vegetable oil or partially hydrogenated vegetable oil.

G. **Cholesterol:** The number of grams of cholesterol per serving. You should pay close attention to this number if you have heart disease.

H. **Sodium:** Processed foods tend to be very high in sodium. Look closely to make sure your diet is not too high in it.

I. **Total Carbohydrate:** The number of grams of carbohydrates per serving.

J. **Dietary Fiber:** Fiber helps your body digest the food you eat, and it can help lower your risk of diabetes and heart disease. A food is considered high in fiber if it contains 5 grams of fiber or more per serving. Fiber is found in fruits, vegetables and whole grains.

K. **Sugars:** The total amount of sugar per serving. Sugars add calories, and are often listed on the label in other terms, such as "high fructose corn syrup," "dextrose," "invert sugar" or "turbinado." Pay extra attention to the ingredients list to be sure you are not consuming sugars that are not part of the LID.

L. **Protein:** The number of grams of protein per serving.

M. **Vitamins and Minerals:** The nutrition label lists vitamin A, vitamin C, calcium and iron. You should try to get more of these nutrients in your daily diet, as well as other vitamins and minerals that are not listed on the label.

N. **Ingredient List:** Manufacturers are required to list all of the ingredients contained in the product by weight and in order of amount, from most to least. A jar of tomato sauce with tomatoes as the first ingredient lets you know that tomatoes are the main ingredient. A spice or herb listed last is present in the least amount. This information is critical for anyone who has allergies, and for prudent shoppers who want more tomatoes than water, or whole foods rather than refined.

O. **Allergens:** Manufacturers will include a warning on the label if the food was made in a factory where foods containing allergens (such as nuts) have been processed on the same manufacturing lines.

Don't Be Confused By the Words Printed On the Labels

The foods we eat should be as close to their natural state as possible. You want to avoid products that have any fortified or enriched ingredients. For example, to ensure that the product you are buying is truly made entirely from whole grains, the label needs to specify "whole grain," rather than merely "with whole grain." "Made with whole wheat flour" doesn't mean the product is 100% whole grain.

Words such as "fresh," "no additives" and "natural" can also be confusing. They may look good, but these terms aren't regulated, so they don't necessarily mean a food is better for you.

Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

Recipes for Repair

Transform Your Diet, One Step at a Time

Step 2: Implementing Change

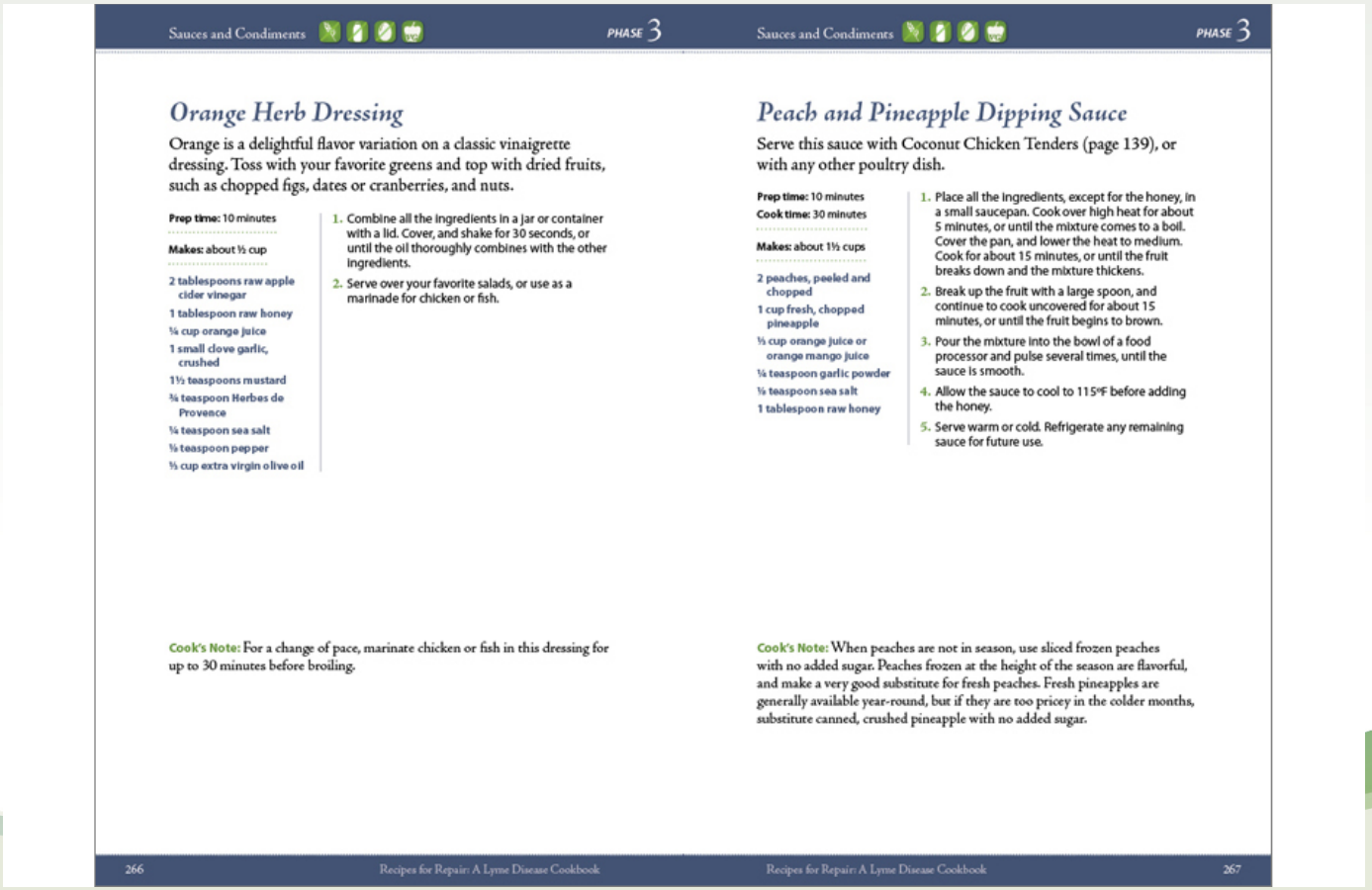
- Determine changes you'd like to make.
- Be realistic.
- Try recipes first.
- Restock your cabinets.
- If not using whole foods, read labels when shopping.
- Start when you're ready.
- Transition slowly.

Recipes for Repair

Transform Your Diet, One Step at a Time

Homemade Meals from Whole Foods

- Make your food from scratch, if possible.



Sauces and Condiments PHASE 3

Orange Herb Dressing

Orange is a delightful flavor variation on a classic vinaigrette dressing. Toss with your favorite greens and top with dried fruits, such as chopped figs, dates or cranberries, and nuts.

Prep time: 10 minutes

Makes: about ½ cup

- 2 tablespoons raw apple cider vinegar
- 1 tablespoon raw honey
- ¼ cup orange juice
- 1 small clove garlic, crushed
- 1½ teaspoons mustard
- ⅛ teaspoon Herbes de Provence
- ¼ teaspoon sea salt
- ⅛ teaspoon pepper
- ½ cup extra virgin olive oil

1. Combine all the ingredients in a jar or container with a lid. Cover, and shake for 30 seconds, or until the oil thoroughly combines with the other ingredients.
2. Serve over your favorite salads, or use as a marinade for chicken or fish.

Cook's Note: For a change of pace, marinate chicken or fish in this dressing for up to 30 minutes before broiling.

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Sauces and Condiments PHASE 3

Peach and Pineapple Dipping Sauce

Serve this sauce with Coconut Chicken Tenders (page 139), or with any other poultry dish.

Prep time: 10 minutes

Cook time: 30 minutes

Makes: about 1½ cups

- 2 peaches, peeled and chopped
- 1 cup fresh, chopped pineapple
- ½ cup orange juice or orange mango juice
- ¼ teaspoon garlic powder
- ⅛ teaspoon sea salt
- 1 tablespoon raw honey

1. Place all the ingredients, except for the honey, in a small saucepan. Cook over high heat for about 5 minutes, or until the mixture comes to a boil. Cover the pan, and lower the heat to medium. Cook for about 15 minutes, or until the fruit breaks down and the mixture thickens.
2. Break up the fruit with a large spoon, and continue to cook uncovered for about 15 minutes, or until the fruit begins to brown.
3. Pour the mixture into the bowl of a food processor and pulse several times, until the sauce is smooth.
4. Allow the sauce to cool to 115°F before adding the honey.
5. Serve warm or cold. Refrigerate any remaining sauce for future use.

