



## Mix and Match Easy Lunch Planner

Choose 1 item at each end from both the Basics and Beverages columns and at least 1 each from 3 more columns.

The Basics	Ready-Made	Proteins	Veggies	Fruit	Sweets	Beverages
SCD homemade Yogurt**	Legal dried fruit/nut bar	Cheese cubes	Baby carrots, tomato slices	Dates, either stuffed with nuts or not	Sugar plums**	Legal small canned fruit juice
Easy Sandwich Bread**	Legal homemade or purchased guacamole	Hard boiled egg	Sweet pepper strips, radishes	Homemade applesauce**	Stuffed dates**	Campbell's 100% Tomato juice small can
Nuts (plain or roasted, unsalted)	Frozen leftovers	Leftover main dish**	Cucumber slices with yogurt dip**	Apple slices (with peanut butter if you'd like)	Nut candy**	Diet soda (no Splenda) once a week
Nut butters (nuts and salt only)	Bubbies or other legal pickles	Tuna or Chicken salad**	Roasted Cauliflower or Carrots	A speckled banana, orange slices or grapes	Cookies**	Thermos of legal fruit juice
Cheese Lace**	Legal dried fruit	Thermos of hot soup**	Leftover vegetable salad**	Raisins or dried cherries	Honey packets	Thermos of iced tea
Unsalted, roasted sunflower seeds	Legal fruit cups such as pineapple	Poached chicken** or other cooked meat	Green salad with homemade dressing	Fresh fruit salad (could add nuts and yogurt)	Leftover legal cake or pie**	Water
		Breakfast frittata egg cups**	Leftover vegetable side dish**	Avocado		

To save space we have not listed all the factors that will make these items SCD legal. Please see the recipes in other sections of NoMoreCrohns.com and follow guidelines mentioned in other places on the website or in the book "Breaking the Vicious Cycle."

\*\* See recipes in the "[Delicious Recipes](#)" pages of NoMoreCrohns.com, also [Erin's Shopping Guide](#).