

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