Cook's Note: When peaches are not in season, use sliced frozen peaches with no added sugar. Peaches frozen at the height of the season are flavorful, and make a very good substitute for fresh peaches. Fresh pineapples are generally available year-round, but if they are too pricey in the colder months, substitute canned, crushed pineapple with no added sugar.

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Step 3: Other Changes to Make?

Sometimes we don't realize that something that we think is good for us, is actually providing us with no health benefits or causing us discomfort.

- Are you eating foods to which you are sensitive?
- Are you eating foods that are known to be inflammatory?
- Are you eating foods with artificial ingredients?

Identify Food Sensitivities

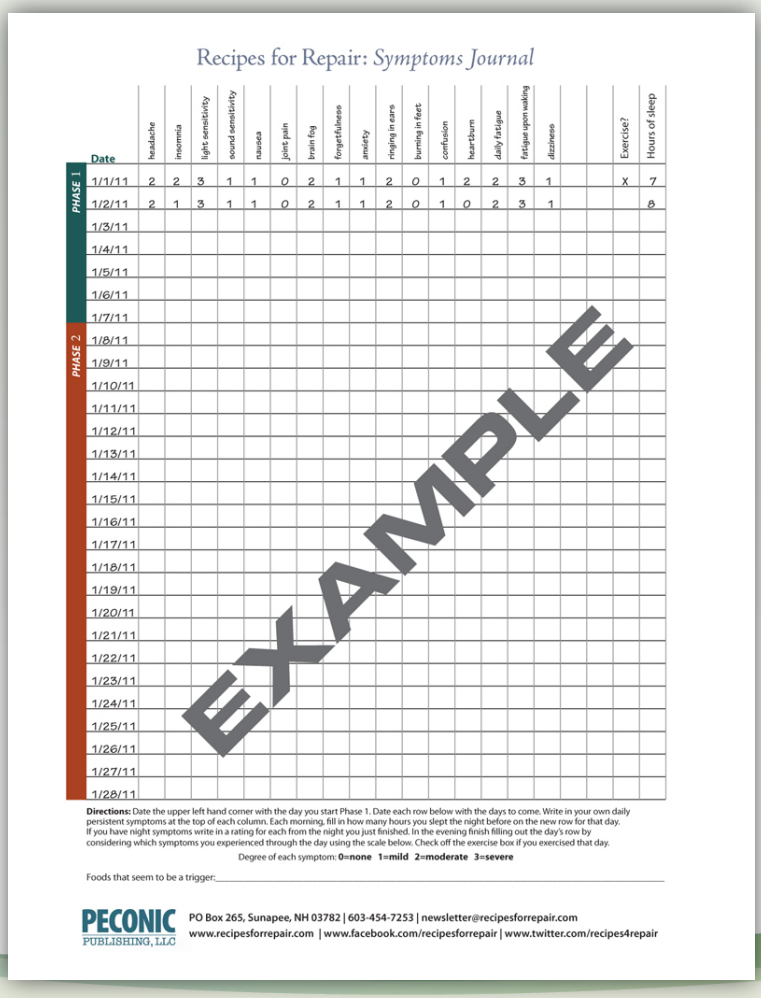
Unknown food sensitivities will add to your body's overall inflammation.

- Learn what your body is sensitive to and then eliminate it from your diet (via elimination diet, testing or both).

Recipes for Repair

Transform Your Diet, One Step at a Time

Track Progress and Setbacks



Recipes for Repair: *Symptoms Journal*

	Date	headache	insomnia	light-sensitivity	sound sensitivity	nausea	joint pain	brain fog	forgetfulness	anxiety	ringing in ears	burning in feet	confusion	heartburn	daily fatigue	fatigue upon waking	dizziness			Exercise?	Hours of sleep
PHASE 1	1/1/11	2	2	3	1	1	0	2	1	1	2	0	1	2	2	3	1			X	7
	1/2/11	2	1	3	1	1	0	2	1	1	2	0	1	0	2	3	1				8
	1/3/11																				
	1/4/11																				
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PHASE 2	1/8/11																				
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EXAMPLE

Directions: Date the upper left hand corner with the day you start Phase 1. Date each row below with the days to come. Write in your own daily persistent symptoms at the top of each column. Each morning, fill in how many hours you slept the night before on the new row for that day. If you have night symptoms write in a rating for each from the night you just finished. In the evening finish filling out the day's row by considering which symptoms you experienced through the day using the scale below. Check off the exercise box if you exercised that day.

