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Dr. Clark R. Mills
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high protein, sinus, or allergy diet

prepared for. _____

date. _____

ALLOWABLE VEGETABLES:

Asparagus, avocado, beets, broccoli, brussels sprouts, cabbage, cauliflower, carrots, celery, corn, cucumbers, eggplant, lima beans, onions, peas, radishes, sauerkraut, squash, stringbeans, tomatoes, turnips.

ALLOWABLE FRUIT:

Apples, apricots, berries, grapefruit, melons, oranges, peaches, pears, pineapple, tangerines. May be cooked or raw, with or without cream, but without sugar. Canned fruits should be packed in water, not syrup. The raw are better if enjoyed that way.

Lettuce, mushrooms, and nuts may be taken as freely as desired.

Juice: Any unsweetened fruit or vegetable juice, except grape or prune juice.

BEVERAGES:

Weak tea (tea ball, not brewed); decaffeinated coffee; coffee substitutes. May be sweetened with Tupelo Honey if desired.

DESSERTS:

Fruit, unsweetened gelatin.

TYPICAL MENU: HIGH PROTEIN, SINUS, OR ALLERGY DIET

- Breakfast:** Fruit or 4 oz. of fresh juice; minimum of 1 egg with or without 2 slices of ham or bacon; ONLY 1 slice of any bread or toast with plenty of butter; beverage.
- Lunch:** Meat, fish, cheese, or eggs; salad (large serving of lettuce, tomato, or Waldorf salad with mayonnaise or french dressing); vegetables if desired; ONLY 1 slice of any bread or toast with plenty of butter; dessert; beverage.
- Dinner:** Meat, fish, cheese, or eggs; salad (large serving of lettuce, tomato, or Waldorf salad with mayonnaise or french dressing); vegetables if desired; ONLY 1 slice of any bread or toast with plenty of butter; dessert; beverage. Soup if desired (not thickened with flour); vegetables.

DO NOT EAT:

Alcoholic and Soft Drinks: club soda, dry ginger ale, whiskies and liquors

Sugar, Candy, and Other Sweets: such as cake, pie, pastries, sweet custards, puddings, and ice cream.

Starch and Sugar: potatoes, rice, grapes, raisins, plums, figs, dates, and bananas (starch and sugar). Spaghetti, macaroni, noodles, doughnuts, jams, jellies, marmalades (starch and sugar). Wines, cordials, cocktails, and beer (alcohol content is high carbohydrate). Ravioli, pasta, pizza and bready Mexican foods.