Degree of each symptom: **0=none 1=mild 2=moderate 3=severe**

Foods that seem to be a trigger:_____

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Recipes for Repair

Transform Your Diet, One Step at a Time

Step 4: Putting it All Together

- Recognize your old habits.
- Implement change slowly.
- Shop outside of your comfort zone and/or join a CSA (add variety).
- Follow or create recipes that use whole food ingredients.
- Take stock in how you feel.
- Have fun with cooking and only make meals you enjoy!

Preparation is Key

Eating well, often means cooking from scratch, which is time consuming. Here are some tips on how to be more efficient:

- Prepare in advance.
- Wash and cut veggies ahead of time (makes salads easy).
- Bulk cook. Always double or triple a recipe and freeze leftovers.
- Make your mixes ahead of time (i.e. a doubled the GF mix recipe and keep it in a large jar so it's always on hand).
- Make a meal plan.

Recipes for Repair

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Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

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Figure out What Works for You

- I can't do dairy, eggs or gluten and don't like to eat a lot of natural sweeteners so have educated myself on alternatives so I can still make my favorite foods with minor recipe changes (eg. Meatloaf)
- Learn about substitutions.
- Branch out and try new foods (tempeh Rueben)
- Sneak super foods into your meals (morning shake)
- Some packaged foods do comply (read labels)

Recipes for Repair

Transform Your Diet, One Step at a Time

Some Packaged Foods do Comply

www.recipesforrepair.com/articles/packaged-foods/

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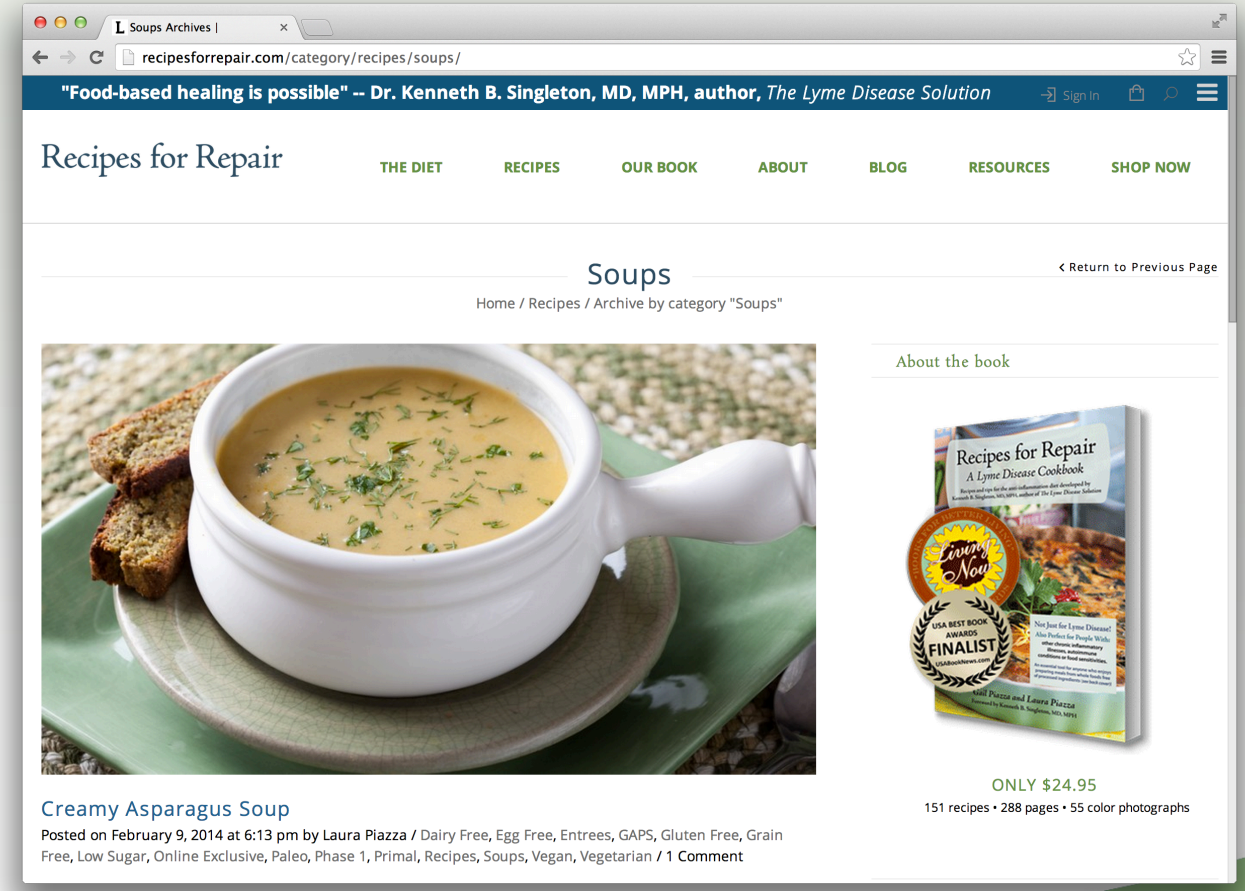
Don't Get Stuck in a Rut

- Restricted diets can become monotonous if you're not careful.
- Don't restrict yourself more than you need to. I.e is the Paleo diet, as recommended by some, your best option?
- Be sure to have good variety in your diet.
- Join a CSA (forces variety and creativity).
- Break out of your shopping habits – (do you buy the same foods week after week as a habit)?
- Look at web sites, social media, magazines, cookbooks, etc. for inspiration.

Recipes for Repair

Transform Your Diet, One Step at a Time

New Recipes and Diet Online!



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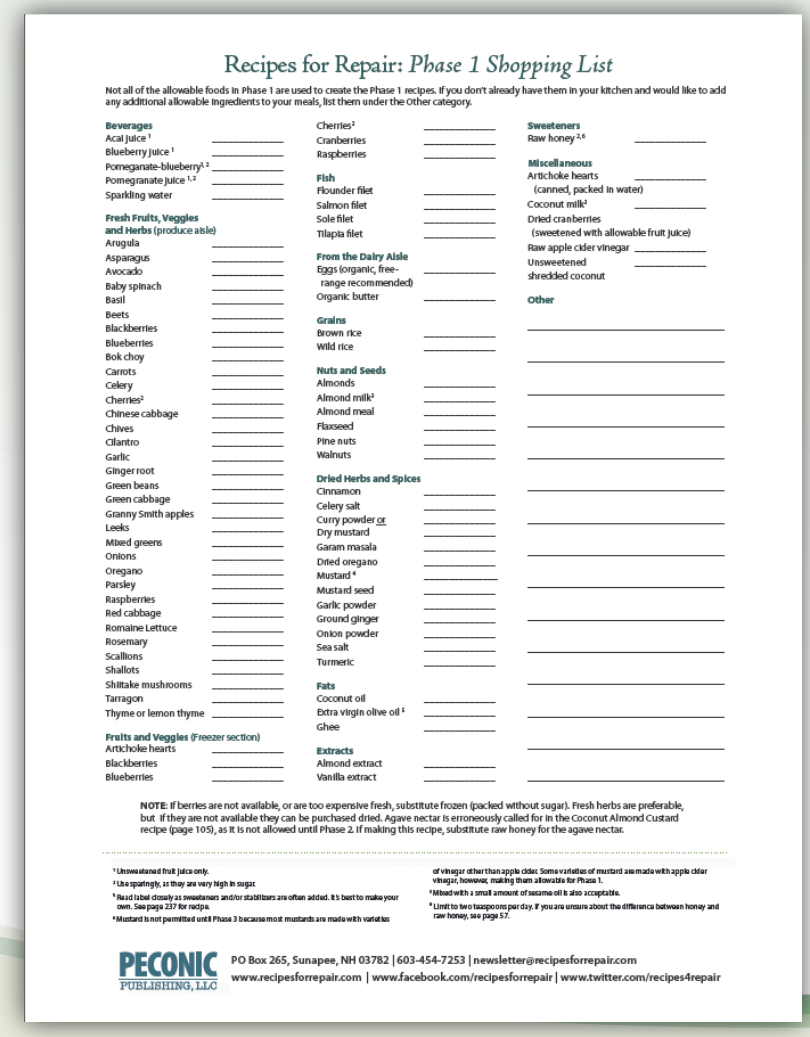

Resources Available Online

Recipes for Repair: *Phase 1 Shopping List*

Not all of the allowable foods in Phase 1 are used to create the Phase 1 recipes. If you don't already have them in your kitchen and would like to add any additional allowable ingredients to your meals, list them under the Other category.

Beverages
Acai juice[1] ________
Blueberry juice[1] ________
Pomeganate-blueberry[1,2] ________
Pomegranate juice[1,2] ________
Sparkling water ________

Fresh Fruits, Veggies and Herbs (produce aisle)
Arugula ________
Asparagus ________
Avocado ________
Baby spinach ________
Basil ________
Beets ________
Blackberries ________
Blueberries ________
Bok choy ________
Carrots ________
Celery ________
Cherries[2] ________
Chinese cabbage ________
Chives ________
Cilantro ________
Garlic ________
Ginger root ________
Green beans ________
Green cabbage ________
Granny Smith apples ________
Leeks ________
Mixed greens ________
Onions ________
Oregano ________
Parsley ________
Raspberries ________
Red cabbage ________
Romaine Lettuce ________
Rosemary ________
Scallions ________
Shallots ________
Shiitake mushrooms ________
Tarragon ________
Thyme or lemon thyme ________

Fruits and Veggies (Freezer section)
Artichoke hearts ________
Blackberries ________
Blueberries ________
Cherries[2] ________
Cranberries ________
Raspberries ________

Fish
Flounder filet ________
Salmon filet ________
Sole filet ________
Tilapia filet ________

From the Dairy Aisle
Eggs (organic, free-range recommended) ________
Organic butter ________

Grains
Brown rice ________
Wild rice ________

Nuts and Seeds
Almonds ________
Almond milk[3] ________
Almond meal ________
Flaxseed ________
Pine nuts ________
Walnuts ________

Dried Herbs and Spices
Cinnamon ________
Celery salt ________
Curry powder or ________
Dry mustard ________
Garam masala ________
Dried oregano ________
Mustard[4] ________
Mustard seed ________
Garlic powder ________
Ground ginger ________
Onion powder ________
Sea salt ________
Turmeric ________

Fats
Coconut oil ________
Extra virgin olive oil[5] ________
Ghee ________

Extracts
Almond extract ________
Vanilla extract ________

Sweeteners
Raw honey[2,6] ________

Miscellaneous
Artichoke hearts (canned, packed in water) ________
Coconut milk[3] ________
Dried cranberries (sweetened with allowable fruit juice)
Raw apple cider vinegar ________
Unsweetened shredded coconut ________

Other
____
____
____
____
____
____
____
____
____
____
____
____
____
____
____

NOTE: If berries are not available, or are too expensive fresh, substitute frozen (packed without sugar). Fresh herbs are preferable, but if they are not available they can be purchased dried. Agave nectar is erroneously called for in the Coconut Almond Custard recipe (page 105), as it is not allowed until Phase 2. If making this recipe, substitute raw honey for the agave nectar.

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[1] Unsweetened fruit juice only.
[2] Use sparingly, as they are very high in sugar.
[3] Read label closely as sweeteners and/or stabilizers are often added. It's best to make your own. See page 237 for recipe.
[4] Mustard is not permitted until Phase 3 because most mustards are made with varieties of vinegar other than apple cider. Some varieties of mustard are made with apple cider vinegar, however, making them allowable for Phase 1.
[5] Mixed with a small amount of sesame oil is also acceptable.
[6] Limit to two teaspoons per day. If you are unsure about the difference between honey and raw honey, see page 57.

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Recipes for Repair: *Phase 2 Shopping List*

The diet Phases are cumulative so ingredients introduced in Phase 1 may be used in Phase 2 recipes. The ingredients listed below are called for in all Phase 2 recipes (including the recipes in the "Pantry" and "Sauces and Condiments" sections.) Not all allowable foods are used to create the Phase 1 and 2 recipes. If you don't already have them in your kitchen and would like to add any additional allowable ingredients to your meals, list them on the back.

Beverages[1]
Acai juice ________
Blackberry juice ________
Blueberry juice ________
Carbonated water ________
Green tea ________
Pomegranate blueberry juice[2] ________
Pomegranate juice[2] ________
Pure water ________
Raspberry juice ________

Fresh Fruits (produce aisle)
Apricot ________
Avocado ________
Blackberries ________
Blueberries ________
Cherries[2] ________
Coconut ________
Coconut milk[3] ________
Cranberries ________
Date ________
Dried apricots[4] ________
Dried blueberries ________
Dried cherries ________
Dried cranberries ________
Dried figs ________
Figs ________
Green apple ________
Mango ________
Pear ________
Pineapple ________
Prune ________
Raspberries ________

Fresh Vegetables (produce aisle)
Artichoke ________
Arugula ________
Asparagus ________
Baby spinach
Beets ________
Bok choy ________
Boston lettuce ________
Broccoli ________
Brussels sprouts ________
Butternut squash ________
Cabbage ________
Carrots ________
Cauliflower ________
Celery ________
Cucumber ________
Kombu[5] ________
Leeks ________
Mixed greens ________
Mushrooms ________
Napa cabbage ________
Onions ________
Pumpkin ________
Red cabbage ________
Romaine lettuce ________
Scallions ________
Spinach ________
Sprouts ________
String (green) beans ________
Sweet potato ________
Tapioca (cassava) ________

Protein
Boneless leg of lamb ________
Eggs (organic, free-range recommended) ________
Flounder ________
Rack of lamb ________
Salmon ________
Sole ________
Tilapia ________
White meat chicken ________

From the Dairy Aisle
Organic butter ________

Grains
Brown rice flour ________
Oat flour ________
Oatmeal (old fashioned) ________
Steel cut oats ________

Nuts and Seeds
Almonds ________
Almond flour or meal ________
Almond milk[3] ________
Cashews ________
Flaxseed ________
Pecans ________
Pine nuts ________
Sesame seeds ________
Sunflower seeds ________
Walnuts ________

Fats
Coconut oil ________
Extra virgin olive oil[6] ________
Ghee ________
Margarines without trans fats[7] ________
Sesame oil ________
Virgin olive oil ________

Herbs[8] and Spices
All spice ________
Baking soda ________
Basil ________
Black pepper ________
Celery salt ________
Chives ________
Cilantro ________
Cinnamon ________
Cream of tartar ________
Cumin ________
Curry ________
Mint (fresh and dried) ________
Garlic ________
Garlic powder ________
Ginger (fresh) ________
Ground ginger ________
Mustard[9] ________
Mustard powder ________
Nutmeg ________
Onion powder ________
Oregano ________
Parsley (fresh and dried) ________
Rosemary ________
Sea salt ________
Thyme ________
Turmeric ________

Extracts
Almond extract ________
Vanilla extract ________

Sweeteners[2]
Agave nectar ________
Honey ________
Maple syrup ________
Raw honey ________
Xylitol ________

Beans and Legumes
Chickpeas ________
Kidney beans ________
Lentils ________

Miscellaneous
Brown rice pasta ________
Canned pumpkin ________
Coconut kefir ________
Coconut milk[3] ________
Oat milk[3] ________
Raw apple cider vinegar ________

---

[1] Unsweetened fruit juice only.
[2] Use sparingly, as they are very high in sugar.
[3] Read label closely as sweeteners and/or stabilizers are often added. It's best to make your own. See page 237 for recipe.
[4] All dried fruit should be unsweetened or sweetened with allowable fruit juice
[5] This is a sea vegetable, most often sold in natural food stores, co-ops or online.
[6] Mixed with a small amount of sesame oil is also acceptable.
[7] Examples include Earth Balance, Smart Balance and Benechol.
[8] All herbs are fresh unless dried are called for.
[9] Mustard is not permitted until Phase 3 because most mustards are made with varieties of vinegar other than apple cider. Some varieties of mustard are made with apple cider vinegar, however, making them allowable for Phase 1.

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Recipes for Repair

Transform Your Diet, One Step at a Time

Time for a Cooking Demo and Questions!

Laura and Gail Piazza, Co-authors *of Recipes for Repair: A Lyme Disease Cookbook*

Recipes for Repair

Transform Your Diet, One Step at a Time

Thank you to Jimmy and Alice Branch for inviting us to Lyme Camp and to you for attending our session.

Visit us online at www.recipesforrepair.com/article/lymecamp to download this presentation and for a list of resources mentioned during our sessions.

We're always happy to answer questions. Email or find us Facebook.

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